

# FAMILY TABLE FOR THE SEASON OF PENTECOST

---

## PENTECOST DAY

This is the only day in the year where we use red! Make this a red celebration day. Plan to eat and drink red things—tomato juice, strawberry jam on toast, tomato soup, a red apple, beets. Wear something red, and decorate your home with red flowers, red ribbons or red balloons.

Read together the story of Pentecost found in Acts 2. Talk about these things:

- How would it feel to receive the gift of the Holy Spirit on Pentecost?
- How do you think Jesus' friends felt on this day?
- What do you think people should do now that we have the gift of the Holy Spirit?

You can **make red candles** for Pentecost.

You will need:

- An adult to help you (This is the most important thing!)
- A clean, empty tin soup can
- Wax (paraffin or old stubby candles)
- Red crayons
- Double boiler and stove
- Wick

Put wax or old white candles and red crayons in the top of a double boiler with water in the bottom. Melt the wax over low heat. Dip a piece of wick (longer than the can) into the hot wax and hold it upright as you carefully pour in the hot wax. To keep the wick straight while the wax is hardening, roll it around a pencil laid over the top of the can.

When the wax has hardened, use a can opener to take off the bottom of the tin can and gently push out the candle.



# FAMILY TABLE FOR THE SEASON OF PENTECOST

---



## 'I AM' STATEMENTS

Ordinary time is a good time to learn and grow. That is why we use green in ordinary time. Green is the colour of growing things.

Many times, Jesus said, "I am....bread or light or a gate or a good shepherd or the resurrection and the life or the way or the vine."

Why do you think Jesus used so many different ways to describe himself?

Here are a list of places in John's gospel where you can find "I am" statements. At the bottom there are words that match the scriptures. Can you fill in the blanks?

John 6: 35	Jesus said, "I am _____"
John 8:12	Jesus said, "I am _____"
John 10:7	Jesus said, "I am _____"
John 10:11-14	Jesus said, "I am _____"
John 11:25-27	Jesus said, "I am _____"
John 14:6	Jesus said, "I am _____"
John 15:1	Jesus said, "I am _____"

**Good Shepherd**  
**Light**  
**Vine**  
**Resurrection and life**  
**Gate**  
**Way**  
**Bread**

# FAMILY TABLE FOR THE SEASON OF PENTECOST

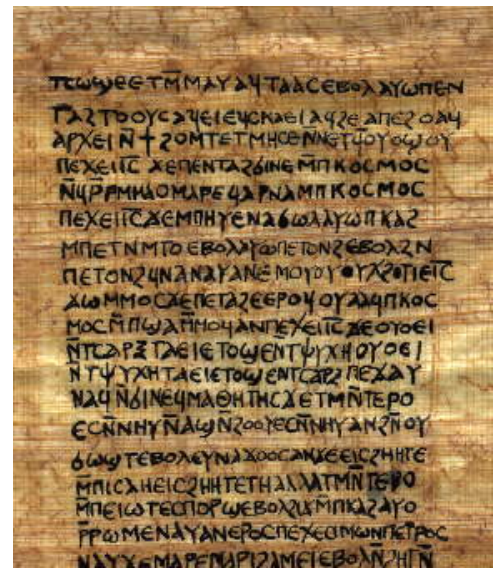
---

## LEARN THE NAMES OF THE DISCIPLES

Ordinary time is a good time to learn and grow. That is why we use green in ordinary time. Green is the colour of growing things.

Do you know the tune for “Oats, Peas, Beans and Barley Grow?” You can use that tune to learn the names of Jesus’ disciples. If you don’t know the tune, try learning it as a rhyme.

*Pe-ter, John, and two named James,  
An-drew, Mat-thew, Phi-lip too.  
Tho-mas, Si-mon, Barthol-o-mew,  
And Jud-as one and Jud-as two.*



# FAMILY TABLE FOR THE SEASON OF PENTECOST

---



## LEARNING ABOUT GOD

Ordinary time is a good time to learn and grow. That is why we use green in ordinary time. Green is the colour of growing things.

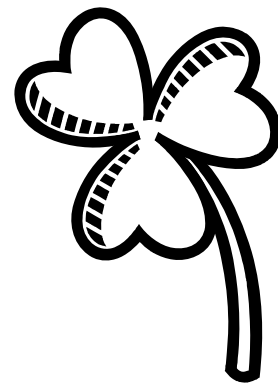
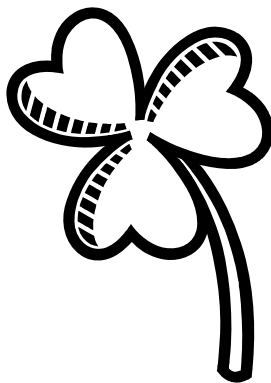
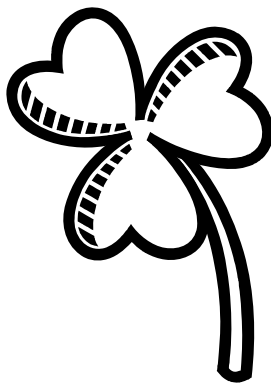
Long ago in Ireland, St. Patrick used the shamrock to teach people about God. God is one but God can have play three roles. It is a little like someone in a play. That person can have three different parts in the play by changing his clothes and acting in a different way, but it is still the same person.

As you colour the green shamrocks on this page, talk about how God is one but three.

God is like a parent, like the best parent we could ever know—not one who just gives us lots of gifts, but one who loves us more than anything else in the world.

We know God as Jesus who came to earth to show us what God is like. We realize that God had a human experience, too.

We know God who works within us, as the Holy Spirit. We call these three ways of understanding God “the Trinity.” (Source: *Children’s Activities for the Christian Year*, Delia Halverson, Abingdon, 2004, p. 92.)



# FAMILY TABLE FOR THE SEASON OF PENTECOST

---



## LEARNING ABOUT INDIA

Ordinary time is a good time to learn and grow. That is why we use green in ordinary time. Green is the colour of growing things.

It is fun to learn about other countries. See what you can find out about India and make some chapattis (flat bread) to eat.

India has \_\_\_\_\_ people.

The climate in India is \_\_\_\_\_

A favourite game of the children in India is \_\_\_\_\_

Our Church (The Presbyterian Church in Canada) works with Christians in India in these ways: \_\_\_\_\_

---

*(Hint: If you have a computer and internet, type in [www.presbyterian.ca](http://www.presbyterian.ca). On the top left side of the home page there is a "search box." Type in India and see what you can discover.)*

## **Making Chipatis (pronounced chah-PAT-tees)**

Chipatis are used instead of forks or spoons to scoop up curry dishes or chutney.

Mix together 2 cups flour, 1 tsp. melted margarine, pinch of salt. Gradually add  $\frac{1}{2}$  cup lukewarm water.

Knead the dough until soft. Cover with a damp cloth and let rest 1 hour. Divide the dough into 10 pieces. On a floured surface, roll each piece into 4-inch circles, using a rolling pin.

Heat a heavy ungreased frypan. Cook each chapati until it is brown and curling. Flip and cook the other side, too. As they cook, stack in tea towel to keep warm.

# FAMILY TABLE FOR THE SEASON OF PENTECOST

---



## LEARNING ABOUT NIGERIA

Ordinary time is a good time to learn and grow. That is why we use green in ordinary time. Green is the colour of growing things.

It is fun to learn about other countries. See what you can find out about Nigeria and make some *Zakin Ridi* (sesame seed cookies) to eat.

Find Nigeria on a map. (Hint: It is in Africa.)

Nigeria has \_\_\_\_\_ people.

How many languages are spoken in Nigeria? \_\_\_\_\_

A favourite game of the children in Nigeria is \_\_\_\_\_

Our Church (The Presbyterian Church in Canada) works with Christians in Nigeria in these ways: \_\_\_\_\_

---

*(Hint: If you have a computer and internet, type in [www.presbyterian.ca](http://www.presbyterian.ca). On the top left side of the home page there is a "search box." Type in Nigeria and see what you can discover.)*

### **Making *Zakin Ridi* (pronounced ZAH-kin ree-dee)**

Cream together  $\frac{3}{4}$  cup shortening or margarine, 1 cup sugar, 2 eggs, 1 tsp vanilla. Add 2  $\frac{1}{2}$  cups flour, 1 tsp baking powder, 1 tsp salt, 1 cup sesame seeds.

Cover and chill the dough for 1 hour. Roll the dough  $\frac{1}{8}$  inch thick on lightly floured counter. Cut into shapes. Place on ungreased cookie sheet and bake for 8-10 minutes in a 400° oven.

# FAMILY TABLE FOR THE SEASON OF PENTECOST

---



## LEARNING ABOUT NICARAGUA

Ordinary time is a good time to learn and grow. That is why we use green in ordinary time. Green is the colour of growing things.

It is fun to learn about other countries. See what you can find out about Nicaragua and make some *Gallo Pinto* (Painted Rooster) to eat.

Find Nicaragua on a map. (Hint: It is in Central America.)

Nicaragua has \_\_\_\_\_ people.

The climate in Nicaragua is \_\_\_\_\_

A favourite game of the children in Nicaragua is \_\_\_\_\_

What language(s) are spoken in Nicaragua? \_\_\_\_\_

Our Church (The Presbyterian Church in Canada) works with Christians in Nicaragua in these ways: \_\_\_\_\_

---

*(Hint: If you have a computer and internet, type in [www.presbyterian.ca](http://www.presbyterian.ca). On the top left side of the home page there is a "search box." Type in Nicaragua and see what you can discover.)*

### **Making Gallo Pinto (pronounced GAH-yoh PEEN-toh)**

This easy dish is called "Painted Rooster" because the colour of the rice and beans together look like the Barred Plymouth Rock rooster. In Nicaragua Gallo Pinto is often served for breakfast.

Cook 1 cup rice, add  $\frac{3}{4}$  cup red or black beans. (It is easiest to use cooked, canned beans. Rinse and drain.) In a frypan, sauté 2 tablespoons onion in small amount of oil. When cooked, add the rice, beans and  $\frac{1}{2}$  tsp ground cumin.

Top with grated cheese, sour cream or yogurt. Serve with hot tortillas or scrambled eggs.

# FAMILY TABLE FOR THE SEASON OF PENTECOST

---



## LEARNING ABOUT MALAWI

Ordinary time is a good time to learn and grow. That is why we use green in ordinary time. Green is the colour of growing things.

It is fun to learn about other countries. See what you can find out about Malawi and make some *Ndiwo* (cabbage and tomato sauce) to eat.

Find Malawi on a map. (Hint: It is in Africa.)

Malawi has \_\_\_\_\_ people.

The climate in Malawi is \_\_\_\_\_

A favourite game of the children in Malawi is \_\_\_\_\_

What language(s) are spoken in Malawi? \_\_\_\_\_

Our Church (The Presbyterian Church in Canada) works with Christians in Malawi in these ways:  
\_\_\_\_\_

---

*(Hint: If you have a computer and internet, type in [www.presbyterian.ca](http://www.presbyterian.ca). On the top left side of the home page there is a "search box." Type in Malawi and see what you can discover.)*

### **Making *Ndiwo* (pronounced en-DEE-woh)**

Brown in 1 tbsp oil 1 chopped onion. Add 3 tomatoes, peeled and sliced. Simmer 3 minutes. Add  $\frac{1}{4}$  cabbage, cut in small pieces. Cook for 5 minutes. Add salt, pepper and  $\frac{1}{2}$  cup water. Cook for 15 minutes. Serve over rice...although in Malawi they serve this sauce over *nsima*, a type of cooked cornmeal.

# FAMILY TABLE FOR THE SEASON OF PENTECOST

---

## FUN WITH SHELLS

If you have an opportunity to visit an ocean or lake side this summer, search for shells. Remember that the shell is a symbol of baptism.

Compare the different shells you find. Even if they are the same variety, no two shells are exactly the same. God also made us so that no two people are exactly the same.





## FAMILY TABLE FOR THE SEASON OF PENTECOST

---

### PLAN A SURPRISE SUMMER BREAKFAST

Lots of people get invited out for lunch and dinner. But, it is also fun to invite someone for breakfast. Plan a simple meal. Put out:

- Boxes of cereal
- A pitcher of milk
- Fruit
- Bowls, spoons and napkins

If you want to get really fancy add toast or muffins.

Who can you invite?

Make “blank placemats” by taping together two sheets of 8.5x11 pieces of paper. Set out crayons in the center of the table. Before breakfast your guests can make their own placemat.



## FAMILY TABLE FOR THE SEASON OF PENTECOST

---

### PLAN A SUMMER PICNIC

Read together Mark 8: 1-8. Wasn't that an awesome picnic? You can pretend that you were on that hillside and make sandwiches that will remind you of that story.

#### **Making tuna salad sandwiches**

Open and drain a tin of tuna. In a bowl mix 2 tbsp mayonnaise, some chopped celery, a bit of chopped onion, salt, pepper and the tuna. Spread on bread to make a sandwich.

Don't like tuna? Not a problem. Pack a different type of sandwich and take along a package of fish crackers. They will remind you of the story from Mark, too.

What else can you put in your picnic basket?

What will you take to drink?

What fruit or vegetables could you take?

What small sweet treat could you add?

Don't forget a blanket and sun screen. Have fun!



## FAMILY TABLE FOR THE SEASON OF PENTECOST

---

### WATER FACTS AND FUN

Water is an important part of summer. What can you do this week to enjoy water?

- Go for a swim?
- Run through the lawn sprinkler?
- Drink cool clear water from the refrigerator?
- Collect rain water to give a drink to a thirsty plant?

Read Genesis 1:1. What did you learn about water from your Bible?

Here are some important water facts:

- It would be impossible to live without water.
- Water covers about 75% of the earth's surface, but 99% of the water is either salt water or frozen in glaciers, so we cannot use it.
- You can live without food for more than a month. You can only live about a week without water.
- Many people around the world find it hard to find safe drinking water. Every day about 1 billion people drink contaminated water.
- About 80% of all illness and disease can be traced to poor water or sanitation.
- A person must drink about 10 cups of water a day to maintain a normal water balance.
- Mothers in some countries walk each day between 4 and 8 hours to get fresh, safe water.
- In countries where safe water is hard to find, children—mostly young girls—have to miss school to fetch water.

(Source: *Children's Activities for the Christian Year*, Delia Halverson, Abingdon, 2004, p. 87.)

# FAMILY TABLE FOR THE SEASON OF PENTECOST

---



## MAKE A SUKKAH FOR THANKSGIVING

A *sukkah* is a booth or open shed with three walls built for the Feast of Booths. You may read about it in Leviticus 23:39-43. The Hebrews hung vegetables and fruits from the poles that formed the frame of the sukkah.

The Feast of Booths (Harvest Festival) was an 8-day festival of praying, fasting, and having fun. Each year the booth is rebuilt to remind us that our ancestors, the Hebrews, were nomads who lived 40 years in the desert.

You can make an easy Sukkah booth by setting up a big appliance box (a refrigerator box is ideal). Cut out one side, then decorate the sides with vegetables and fruits using poster paints. Add twigs to the top of the booth and hang paper fruits and vegetables inside. You can also add papier mâché fruits and vegetables to the top of the booth.

### **Making papier mâché**

Mix 2 cups flour with enough water to make a smooth paste. Dip strips of newspaper, one at a time, into the paste. Remove the excess paste with your fingers and form the papier mâché strips into a fruit or vegetable. Let dry for a day, then paint.



## FAMILY TABLE FOR THE SEASON OF PENTECOST

---

### MAKE A COLLAGE FOR THANKSGIVING

Read Luke 17:11-19. What can we learn from this story about being thankful?

Find some colourful old magazines. Tear or cut out pictures of things for which you are thankful. On a piece of bristol board, glue the pictures, overlapping them slightly to make a collage. For, if you prefer, make a smaller collage on 8.5x11 paper, then fold it to make a Thanksgiving greeting card for someone you love.