

I invite you to the observance of a Holy and blessed Lent!

Like Advent, Lent is a time of preparation and turning to God. We turn to the lessons Jesus has for us leading to his death and resurrection at Easter.

As we enter into this Holy season of prayer and reflection, here are some resources to help you along the way. *Note: Each kit has enough for your household to share. For example, one seed packet for the household, but one clay pot per kid.*

First, included is a brief liturgy for Ash Wednesday that you can use at home together before or after stopping through the church for ashes (see below). You can also read and reflect on these words together without ashes.

Ash Wednesday: Feb. 17

5:30-6:00 p.m. – Families with younger children come through the church nave (near the baptismal font) for prayers and imposition of ashes. Come whenever it is convenient, walk through the back of the church, receive a blessing from clergy, and the invitation to mark yourself or receive a sprinkling of blessed ashes.

7:30 p.m. service – The Ash Wednesday liturgy (without Holy Communion) will be on site and by Zoom. On-site attendance is limited to 25; please sign up. Please check Trinity's website at trinity-swarthmore.org for the Zoom link or call-in number.

Second, you'll find a list of readings for each week, with references of where to find them either in your Spark Story Bible or your Spark NRSV Bible.

Third, I've provided a few crafts and activities to do together. You can choose what order to make them in, though I do recommend starting with your **Lent Madness** picks and the **Alleluia Origami Masu box**. For the box, follow the instructions on the paper to fold your alleluia inside its box to "hide" it for the season. During the season, you can use this box, or the included coin box, to put aside money to donate at Easter. On Easter, turn your box the other way out and celebrate by donating your saved money to a cause you care about.

Don't forget to share your journey with us by sharing photos of your crafts to Natalee Hill at kidsclub@trinity-swarthmore.org or posting to Trinity's Facebook group!

Enjoy, and may these practices bring you closer to the God who loves you, desires a relationship with you, and wishes goodness and peace for your life.

Peace,

Natalee Hill

Scripture readings for Lent

These readings match what you'll be hearing in Sunday morning worship. Talk together about what you hear in them. What do you wonder?

Week of Feb. 21, First Sunday in Lent

In your Bible - Mark 1: 9-15

In your Spark Story Bible - page 242, *Jesus' Baptism* and page 248, *Tempted*

Week of Feb. 28, Second Sunday in Lent

In your Bible - Mark 8:31-38

In your Spark Story Bible - page 322, *Peter's Faith*

Week of March 7, Third Sunday in Lent

In your Bible - John 2: 13-22

In your Spark Story Bible - Oops; It's not there! Hmmm, I wonder why? Listen to the Rev. Sabrina LaBelle's sermon this Sunday. She said she'd mention this...

Week of March 14, Fourth Sunday in Lent

In your Bible - John 3: 14-21

In your Spark Story Bible - page 416, *The Light of the World*

Week of March 21, Fifth Sunday in Lent

In your Bible - John 12: 20-33

In your Spark Story Bible - page 446, *Serve and Follow*

Week of March 28, Palm Sunday, the beginning of Holy Week

In your Bible - Mark 11: 1-11

In your Spark Story Bible - page 454, *Palm Sunday*

Holy Week through Easter (March 29 - April 4)

Read in your Spark Story Bible pages 454 through 487 over the week.

You can also find the readings through Good Friday in Mark 14:1—15: 47 and for Easter Sunday in John 20: 1-18.



HIDING THE ALLELUIAS

Origami - Masu Boxes for Lent

Many things change in the season of Lent. You may notice that the colors in the church change to purple. Purple is a serious color, it is a solemn color. It is a color of kinds and queens. At Easter, we remember a king, but a different kind of king than the people were used to.

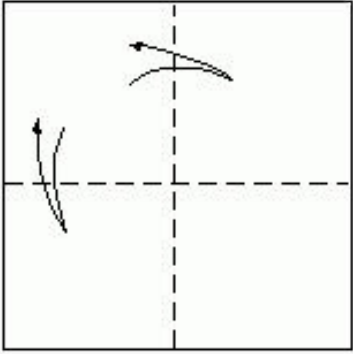
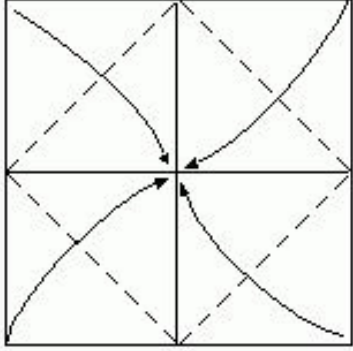
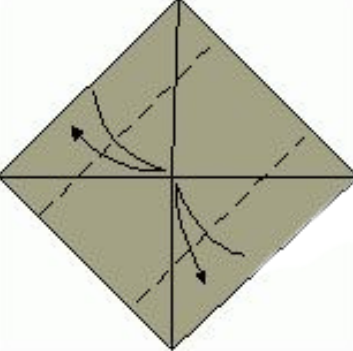
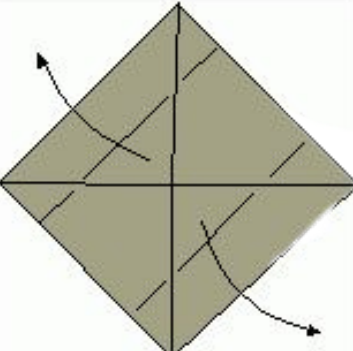
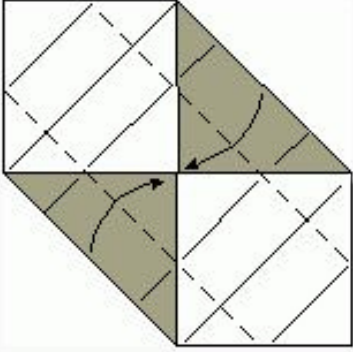
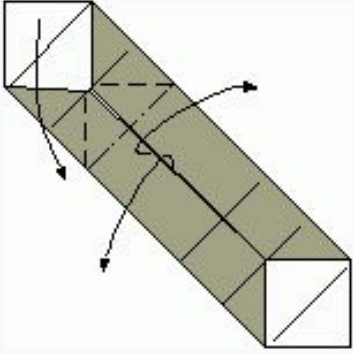
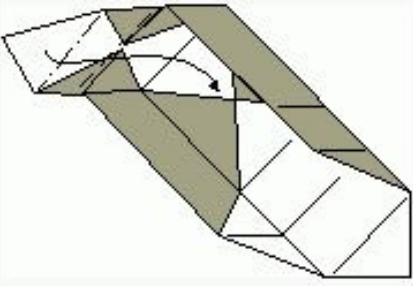
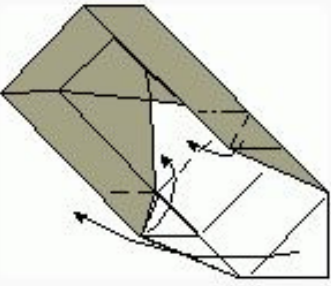
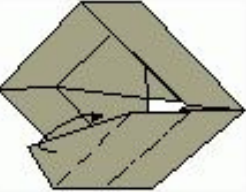
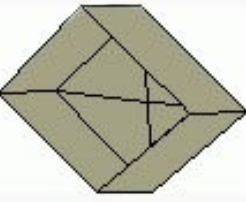
During Lent, we set aside time to remember the times we have done things that hurt others or ourselves, and we promise not to do them any more. That's why, during Lent, we don't say the word "Alleluia." Not even during the Holy Eucharist! One way to help prepare us for the changes in Lent is to put away our Alleluias.

Cut the plain paper away from the colorful paper and then color in the "Alleluia" on the other side. Follow the directions for how to fold the paper into a box. Repeat it with the other paper, and then you can put your boxes together. You can use your box however you like, maybe to set aside some money you can give away during Lent.

When Easter finally comes, you can turn the box inside out and celebrate!

FOLLOW ALONG ON YOUTUBE BY GOING TO THIS URL:
[TINYURL.COM/ELIUI5TV](https://www.youtube.com/ELIUI5TV)

AFEFUBA

Step 01		Crease and Return	Step 02		Fold tops to centre, this is called a blinz fold after a Jewish pastry	Step 03		Fold sides to centre and return	Step 04		Open two corners	Step 05		Fold sides to centre
Step 06		Lift both sides and one end of the model so it becomes 3D	Step 07		Fold flap to centre	Step 08		raise end	Step 09		Fold flap to centre	Step 10		Complete

Lent Madness

Lent Madness began in 2010 as the brainchild of the Rev. Tim Schenck. In seeking a fun, engaging way for people to learn about the men and women comprising the Church's Calendar of Saints, Tim came up with this unique Lenten devotion combining his love of sports with his passion for the lives of the saints. You can find the OFFICIAL Lent Madness website at lentmadness.org.

Why do we care about saints? Saints are examples of how to live a Christ-like life. They weren't perfect people, but they did their best to live a life of faith and follow Christ. Saints did incredible things; good works, miracles, bringing others to faith, and more. We look to them when we need inspiration for our own lives. Who most inspires you?

The format is straightforward: 32 saints are placed into a tournament-like single elimination bracket. Each pairing remains open for a set period of time and people vote online for their favorite saint. 16 saints make it to the Round of the Saintly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the coveted Golden Halo. The first round consists of basic biographical information about each of the 32 saints. Things get a bit more interesting in the subsequent rounds as the Lent Madness team of celebrity bloggers offer quotes and quirks, explore legends, and even move into the area of saintly kitsch.

Here at Trinity, we hold our own Lent Madness bracket contest. Here's what to do:

- Check out your Saintly Scorecard, included in your Lenten kit.
- Find the bracket in the back of your Saintly Scorecard, or download a blank one from lentmadness.org if you need more copies for your household.
- Make your best saintly predictions about who will win each contest and fill out your bracket before Ash Wednesday
- Take a picture of your completed bracket (or scan it) and email it to AnnMarie Stanton at this special Lent Madness email address:
trinity.s.lentmadness@gmail.com
- Starting on "Ash Thursday" (February 18), vote daily at lentmadness.org, and check the announcements and the Trinity Facebook group for updates on our Trinity contest. You can also follow Lent Madness on Facebook.
- Oh, and Philly's very own Episcopal saint, Absalom Jones, is in this year's bracket!

THE LORD'S PRAYER

LEARNING TO PRAY ONE BEAD AT A TIME

BEGIN

1

Hold the ivory bead and pray:

Our Father who art in heaven, Hallowed be thy name. Then travel up the strand of beads to the left.

2

Hold the first blue bead and pray:

Thy kingdom come.

3

Next, holding the first orange bead pray:

Thy will be done on earth as it is in heaven.

4

Holding the first green bead:

Give us this day our daily bread,

5

Holding the first red bead:

and forgive us our trespasses, as we forgive those who trespass against us,

6

Holding the first yellow bead:

and lead us not into temptation,

7

Holding the second blue bead:

but deliver us from evil.

8

Holding the second orange bead:

For thine is the kingdom,

9

Holding the second green bead:

and the power,

10

Holding the second red bead:

and the glory,

11

Holding the second yellow bead:

for ever and ever.

12

Holding the ivory bead again.

Amen

END...OR REPEAT

Make Your Own Prayer Beads to Learn the Lord's Prayer

Use this kit of supplies to create your own set of prayer beads to learn and pray the Lord's Prayer. Each kit has a wooden cross, 11 beads, and plenty of hemp twine. Adult assistance may be required. *You may decorate your plain wooden cross if you like. Just keep in mind that it is intended to be a holy object - something set aside for worship, prayer, and connecting to God - so keep with designs that perhaps reflect God's creation or are just colorful or patterned.*

Start by threading the string through the loop on the cross. Make sure the cross is in the middle of the length of string. Tie a knot at the top of the loop.

Now tie a few more knots, using both ends of the strings together, to make space between the cross and the first (ivory bead). Make sure the knots are big enough to keep the bead from slipping down - you might have to layer knots on top of each other.



String the ivory/tan bead onto the thread by pulling it over both ends of the strings. Pull it all the way down until it gets to cross (above your spacer knots). Use both ends of the string to knot this bead into place. If you want, get a parent's help to slip one end of thread around the ivory bead, up through the bottom and back out the top toward the left side. Do the same on the right side. Then tie your knots. This step isn't necessary, but will secure the ivory bead in place.



Then, using just the left string, tie in some spacer knots and then slide on the first blue bead. Knot it in place. Make some spacer knots and tie on the first orange bead. Continue the pattern using the green bead, the red bead, and finally the yellow bead. The order is important to match the Lord's Prayer card. After the yellow bead tie a couple more spacer knots and leave the extra string.



Move to the right side of the string and use the same process, tying on the beads in the opposite order: first the yellow, then the red, then the green, then the orange, finishing with the blue and some final spacer knots. Now, tie the two strings back together to form one loop. Tie it so that the spacer knots from the left side above the yellow bead match up with the spacer knot after the blue bead on the right side. You can trim off any remaining string once your beads are securely tied together.



Congratulations! You now have your own set of Anglican prayer beads to use with the Lord's Prayer card. Use this card throughout Lent and see if you have the Lord's Prayer memorized by Easter Sunday.

Already have the Lord's Prayer memorized? Use the beads to pray it before bed as a way to calm your mind and settle your spirit before sleep, or when you are anxious or upset to bring peace to your soul and refocus your thoughts.



Making Pretzels: A Traditional Activity for Lent

Recipe and a packet of yeast are included.

By Charlotte Hand Greeson on BuildFaith.org. Charlotte shares her passion for formation as a manager, editor, and writer for Building Faith. She currently lives in California.

Pretzels for Lent date back to the early Church, perhaps sometime in the 4th century. During that time it was common for Christians to fast during the season, abstaining from meat, dairy, fats, and sweets. These quick breads are made with only a tiny bit of sugar (or honey, if you prefer) to activate the yeast and no fat – they are entirely flour, water and yeast!

Fasting is not an end in itself, it helps us empty ourselves and so draw closer to God. Praying is another way to draw closer to God and pretzels remind us of prayer, too. This soft dough is formed into a loop with ends crossed, meant to symbolize arms crossed in prayer. The word “pretzel” comes from the German translation of the Latin word for little arms, “bracellae.” Another story places the origin of the word in “pretiola” which means little reward, so pretzels might have been given as an award to a child who had learned her prayers!

One of my favorite lessons that these pretzels teach is about yeast. We hear [Jesus compare the Kingdom of Heaven](#) (Matthew 13: 33) to yeast that spreads through flour to make dough rise. Matthew’s version of the parable says that she uses a measure of yeast to 60 pounds of flour. In our recipe we use about a pound of flour, and we can see how much our measure of yeast makes it rise. The kingdom of heaven is like a tiny bit of leaven that makes flour into bread!

Lenten “Pray”tzel Prayer by Debbie Streicher

As we observe the season of Lent, we reflect on the traditions that have been passed down over the years and often wonder about their history and background. Two of these traditions are fasting and prayer. During Lent in the 600’s, it was not a choice, it was the law for people to fast and not eat eggs, milk, and fat. Because of this law, a monk had an idea and made the first pretzels using water, flour and salt. The common way to pray at that time was to hold your arms over your chest so he decided to shape the pretzels to look like the folded arms. Pretzels became a traditional food for Lent in the Middle Ages. The Latin word for pretzel is “bracellae” meaning little arms. The Germans called them “bretzels”. Today both hard and soft pretzels still have this shape.

Telling this story to our children can be a memorable way to introduce the rituals and traditions we recognize in our homes and congregations at this time of year. You can make soft pretzels together, buy frozen ones to bake, or get a bag of hard pretzels as a visual while talking about prayer. Suggested things to talk about:

- When do you pray? (home, bedtime, morning)
- What do you pray for? (thanks, praise, ask)
- How do you pray? (hands folded, open, or across your body)

After taking time to talk about ways we pray and when we pray, think of how a pretzel snack can be used during Lent and other times of the year as a reminder to take a moment to pray.

Pretzels from Germany

Ingredients

1 ½ c lukewarm water
1 package (2 ¼ tsp) yeast
4 cups + all purpose flour, divided
1 Tbs sugar
2 tsp salt

1 egg
1 Tbs water
⅓ c coarse salt

Equipment

Large mixing bowl
Measuring cups, dry & liquid
Measuring spoons
Small mixing bowl
Wooden board to knead the dough
2 cookie sheets
Parchment paper or cooking spray
Pastry brush
Small bowl
Wire racks

How to Make:

1. In the large mixing bowl, place the lukewarm water and pour in the yeast. Let mixture sit for about 5 minutes until bubbly.
2. In the small mixing bowl combine 3 cups of flour, sugar, and salt. Add to the yeast mixture. Stir until the ingredients are blended and form a ball.
3. Place the dough on a lightly floured board or tabletop.
4. Dust your hands with flour and begin kneading the dough. Slowly knead in the fourth cup of flour. After about 5 minutes the dough should be smooth and not sticky. It is ready when it is no longer sticky!
5. Pull the dough into 20 pieces. Roll each into a long snake about ½-inch thick and 15" long. Shape pretzel into a loop, crossing the ends and fastening the ends to opposite side of the loop - the image of arms at prayer.
6. Preheat the oven to 425
7. Place pretzels on cookie sheets covered with parchment paper (or lightly sprayed with oil), allowing several inches of space between each pretzel.
8. In the small bowl gently beat the egg and combine with 1 Tbsp water. Paint the mixture on each pretzel and sprinkle with coarse salt.
9. Bake the pretzels for 20 minutes. Remove from the oven and cook on wire racks.

Plant some seeds and wait for them to grow

Included in your kit is a small clay pot and a packet of seeds. *You may decorate your plain clay pot if you like. I recommend markers, stickers, or colorful paper you can glue to it.*

Find some potting soil at the store, or dig a little bit up in your yard, and plant the flower seeds. Each day, check the soil to see if it is moist. If not, give the seeds a little bit of water. *(note, there is a hole in the bottom of the pot - you might want to keep it on a plate so water doesn't leak out)* Pray for your seeds as they wait in the dark, doing the work that is unseen to our eyes. Watch and wait for the transformation as they slowly put up sprouts and eventually blossom.

Wonder together...

I wonder, how is waiting for the seeds to grow into flowers like waiting for Easter?

I wonder what the seeds are doing down in the soil where we cannot see them?

I wonder how long will it take to see the sprouts arrive?

I wonder if there is anything we can do to speed up the growth of the seed?

I wonder how we are like the seed?

I wonder how Jesus in the tomb on Good Friday is like the seed?

I wonder how Jesus on Easter morning is like the seed when it flowers?