

### **Before Lent begins have a Feast!!!**

In the tradition of early Christians, the Tuesday (Shrove Tuesday, Pancake Tuesday, Fat Tuesday, Mardi Gras) before Ash Wednesday was a day to use up the rich ingredients (fats, eggs, sweets and etc) that would not be used during Lent. Great time to do pancakes and have pancake races!!!

### **Serve Pretzels/make pretzels and discuss the importance of prayer**

Years ago when people prayed, they folded their arms (arms folded across chest with hands touching each shoulder). The legend of the pretzel (“pretiola” which means “little reward”) tells of a monk who when baking bread --- without fat, eggs or sugar because it was during Lent--- twisted the dough into the shape of praying arms and served them to the children as a reward for remembering their prayers

### **Sackcloth and Ashes**

In Bible times people dressed in sackcloth and smeared their faces with ashes when they were in deep distress, in mourning, while fasting or to signify their devotion to God. Sackcloth is a coarse material made of either camel or goat’s hair and is similar to burlap---the scratchy texture irritates the skin.

Make Burlap bracelets to wear on Ash Wednesday or during Lent to signify devotion to God.

### **Hot Cross Buns**

Many early Christians gave up meat on Wednesdays and Fridays during Lent. Mothers would bake cinnamon buns to fill up their children on those days. They put in raisins to replace the iron they usually got from meat and painted frosting crosses on the top to remind their family of Christ’s suffering on the cross.

Easy Hot Cross Buns:

Thaw frozen rolls, give each child a small ball of dough have them flatten the dough into a circle. Sprinkle cinnamon, sugar and raisins in the middle. Pinch edges together and place smooth side up in a greased muffin tin. Bake approximately 15 min. at 375 degrees. When cool, draw crosses on buns with frosting.

### **Resources**

Destination Easter by Kathy Hershman and Kaylea Hutson (Abingdon Press)

Mission Easter by Todd Outcalt (Abingdon Press)

Fresh Out of the Box Volume 4 (Lumicon Digital Productions)

A Handbook of Bible Customs for Kids; Lamps, Scrolls and Goat Skin Bottles by Julia B Hans (Standard Publishing)

Flood Punch, Bowl Bread and Group Soup by Lisa Flinn and Barbara Younger (Abingdon Press)

Easter Crafts and Activities (Gospel Light)