

## **Building hope and confidence:**

### **Newspaper Towers**

*Practicing your building skills in your meeting!*

One of the Bible passages included in this year's theme resources is Matthew 7: 24-29 where Jesus talks about building a house on strong foundations. But to build anything – whether a physical structure, hope in our local community or the confidence of Mothers' Union members – we need to use our gifts from God.

Building Newspaper Towers is a way of helping members realise that we all have gifts to offer which contribute to achieving our goal –and is usually a lot of fun!

This activity works well when members are divided into small groups of 4 – 6. This gives everyone a chance to be involved, but also introduces a competitive element. You might like to think about a small prize - to share - for the winning group. If your numbers are small, then just try the activity together.

### **You will need:**

- 12 sheets of newspaper for each group– the free newspapers are ideal. The sheets should be the same size for each team
- 1 roll of sellotape for each group
- A metal extendable tape measure

### **Instructions**

- Build the highest tower possible, using just the newspaper and the sellotape.
- The tower must be freestanding (ie without someone holding it up, leaning against a wall or tying to a higher structure)
- Time allowed: about 5 minutes (making the time approximate allows you to give groups longer if it seems that they are making progress, or to cut the time if everyone has finished )
- In the interests of health and safety, remind people not to stand on chairs or tables!

At the end of the time, measure each of the towers with the metal extendable tape to discover the winner. Towers that don't meet the freestanding requirement don't count.

## Reflection on the activity

Discuss the following questions:

- Would any one person have achieved this on their own? Why not?
- Did everyone in the group contribute in the same way? Could you identify those who were:
  - Planners** – had ideas for how to build a tower, making suggestions throughout the process?
  - Organisers** – telling other people what to do (stand there, hold this, etc)
  - Doers** – getting ‘hands on’ – rolling paper, cutting sellotape
  - Supporters** – encouraging others to achieve, being affirming
- Did some people swap roles during the time?
- Was there anyone in the group with a really useful gift to offer? For example, a structural engineer? Someone who had done this before? Someone with scissors in their bag to cut the sellotape?
- What might have made this task difficult?

In summary:

- Building anything – whether the hope and confidence of those we seek to support in our communities or a newspaper tower – means using the gifts God has given to us.
- What can initially seem an impossible task can be done by working together and building on each others’ gifts
- There is something that each one of us can contribute to achieving a goal and all contributions are important whether it is active engagement, encouraging and affirming others to offer their gifts or through prayer.

## Closing Prayers

There are a range of prayers about using our gifts in the Prayer reflection on using our gifts from God which can be found at:

<https://www.mothersunion.org/sites/default/files/resources/public/2020%20Theme%20Prayer%20reflection.doc>

in the 2020 theme resources.