

# Reflections

All things  
seem possible  
in May!

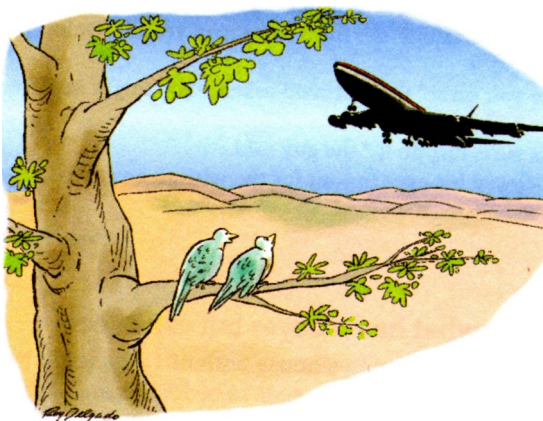


## THE NEWSLETTER OF HILLVIEW BAPTIST CHURCH

Volume 4, Issue 4

May 2025

### Mayday, Mayday, Mayday - by Pastor Norm



"They make it look so easy."

As many of you know my wife, Gabriele, is a flight attendant. I find it odd that she loves to watch a television program called "Mayday." The show is about airplane crises.

The term "Mayday" is universally recognized as a distress signal used in times of extreme emergency. Its origins are rooted in aviation and maritime communications, where swift and clear transmission of distress signals can mean the difference between life and death.

The distress signal, Mayday, was first proposed in 1923 by Frederick Stanley Mockford, a senior radio officer at Croydon Airport in London. Mockford was tasked with finding a term that would be easily understood by pilots and ground staff in an emergency. Drawing inspi-

ration from the French phrase *m'aidez* (meaning "help me"), he adapted it to "Mayday" for its simplicity and phonetic clarity, ensuring it could be quickly and

unmistakably identified over radio transmissions.

"Mayday" is used to signify a life-threatening emergency, such as situations involving a sinking vessel, a crashing aircraft, or any other imminent danger where immediate assistance is required. The call is repeated three times—"Mayday, Mayday, Mayday"—to ensure it is not mistaken for a casual communication and to signal the urgency of the situation.

When a "Mayday" call is issued, it follows a specific protocol, which includes:

- ◆ Identifying the distress signal by repeating "Mayday" three times
- ◆ Providing the name of the vessel or aircraft in distress
- ◆ Giving the position of the craft and nature of the emergency

- ◆ Offering any relevant information that could assist rescuers

While "Mayday" originated in aviation and maritime contexts, its use has expanded to other critical services, including military operations and civilian rescue missions. The clarity and urgency embedded in the term make it an indispensable tool in global communication standards for emergencies.

The history and application of the "Mayday" distress signal underscore its vital role in saving lives, offering a beacon of hope in moments of dire need. I wonder, from a spiritual point of view, how many people realize they are in grave danger of forfeiting their eternal souls. For those of us who know Christ and the Gospel, we are first responders, emergency workers, rescuers of lost souls. We have what people need. Let's man our stations, let's be prepared, and when we hear the call let us be ready to respond.

"But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect..."

#### Special points of interest:

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- JEWISH CALENDAR - PAGE 5
- CHURCH VISITOR PAGE 5
- COWBOY BOOTS - PAGE 8
- MY MORNING PRAYER PAGE 9
- PLUS OTHER ITEMS

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1Peter 3.15

## Reflections

### Wednesday Night Happenings - by Marcy Hufnagel



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“INITIALLY I WAS  
LOOKING FOR  
AN  
OPPORTUNITY  
TO STUDY GOD’S  
WORD BUT IT  
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SO  
MUCH MORE.”



I joined the Wednesday evening Ladies Bible Study about three years ago. At that time, Miranda and Colette were leading the group. I wondered if I was in the right spot when most of the ladies were the ages of my children, but they assured me I could not leave. I felt at home sharing in the discussion and even sharing prayer requests. I was loved and accepted for who I was.

We studied several books of the Bible, essential theological topics every Christian should know, and also studied the significant women in the genealogy of Jesus. Each study draws us into discussion of living day to day to glorify the Lord and be a witness to those around us.

The first Wednesday of the month is fellowship night when we share snacks and chat about life, but invariably the conversation turns to spiritual things. I have so appreciated and been challenged with each lady's desire for God, His Word, and prayer. When I have prayer concerns, I reach out to my sisters who I know care and will pray for me.

But don't just hear this from me.

Gift joined us in the fall and says, "The women's Bible Study inspires me to study, analyze, and hear other people's views about the Bible. I get new insights and see through other's eyes, something new and how to live the Christian

life. I look forward to Wednesdays when I get to listen, share and be encouraged by the Word of God through women like me in a small space."

Colette says "What I love about our group is our interesting biblical discussions, and, perhaps even more, I love the compassion and understanding we have for each other's problems and triumphs. Many of our prayer requests, week to week, are ongoing struggles and we support each other throughout the years. I keep coming because I love to see my sisters and I think the Christian life is most fruitful when lived in closeness and accountability."

Joy says, "The Wednesday evening Bible study is a time for women to get together and study the Bible, but it is so much more! This is a time set aside for women to study God's Word together and discuss what passages mean to us in everyday life, and how we go about living that out. It is a time to share triumphs and difficulties with other women and know you will be supported and cared for, not criticized or put down."

Mary Anne says "Initially I was looking for an opportunity to study God's Word but it quickly became so much more. The ladies I have met there have become dear friends and beloved sisters in Christ. We have studied several books of the Bible and done an in-depth study of the tenets of

our faith. Being able to meet every week has served as a lifeline for me many times. We have enjoyed good and fun times together and we have provided solace for each other as we have faced pain and loss. Through it all we have supported each other in pursuing a deeper faith by sharing struggles and providing accountability. I consider the Bible Study and the relationships I have formed there a precious blessing from God."

Linda said, "Wednesday evening Bible Study is the first activity that I participated in at Hillview. The group of ladies has not changed much; we are a small, intimate collection, and we enjoy each other's company. We pray for each other and we study the Word, sharing personal insights and stories. Come and join us; be a part of a special sister group. Help us and help yourself to grow in a loving, joyful group."

*Currently, according to semi-reliable sources (my wife), these gals are studying Matthew. The Bible Book, not my son-in law, who as a mathematician, and unlike the Gospel is completely incomprehensible. As Linda indicated if you meet the qualifications (i.e. female) they would love for you to join them. Ed*

### More Wednesday Night Happenings - by William Holmes

Recently, the men's Bible Study has been particularly interesting and informative because, well, because we have a particularly interesting and informative leader, Dale Hufnagel, and because we are watching a particularly interesting and informative video series called "That the World May Know." The teacher is another knowledgeable guy, Ray Vander Laan. He is an unusual mixture of Bible scholar, historian and archeologist. In addition, the videos are dramatic and beautiful because they are filmed on location in the Sinai Desert.

The theme of the last 6 videos was "Shaped in the Desert." The emphasis was on the Israelite people after they left Egypt. As a people, they were finally free to do as they wanted, anything they wanted. Obviously, they were now free "from persecution, free from oppression, and free to worship their own God". But with that freedom arises a new challenge—learning how to live together the way God intends."

As you read this, we have begun a new series, "The Honeymoon is Over". If married, we men know all about this. "Do you remember where your bless-

ings come from"? In Exodus, God warned Israel to remember Him when they left the dry desert and reached the fertile fields of the Promised Land. But in this tenth volume of "*That the World May Know*", we will discover how quickly the Israelites forgot God and began to rely on themselves. The video and following discussion are always challenging and thought-provoking.

Please join us at 7 pm in the library. We are an eclectic bunch of guys, there is a variety of ages - younger types to geriatric, but we all are friendly and there to learn more about God.

"BUT  
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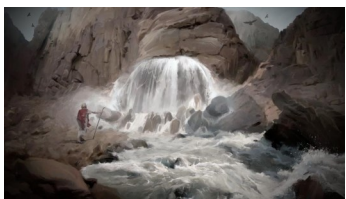
### Future Videos and Topics



#### He led Them Like a Shepard (May 7)

Location: Jebel Musa, Mt. Sinia, Timna Valley Israel

Psalm 78 says that God led his people Israel "like sheep through the desert." Their wanderings through the Sinai provide a striking image of God's leading in our lives today. In this lesson, you will follow God's people through this barren desert, while remembering the Good Shepherd who encourages us to also lead as He leads.



#### By every Word: Striking the Rock (May 14)

Location: Timna Valley, Israel

When God chose a person to lead His people out of Egypt, He chose Moses, a man with a speech impediment. In this lesson, we will be considering the implications of allowing God's strength to work in our weakness and in the process discover what it means to be continually led by the living Word



#### With All Your Might: The Final Test (May 21)

Locations: Gan, Soreq, Sukkah, Zedakah and other locations

The blessings of a good land can often obscure the hard-learned lessons of the desert. In a sense, the real test for the Israelites came after they had crossed into the Promised Land. Their need for God was less obvious throughout their daily lives. This lesson is on remembering to be faithful to obey God's word in every season and circumstance.

Sorry, no picture.

#### A Well-watered Garden (May 29)

Cooperation within a community.



### When is Next Easter? - William Holmes

**D**id you notice? The stories in the April issue of Reflections had something in common - let's ignore Rick's Trivia. His stories are in a category all unto themselves. All the other stories were about dates. By dates, I am not referring to "dates" where you pretend you're someone you're not, to impress someone you don't know. Or in the case of my daughter Meredith, to find an appropriate date/boyfriend she tried a dating app called "Ok Cupid". Not "Great Cupid" or even "Good Cupid", just an "Ok" possibility of a somewhat adequate date. It turned out to be Matthew, both a perfect date and husband. Furthermore, it was a blind



date, so blind she went to the wrong coffee shop. Abandoning that rabbit trail, I am writing about all the dates described in the April issue - the Passion Week events, the night of the walkers on February 22 and a special anniversary.



Remembering dates is important because it provides a connection to historical events, personal achievements and acknowledges the passage of time. Most people celebrate dates, like birthdays and anniversaries.

Here is a picture of Sieg and Chris celebrating their commitment to each other in 1957. Nations also recognize historical events such as The Battle of Hastings

in 1066, or the establishment of Canada in 1867. Religions also recognize and remember certain events and therefore dates.

All those event stories concerning dates reminded me of a particular lesson that happened in the men's

Wednesday Bible Study. It was about the Israelites crossing the Red Sea. The teacher, Ray Vander Laan suggested it was more than just a hydrology miracle and geographical relocation of a people out of Egypt. It was God beginning to create or mold his people: a people with him as their God, a people separate from the Egyptian empire and culture. Egypt was the United States of America of that time, the major economic, cultural and military power. The Egyptians were advanced, and they noticed things. They noticed the regular and the essential rising of the Nile River, and they noticed something else, a star; once a year Sirius, the Dog Star would rise in the morning in direct line with the rising sun. And it always happened during the Nile's flood season.

*(Continued on page 5)*

"SHE TRIED A DATING APP CALLED "OK CUPID". NOT "GREAT CUPID" OR EVEN "GOOD CUPID", JUST AN "OK" POSSIBILITY ..."

### When is Next Easter?

*(Continued from page 4)*

The flooding was the rhythm of life in Egypt and marked the beginning of the Egyptian year. The annual rise of the river regulated the time to sow crops, for growth, and harvest. The Egyptians were the first to determine the length of the solar year and therefore seasons. They had a calendar that served them. It consisted of 12 months, 30 days each; another 5 days were added at the end of the year. It was a yearly calendar based on the movement of the earth around the sun. It was a reliable way to predict a seasonal change. But, it was an Egyptian calendar, not a Jewish one.

Mr. Vander Lann suggested that the Jews were not just leaving Egypt but that God wanted them to leave the culture behind too, including the Egyptian calendar. Passover was to become a critical part of their Jewish calendar. Funny thing though, they went from a relatively accurate yearly calendar to an inaccurate one based on the moon. Like most civilizations at the time the Jews created a lunar based calendar. The phases of the moon were visible to everyone and therefore a calendar based on the moon was a no brainer. However, their year consisted of only 354

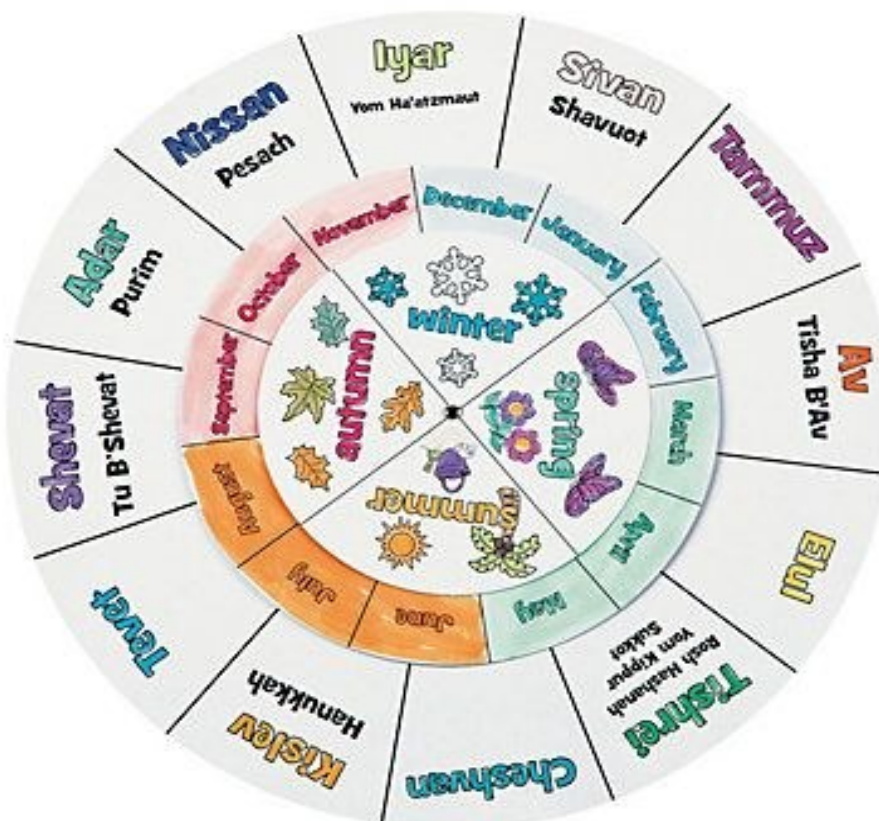
days. Occasionally, to maintain an accurate seasonal year, they added an extra month to correct the lunar based error. Other adjustments would occur to ensure that Passover occurs after the vernal equinox; Passover had to be a spring festival.

Christianity, for the most part, followed the Jewish approach and stayed connected to the lunar calendar. Easter is the most important of the moon-fixed festivals. According to the *English Book of Common Prayer*, "Easter is always the first Sunday after the

full moon, which happens upon, or next after the twenty-first day of March (i.e. vernal equinox); and if the full moon happens upon a Sunday, Easter-Day is the Sunday after". Many church festivals are fixed by reference to Easter.

Easter controls about 17 weeks in the Ecclesiastical calendar. As a result, the fixing of the date of Easter becomes important. Since the New Testament states that Jesus was crucified during the Passover celebration, Easter would obviously be directly tied to the

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The Jewish months along with the seasons and our Gregorian months.

## Reflections

### When is Nest Easter?

"THE  
DATE OF  
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OF..."

Jewish calendar. The inevitable result was the date of Easter would depend upon the complicated lunar calculations of the Sanhedrin (the highest Jewish council), because they determined the Passover date.

Many of the early Christians fixed the death of Jesus on Friday and the Easter Resurrection on the following Sunday. But, if the anniversary of the festival was to follow the Jewish lunar calendar, there was no assurance that Easter would occur on a Sunday. At the very first Ecumenical (worldwide) Council of the Christian church, held at Nicaea in Asia Minor in 325 AD, one of the unifying questions to be decided was the date of Easter. A

uniform date was fixed in such a way as both to stay with the traditional lunar calendar and to assure that Easter would always be observed on Sunday.

Obviously, within the Christian calendar the most significant events are Christmas and Easter. Other events are the four weeks of Advent, Epiphany (January 6), six weeks of Lent starting with Ash Wednesday (40 days before Easter), Ascension (40 days after Easter), and Pentecost (7 weeks after Easter Sunday).

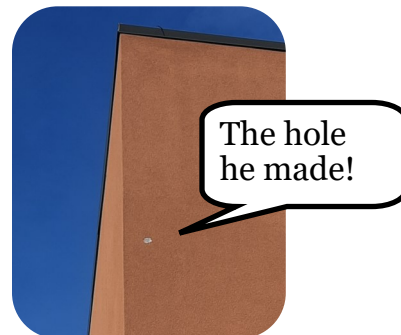
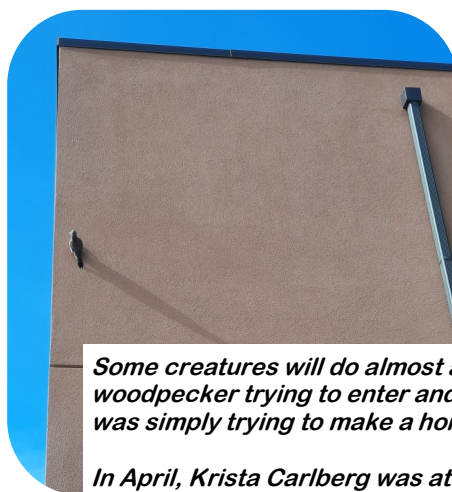
I love that, as a Church, we celebrate Advent. From my perspective, it helps me to prepare or focus on Christ's birth. I am less enamored

with Lent, "giving something up for Lent", is not something that I find appealing, especially if it involves the consumption of chocolate. I don't really know much about Epiphany, Ascension and Pentecost. Are there other ecclesiastic dates? Perhaps, that is something I will need to research.

If I got anything wrong - I am trusting to get gentle clarifications and corrections from one of our more knowledgeable folks like Pastor Norm, Dr. Shepherd, Mr. Redschlag or Mr. Baker(s).

**The Date for Easter  
in 2026 is Sunday  
April 5!**

## Church Visitor



*Some creatures will do almost anything to get into our church. Here we have a woodpecker trying to enter and join our services via the elevator. Or maybe he was simply trying to make a home for his family.*

*In April, Krista Carlberg was at the church and heard the distinctive tap, tap of a woodpecker. She finally located the bird and took these pictures as evidence! I have been told that Howard and Larry have filled the holes, probably by dangling by ropes from the roof. Wish we had a picture of that! Ed*

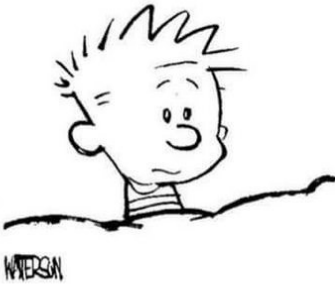
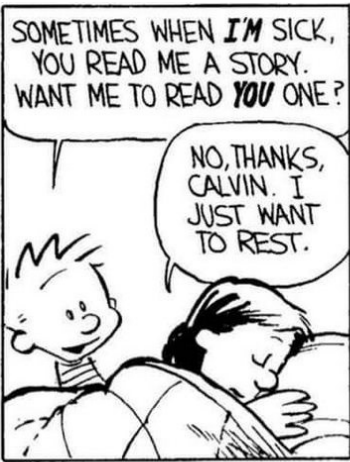


Mother's Day Quiz

Find the mothers for the people in this acrostic.

Mother of Ishmael (Genesis 16:1-16)	H	—	—	—	—
Mother of Solomon (2 Samuel 11-12)	—	A	—	—	—
Mother of Gad and Asher (Genesis 30:10-13)	—	—	P	—	—
Mother of Gershom (Exodus 2:21-22)	—	—	P	—	—
Seller of Purple (Acts 16:14)	—	Y	—	—	—
Mother of Absalom (2 Samuel 3:3-4)	M	—	—	—	—
Mother of Mahlon and Chilion (Ruth 1:2)	—	O	—	—	—
Mother of Obed (Matthew 1:5)	—	T	—	—	—
Mother of Benjamin (Genesis 35:16-18)	—	—	H	—	—
Mother of Cain and Abel (Genesis 4)	E	—	—	—	—
Mother of Isaac (Genesis 21:1-7)	—	R	—	—	—
Mother of John the Baptist (Luke 1:5-25) (alternative spelling)	—	S	—	—	—
Mother of King Amaziah (2 Chronicles 1:1-4)	—	—	D	—	—
Mother of Jacob and Esau (Genesis 25:19-26)	—	—	A	—	—
Mother of Jesus (Luke 1:26-38)	—	—	Y	—	—

See page 12 for answers



# Reflections

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## Some Greeks Saw Jesus - by Kurt Redschlag

"HE APPEALS  
TO THEIR  
INQUIRING  
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THAN  
EMPHASIZING  
JEWISH HISTORY  
AND  
PROPHECY,"

*In the April issue of the newsletter, Kurt provided a "Passion Week" timeline. One of his points under "Palm Sunday" was "Some Greeks saw Jesus". I was curious as to why he would include that statement. It did not seem relevant to me. I asked Kurt to explain the significance. Here is his answer. Ed*

Hi Bill!

*In my summary of the events occurring during the Holy Week, I wanted to mention everything that the four gospels have reported. The Greeks wanting to see Jesus was one of them, as was, for instance, Jesus observing the widow giving her offering at the temple. However, only John reports it in his gos-*

*pel (chapter 12) and that's very understandable. While the other 3 gospels address themselves mainly to the Jewish people, John addresses himself to a non-Jewish audience, especially the Greeks. He wanted them to understand Christ's message of salvation in terms they could understand - on a more cerebral level. That's why his opening chapter is so different and unique. He appeals to their inquiring minds, rather than emphasizing Jewish history and prophecy, which was appealing to the Jewish people.*

*The Greeks were intellectually very astute and wanted to explore every philosophy, every religion, every*

*doctrine, etc. So John found it significant that some Greeks wanted to talk to Jesus. Possibly they were impressed by what they saw on Palm Sunday and wanted to find out what this popular teacher was teaching and why the people were so enthusiastic about him. The Greeks' desire to talk with Jesus was also a foreshadowing of the gospel going beyond the Jewish people and reaching the Gentiles. There's much, much more to all of this, but I don't have the time to explain everything right now.*

*As to a future article on this, I'd be interested, so it would have to be down the line sometime. But we can chat about it sometime at coffee time.*

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## Peddle Away Cowboy - by Gloria Swain



*An interesting thing happened at the Food Bank.*

*On April 7, a nice looking teenage boy peddled up on his bicycle to pick up food for mom and himself. He packed it all up into back packs to put on his back and bike handlebars. Someone had donated a lot of men's shoes and they were lined up outside in the parking lot. As the teenager was leaving we mentioned that the shoes were free and he could help himself.*

*A few minutes later I happened to look out the window and the young man was peddling away on his bike with a pair of cowboy boots on his feet. His pant legs were tucked into the boots, so that the boots were very visible. As we went outside after he rode away, we noticed he left his worn out old running shoes on the driveway.*

*So exciting to know that our efforts are helping someone in need and making a difference.  
To God Be the Glory.*



## Genesis Questions / Answers - by Wayne Baker

**Question: The Ice Age: does the Bible have anything to say about the Ice Age(s)?**



The Bible has precious little to say on the topic. A map of the Ice Age seems to show that it did not

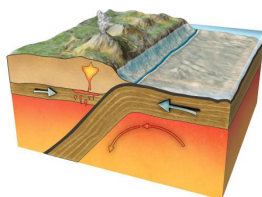
extend into the world of the Hebrew people. This would mean the Hebrews would not have experiences with snow and the Ice Age. However, there is some snow on some mountains. Having said that, we see God refers to snow in Job 38:22) "Have you entered the place where the snow is stored? Or have you seen the storehouses of hail, 23) which I hold in reserve for times of trouble, for the day of warfare and battle? 29) Whose womb did the ice come from? Who gave birth to the frost of heaven 30) when water becomes as hard as stone, and the surface of the watery depths is frozen"?

**Are there more theories and ideas about Noah's Flood that you have not previously mentioned?**

The Young Earth Creationists (YEC) have two theories concerning Noah's Flood.

The Ring of Fire theory suggests extremely powerful earthquakes and other geological events around the Pacific Ocean, along with massive natural energy events like thunderstorms, caused the flooding.

The other theory is based on Catastrophic Plate Tectonics (CPT). This theory, as proposed by creationists, is different than the conventional theory of plate tectonics. Conventional plate tectonics sug-



gest an extremely gradual movement of the earth's crust, taking millions of years. Whereas catastrophic plate tectonics is based on flood geology. It proposes that the earth's tectonic plates experienced a rapid, near-instantaneous shift because of Noah's Flood. In addition, CPT

proposes the Flood began because the ocean floor was heated causing it to be lifted to a depth of approximately one mile. This would cause coastal flooding even before the beginning of the actual Flood. This flooding would likely not even be noticed by the human population if they stayed in the area around the Garden of Eden.

At some point earthquake and volcanoes began as noted in *Genesis 7: 11,12* In the six hundredth year of Noah's life, in the second month, on the seventeenth day of the month, on that day all the sources of the watery depths burst open, the floodgates of the sky were opened, and the rain fell on the earth 40 days and 40 nights. We have the beginning of the flood. However, we have a few events or features not mentioned in the Biblical account such as a rising sea floor, and the coastal flooding. Although not in the Bible, it should be expected if CPT is true.

The Holy Bible: Holman Christian Standard Version. (Nashville: Holman Bible Publishers, 2009)

"... EARTH'S  
TECTONIC PLATES  
EXPERIENCED A  
RAPID, NEAR-  
INSTANTANEOUS  
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### Morning Prayer

So far today, God, I've done all right. I haven't gossiped, lost my temper, been greedy, grumpy, nasty, selfish, or overindulgent.

I'm very thankful for that, but in a few minutes, God, I'm going to get out of bed, and from then on I'm probably going to need a lot more help.

Amen



## Reflections

### Woodvale Appreciation Dinner - by Gloria Swain

"... IN TRIVIA  
FORMAT  
TO SEE WHICH  
GENERATION  
COULD  
REMEMBER THE  
MOST ..."



From left to right: Mo Worobec, Margaret Dolezal, Al and Yvonne Aben, Gloria Swain

On April 11/25, fourteen volunteers from Hillview attended the Woodvale Community League Volunteer Appreciation dinner. It was held at the Woodvale Community League Banquet Facility (Millwoods Golf Course),

This event was put on by the Woodvale Community League to recognize the volunteers and their dedication and commitment to the Woodvale Community,

in particular the Big Bin Event.

The evening started out with opening remarks and short speeches from dignitaries from the City of Edmonton and the Alberta Government. A delicious roast beef/chicken supper with all the trimmings was on the dinner menu. The chef did not disappoint.

The evening ended with a Game Show provided by

"Out of Our Heads Productions". This was done in trivia format to see which generation could remember the most songs from their chosen generation. The winning table received medals.

All volunteers received beautiful certificates from the Legislative Assembly provided by the office of Christina Gray, MLA for Edmonton-Mill Woods, Official Opposition House Leader.

Hats off to those volunteers from Hillview who attended: Al and Yvonne Aben, Warren and Christine MacDonald, Howard and Janet Adam, Bob and Joanne Hickman, Larry Hubscher, Mo Worobec, Margaret Dolezal, Gloria Swain, Irma Heidemann and Jo Legaspi.

"The world is hugged by the faithful arms of volunteers."

Author unknown

### Blessing Pantry - by Gloria Swain



Tucked away downstairs in a little corner we have a small pantry of non-perishable food items. These items have been donated by the generous people of Hillview and are there for you should you ever be in need. They are also for anyone outside of the church who contact are in an emergency situation.

Over the past 3 months we have blessed 9 people. Some from our community

and some from within our congregation. All requests are handled confidentially and professionally. So in these days of uncertainty, if you ever find yourself in need please do not hesitate to contact Gloria, Yvonne or the church office.

To all of you who have donated items when we requested, a huge thank you. You will never know what it means to those who have benefited from the pantry because of your generosity.

Thanks for helping us to reach out into our congregation and community.

God Bless you each one.





# Make a Paper Rabbit

## Activity Page

### Starting point: basic form A

At corner **C**, valley fold in the dashed line, and mountain fold in the dotted lines.

Corner **C** will now lie on the backside of the folding job (1).

Valley fold in the center crease (2).

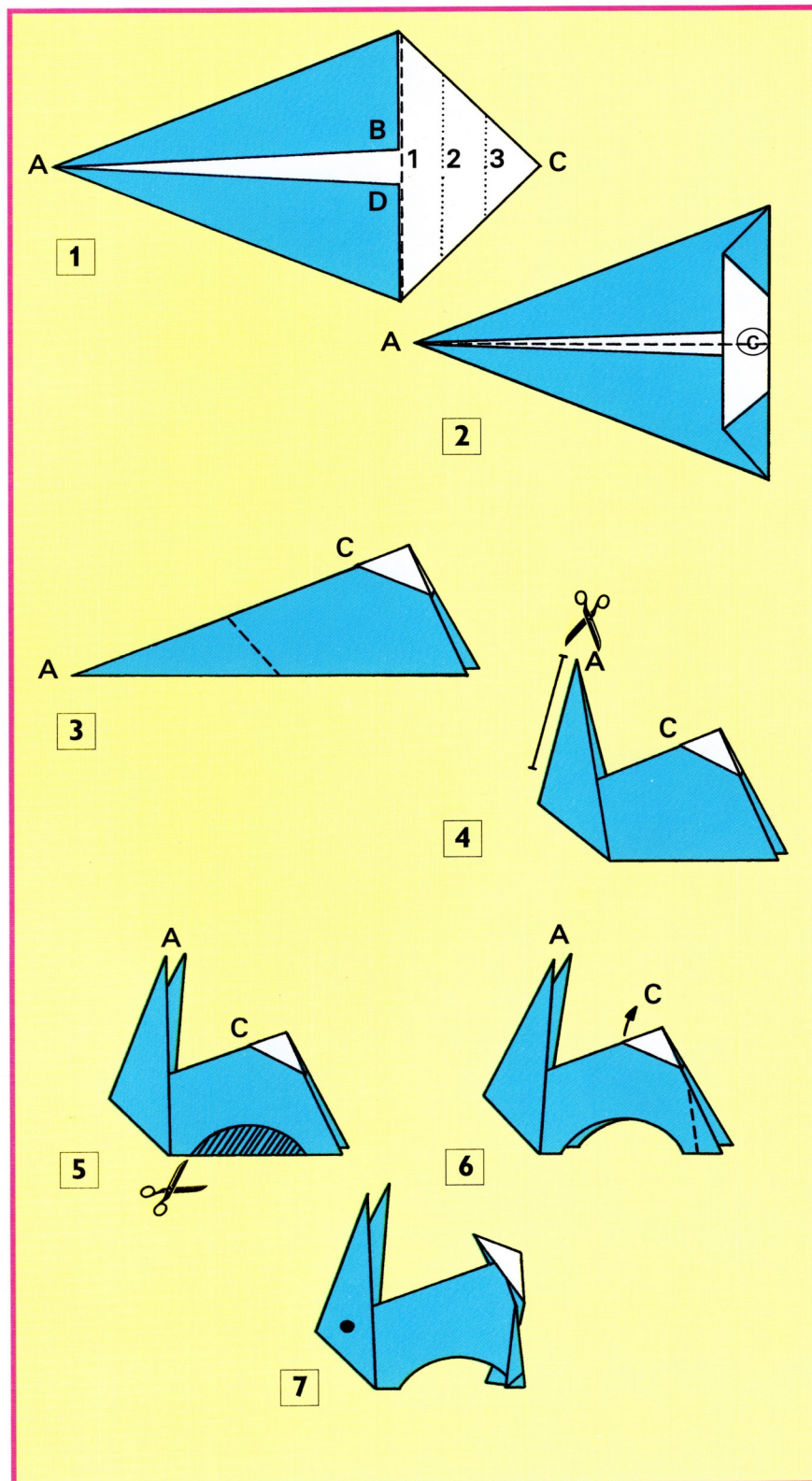
At point **A**, reverse fold outward (3).

At point **A**, cut the ears open (4), and this very simple figure is finished.

The rabbit, however, can be refined a little bit. For this, cut out the hatched part, front and back (5).

Lightly pull out point **C**. Valley folds in the dashed lines, front and back of the hind legs (6).

The finished refined model (7).





**Quit griping about your church. If it was perfect, you couldn't belong.**

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"Can you pretend you're Grandma just once and give us whatever we want?"

### Answers to Mother's Day acrostic (Page 7)

H A G A R  
B A T H S H E B A  
Z I L P A H  
Z I P P O R A H  
L Y D I A

M A A C A H  
N A O M I  
R U T H  
R A C H E L  
E V E  
S A R A H  
E L I S A B E T H

J E H O A D D A N  
R E B E K A H  
M A R Y

## Ricky's Trivia - by Rick deLeeuw



The original hopscotch courts were over 100 feet long and used for military training exercises. Roman foot-soldiers ran the course in full armor and field packs to im-

prove their footwork, much the same way modern football players run through rows of truck tires today.

Hopscotch is a classic playground game where players toss a marker into numbered squares, then hop through the pattern, avoiding the square with the marker, and then retrieve the marker on the way back. What is the highest

number on the hopscotch? The traditional Hopscotch has a standard 1-10 numbering made with solid thermoplastic squares.

What is the first thing you have to do when playing hopscotch? The youngest child goes first, with other kids lining up behind them. A rock is tossed onto the hopscotch grid. The player then hops from square to square on one foot, hopping over the square with their rock in it. At the end of the hopscotch grid, the player turns around

and hops back. If at any time you touch the line with your foot, or lose your balance, it is the next person's turn. Take turns moving through each box, remembering to take care not to step on the lines.

What's the point of hopscotch? Playing Hopscotch helps develop gross motor abilities, including strength and balance.

## Hopscotch

Versions of the origin of hopscotch can be traced to ancient Greece, where it was used as a fitness and agility activity for adults. Over time, hopscotch has spread across different cultures, cultivated multiple variations and evolved into the game we know today.