

FAMILY TABLE FOR THE SEASON OF LENT

MEMORIZE THE LORD'S PRAYER

Here are the words for the Lord's Prayer. There is a "new version" and an "older version." Memorize the one that is commonly used in your congregation.

New Version

*Our Father in heaven,
hallowed is your name;
your kingdom come,
your will be done on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Save us from the time of trial and deliver us from evil,
for the kingdom, the power and the glory
are yours now and forever.*

Older Version

*Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come, thy will be done
on earth as it is in heaven;
give us this day, our daily bread,
and forgive us our debts, as we forgive our debtors,
and lead us not into temptation,
but deliver us from evil,
for thine is the kingdom, the power and the glory,
forever and ever.*

Say the prayer together every night until you have it memorized.

Talk about each phrase of the prayer. What do you think Jesus was teaching us about prayer?





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MEMORIZE A CHRISTIAN RESPONSE

This response is often used in whole or in part during the service of Holy Communion.

You can also use the first two lines any time you say goodbye to members of your family as you separate to go to school or work.

The Lord be with you;
And also with you.

Lift up your hearts;
We lift them up to the Lord.

Let us give thanks to the Lord our God.
It is right to give God thanks and praise.

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MAKE AND EAT PRETZELS

Pretzels are traditional for the season of Lent because they remind us of arms folded in prayer. Many years ago the bread was known by its Latin name, *bracellae* or “little arms.” Over time that word changed into “bretzel” and then “pretzel.”

Here is an easy way to make pretzels.

Buy 2 16 oz. loaves of frozen bread dough. Let it thaw, then separate into 24 balls about 1 ½” round. Roll each ball into a rope about 14 inches long. Shape into the pretzel design.

Put pretzels about one inch apart on a greased cookie sheet.

Let stand for 20 minutes, then brush with an egg white which has been slightly beaten with 1 teaspoon water. Sprinkle with coarse salt.

Place a shallow pan containing an inch of boiling water on the bottom rack of the oven; bake pretzels on the top rack at 350 degrees for 20 minutes. Enjoy!





FAMILY TABLE FOR THE SEASON OF LENT

MAKE A STAINED GLASS WINDOW

Stained glass windows were first used when most people could not read. Talk with your family about what you would like to communicate in the season of Lent, then make a picture or symbol in a stained glass window. Hang your window where others can enjoy it.

You will need:

- ◆ white paper
- ◆ 2 sheets of black construction paper
- ◆ pencils, crayons, and scissors
- ◆ black marker
- ◆ cooking oil and cotton swabs
- ◆ plastic sheets and paper towels

Cut two identical frames from the black construction paper. Cut out the middle where the picture will show through.

Cut, from the white paper, a shape which is the same as the frame but slightly smaller.

Using the pencils and crayons draw symbols or a picture on the white paper. Use the black marker to outline the picture, then, using crayons, colour all the parts of the picture including the background.

Use the plastic to protect the work surface. Dip the cotton swabs in the cooking oil and coat the back of the paper which you coloured. Do not put the oil on the edge of the white paper where it will be glued to the black frame. Glue the frame around the picture.

FAMILY TABLE FOR THE SEASON OF LENT

BUY SOMETHING NEW TO WEAR FOR EASTER

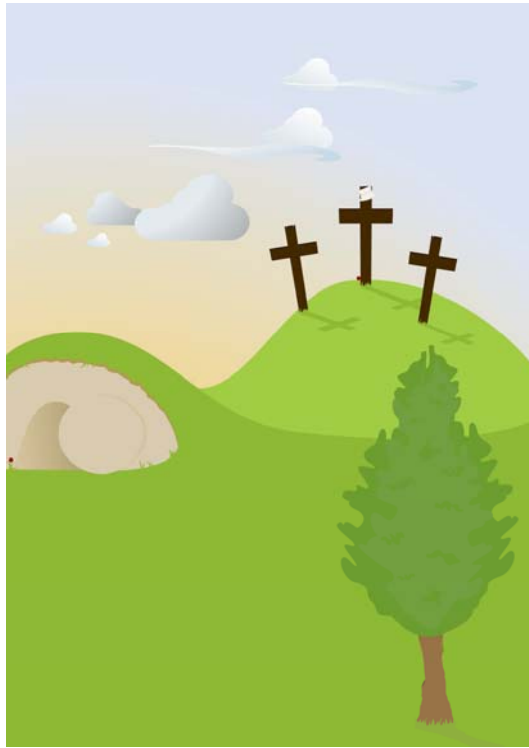
It is an old Christian tradition to wear something new on Easter morning. In our grandmother's time, the women all tried to buy a new hat for Easter! Wearing new clothes on Easter Day symbolizes the new life we find in Christ. Putting on something new is like putting on a new life with Christ.

In the early church when the new Christians were baptized at Easter, they changed into new white clothes to symbolize new life in Christ.

Discuss with your family what each person might like to add to their wardrobe for Easter. Remember! It doesn't need to cost a lot of money. Buy something useful and....if possible...white.

Make a list below of the new things you and your family members are planning to buy.





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HOLY WEEK

The week before Easter is called "Holy Week." Here are the things that happened between Palm Sunday (the start of Holy Week) and Easter Sunday (the end of Holy Week).

During Holy Week you and your family can read together a Bible passage each day about these events. Check off each day when you have read the scripture.

- | | |
|---|-----------------------------|
| <input type="checkbox"/> <i>Palm Sunday</i> | <i>Mark 11:1-11</i> |
| <input type="checkbox"/> <i>Monday</i> | <i>Matthew 21:12-17</i> |
| <input type="checkbox"/> <i>Tuesday</i> | <i>Luke 22:31-34, 54-62</i> |
| <input type="checkbox"/> <i>Wednesday</i> | <i>John 21:1-19</i> |
| <input type="checkbox"/> <i>Maundy Thursday</i> | <i>Matthew 26: 26-29</i> |
| <input type="checkbox"/> <i>Good Friday</i> | <i>Luke 23:32-34</i> |
| <input type="checkbox"/> <i>Saturday</i> | <i>Luke 39-43</i> |
| <input type="checkbox"/> <i>Easter Sunday</i> | <i>John 20:19-23</i> |