A MEMBER OF THE
National Heritage
Area System

JUNIOR RANGER

ACTIVITY JOURNAL

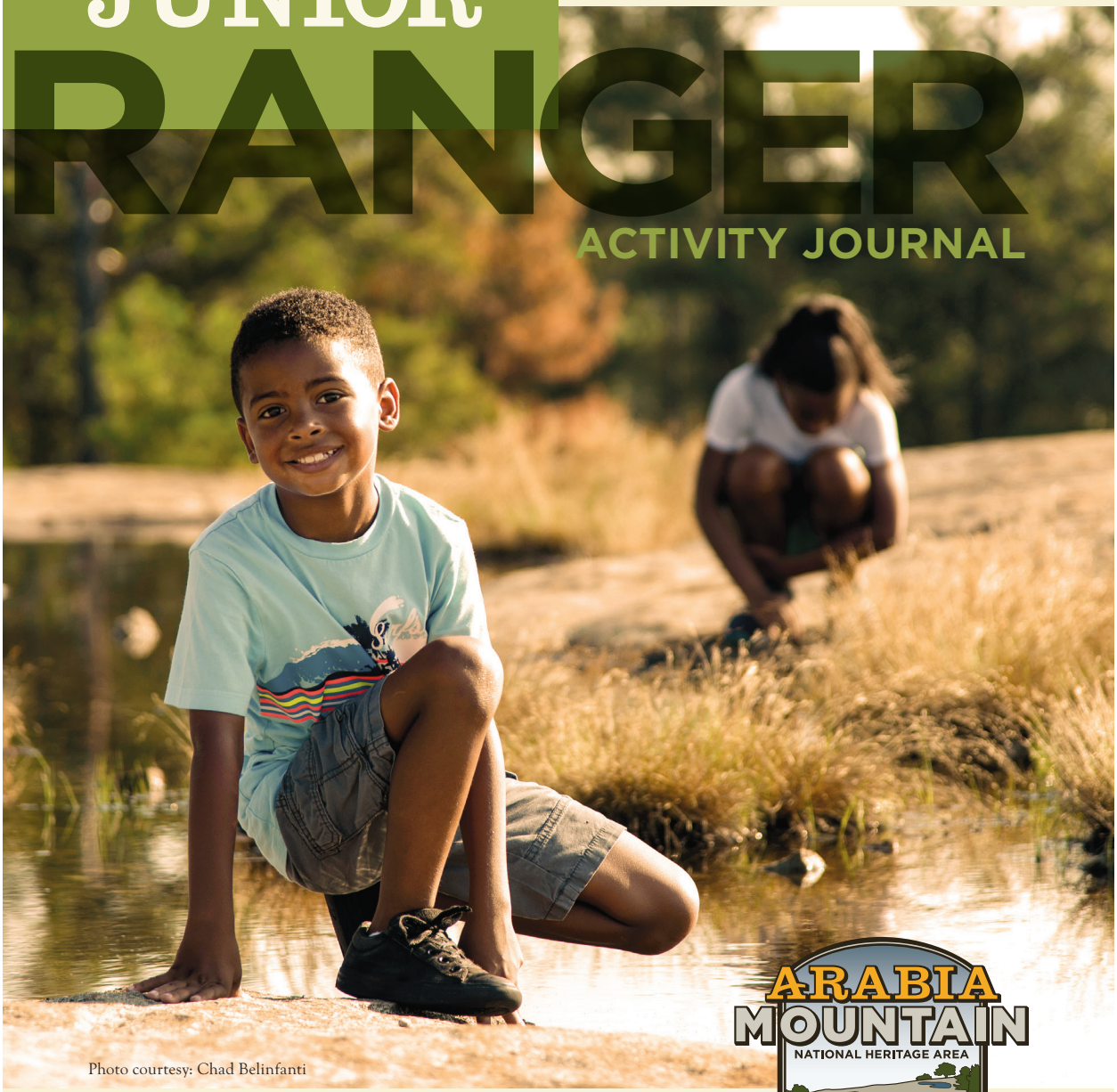


Photo courtesy: Chad Belinfanti

www.arabiaalliance.org

ARABIA MOUNTAIN
NATIONAL HERITAGE AREA
SEE 400 MILLION YEARS FROM HERE.

Welcome to THE ARABIA MOUNTAIN NATIONAL HERITAGE AREA!

Get ready to discover the fantastic sites and fabulous history with this guide. As a Junior Ranger, you can earn an official Junior Ranger certificate, a Junior Ranger journal, and a badge. Share the word about this awesome place with your family and friends.



ARABIA MOUNTAIN
NATIONAL HERITAGE AREA
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HOW TO BECOME A JUNIOR RANGER:

1. Read the stories about our remarkable places and people in this journal. A visit to the Arabia Mountain National Heritage Area makes the stories come to life.
2. Complete the activities next to these stories at your own pace. These activities can be finished in hours or days.
3. Finish one of the following two steps:

   a) Fill out the online Junior Ranger pledge. Tell us what you like the most about three places in the Arabia Mountain National Heritage Area that you visited.

   b) Answer the questions on the "Becoming a Junior Ranger" page in the back of this Junior Ranger Activity Journal. These questions ask about three places in the Arabia Mountain National Heritage Area. Give this journal to a ranger in the Visitor Center at:

Panola Mountain State Park
2620 GA Highway 155 SW
Stockbridge, GA 30281

Davidson-Arabia Mountain Nature Center
3787 Klondike Rd
Stonecrest, GA 30038

Arabia Mountain Heritage Area Alliance
3350 Klondike Rd
Stonecrest, GA 30038

Monastery of the Holy Spirit
2625 GA-212
Conyers, GA 30094

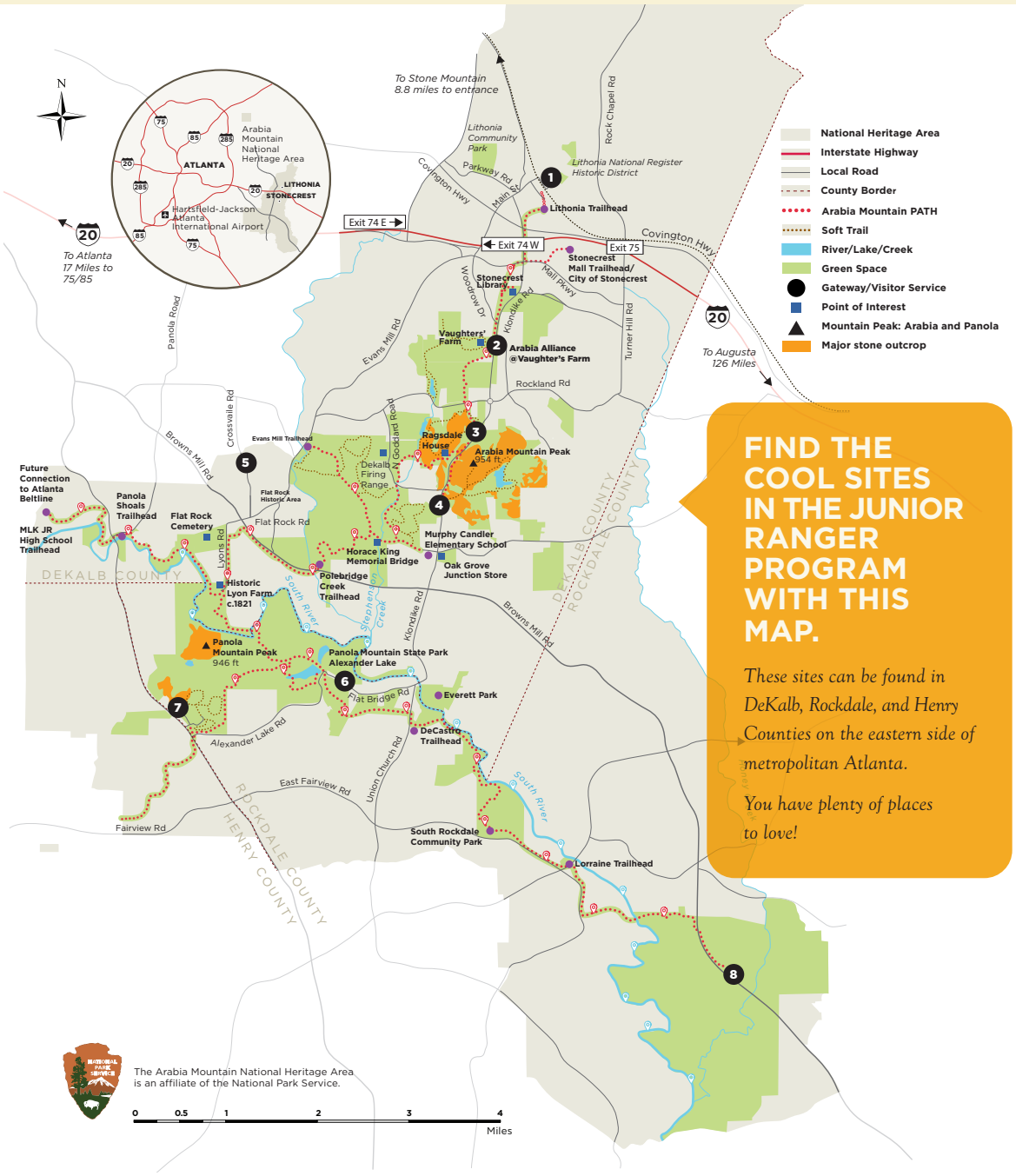
Questions? Please email us at juniorranger@arabiaalliance.org. For more information about the Arabia Mountain National Heritage Area, check out our website at www.arabiaalliance.org

THIS BOOKLET BELONGS TO:

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ARABIA MOUNTAIN NATIONAL HERITAGE AREA

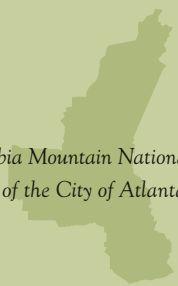


FIND THE COOL SITES IN THE JUNIOR RANGER PROGRAM WITH THIS MAP.

These sites can be found in DeKalb, Rockdale, and Henry Counties on the eastern side of metropolitan Atlanta.

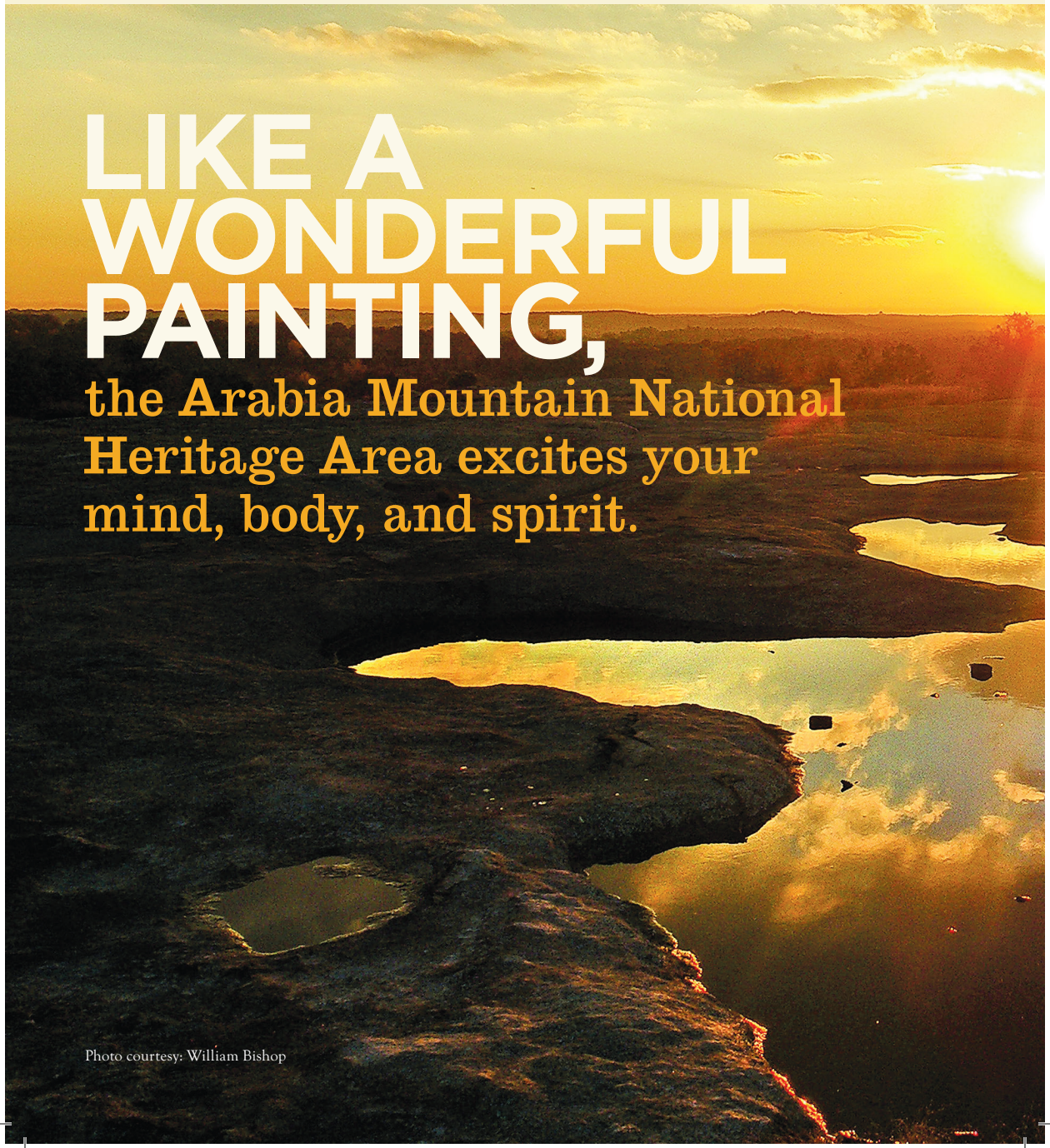
You have plenty of places to love!

1. Bruce Street School, page 28
   2449 Bruce Street
   Lithonia, Georgia 30058
2. Vaughters' Farm, page 24
   3366 Klondike Road
   Stonecrest, Georgia 30038
3. Davidson-Arabia Mountain Nature Preserve, page 14
   3787 Klondike Road
   Stonecrest, Georgia 30038
4. AWARE Wildlife Center, page 16
   4158 Klondike Road
   Stonecrest, Georgia 30038
5. Flat Rock Archive, page 22
   3956 Crossvale Road
   Stonecrest, Georgia 30038
6. Panola Mountain State Park, page 10
   2620 GA Highway 155 SW
   Stockbridge, Georgia 30281
7. Parker House, page 20
   4835 Flat Bridge Road
   Stockbridge, Georgia 30281
8. Monastery of the Holy Spirit, page 32
   2625 GA-212
   Conyers, Georgia 30094



DO YOU KNOW?

At 62.5 square miles in size, the Arabia Mountain National Heritage Area is about half the size of the City of Atlanta.

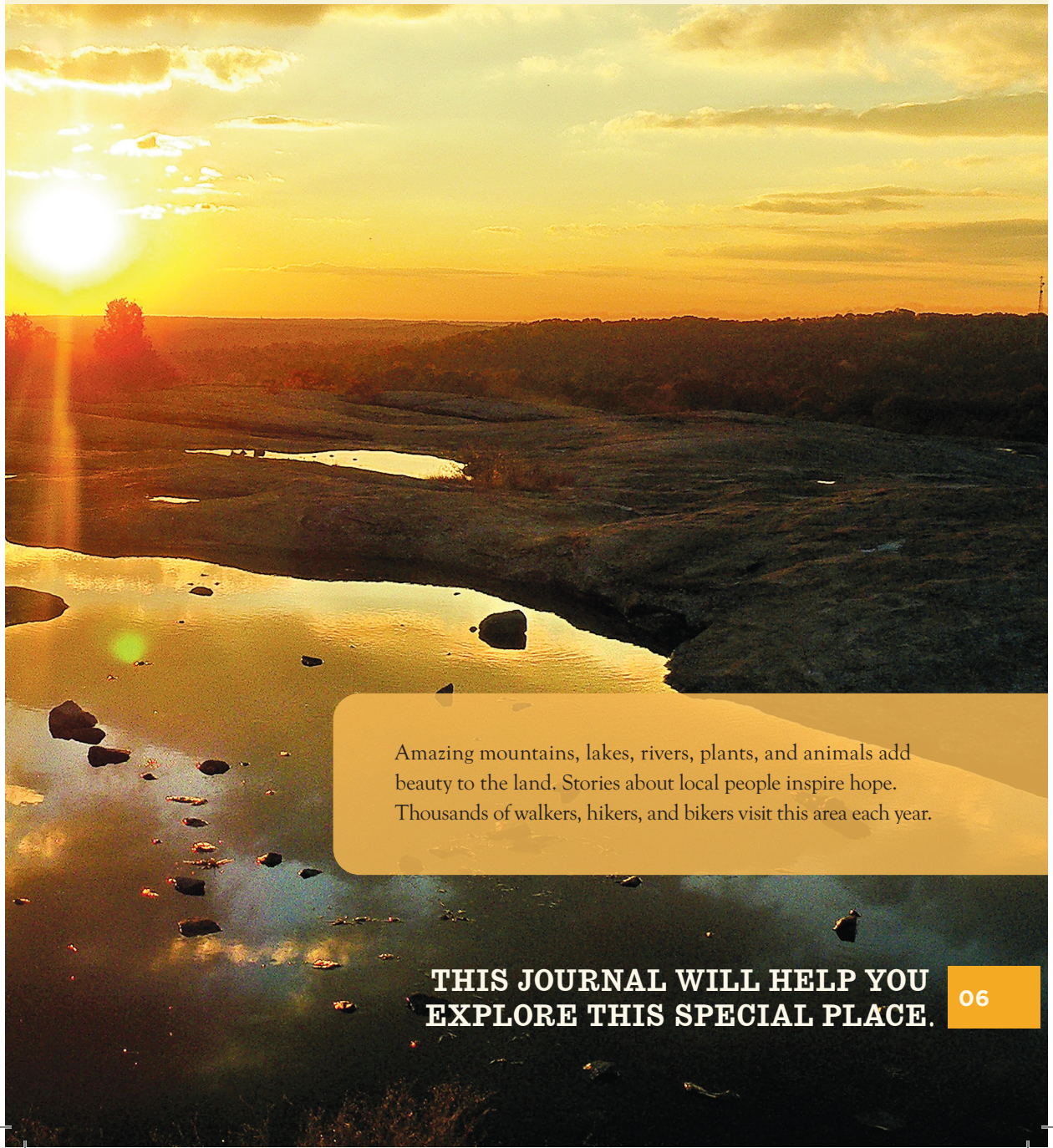


LIKE A WONDERFUL PAINTING,

the Arabia Mountain National Heritage Area excites your mind, body, and spirit.

Photo courtesy: William Bishop

ARABIA MOUNTAIN
NATIONAL HERITAGE AREA
SEE 400 MILLION YEARS FROM HERE.



Amazing mountains, lakes, rivers, plants, and animals add beauty to the land. Stories about local people inspire hope. Thousands of walkers, hikers, and bikers visit this area each year.

THIS JOURNAL WILL HELP YOU EXPLORE THIS SPECIAL PLACE.

MONAD

[m*uh*-nad-nok]

This playful word describes mountains that were once covered in softer rock and dirt. The mountains are very old. They were formed millions of years ago. Wind and rainwater wore away the rock and dirt over time. This process is called erosion. Now you see only the hard rock that used to be covered up. Monadnocks are made of hard rock, such as granite or migmatite.



Arabia Mountain
400 million years old

Let's say this word again,
[mig-ma-tite]



Panola Mountain
300 million years old

DO YOU KNOW ARABIA MOUNTAIN AND PANOLA MOUNTAIN STAND NEARLY 200 FEET TALL?

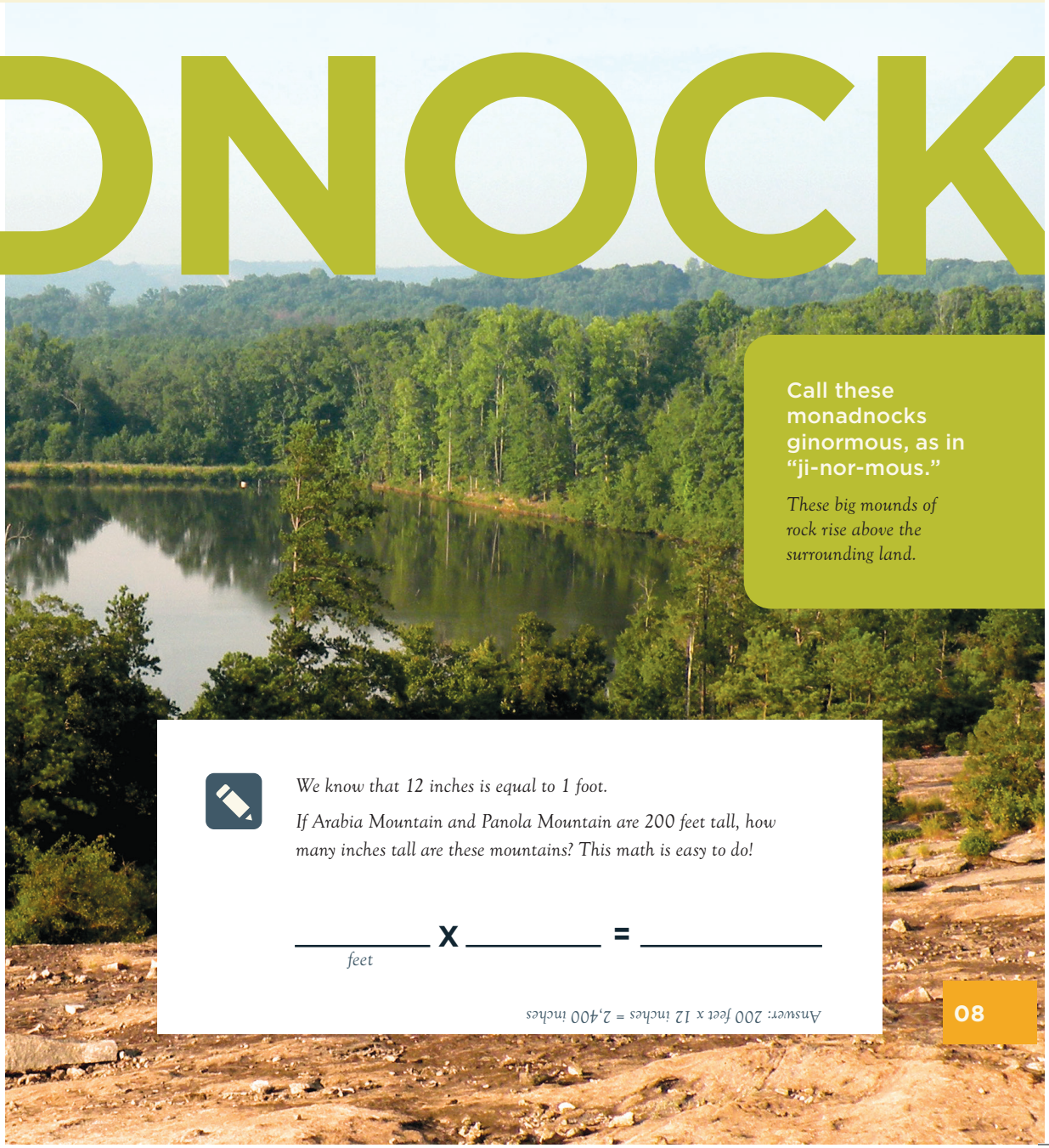
That height is about the same as a 17-story building. These two monadnocks are located in the National Heritage Area.



17-story building

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DNOCK



Call these monadnocks ginormous, as in "ji-nor-mous."

These big mounds of rock rise above the surrounding land.

We know that 12 inches is equal to 1 foot.

If Arabia Mountain and Panola Mountain are 200 feet tall, how many inches tall are these mountains? This math is easy to do!

_____ X _____ = _____
feet

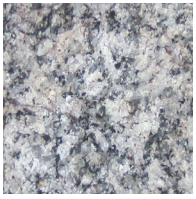
Answer: 200 feet x 12 inches = 2,400 inches

SCIENTISTS OF THE DEEP

Geologists want to know about the past, present, and future of the Earth.
These scientists take pictures of the Earth with powerful cameras. They use drills to dig for soil and rocks. The pictures, soil, and rocks help geologists to learn the history of the mountains. These scientists find out what materials are inside these huge landforms.

With their training, geologists can see the unique qualities of the rock at Panola Mountain, Stone Mountain, and Arabia Mountain. Pretend you are a geologist. What patterns do you see? Describe each rock in a few sentences.

Panola Mountain Granite



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Stone Mountain Granite



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Arabia Mountain Gneiss



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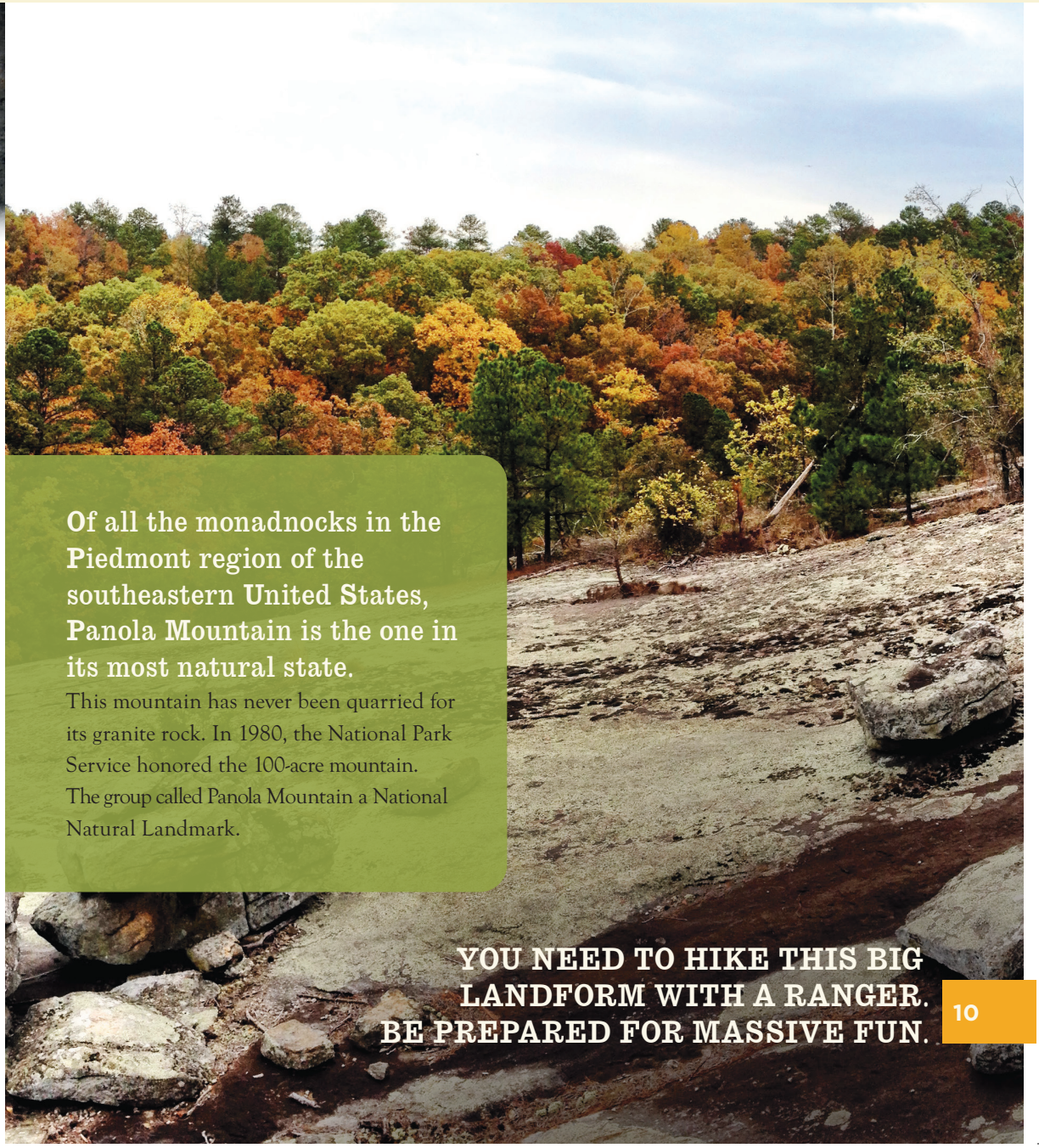
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The word "gneiss" sounds like "nice." This metamorphic rock is created by changes in granite rock caused by heat and pressure. Can you spot the swirl pattern in the Arabia Mountain gneiss?

ARABIA MOUNTAIN
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Of all the monadnocks in the Piedmont region of the southeastern United States, Panola Mountain is the one in its most natural state.

This mountain has never been quarried for its granite rock. In 1980, the National Park Service honored the 100-acre mountain. The group called Panola Mountain a National Natural Landmark.

YOU NEED TO HIKE THIS BIG LANDFORM WITH A RANGER. BE PREPARED FOR MASSIVE FUN.

LIFE IN THE PITS



HARD CONDITIONS CAN CHALLENGE PLANTS ON THE ROCKS.

Arabia's extreme heat and dry conditions, winds, and even freezing temperatures are stressful for plants. But Arabia Mountain's plants have special adaptations that allow them to survive on the rock. **Some plants have a reverse growing season,** which means they don't grow during the hottest summer months and instead grow in the cooler months of the year. How smart!

On Arabia and Panola Mountains, small amounts of soil in solution pits make excellent homes for tough plants such as moss, lichen, and wildflowers. When plants die, the soil in the solution pits deepen, making it possible for larger plants to grow.



Photo courtesy: Hugh and Carol Nourse

Find the words about solution pits in this word search pit.

HEAT
FREEZE
SOLUTION
ADAPTION
TOUGH
SURVIVE
SOIL

C	V	K	A	F	M	L	W	O	B
S	J	L	D	R	Q	I	O	K	B
U	S	S	A	E	U	L	C	I	Q
R	O	O	P	E	C	C	B	L	T
V	L	I	T	Z	T	H	E	H	I
I	U	L	A	E	Q	E	H	E	T
V	T	E	T	Z	F	A	Q	F	O
E	I	U	I	D	I	T	L	A	U
F	O	W	O	S	S	W	N	E	G
U	N	X	N	Z	A	B	S	W	H

DIAMORPHA AT ARABIA AND PANOLA MOUNTAINS

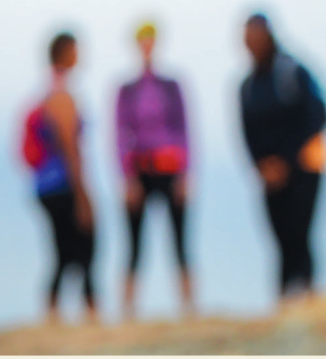
ARABIA MOUNTAIN NATIONAL HERITAGE AREA
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As you hike on these mountains, can you spot *diamorpha*? Try that curious word again:

[die-*ah*-mor-fa]

This plant is called *Diamorpha smallii* or elf orpine. Diamorpha can be found in the solution pits at Arabia and Panola Mountains. It brings exciting red color to these monadnocks during the late winter and early spring.

Can you find diamorpha at both mountains? You will see these plants thriving above the granite rock.



WHAT IS A SOLUTION PIT?

A solution pit is a depression in the rock that has a thin layer of soil in it. It is called a solution pit because minerals in the rock have ***weathered*** *slowly with water from rain and weak acid from lichen that grow on the rock.* ***Erosion*** *carries away the solution with the dissolved minerals, eventually a pit forms. Bits of rock and decaying plants get caught in the depression and become soil which can build up enough over time to grow plants.*

Solution pits take thousands of years to form in the rock, which is why we need to take such care not to disturb them.

How many solution pits can you count on the mountain? If you can't visit, you can count the number of solution pits in this Junior Ranger Journal!

WELCOME TO ARABIA MOUNTAIN!



As you stand at the base of the mountain, how will you find your way to the top? Follow the cairns, pronounced "care-ins."

These piles of natural rock have been used for thousands of years on every continent to guide travelers. At Arabia Mountain the cairns are more than strange stacks of stone. Park officials place the cairns to guide hikers from the trailhead to the mountaintop and back. When you arrive at the top, enjoy the view!

How's the view? Draw anything you do see or would see on Arabia Mountain.

LEAVE NO TRACE

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Marvelous plants and views attract thousands of visitors each year to Arabia and Panola Mountains. Our walking and biking trails are delightful, too! You can help preserve our beautiful mountain for future hikers. Follow the Leave-No-Trace Principles from the Center for Outdoor Ethics.

1. PLAN AND PREPARE
Bring plenty of water and a cell phone for your hike. Wear the right clothes and shoes for the weather. A map or a guide makes the hike more enjoyable.

2. TRAVEL ON DURABLE SURFACES
Stay out of the solution pits and follow cairns or blazes on the trails. Blazes are the colored markings on the ground and trees.

3. GET RID OF WASTE PROPERLY
Take all of your trash, leftover food, and litter with you.

4. LEAVE WHAT YOU FIND
Look at, but do not touch, cultural or historic objects. Remember, don't pick the flowers. Leave rocks where they lie.

5. RESPECT WILDLIFE
See wildlife from a distance.

6. BE KIND TO OTHER VISITORS
Be courteous to other hikers on the trail.



WITH YOUR HELP, OUR MOUNTAINS CAN REMAIN A GREAT PLACE TO VISIT.

AWARE WILDLIFE CENTER



Owls, squirrels, skunks, turtles, and other wild animals love the tree-covered areas around metropolitan Atlanta. When injured or hurt, these and other creatures make their home at the AWARE Wildlife Center. This place is found at the base of Arabia Mountain. At the AWARE Wildlife Center, the animals are nursed by caring people until they are ready to return to the wild.

AWARE
WILDLIFE CENTER

HAVE YOU SEEN ANY INJURED WILDLIFE IN YOUR NEIGHBORHOOD?

AWARE educates the public about wild animals through tours and school visits. This nonprofit organization treats the wounds of wild animals with medicine and love. Find out more information about these animals at: awarewildlife.org.

Let's learn more about some of the amazing animals at this center. When they are healthy, how do these animals stay alive?

1. Barn owls are one of the most popular of all owl species. Circle the features that help these animals to survive.

a. Good eyesight and hearing

b. Soft feathers for a quiet flight when they hunt for animals to eat

c. A neck that can be turned almost all the way around

d. Powerful claws and feet to grab food



Meet "Windy Sue Whoo."

Answers: 1 (a., b., c., and d. – all four!), 2 (b.), 3 (d.), 4 (c.)

ARABIA MOUNTAIN
NATIONAL HERITAGE AREA
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What do you think about their funny nicknames?

2. Flying squirrels don't have to touch the ground! These animals glide in the air using the thick skin between their front and back legs. A flying squirrel _____ .

a. can flap to take off from the ground

b. can glide up to 150 feet

c. can be on its own from the moment it is born

d. is vegetarian



Do you like "Stella Luna"?

3. When a skunk is frightened, it will spray a strong-smelling liquid but before it sprays it will warn you by _____ .

a. stomping its feet

b. scratching the ground

c. hissing

d. all of these



Greetings, "Marc Antony"!

4. When they are scared, box turtles _____ .

a. dig a hole in the ground and hide in it

b. scream and look for cover

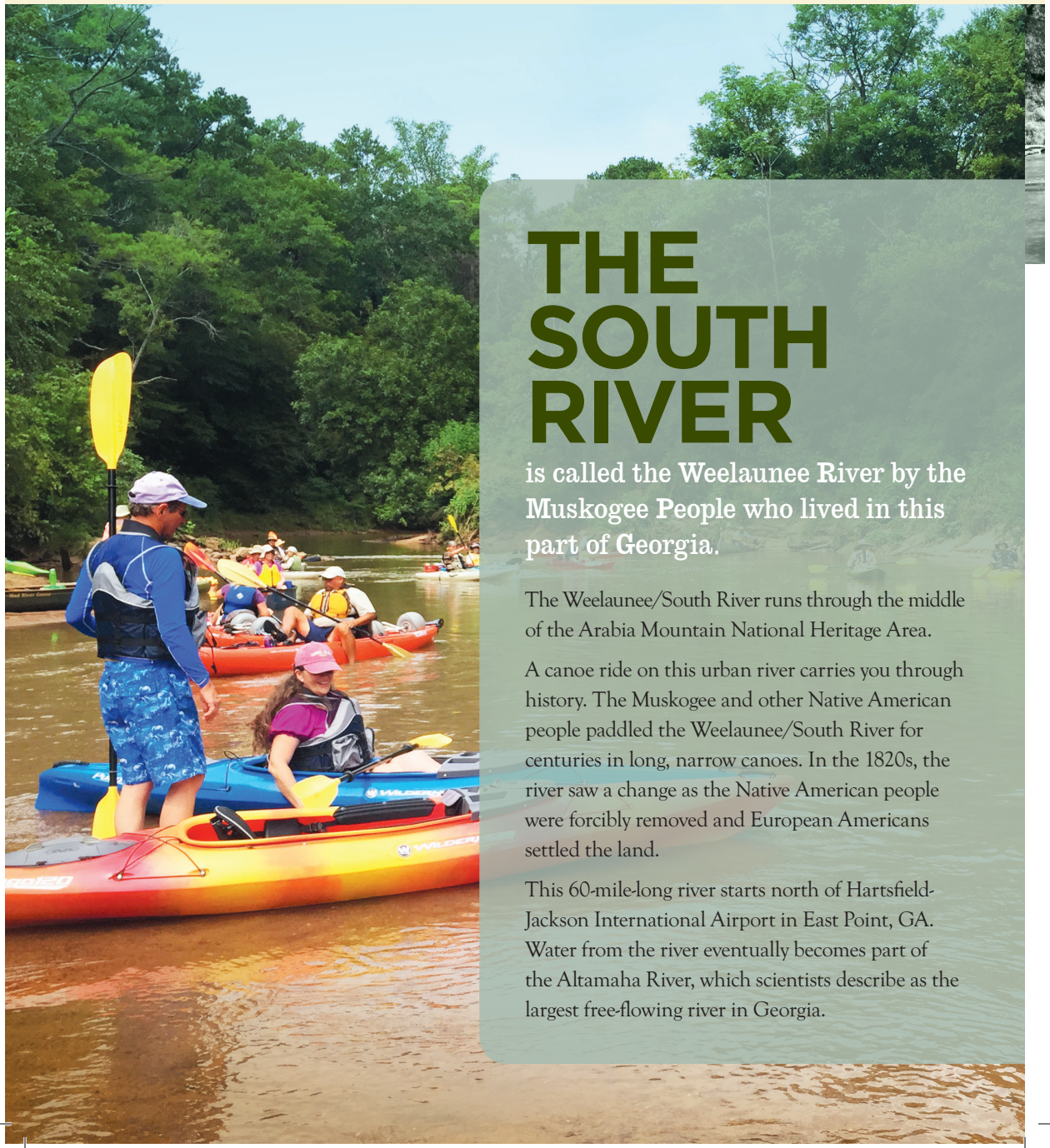
c. pull their heads, tails, and limbs into their shells

d. spit a gooey liquid on the ground



Hi, "Mary Shelli Frankenstein"!

DO YOU KNOW THAT AWARE STANDS FOR THE ATLANTA WILD ANIMAL RESCUE EFFORT?



THE SOUTH RIVER

is called the Weelaunee River by the Muskogee People who lived in this part of Georgia.

The Weelaunee/South River runs through the middle of the Arabia Mountain National Heritage Area.

A canoe ride on this urban river carries you through history. The Muskogee and other Native American people paddled the Weelaunee/South River for centuries in long, narrow canoes. In the 1820s, the river saw a change as the Native American people were forcibly removed and European Americans settled the land.

This 60-mile-long river starts north of Hartsfield-Jackson International Airport in East Point, GA. Water from the river eventually becomes part of the Altamaha River, which scientists describe as the largest free-flowing river in Georgia.

ARABIA MOUNTAIN NATIONAL HERITAGE AREA
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Volunteers with the South River Watershed Alliance check the condition of the river year-round. They work hard to keep the river in tip-top shape so people can paddle a canoe or kayak or walk along the water's edge.

Remember these tips when you visit any body of water:

1. Go only in safe areas and have fun!
2. Bring a first-aid kit, if you can.
3. Wash your hands before you eat any food.
4. Wear old shoes or boots. They may get wet and muddy.
5. Do not touch any wildlife or plants that you find.
6. Do not taste any water or plants.
7. Stay with your group at all times. You can enjoy the water even more with your family or friends.

YOU CAN BE A FRIEND OF THE SOUTH RIVER, TOO.

Help us to see how this peaceful river is doing.

When you see the South River, answer these questions:

1. *What color is the river?*
2. *Is the water deep or shallow?*
3. *Do you see fish swimming in the South River?*

LYON FARM (PLANTATION)

The Lyon Farm is also important to the history of Flat Rock, *one of the oldest African American communities in Georgia. People who were enslaved on the Lyon Farm before the Civil War went on to help found the community of Flat Rock after they were freed. They created a close-knit and resilient community following the Civil War. You will read more about the Flat Rock Community on the next pages, and you will see a picture of Hill Lyons who was born and enslaved on the Lyon Farm.*

IN 1821,

Joseph and Mary Ann Lyon moved from South Carolina into Georgia's "new frontier" and began farming.



What is the difference between a farm and a plantation?

To those who were enslaved on the property, there likely wasn't a difference! The early Lyon settlers enslaved up to 17 people on this farm growing cotton and other crops, but it wasn't called a plantation. To be called a plantation, a farm needed more than 20 enslaved people.

Within a generation of settling here, the Lyon family grew in wealth and enslaved up to 17 people on 1,000 acres. While the farm used to have more buildings such as slave cabins and barns, only some remain. The farmhouse and several outbuildings are preserved to help us know what life used to be like in the county for the people who lived and worked on this land.

1. **FARMHOUSE:** The Lyon Farmhouse is one of the oldest homesteads in DeKalb County. Members of the Lyon Family lived in the farmhouse for almost 200 years. The original house is called **plantation plain** style. It had a porch and two rooms, a bedroom and living room. The kitchen and bathroom were in separate buildings outside. Why do you think the kitchen and bathroom were not part of the main house?

_____



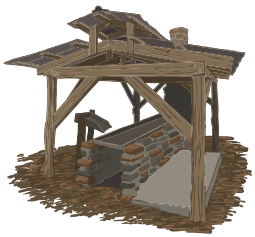
2. OUTHOUSE: The original outhouse is gone, but there is a **replica** on the property. Lyon family history tells that the outhouse was a 3-seater! Why do you think the outhouse has room for 3 people?

_____

3. SMOKEHOUSE: Early settlers did not have electricity or refrigerators. **Curing** meat was a way to preserve it. Raw meat was packed in salt for about a month to dry it out. Then it was hung in the smokehouse with a smokey fire for a few weeks. Cured meat can be stored in a cupboard for many months. What kinds of meat do you think the Lyon's cured on their farm?



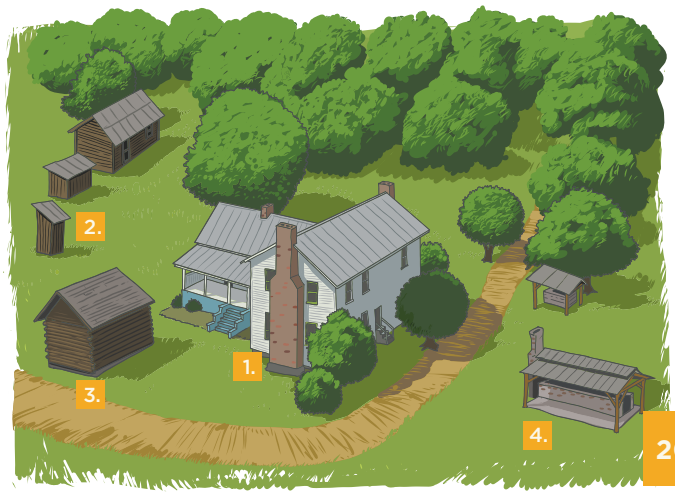
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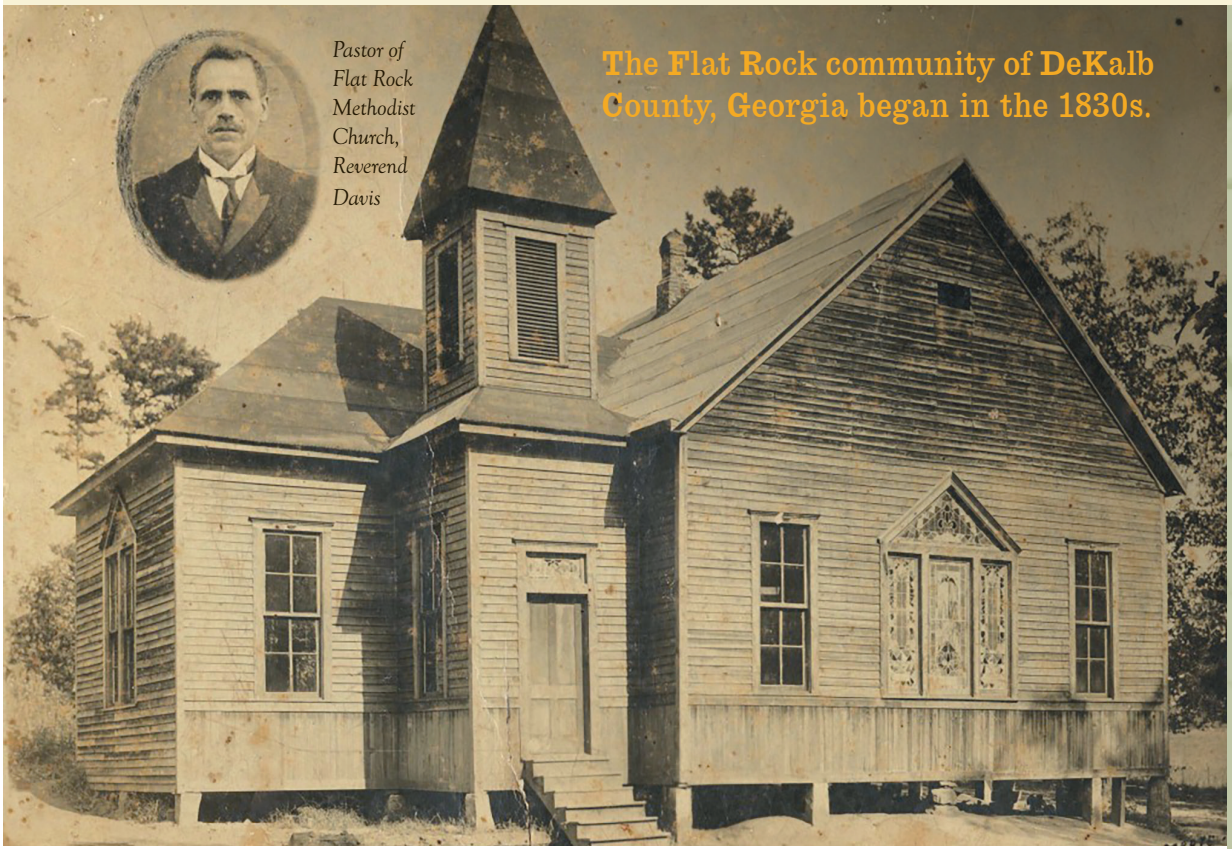
4. SORGHUM HUT: Sorghum grass is from west Africa. Some believe that people captured in Africa to be enslaved brought sorghum seeds with them. Sorghum grass can be crushed to release a sweet liquid called sap. The sap gets boiled in a long pan over a fire for many hours into syrup. From the grass on their farm, the Lyons produced sorghum syrup used like other syrups for adding sweetness.

Who lived here before the Lyons?

This land was home to the Muskogee (Creek) Nation before settlers forced them out of Georgia. When the tribe was forced to leave, they had to walk thousands of miles to Oklahoma. Like the Cherokee people, they call this long march the Trail of Tears. Most Muskogee (Creek) people today live in Oklahoma. A smaller group lives in Alabama.



FLAT ROCK COMMUNITY



Pastor of Flat Rock Methodist Church, Reverend Davis

Flat Rock Methodist Church

African American slaves worked on farms in the area. The legal ownership of these people by slave owners ended in 1865. Many people in the Flat Rock community were freed slaves.

African American families enjoyed close bonds in Flat Rock. Churches taught students in this area. One of the churches was the Flat Rock Methodist Church.

Sometimes people in Flat Rock led tough lives. They could not own land on major roads. Many families worried about their safety.

The Great Migration could have hurt the Flat Rock community. This movement started in the 1910s. More than six million African Americans left southern towns. They wanted better jobs in the North.



Would people in the Flat Rock community move to other areas in the United States, too? Would they have a better life in another part of the country?

T. A. Bryant Sr. wanted to keep the Flat Rock community together. He was a smart business leader. Mr. Bryant bought 43 acres of land from John South for $600 in 1925.

How much money did Mr. Bryant spend for each acre of land?

.....



Flat Rock Methodist Church Trustees in 1909 The man second from the right in the back row is Hill Lyons. He was enslaved on the Lyon Farm until emancipation.

Mr. Bryant sold pieces of his land to fellow African Americans who wanted to stay in the place where they owned land.

Flat Rock was a farming community. The farmers grew crops such as cotton, corn, and wheat. They raised cows, chickens, and pigs. Mr. Bryant's family has lived on this historic land for a long time. Flat Rock is one of the oldest communities in the Atlanta area. This land is a part of the Arabia Mountain National Heritage Area.

VISIT THE FLAT ROCK ARCHIVE.

This cultural center tells the public about the great history of the Flat Rock community and DeKalb County.

The answer is about $13.95 per acre.

DEKALB COUNTY WAS THE DAIRY CAPITAL OF THE SOUTHEASTERN UNITED STATES IN THE 1930S.

Farms made more milk products in this county than others in the region.



More than fifty dairy farms operated in DeKalb County during the 1930s and 40s. Vaughters' Farm was one of the last dairy farms to operate in the county.

S. B. Vaughters paid $4,230 for the 146-acre piece of land in 1946. This amount equals $51,400 in today's dollars. He used local granite to build a house for his family. He taught at the nearby Murphey Candler School. A seventh-grade student helped him build it! He also built a barn over the next ten years. His cows provided dairy and beef products.

Over the course of many years, farmland in DeKalb County became neighborhoods with houses and roads. The State of Georgia bought Vaughters' Farm in 2002. Vaughters' Farm has been saved for the public to enjoy.

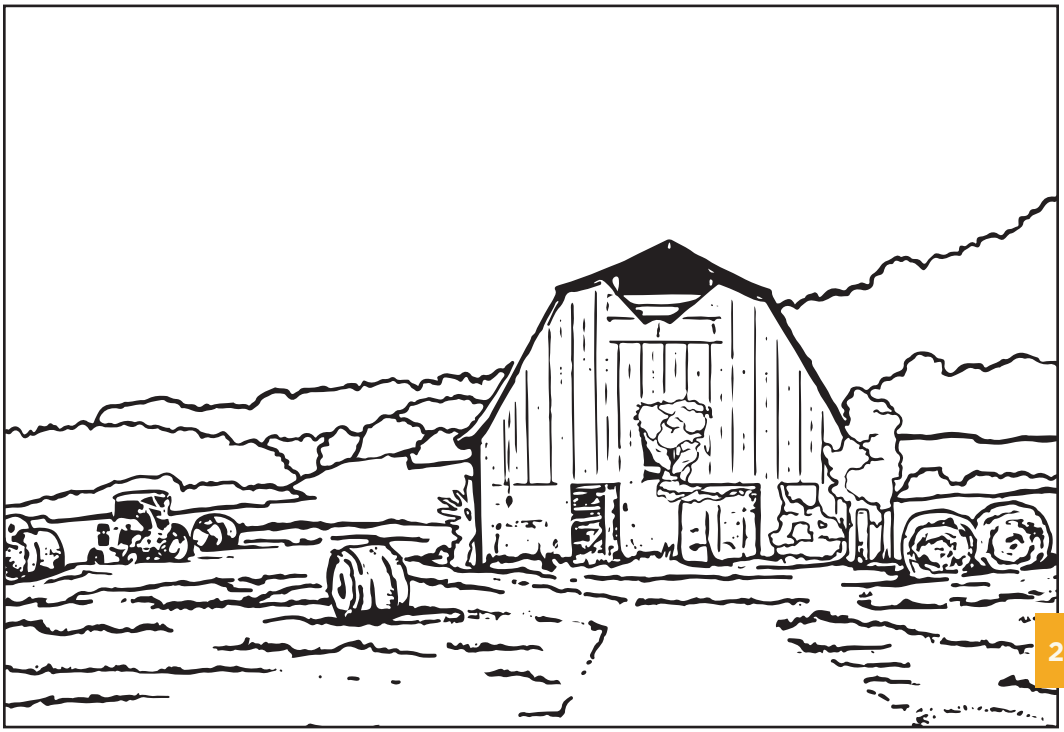
Visitors to the Arabia Mountain National Heritage Area feel a strong sense of place when they see Vaughters' Farm.



They love to see the old, white barn; the big trees; and the sea-blue skies. During a hike at Vaughters' Farm, you may find birds, wild turkeys, and deer. This meadow has been their home for a long time.

Vaughters' Farm is a delightful setting for making landscape art. In 1893 Edward M. Bannister painted, 4 Cows In A Meadow. He was inspired by the world around him. Bannister was the first African American painter to win a national award for painting. He won the award for his landscape painting called, Under the Oaks.

Make landscape art from this picture of the farm with your colored pencils or markers. Have bold fun!





Do you see the straight edges of the outcroppings at Arabia Mountain?

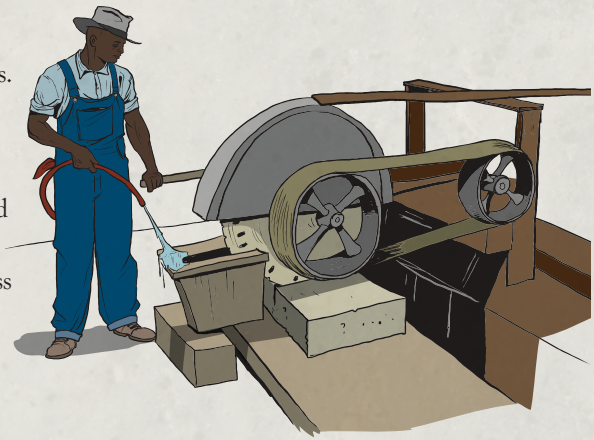
These spots on the mountain often show where quarrying took place.

GRANITE INDUSTRY

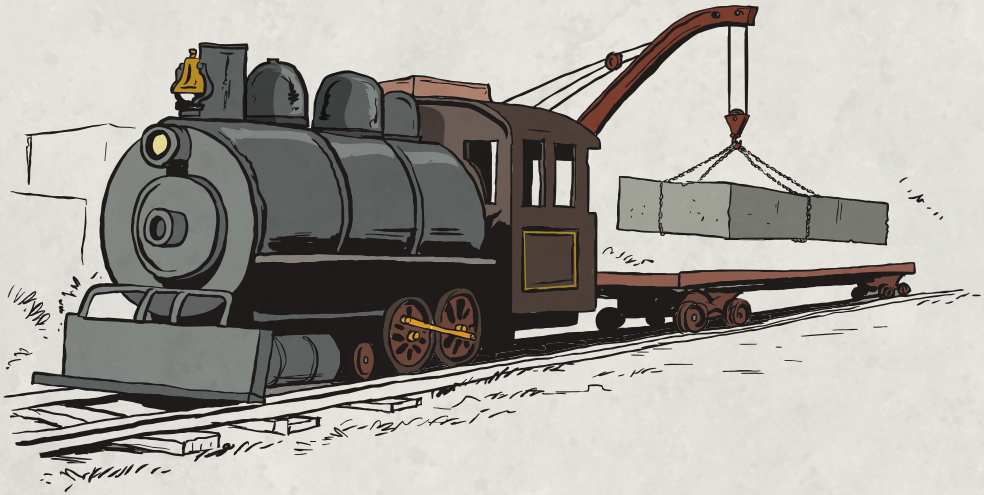
Granite quarry companies attracted European immigrants and African Americans to DeKalb County.

These people were excited by the promise of new jobs. Think of a quarry as a mining site where workers removed stone from the ground.

By 1880, quarry workers used drills, explosives, and huge machines to "raise a ledge." This task called for the worker to separate chunks of granite and gneiss rock from the outcroppings at Big Ledge, Arabia Mountain, Pine Mountain, and Rock Chapel.

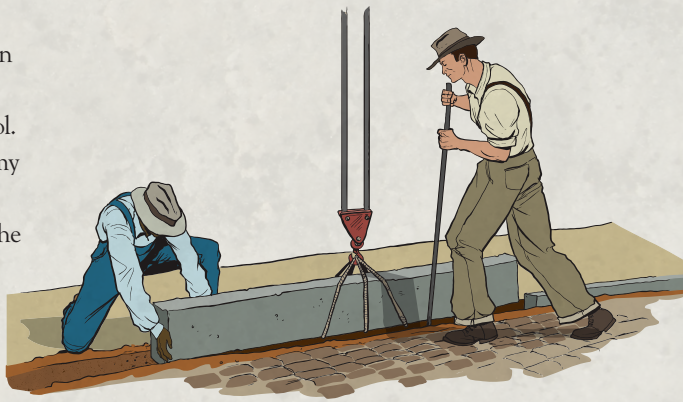


ROCK AROUND THE COUNTRY



The workers sliced the large rock sheets into smaller pieces using saws. They shipped the rock on trains to sites around the United States, starting from Atlanta.

See the workers' skills with the quarried stone on the buildings in the Arabia Mountain National Heritage Area, including the Bruce Street School. Buildings at the United States Military Academy in New York and the United States Naval Academy in Maryland also show their work. The cut stone can also be seen in paving curbs on streets in the Atlanta area.



CAN YOU FIND A GRANITE BUILDING IN YOUR NEIGHBORHOOD?

THE HISTORIC BRUCE STREET SCHOOL

changed the lives of many African Americans in DeKalb County.

The Bruce Street School was built in 1938 after the local school for Black children was burned down. The rocks for this school building were carried from the Arabia Mountain Quarry to the new school ground where the people of Bruce Street in Lithonia built a new school. For many years Black and White students were sent to different schools because of a legal system called segregation. In the Lithonia area, schools such as the Bruce Street School educated African American students only through seventh grade, so some teenagers had to move far away from their families if they wanted to keep going to school.



BRUCE STREET SCHOOL

ARABIA MOUNTAIN
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In the 1960s, the new Bruce Street Elementary School and the new Bruce Street High School opened. The old Bruce Street School was not needed. It was closed. This old building began to fall apart. Some walls of the original Bruce Street School can still be seen.

Take a look at the walls of the old school.



People are working to use this historic building again.

This process is called adaptive reuse.

What is your idea to use this building again?

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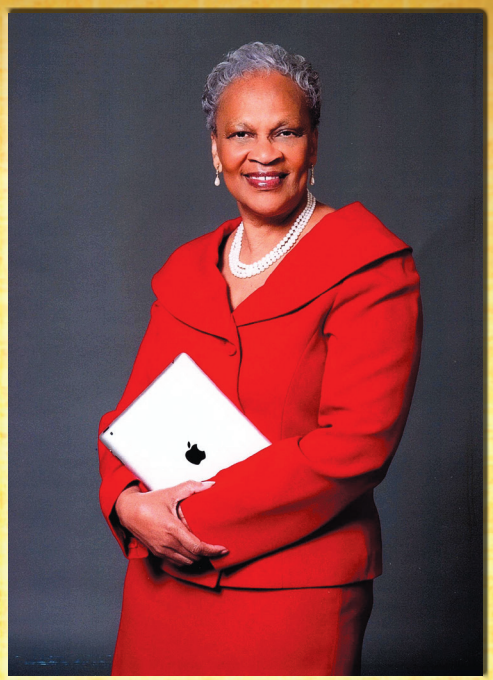
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COLLECTING ORAL HISTORY

"Oral history" means the collection of living people's memories about their lives.

Former mayor of Lithonia Marcia Glenn Hunter went to Bruce Street School as a child. She remembers her days as a student and shared an oral history about her time at the school. Her story was recorded so that others can hear her words and learn about the past directly from her.





Photos courtesy: Marcia Glenn Hunter

"I loved school. It was the beginning of my love for people and leadership."

- Marcia Glenn Hunter

TELL ME MORE

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You can learn more about how to gather an oral history.
Try the following activity:

1. *Ask an adult questions about their life. Be sure to get your parents' approval to talk to this person.*

2. *Think about using a cell phone to record the interview. You can also take notes while the person answers the questions.*

3. *Here are a few questions you could start with.*

   a) *When were you born?*

   .....

   b) *Tell me something about your childhood when you were my age.*

   .....

   .....

   .....

   .....

   c) *What was the name of your elementary school and where was it located?*

   .....

   d) *What was one of your favorite times at the school?*

   .....

   .....

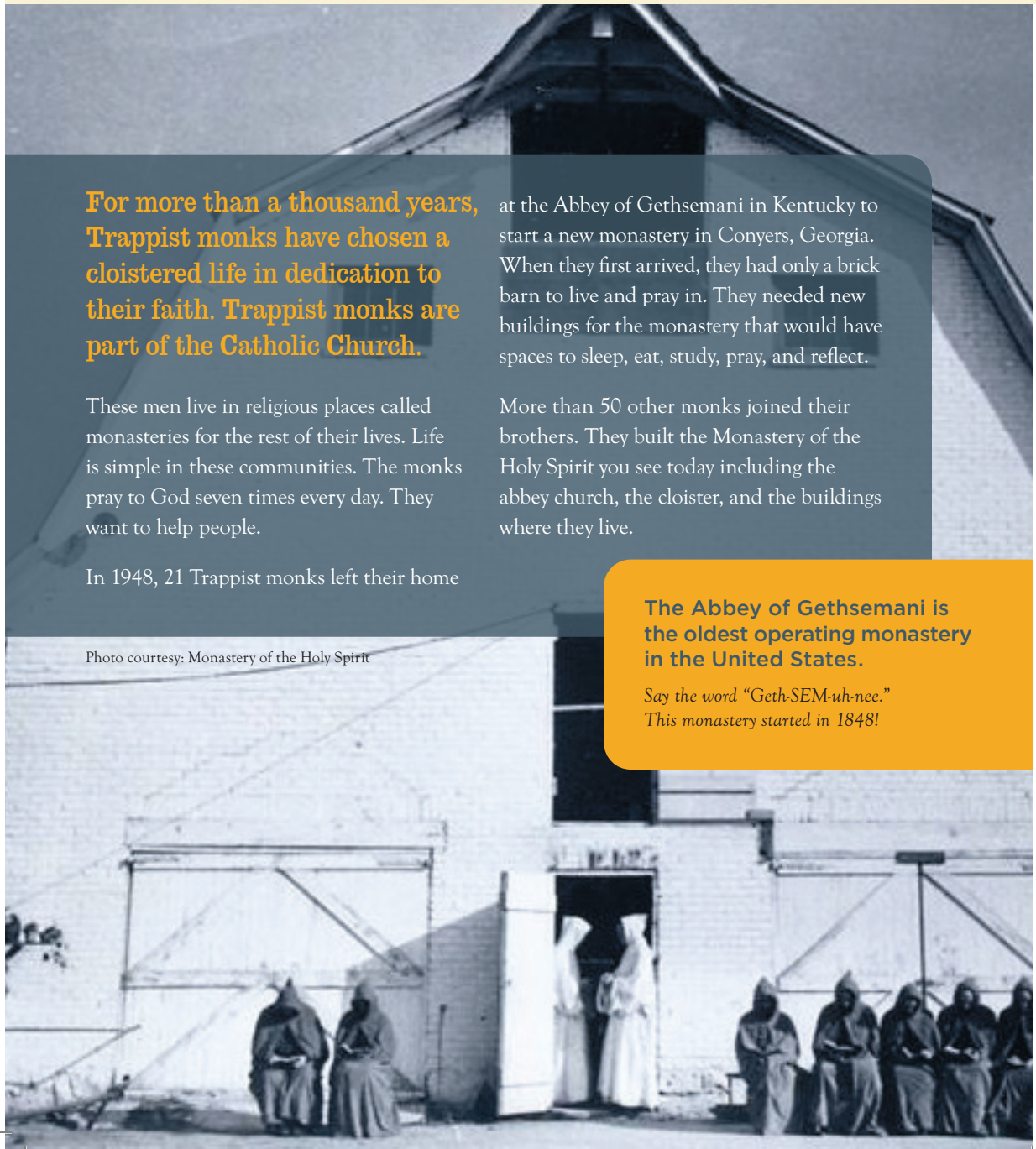
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4. *Save the recording as the start of an oral history collection.*

THANKS FOR YOUR WORK!
YOU ARE SAVING HISTORY.

MONASTERY OF THE HOLY SPIRIT



For more than a thousand years, Trappist monks have chosen a cloistered life in dedication to their faith. Trappist monks are part of the Catholic Church.

These men live in religious places called monasteries for the rest of their lives. Life is simple in these communities. The monks pray to God seven times every day. They want to help people.

In 1948, 21 Trappist monks left their home at the Abbey of Gethsemani in Kentucky to start a new monastery in Conyers, Georgia. When they first arrived, they had only a brick barn to live and pray in. They needed new buildings for the monastery that would have spaces to sleep, eat, study, pray, and reflect.

More than 50 other monks joined their brothers. They built the Monastery of the Holy Spirit you see today including the abbey church, the cloister, and the buildings where they live.

Photo courtesy: Monastery of the Holy Spirit

The Abbey of Gethsemani is the oldest operating monastery in the United States.

Say the word "Geth-SEM-uh-nee." This monastery started in 1848!



When you visit the Monastic Heritage Center, you can see the original barn where the monks first lived. You can stand in the courtyard between the barn and the visitor center that was added in 2011. Relax your mind as you look at the landscape and tall columns. The columns look like large stone posts. Are you enjoying your solitude in this space?

You can take a quiet walk from the historic barn to the Abbey Church. Enjoy the rolling hills, the calming trees, and the open skies. How does this peaceful place make you feel?

Monks at the Monastery of the Holy Spirit feel a special sense of solitude in the Abbey Church. They love the silence of the sacred space. When visitors spend time here, they can find the joy of solitude too.

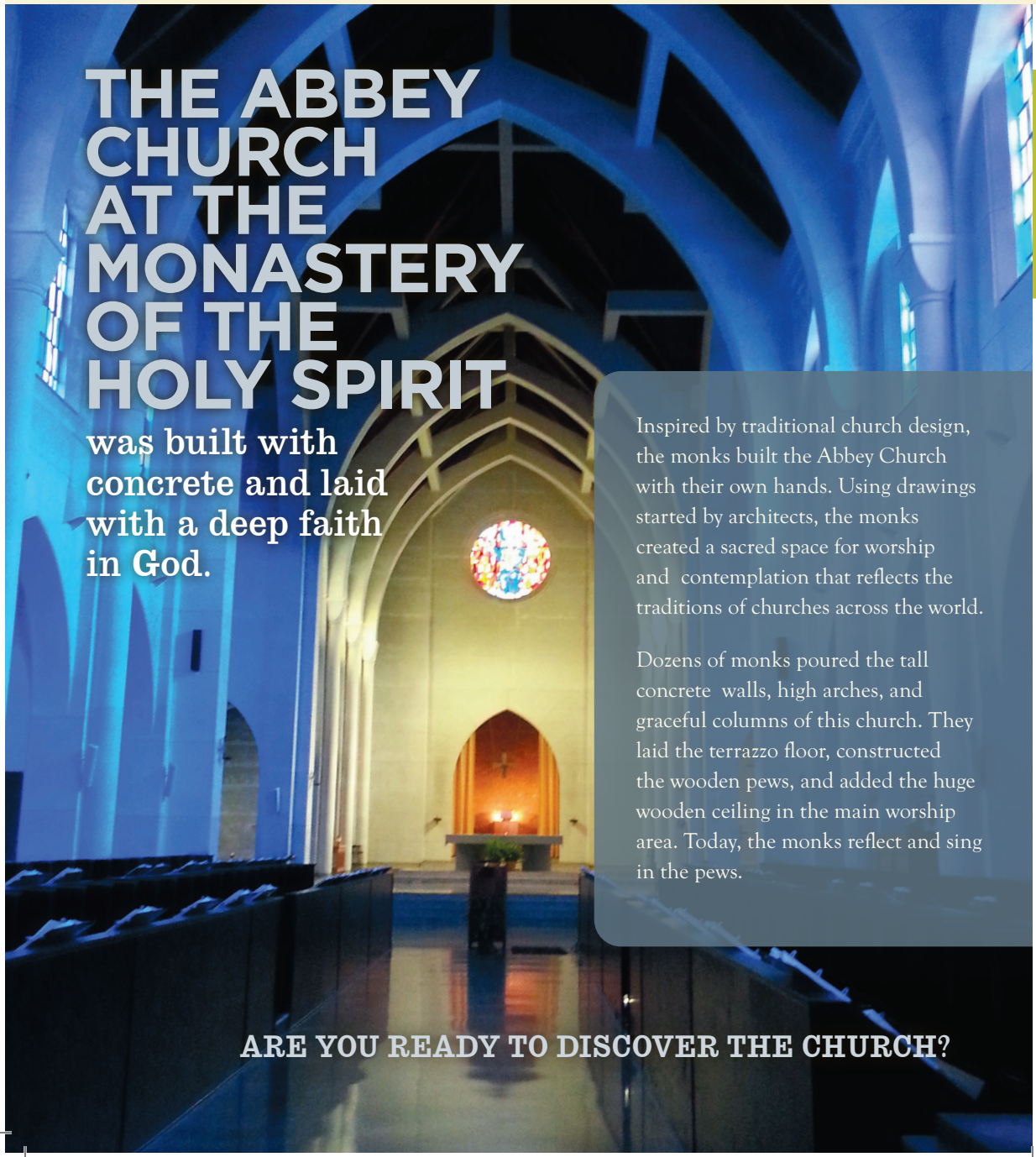
CAN YOU FIND THE JOY OF SOLITUDE?

During the daytime, turn off all devices to make a quiet space: no running televisions, radios, computers, or personal gadgets. For five minutes, take in the silence of the space. Write down three adjectives to describe your time alone.

1. .....

2. .....

3. .....



THE ABBEY CHURCH AT THE MONASTERY OF THE HOLY SPIRIT

was built with concrete and laid with a deep faith in God.

Inspired by traditional church design, the monks built the Abbey Church with their own hands. Using drawings started by architects, the monks created a sacred space for worship and contemplation that reflects the traditions of churches across the world.

Dozens of monks poured the tall concrete walls, high arches, and graceful columns of this church. They laid the terrazzo floor, constructed the wooden pews, and added the huge wooden ceiling in the main worship area. Today, the monks reflect and sing in the pews.

ARE YOU READY TO DISCOVER THE CHURCH?

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The concrete on the walls of the monastery

looks smooth, even though this building material can be made of small rocks, sand, water, and a powder called Portland cement.

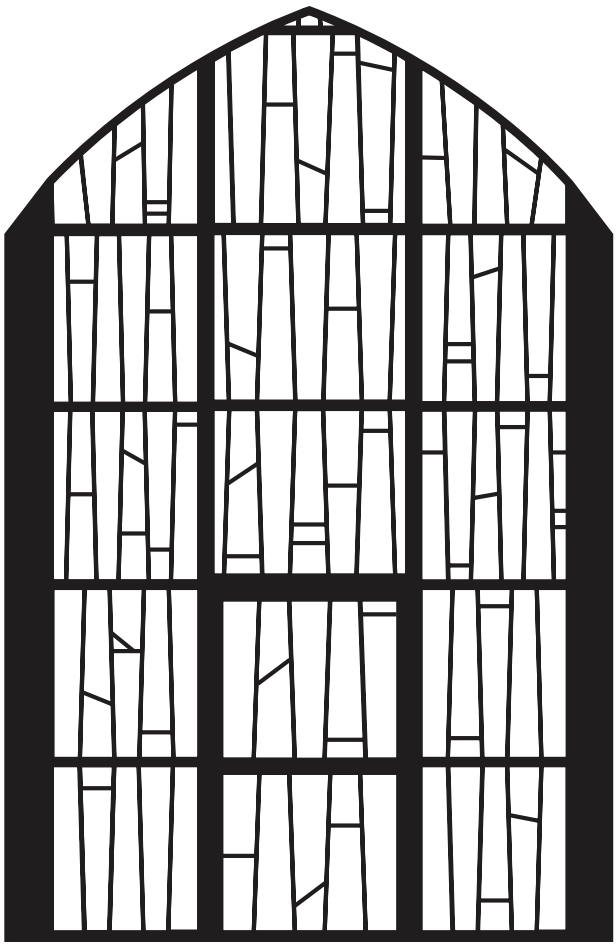
Do you see the different colors of light inside the Abbey Church?

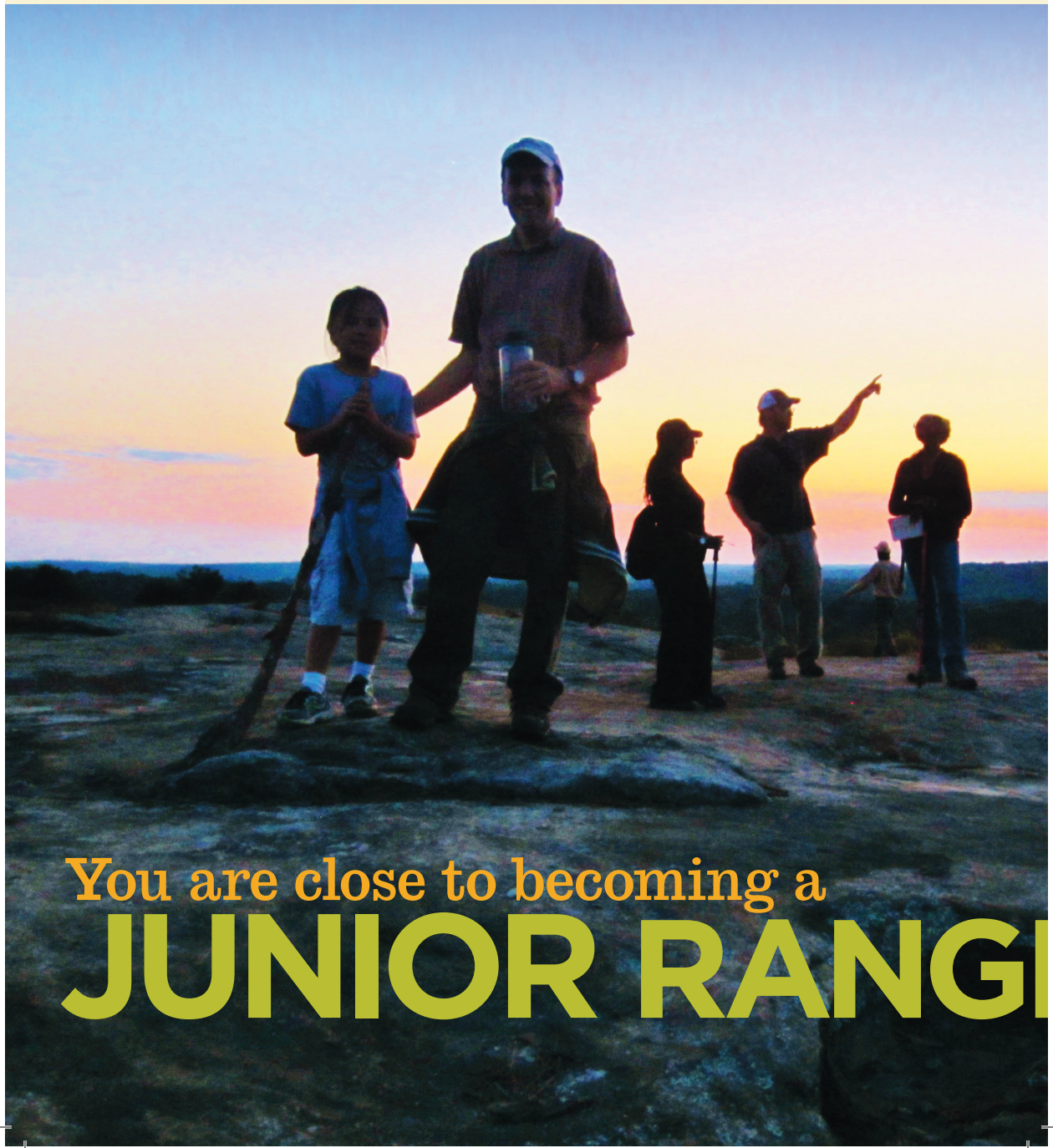
The monks used stained glass for the windows. This glass had lots of colors. Today, sunlight comes through blue-, violet-, and rose-colored glass to bring cool light into the space.

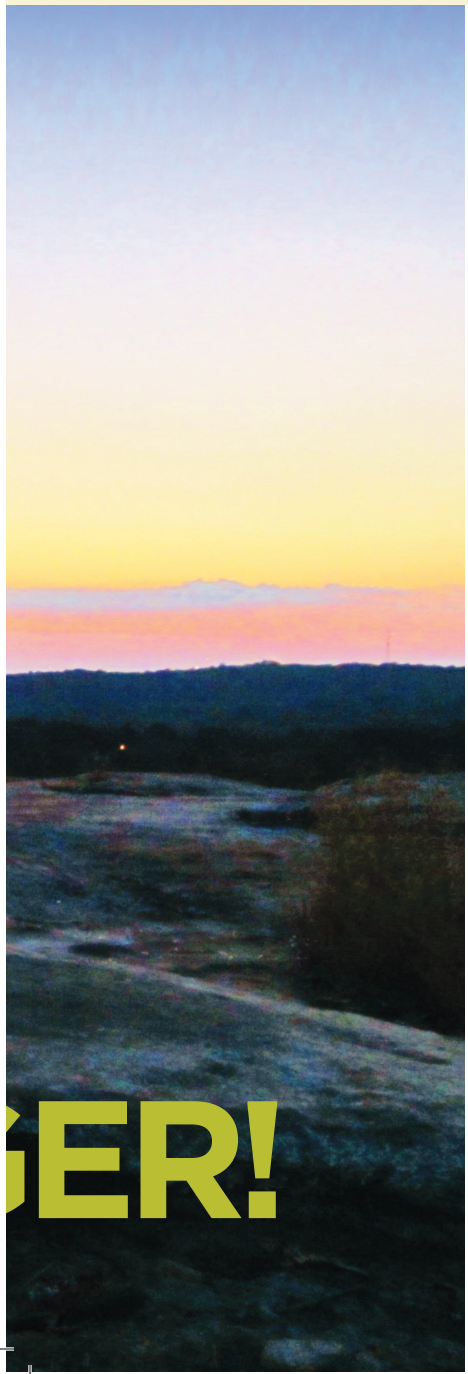
At the far end of the church, yellow, orange, and crimson flood the space with warm light. Do you see the cool and warm colors? These different colors from the stained glass draw the eye to the altar, where monks lead worship services.

You can be a stained glass designer, too. Make a design for a stained glass window in the Abbey Church. Do you want to feel cool? Use cool-colored pencils such as blue, violet, and rose for your window.

Decades after its completion, the Monastery of the Holy Spirit inspires the imagination and the spirit.




You are close to becoming a
JUNIOR RANGI



Tell us what you liked the most about three places that you visited in our National Heritage Area.

1. .....

2. .....

3. .....

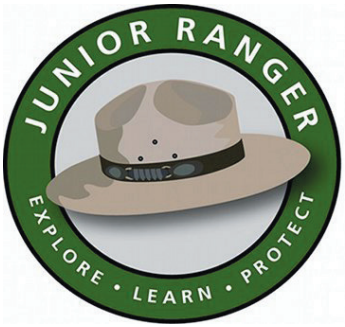
TAKE THE JUNIOR RANGER PLEDGE



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READ THE PLEDGE BELOW AND SIGN YOUR NAME.



JUNIOR RANGER PLEDGE

I promise to:

1. Treat the Earth and all living things with care and respect.
2. Tell others about my discoveries in and around the state of Georgia.
3. Encourage my friends and family to protect special buildings and places.
4. Be a friend of nature and a champion of history.
5. Come back!

.....

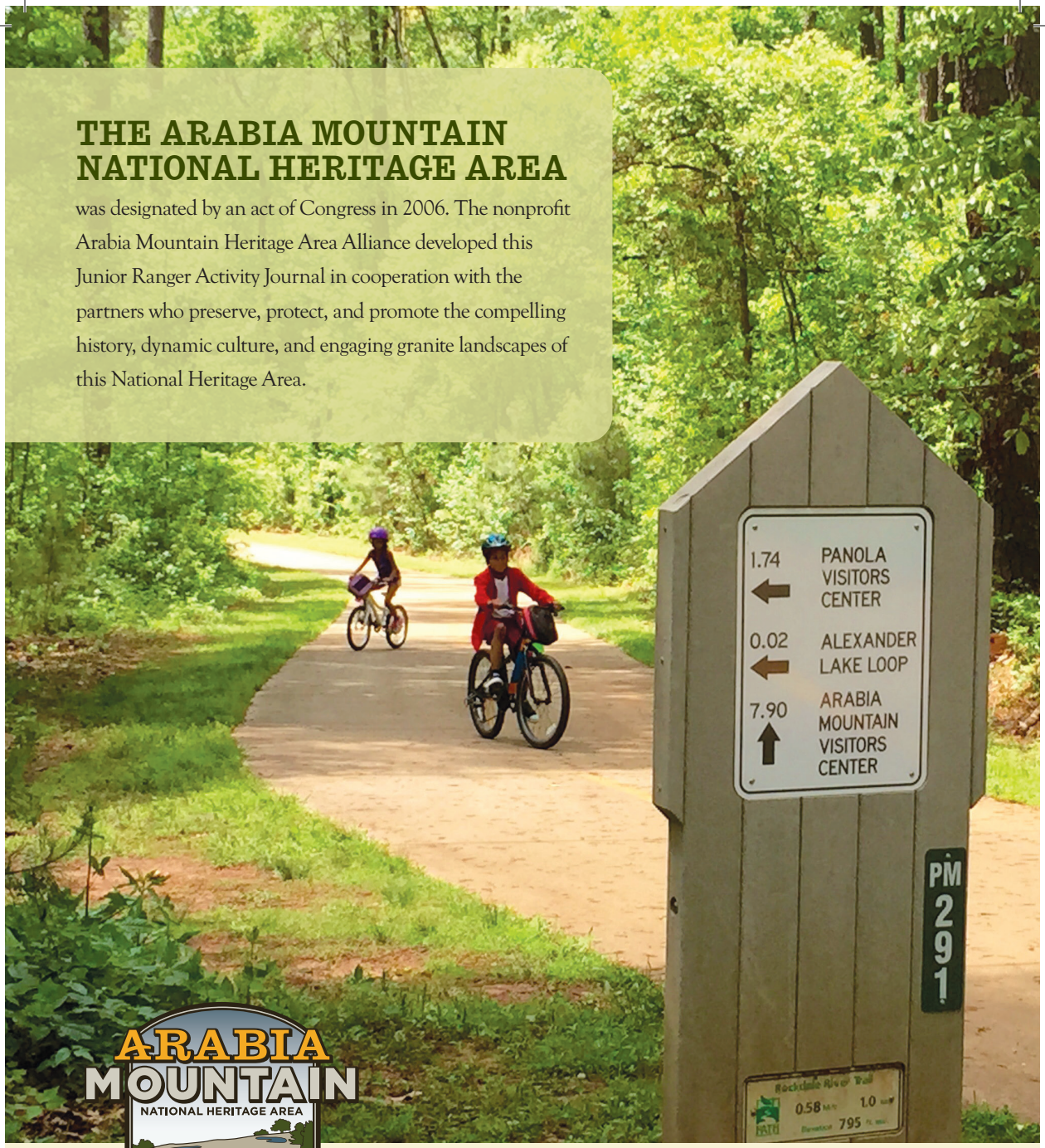
(Sign here to become an official Junior Ranger.)

CONGRATULATIONS! YOU HAVE FINISHED THE JUNIOR RANGER ACTIVITY JOURNAL.

Now you are an official Arabia Mountain National Heritage Area Junior Ranger!

THE ARABIA MOUNTAIN NATIONAL HERITAGE AREA

was designated by an act of Congress in 2006. The nonprofit Arabia Mountain Heritage Area Alliance developed this Junior Ranger Activity Journal in cooperation with the partners who preserve, protect, and promote the compelling history, dynamic culture, and engaging granite landscapes of this National Heritage Area.



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