

Living Faith @ HOME

Dear Friends,

At our house we spend a lot of time in our kitchen. We are there preparing the next meal, packing lunches, baking a batch of cookies or cleaning it all up. But something else that is important happens there.....it is where our family talks about the important stuff of our lives. We talk about schedules, and plans for the future, and it is where we have told stories of faith.

The journey through Lent into Holy Week and Easter is a perfect time to spend some time in the kitchen with your children, grandchildren, or even the kids from the neighborhood. Talk with them about the foundations for living a life of faith. Reclaim the ancient tradition of telling and retelling of the messages of hope that have been handed down from generation to generation.

In this season of Lent, we remember that Jesus was sent to restore the brokenness from sin. The story of Jesus' death and resurrection is central to our beliefs.

We invite you to use the recipes and ideas in this handout to tell the stories God's faithful people.

May God richly bless you as we journey toward the cross during this Lenten season and holy week.

Elayne Werges, Diaconal Minister

"Jesus Is Risen" Rolls

To help children understand the meaning of Christ's empty tomb, make this fun and tasty treat.

Ingredients:

1 Can Refrigerated Pillsbury Crescent Rolls

8 Large Marshmallows

Melted Butter

Cinnamon & Sugar Mixture

Directions:

1. Preheat the oven to 350 degrees.
2. Give each person one crescent roll triangle, (this represents the cloth that Jesus was wrapped in) and one marshmallow (representing Jesus).
3. Have each person dip their marshmallow in the melted butter and roll around in the cinnamon and sugar (representing the oil and spices that were anointed on Christ's body).
4. Next Lay the cinnamon and sugar covered marshmallow onto the crescent roll triangle then carefully wrap, making sure that all seams are closed. (This represents the wrapping of Jesus' body after he died on the cross).
5. Place on a cooked sheet and bake it in the oven for 10-12 minutes. (the oven represents the tomb.)
6. While the rolls are baking, pretend the children are the guards and three days pass.
7. When the rolls have cooled slightly, the children can break open their rolls (cloth) and discover that Jesus is no longer there. HE IS RISEN!
8. Read the story out of the Bible (Luke 23:1-12) or out of your favorite children's Bible. If you don't have one, check out the Spark Story Bible available from Augsburg Fortress.

www.augsburgfortress.org



This information is prepared for you by the
Northwestern Iowa Synod-Home Life Network
for use by families and local congregations.

For more ideas about how you can pass on faith in your homes go to:
http://www.neiasynod.org/synod_resources/YouthFamilyResources.asp

Jelly Bean Prayer



Supplies:

- ♥ Assorted colors of Jelly Beans (M&M's or Skittles may also be used, adapt colors as needed)
- ♥ A zip lock plastic bag

Directions:

1. Put one jelly bean of each color in the plastic bag.
2. Gather your family for prayer. You could use this when it is time for Dessert.
3. Encourage members of your family to pray for the following things, and then they may eat them.
4. Close by praying the Lord's Prayer
5. Let them color and write their prayers in the jelly bean jar below.

Green-For all of God's creation

Red- For all those who protect and care for us.

Blue-For the lost and forgotten

Pink-For our neighbors and for missionaries

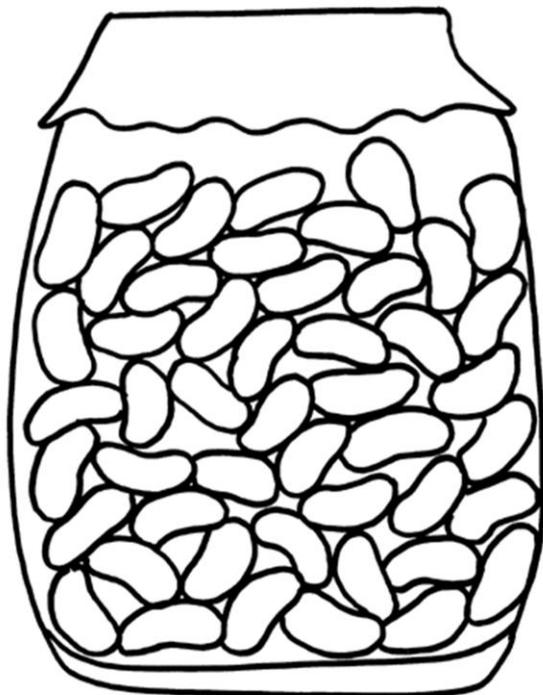
Orange- For all those that teach us

Yellow-For all families and the members of your family

Purple-For our the leaders of government, the church,
and our communities

Black- For the things that are most important to your
family.

White-For what you are thankful for.



The Story of Pretzels.....

Pretzels had their beginning around 610 A.D. somewhere in Southern France or Northern Italy. A young monk was preparing unleavened bread for Lent, the Christian period of fasting and penitence before Easter. Christians of the day prayed with their arms folded across their chests, each hand on the opposite shoulder. It occurred to him that he could twist the leftover dough from the bread into this shape and use it as a treat for the children to recite their prayers. He named his creation 'pretiola,' Latin for 'little reward.' In the centuries following, the pretzel made its way into history books and European culture. The pretzel's form became a symbol of good luck, long life and prosperity.

Pretzels

- 1 package dry yeast
- 1 ½ cup warm water
- 1 tablespoon sugar
- 2 tablespoons melted butter
- 4 cups flour
- 1 teaspoon salt
- 10 cups Boiling Water
- 2/3 cup baking soda
- 1 egg white with 1 tablespoon water
- Kosher Salt

Dissolve yeast in water, stir in sugar. Combine flour and salt in a large bowl or mixing bowl. Add yeast mixture and melted butter to dry ingredients and mix with a wooden spoon or use the dough hook attachment on your mixer. Knead dough until smooth.

Let rise for about an hour. Prepare baking pans by spraying them with pam. When the dough has raised, punch down and divide dough into 24 parts. Let raise again. Boil water with baking soda in a large pan. Place the raised pretzels in the water one by one. Boil for about 30 seconds. Continue until all are boiled. Place on prepared cookie sheet. With a pastry brush, wash the pretzels with the egg wash, sprinkle with salt. Bake at 450 degrees for 12 to 14 minutes. Cool for 5 minutes before serving. Serve with peanut butter, honey butter, frosting, or cheese sauce.