

# My Lenten Booklet

---



Name: \_\_\_\_\_

Designed by Aunty Pé



**This Lenten booklet is designed to take you through the 40 days of Lent. You are asked to complete all tasks to fully understand the reason behind the season. Your teacher can assist you if you are having difficulties.**

**Sunday activities are included in this Booklet but not numbered.**

## Day 1: Ash Wednesday

Task: Attend Ash Wednesday Service and receive your cross. (Ask you teacher or parent about online services)



Let today be the  
day you give up  
who you've been  
for you who can  
become.

—  
**Blessed Ash Wednesday**

Ashes used on Ash Wednesday come from burning the palms made for Palm Sunday of the previous year. The significance of this is to remind us of our need for repentance, to say sorry, to God. Ashes are a sign of humility and mortality. (From dust we came and to dust we shall return)

*Prayer: Lord, Holy One, have mercy on us. We confess our sins to you. We have fallen short of your glory and without your mercy and grace, we would be dust. We repent now. Lord, during this Lenten season, be near to us. Help us, by your Spirit, to have the strength to repent and overcome the enemy. Amen*

**Bible reads: Psalm 51**

## Day 2: Kind Words only!

Task: Give up unkind words



During Lent we give up things that are not pleasing to God. Today speak only words to uplift and be kind. Mend any broken relationships that you may have because of cruel things you may have said.

Suggestions; Compliment persons. Congratulate someone on a task well done.

Prayer:

*Gracious Father, be with me today when I speak to others. Help my words to be pleasant and nourish others. ... Give me opportunities today to share a kind word, a scripture, or a compliment, so that it can sow a seed of kindness in someone else's heart. Amen*

**Bible reads:** Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.

**Ephesians 4: 29**

## Day 3: Purple the World!

Task: Wear something Purple.



Purple is the colour of mourning used by the church during the Lenten season. Purple reminds us of the royalty of Jesus Christ, the King of Kings, and the death he faced for our sins. (Colour the picture above)

Fun Fact: Purple is seen as a regal colour because it was a difficult dye to make. It was extracted (taken) from a snail, which made it very expensive to create. Only the rich could afford it.

**Bible reads:** The saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners—of whom I am the foremost. -**1<sup>st</sup> Timothy 1:15**

## Day 4: Donation Day

Task: Set aside 2 tin items to donate to your school/church hamper drive.

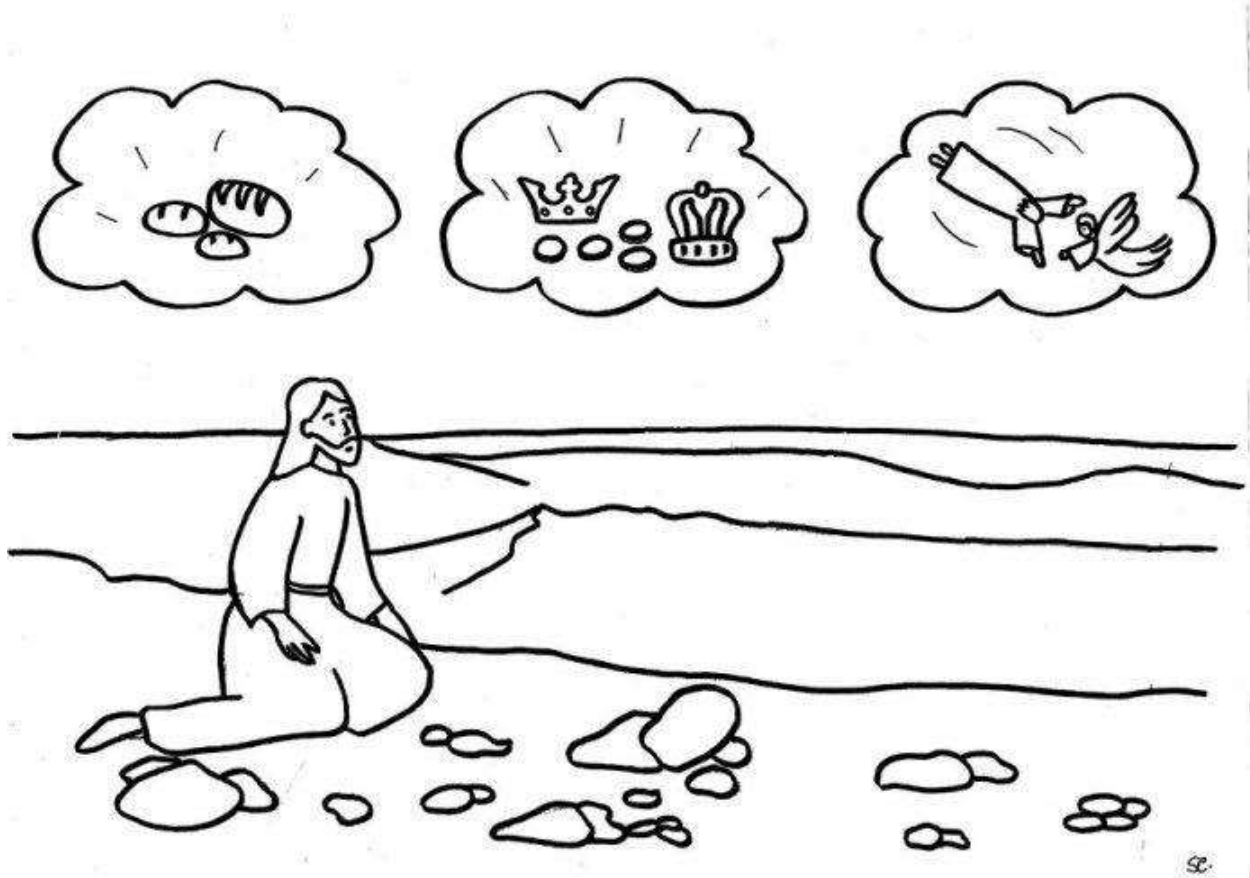


Almsgiving is the act of giving. Almsgiving is one of the pillars of Lent. During this time we give to persons in need. This may be a simple task for you as you may want to give things you will not miss, this is not the task. Giving freely means giving of the things that mean the most to you. E.g. Money you may have used for snacks, your favourite food or toy.

Suggestion: Decorate an Almsgiving box to donate. Get a large box to place your items throughout the season of Lent, decorate it. Brainstorm with your teacher/parent for a method of donation. (A member of your community or the church)

**Bible reads:** *You should rather open your hand, willingly lending enough to meet the need, whatever it may be. Deuteronomy 15:8*

## 1<sup>st</sup> Sunday: Why 40?



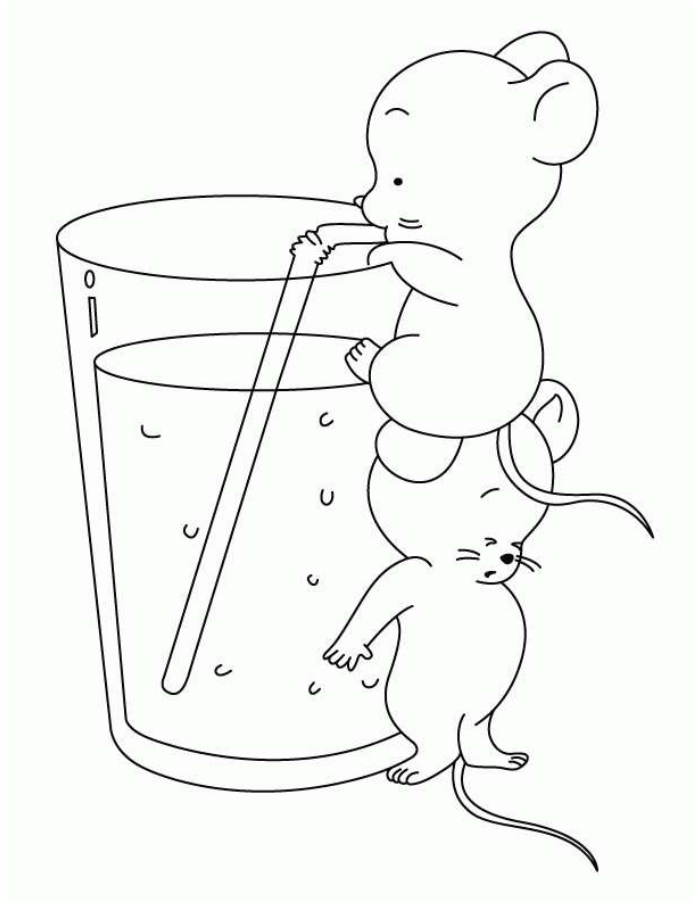
We observe Lent for forty days in remembrance of the forty days Jesus spent fasting in the dessert. At the end of His fast, he was tempted by the devil to move off the path set before Him by God. Many times the devil comes to steer us off course, especially when he sees us making a special effort to be better. We must remember that God has a plan for us that is greater than anything the devil can promise. Whenever you are tempted, remember Jesus. He never backed down from His journey.

**Prayer:** *Oh lord please help me to not follow temptation. Guide me to the hands of goodness and not the hands of wickedness. Help me to follow your will, so everywhere I go I may be able to do the right thing, and not the wrong thing. Oh lord please bring knowledge into my heart, so that I can resist temptation in your joyful name I pray, Amen.*

**Bible reads:** Mathew 4:1-11

## **Day 5: Drink up!**

Task: Drink more water. Six glasses (6 chubby bottles full)



Water plays an important role in the bible. It is mentioned 722 times, from the Creation story, to the crossing of Israelites through the Red Sea, The Baptism of Jesus and the first Miracle performed by Jesus. Water is a reminder of the sustenance that the love of God provides us. Drinking water has many benefits to our health and to our spiritual growth. Water is ever present during our welcome into the Kingdom during baptism. Also during fasting it's the only liquid that is allowed to be consumed.

### **10 Reasons for drinking water. (From Allaboutwater.org)**

1. Water is absolutely essential to the human body's survival. A person can live for about a month without food but only about a week without water.
2. Water helps to maintain healthy body weight.
3. Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.
4. Drinking adequate amounts of water can decrease the risk of certain types of



cancers, including colon cancer, bladder cancer, and breast cancer.

5. For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.
6. Water leads to overall greater health by flushing out wastes and bacteria that can cause disease.
7. Water can prevent and alleviate headaches.
8. Water naturally moisturizes skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.
9. Water aids in the digestion process and prevents constipation.
10. Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.

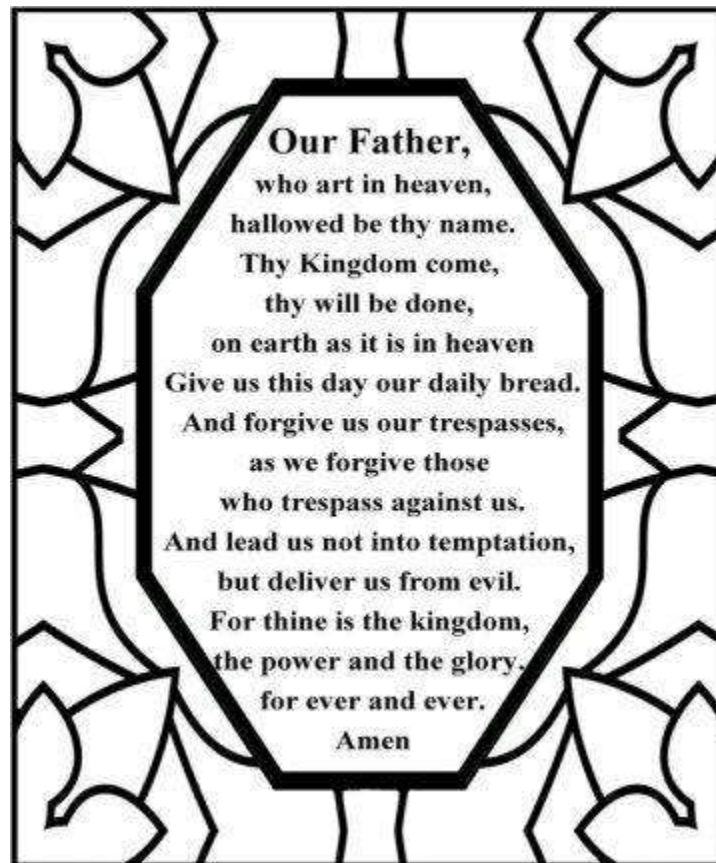
**Bible reads:** 2 Kings 5: 1-19 (Story of Naaman.)

2 Kings 5:1-14 - Naaman, a leper, washed himself seven times in the river Jordan at the command of Elisha the prophet and was cleansed of his leprosy.



## Day 6: P.U.S.H! Pray until Something Happens.

Task: Pray for Something! Anything!



Prayer is the way to talk to God. Prayer is simply that, a conversation with God. Prayer is your contact with God, whether it's for help, comfort, thanks, it's a conversation. When we pray we ALWAYS get a response, usually it's one of the following: Yes, Not right now or No. Think about this, God's response may be revealed by a person, an event or even a feeling. We must always be vigilant to discover God's answer.

Jesus taught us a prayer that caters to the four categories of a prayer. Adoration (Praise), Contrition (Saying Sorry), Thanksgiving, Supplication (Asking for your needs). The Lord's Prayer is a 'go to', when you don't know how to start the conversation with God.

Suggestion: Use the A.C.T.S prayer Model to guide your prayer life.

**Bible reads:** "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us." 1 John 5:14

## A.C.T.S Prayer Model

**Adoration:** Tell God how wonderful he is.

God, You are.....

**Confession:** Tell God how sorry you are for the wrong things you have done (Sins)

God, I am sorry for .....

**Thanksgiving:** Give God thanks for the great things he has done for you.

God, thank you for.....

**Supplication:** Ask for what you need.

God, I would like/ I need .....

There is no wrong way to pray!

Talk to God. He listens!

## Day 7: Build your own Lenten Cross

What you will need:

5 Purple candles    Purple paint

1 Red candle.

Sand

Container (Flat plate, bowl, etc.)

**Set Up:** Paint container purple. Place sand in a large container. Place the candles in the shape of a cross in the sand, the red candle should be placed at the base of the cross. The candles are to be lit each Sunday of Lent, the red candle being lit on Psalm Sunday.

The Sundays of Lent are not counted in the Lenten Calendar as they are considered Feast days and fasting is not done on these days.

How to light the candles: **Remember to have an adult with you for this activity.**



## Day 8: No Fighting!

Task: Give up fighting with siblings!



Fighting with siblings and family members is usually a way to break relationships. This Lent let us remember that Jesus asks us to build relationships with our families and friends. During times of discord remember this. "I.N.G" Ignore the person. If you can, Negotiate to solve the problem. If this also fails Get Help, ask for the help of an adult or trusted person. Never reach the point of fighting.

Bible Reads: If it is possible, so far as it depends on you, live peaceably with all.  
Romans 12:18

## Day 9 : Adopt an Elder

Task: Write a letter to an elderly person.

We learn many things from our elders. We learn our history, we have insight to how things may be when we are adults. We get wisdom that usually comes with age and experience. It's a wonderful feeling to be a companion to someone who at this time of the pandemic has little to no visitors. Ask your teacher or parent to get in touch with your local Home for the age and pair with an elderly to whom you can send letters. You may choose someone from your neighbourhood.



**Bible reads:** Do not rebuke an older man but encourage him as you would a father, younger men as brothers, older women as mothers, younger women as sisters, in all purity. 1 Timothy 5:1-2

## Day 10: Donation Day

Task: Set aside 2 Liquid Items (e.g. milk, juice, water) items to donate to your school/church hamper drive.



Almsgiving is the act of giving. Almsgiving is one of the pillars of Lent. During this time we give to persons in need. This may be a simple task for you as you may want to give things you will not miss, this is not the task. Giving freely means giving of the things that mean the most to you. E.g. Money you may have used for snacks, your favourite food or toy.

Suggestion: Decorate an Almsgiving box to donate. Get a large box to place your items throughout the season of Lent, decorate it. Brainstorm with your teacher/parent for a method of donation. (A member of you community or the church)

**Bible reads:** You should rather open your hand, willingly lending enough to meet the need, whatever it may be. Deuteronomy 15:8

## 2<sup>nd</sup> Sunday Let's Bake

Task: Fry Bake Pretzels.

Pretzels were first baked during Lent because they are cheap and easy to make. They are made using only water, flour and salt. The shape came from a posture of prayer, with arms crossed and hands on the opposite shoulder. A monk made dough into this crisscrossed shape, and the pretzel was born. Below we have a recipe to make with your family.

### Soft Pretzel Recipe ~

#### What you need:

- 1 package yeast
- 1 1/2 cups warm water
- 1 tablespoon sugar
- 1 teaspoon salt
- 4 cups flour
- Extra salt for the tops- large salt works best!

#### Method:

- 1) Mix your yeast, water, sugar, and salt in a large bowl.
- 2) Stir in the flour, and knead until the dough is smooth.
- 3) Shape into the form of arms crossed in prayer and place it on a baking sheet.  
(Set to rise for 20 mins.)
- 4) Fry in oil till both sides are golden brown.

#### Alternative to frying:

- 4) Sprinkle the top with salt, and bake in an oven preheated to 425 degrees for 15 minutes.





## Day 11: Do something Good.

Task: Write a short play on how to be kind.

Choose one:

You are playing with friends at recess

- 1) You notice that one person alone who seems sad.
- 2) Someone fell down and hurt themselves.
- 3) You notice a person on crutches struggling to open a door.



## Day 12: Today I'm praying for.....

Task: Pray for our country.

Praying on behalf of someone or something is called **intercession**. By praying on someone's behalf we ask God to step in and assist that person with their needs. By praying for our country we are asking God to assist the country with all the bad things that are happening in our land.

### **Some intercessions for the Book of Common Prayer.**

- We pray for all who govern and hold authority in the nations of the worlds.

Response: That there may be justice and peace on the earth.

- For the leaders of the nations and for those in authority among us, that they may serve justice and promote freedom and dignity of all peoples.
- Guide and protect all Heads of State and all who bear rule, especially those in this land: Her excellency Paula Mea Weeks our President, Dr. Keith Rowley our Prime Minister, all members of Parliament, and all persons serving in Local Government.

Response: That our people may be godly and peacefully governed.

- Direct those who administer justice: and strengthen those who guard and protect the land.

Response: That our people may dwell in peace.

- I pray for my country and for the people in their various callings.  
Response: Direct this nation in the ways of justice and truth. Give wisdom to all in positions of public trust and authority; that they may promote the prosperity, godliness and peace of your people everywhere.

## Day 13: Donation Day

Task: Set aside 2 pack items (such as pasta or baking powder) to donate to your school/church hamper drive.



Almsgiving is the act of giving. Almsgiving is one of the pillars of Lent. During this time we give to persons in need. This may be a simple task for you as you may want to give things you will not miss, this is not the task. Giving freely means giving of the things that mean the most to you. E.g. Money you may have used for snacks, your favourite food or toy.

Suggestion: Decorate an Almsgiving box to donate. Get a large box to place your items throughout the season of Lent, decorate it. Brainstorm with your teacher/parent for a method of donation. (A member of your community or the church)

**Bible reads:** You should rather open your hand, willingly lending enough to meet the need, whatever it may be. Deuteronomy 15:8

## Day 14: Declutter

Task: Clean your room! (Even if you share with someone)

Lent is a perfect time to take stock of your life and cleanse the things that you may not need. Things such as clothing you no longer wear, books that you no longer read. These items can benefit another person, whether within your family or neighbourhood.

This also works for your lifestyle, cleanse yourself of all things that may not be pleasing to God. If you have any habits that you need to drop or do less of now is a good time to work at it. Clean the slate of your life.



**Bible Reads:** If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. John 1:9

## Day 15: Eat the Rainbow!

Task: Give up junk food for a week!



Healthy bodies, promote a healthy spiritual life. Having a healthy lifestyle promotes a longer life.

To get a balanced diet, you need to ensure that you are eating a wide variety of nutritious foods from all the different food groups. As a general guide, children should eat:

1. Lots of fruits and vegetables (more veg than fruit)
2. Wholegrains (such as brown rice, whole grain bread and whole grain pasta)
3. Peas and beans
4. Lean meat and fish
5. Nuts and seeds

Here is a way to make eating a balanced diet fun!

Different colours of fruits and vegetables contain different combinations of nutrients. Think about a rainbow of colour with your food. Try to put as many different colours of food on your plate to ensure a huge variety of nutrients. Think of foods with the colours - green, white, yellow, orange, blue, purple, red. Make this a game with your parents - can you think of a food which is this colour? How many different colours can we get on the plate for your meal?

List the coloured foods you ate this week.

Red	Orange	Yellow	Green	Blue	Indigo (maybe you can switch for white)	Violet

Bible reads: So, whether you eat or drink, or whatever you do, do everything for the glory of God. 1 Corinthians 10:31

## **Day 16: Give God the Glory!**

Task: Complete a craft that Glorifies God.

### **What you will need:**

Template

Colours pencils/ crayons/ markers

Brass tab

Scissors

### **Method**

Step 1: Print the template.

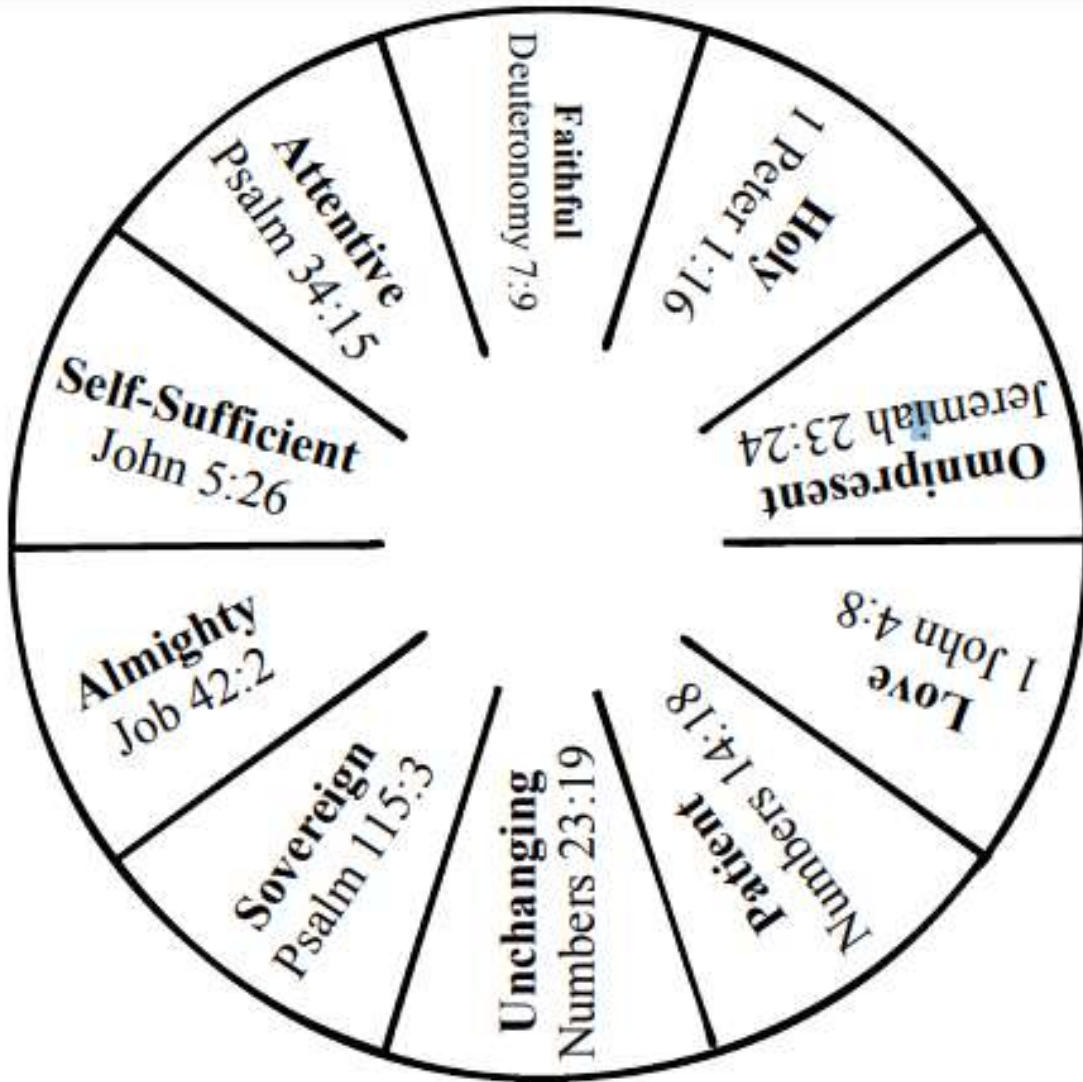
Step 2: Color and cut out both circles.

Step 3: Make a small hole into the middle of the circles and stick a brass tab through it. Open and bend the legs.

(Craft created by: *Crafting the word of God*)







### 3<sup>rd</sup> Sunday: Be Thankful Today!

Task: Give Up complaining. Count your blessings!

Create a Blessings jar.

Step 1: Find a jar or box

Step 2: Cut various squares of paper.

Step 3: Think about 10 things to be thankful for. Write it down on the paper squares.

Step 4: Continue to add to the list each day. On Easter open your jar and look at all the things you were thankful for.

COUNT YOUR  
*many* BLESSINGS  
*name them* ONE  
▶▶▶▶▶▶▶▶▶▶▶▶▶▶▶▶ ONE  
BY ONE ←←←←←←←←←←←←←←←←

**Bible reads:** Psalm 103:2 Bless the LORD, O my soul, and forget not all his benefits.

## Day 17: Today I'm praying for.....

### Task: Pray for the Sick

Praying on behalf of someone or something is called intercession. By praying on someone's behalf we ask God to step in and assist that person with their needs. By praying for the sick persons throughout the world, and those who have been especially affected by the pandemic, we are asking God to assist them with their healing, and to comfort them in their time of need.

Here are some prayers to assist you from the Book of Common Prayer.

- For the sick, the suffering, the sorrowful, and the dying: and for all those who remember and care for them. Let us pray to the Lord.  
**Response: Lord, have mercy.**
- We pray for the poor, the sick, the unemployed, the handicapped all who have requested our prayers and all who seek the prayers of the Church in their time of trouble.  
**Response: Give healing and strength to all who suffer in body, mind or spirit. Give them courage and hope in their trouble and sustain all those who remember and care for them.**
- To all who suffer now from pain and disease, from human discomfort and misery, may God in Christ bring healing and joy for the renewal of their faith.  
**Response: Father in heaven, Hear our prayer**
- Comfort and help all persons who are in any trouble, sorrow, need, sickness, or any other adversity, especially those who have been affected by the COVID 19 pandemic.  
**Response: Help us to help them O Lord.**
- Comfort and heal all those who suffer in body, mind or spirit, give them courage and hope in their troubles, and bring them the joy of your salvation.  
**Response: Lord in your mercy, Hear our prayer**

## Day 18: You will Survive!

Task: Give up online surfing.

Due to the COVID-19 pandemic, students spend more time in front of a device screen than ever before. You need a break. After your online classes and learning, take a break from the screen for the rest of the day. Here is a list of activities you can complete instead of surfing the internet:

Read a book

Colour

Take a nature walk

Invent your Own Game (Write down rules)

Go outside and play hide and seek.

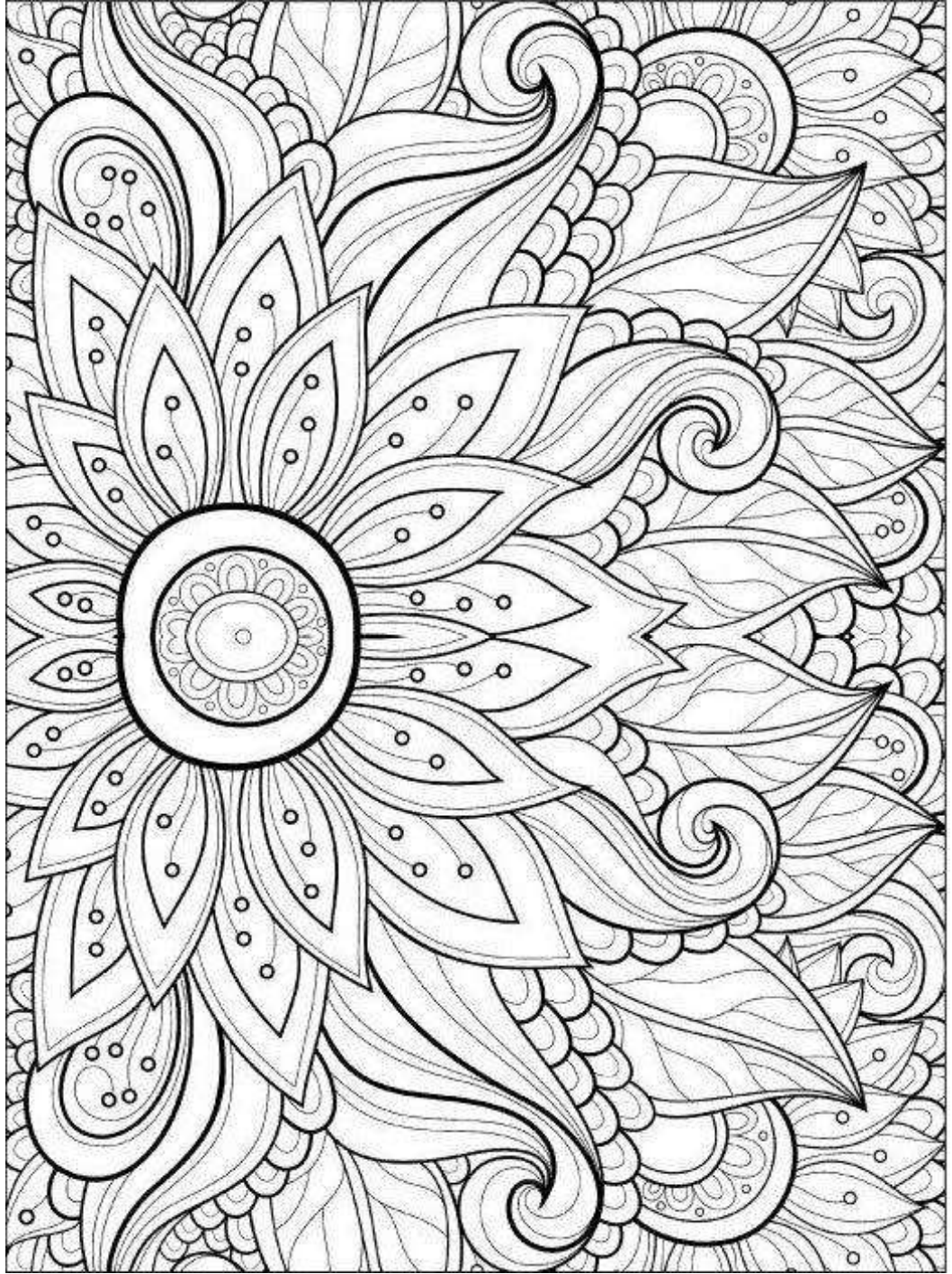
Complete crafts such as painting, collage and Paper Mache

Gardening (Plant something!)

Bake

Take this time to talk to God.







## Day 19: Fish! Fish! Fish!



Task: Create a meal using Fish.

During the time of Lent families usually fast from meat. They get protein only from Fish or beans. Most young people do not like fish, which made parents think of innovative and tasty ways to prepare fish meals.

Here's a recipe to try with your family.

Ingredients

### Fish Marinade (to season the fish)

- 3 lbs pounds of white fish- cleaned and cut into steaks
- $\frac{1}{2}$  tsp grated ginger
- $\frac{1}{2}$  tsp white pepper
- 1 tsp minced garlic
- $\frac{1}{2}$  teaspoon thyme
- Green seasoning
- 1 lemon
- Salt to taste

### Fish Stew

$\frac{1}{2}$  cup vegetable oils or more as needed

1 med onion (sliced)

$\frac{1}{2}$  teaspoon ginger

1 teaspoon thyme

1 bay leaf

1 Scotch bonnet pepper.

4 medium tomatoes diced

Black pepper and salt to taste

## **Instructions**

1. Rinse fish; carefully, drain, and pat dry with paper towels or a clean towel. Rub with lemon or lime.
2. Place fish in a large bowl or saucepan and season with salt, garlic, ginger, thyme, white pepper and green seasoning.
3. Mix fish with a spoon or with hands until they are well coated, set aside in the fridge and marinate for 30 minutes or overnight.
4. When ready to cook, remove fish from the fridge; lightly shake off any marinade stuck on.
5. In a large skillet heat oil over medium heat. Add the fish, cook each side- for about 2-3 minutes on both sides. Remove fish and set aside. Drain oil and leave about 3 or more tablespoons of oil, if using the same pan or heat oil in the medium saucepan.
6. Then add onion, scotch bonnet pepper, garlic, green seasoning, thyme, bay leaf, and sauté until onions are tender, about 2 minutes or more. Stir frequently to avoid any burns
7. Add tomatoes, continue stirring and let it simmer for about 5 minutes or more with about  $\frac{1}{2}$  cup stock or water or more as needed.
8. Finally add bell pepper, green onions followed by fish one at time and more stock about  $\frac{1}{2}$  cup stock or water. Simmer for about 5 minutes or more. Adjust for seasonings and thickness of stew with stock or oil.
9. Remove and serve with rice or fried plantains or any side dish

## **Tips & Notes:**

1. If you are trying to eat healthy then make the fish without frying, or use very little oil when frying the fish. The sauce makes this dish. Word of caution though, it's really delicious when fried, but then again, it isn't everything.
2. You may leave the scotch bonnet pepper as a whole and pierce just to add flavor.
3. Use any firm white fish :( king fish, mackerel, red snapper, and tilapia). Here, I used red snapper and tilapia
4. If you do not have green seasoning add about 2 tablespoons parsley and or 2 tablespoons basil. Would seriously urge you to make it, it really enlivens soups, stews and can be used as a rub anytime.



## Day 20: Donation Day

Task: Set aside 2 toiletries (e.g. toilet paper, tooth paste, toothbrushes, sanitary napkins) to donate to your school/church hamper drive.



Almsgiving is the act of giving. Almsgiving is one of the pillars of Lent. During this time we give to persons in need. This may be a simple task for you as you may want to give things you will not miss, this is not the task. Giving freely means giving of the things that mean the most to you. E.g. Money you may have used for snacks, your favourite food or toy.

Bible reads: You should rather open your hand, willingly lending enough to meet the need, whatever it may be. Deuteronomy 15:8

## Day 21: Give God the Glory!

Task: Complete a craft that Glorifies God.

Let's paint a sunset. During this time we can take a moment to appreciate how awesome our God is. He created the Sun and Moon, gave life to all things. He continues to look over us in our times of need, even in the midst of hardship.

Follow the instructions of the video below.

What you will need:

Water colour paints

Letter sized paper

Paint brushes

Black marker

Pencil.

Masking Tape

Video: [https://www.youtube.com/watch?v=d2lJLgIfpyc&ab\\_channel=AhmadArt](https://www.youtube.com/watch?v=d2lJLgIfpyc&ab_channel=AhmadArt)



## **Day 22: Let's get Dirty!**

Task: Plant some seasoning! Create a Self-watering Grow Box.

One of the Marks of Mission is: to strive to safeguard the integrity of creation, and sustain and renew the life of the earth. Which means we must all do our part to ensure that the earth we live on is valued and protected. One way to do it is by ensuring that we plant and create an environmentally friendly space. Many of us have little space to create a garden. Yet you can use a Self-Watering grow box to create a sustainable food garden.

### **Self-Watering Grow Box (SWGB)**

A self-watering grow box is usually rectangular shaped with an outer and inner compartment which can fit into each other. A Self-watering container is made up of a water storage tank and a grow box.

The grow box is a two-piece planter. The top portion contains the growth medium (soil) and the plants.

The bottom part contains water mixed with nutrients as required.

#### **Things you will need:**

- Empty 2Litre soft drink bottle
- Scissors
- String
- Soil
- Seeds of your choice
- Water

Please follow all the directions and create your very own Self-Watering Grow Box.

<https://www.youtube.com/watch?v=8FIfmTSTq9Y>

Take lots of pictures.

You can decorate your grow box. (Get creative!!!)



## 4<sup>th</sup> Sunday: Priest Appreciation

Task: Send some love to your Priest.

Priests have a hard job. They lead and guide the church. They listen to us and teach us about all the good things God has done. They nurture both the young and the old in Christian faith and Education. They absolve us from sin in Confession and guide us to the help we may need. They provide help, prayer and joy to anyone in need.

Write a letter or draw a picture to your priest showing appreciation for all his/her hard work.



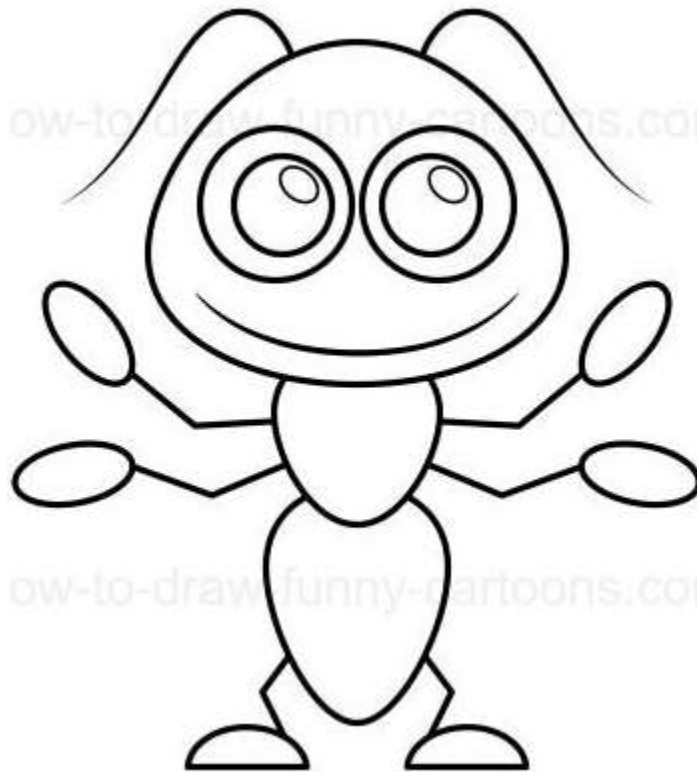
## Day 23: Obe The Ant

Task: Let's Do this!

God cares about how we act towards our parents. They keep you safe, feed you, and drive you everywhere you need to be. God wants you to respect them by following their rules. He wants you to be obedient. Their rules are for your protection, because you are just a child. It's very difficult for you to do the things your parents do by yourself. Parents don't usually tell us to do things that will be harmful to us. You know what's really great? When you're obedient, your parents will be pleased and so will God. The Bible says to obey your parents. Obedience is really important.

Let's draw our friend Obe the Ant.

<https://www.how-to-draw-funny-cartoons.com/draw-an-ant.html>



**Bible reads:** Children, obey your parents in the Lord: for this is right. Ephesians 6:1

## Day 24: Surprise!

Task: Surprise someone with a task that they usually do.

Don't you like surprises? Think of the good things that have been done for you. Think of the feelings that you may have had, isn't it wonderful? Can you think about something you can do that another person usually does? Whether it's washing dishes that a parent usually does, or cleaning up where your siblings usually do. Be helpful today.

## I'm Thankful for Toys



TwistyNoodle.com

**Bible reads:** And do not forget to do good and to share with others, for with such sacrifices God is pleased. **Hebrews 13:16**

## Day 25: The Jelly Bean Prayer!

Task: Today I'm Praying for.....

What you will need

A bag of Jelly Beans/ Coloured candy

How to pray: For a Jelly bean treat say a short prayer each colour using the colour chart below.

Heavenly Father I thank you for colours tho help me remember your love,

**Red** is for the blood Jesus gave.

**Green** is for the grass you made.

**Yellow** is for the sun so bright.

**Orange** is for the edge of night.

**Blue** is for the sins we made.

**White** is for the grace He gave.

**Purple** is for His hour of sorrow.

**Pink** is for our new tomorrow,

in Jesus name. Amen





## Day 26: Fish! Fish! Fish and more Fish!

Task: Make a Fish Broth.

What you will need:

- 2 whole fish (or more) scaled and cleaned
- 1 lemon, juiced
- 8 cups water
- 4 green bananas (fig), chopped
- 1 pound pumpkin, cut into 1-inch pieces, or more to taste
- 2 potatoes, chopped
- 2 ears corn, cut into 1-inch pieces
- 4 ounces carrots, cut into 1/2-inch pieces
- ½ cup chopped ochro
- 4 scallions (chive) chopped
- 1 hot pepper
- 2 cloves garlic, chopped
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 4 sprigs fresh thyme leaves stripped



Method:

### **Step 1**

Rinse fish with lemon juice; drain.

### **Step 2**

Bring water to a boil in a large bowl. Add fish; simmer until soft, about 30 minutes. Strain fish, reserving broth. Let fish cool. Remove bones, trying to keep large pieces of fish intact.

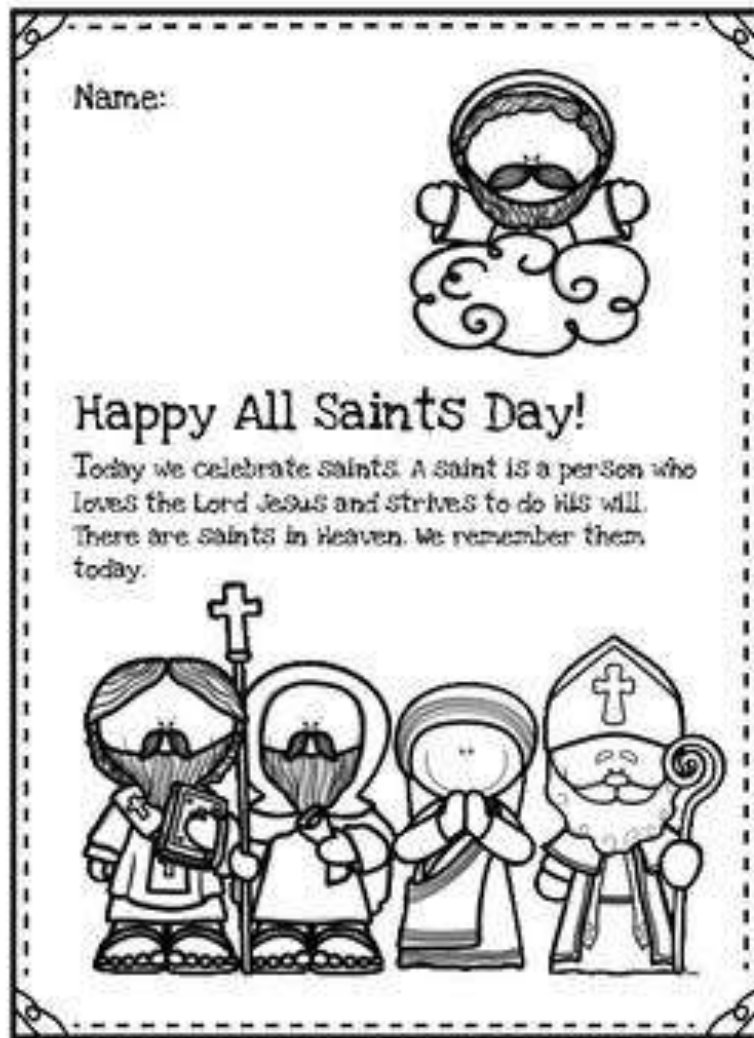
### **Step 3**

Bring broth to a boil. Add green bananas, pumpkin, potatoes, corn, carrots, ochro, scallions, hot pepper, garlic, salt, pepper, and thyme. Bring back to a boil. Reduce heat to low; simmer until potatoes are almost tender, about 10 minutes. Stir in fish. Simmer until flavors combine, about 5 minutes more.

**Step 4: Take out Pepper and enjoy!**

**Day 27: Find out about your church's Patron Saint**

Most churches in your Anglican Diocese of Trinidad and Tobago are named after a Saint. A saint is a person who is recognized as having an exceptional degree of holiness or closeness to God. Saints are not without sin or God like, they are persons just like us, who would have done great things that are pleasing in God's sight. Saints are usually the Patron, an advocate, a supporter, of a sector of life. For Example Saint Ambrose is the Patron Saint of Beekeepers. Saint Margaret is the Patron saint of Childbirth. On All Saints Day the saints are recognized.



## Day 28: Donation Day

Task: Set aside Milk to donate to your school/church hamper drive.



Almsgiving is the act of giving. Almsgiving is one of the pillars of Lent. During this time we give to persons in need. This may be a simple task for you as you may want to give things you will not miss, this is not the task. Giving freely means giving of the things that mean the most to you. E.g. Money you may have used for snacks, your favourite food or toy.

Suggestion: Decorate an Almsgiving box to donate. Get a large box to place your items throughout the season of Lent, decorate it. Brainstorm with your teacher/parent for a method of donation. (A member of you community or the church)

**Bible reads:** You should rather open your hand, willingly lending enough to meet the need, whatever it may be. Deuteronomy 15:8

## 5<sup>th</sup> Sunday in Lent: Today I'm praying for.....

**Task: Pray for the Frontline Workers.**

Praying on behalf of someone or something is called intercession. By praying on someone's behalf we ask God to step in and assist that person with their needs. By praying for the sick persons throughout the world, and those who have been especially affected by the pandemic. We are asking God to assist them with their healing, and to comfort them in their time of need.

During this pandemic our frontline workers have been our first defense against the virus. Our nurses and doctors, police officers and fire officers. Custodians and Bus drivers All continue to work despite the high threat they face.

Prayer the Episcopal Church

### **Prayer for putting on a mask**

We bless you and praise you, Lord Christ, for commanding us to love one another. Let this mask be a sign of your love, and let my behavior be filled with love for my neighbour.

**Amen**

### **Prayer for those returning to work (Mags Trim)**

Lord, you know what it is like to be alone and be afraid. You know what it is like to be sent where you did not want to go. And so we pray for those who are soon returning to their workplaces. And we pray especially for those who are returning to places which now hold memories of sickness, of trauma, of pain. Walk ahead of them and walk beside them. And especially we ask, with your loving gaze, watch over them. **Amen**

### **For Emergency Workers (Enriching Our Worship 2)**

God our strong deliverer: when those charged with the urgent mediation of your healing power feel overwhelmed by the numbers of the suffering, uphold them in their fatigue and banish their despair. Let them see with your eyes, so they may know all their patients as precious. Give comfort, and renew their energy and compassion, for the sake of Jesus in whom is our life and our hope. **Amen.**

## Day 29: Be Still

Task: Think about how you can make space and time for quiet and stillness.

Being still is a great way for reflection. It is in the stillness we can focus on the things that God is trying to tell you. It is in the stillness we can take a moment to reevaluate the things for which you may need clarity. This is the moment you find peace in God. There are many ways to center yourself during this time. You can use Prayer beads, a prayer journal, a centering cross or a Labyrinth.

Below we have a finger labyrinth, you can use this to center yourself into a mode of prayer.

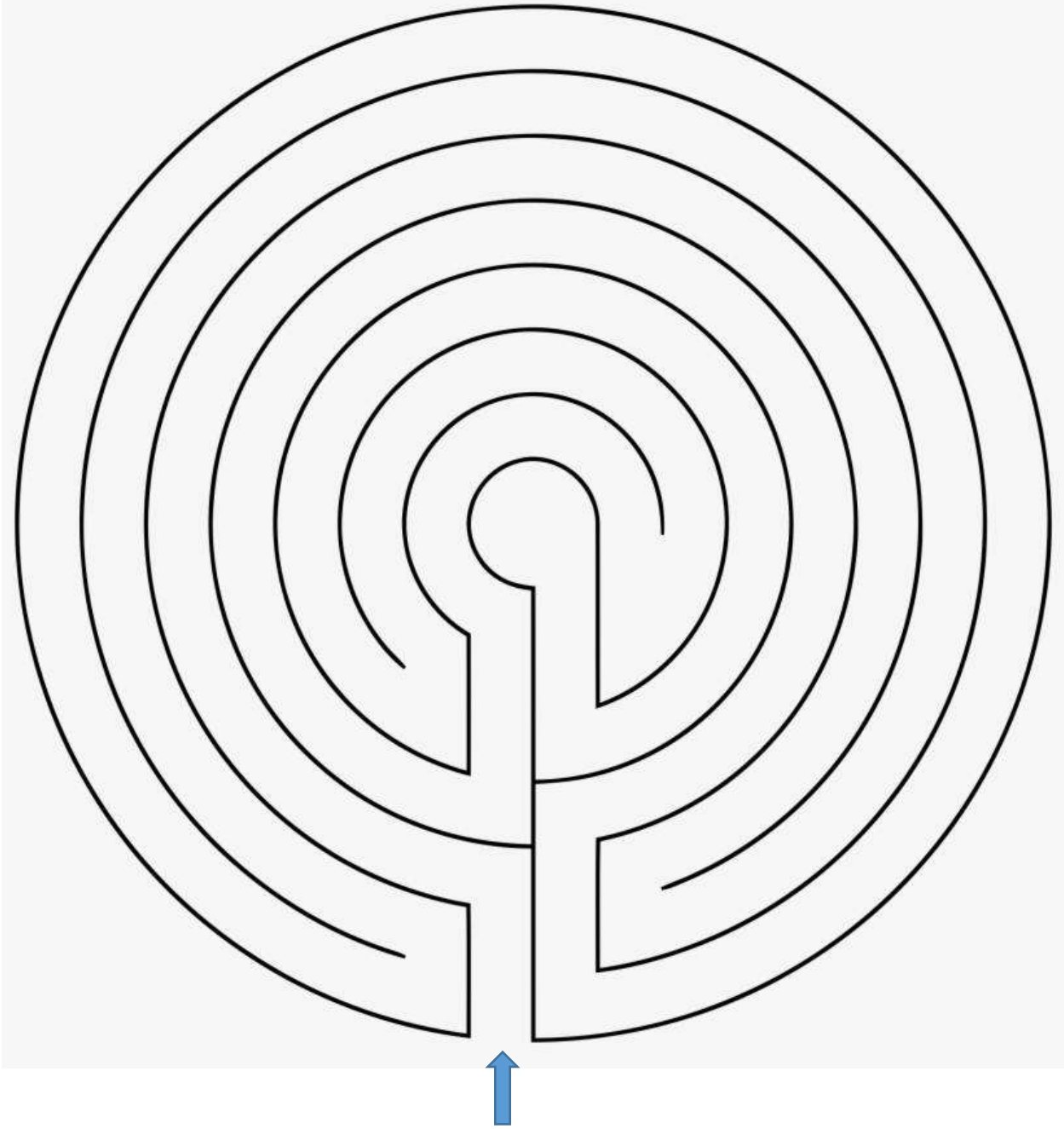
We are all on the path... exactly where we need to be. The labyrinth is a model of that path.

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The Labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools. A Labyrinth has one path, there are no tricks. You are able to follow the path and meditate and think along the journey.

**Below is a Circuit Labyrinth.**

Use your Index (Pointer) Finger to move through the labyrinth and be still.

Bible reads: Psalm 46:10 "Be still and know that I am God"



## Day 30: Would you be my neighbour?

Task: Do something practical to make your neighbourhood a brighter place.

Your neighbourhood is part of your identity. Show your neighbourhood in a new light.

**Start documenting your street.** Share the beauty of your surroundings, whether it's through your school's or church's Instagram page or a personal photo project. Once you start snapping pictures of everyday life there's no telling what you'll find or who you'll meet.

**Make faces.** "Eye bombers" believe that there's nothing a bit of humor can't fix. By taking "googly eyes" and placing them on inanimate objects around the city, eye bombers add a bit of Muppet-like merriment to public space. How can you be in a bad mood when the garbage can is giving you a goofy grin?



Simple paper plate and black paint

## **Day 31: Bon Voyage!**

Target: Cook a dish from a foreign country.

Cooking can be a relaxing activity and also a way to bond with your family members. Search the web for new recipes to try. How about some Italian Meatballs (one of my family favourite)

### **Ingredients**

- 2 tablespoons of olive oil
- 1 small white onion, chopped
- 8 oz can mushrooms (we'll be blending them later so size doesn't matter)
- 3 cloves of garlic, roughly chopped
- 1 1/2 cups of cooked rice
- 1/4 cup of all-purpose flour
- 1/2 cup of bread crumbs
- 1 teaspoon of Italian seasoning
- 1 teaspoon of sea salt
- 1/2 teaspoon of black pepper
- Oil for frying



## METHOD

- 1) Heat the olive oil in a large skillet over medium heat and sauté the onion and mushrooms until soft, about 5 minutes. Add in the garlic and sauté for an additional 2 minutes.
- 2) Add the onion mixture to a food processor along with the rice, flour, bread crumbs, Italian seasoning, salt and pepper. Pulse until everything is combined and comes together.
- 3) Form the mixture into golf ball sized meatballs and set aside.

**TO FRY:** In the same skillet pour in enough oil to fully cover the bottom of the skillet.

Set over medium heat. Once hot, add in the meatballs so that they're not overcrowded. Cook until browned on all sides, about 4 minutes per side.

Add more oil as needed so that the skillet has a thin layer covering it.

**TO BAKE:** Place the uncooked meatballs on a large baking sheet lined with parchment paper. Bake at 400 degrees F. for 10 minutes, flip, and bake an additional 8-10 minutes.

Serve with spaghetti or however you enjoy your meatballs

## Day 32: Donation Day

Task: Set aside produce (such as potato, plantains, cassava...) to donate to your school/church hamper drive.



Almsgiving is the act of giving. Almsgiving is one of the pillars of Lent. During this time we give to persons in need. This may be a simple task for you as you may want to give things you will not miss, this is not the task. Giving freely means giving of the things that mean the most to you. E.g. Money you may have used for snacks, your favourite food or toy.

Suggestion: Decorate an Almsgiving box to donate. Get a large box to place your items throughout the season of Lent, decorate it. Brainstorm with your teacher/parent for a method of donation. (A member of you community or the church)

**Bible reads:** You should rather open your hand, willingly lending enough to meet the need, whatever it may be. Deuteronomy 15:8

## Day 33: Let's try something different!

Task: Arrange to visit (physically or virtually) another church.

Church is a place of worship. We may be of different religions but we have many similarities. Due to the pandemic, many churches stream their services online. Try a virtual visit to another church and note the similarities to your place of worship.



**Bible Reads:** There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. **Galatians 3:28**

## Day 34: Presents? Oh! There Gifts!

Task: Use your gifts for *Glory!*

Think of that moment when you receive a gift. How do you feel? Happy? Excited? Filled with wonder? Don't you want to show it to everyone around you? The Lord has given us all gifts. As young children, this is the best time to discover your gifts and how to use them for God. Our gifts are our greatest treasure and we never hide our treasure. Brainstorm how you can use your talents in worship. Share your ideas with your teacher.



HAPPY  
**HOLY WEEK**

MAY THE ANGELS  
PROTECT YOU



Palm  
Sunday



Maundy  
Thursday



Good  
Friday



Holy  
Saturday



Easter  
Sunday

WHAT ARE THE DAYS OF HOLY WEEK?



## Palm Sunday: Welcome!

Task: Let's make a palm cross.

During Palm Sunday, Jesus rode into Jerusalem and the people welcomed him with open arms. Singing praises and laying coats and palms along the road. Follow the steps below to fold a cross using palm leaves or paper.

<https://www.youtube.com/watch/HEkaY2umE1w> : Palm leaves

[https://www.youtube.com/watch?v=uGYZcKWM9\\_g&ab\\_channel=GlobeStudioOne](https://www.youtube.com/watch?v=uGYZcKWM9_g&ab_channel=GlobeStudioOne) : Paper

For even more fun visit your church the Saturday before and help decorate.

Share your creations with your teacher to share on your schools' or church website.



Bible reads: **Matthew Chap 21 1-11**

## Day 35: Courage is being afraid...and doing it anyway.

Task: Write down all your fears and burn them. (Parental Supervision needed)

Having fear is not a bad thing. Jesus knew he came on this earth for a purpose, he came to die for our sins. Yet even Jesus was afraid. He went to Gethsemane to pray, He let God know His fears and gained the strength to continue on His journey. Share your fears with God. He will give you courage to face your fears, or guide you to a trusted adult who can assist.

Write your fears, pray, tell God about your fears, then, **with an adult**, burn them.

Burning your fears show that they no longer hold you down, you have turned them over to God.



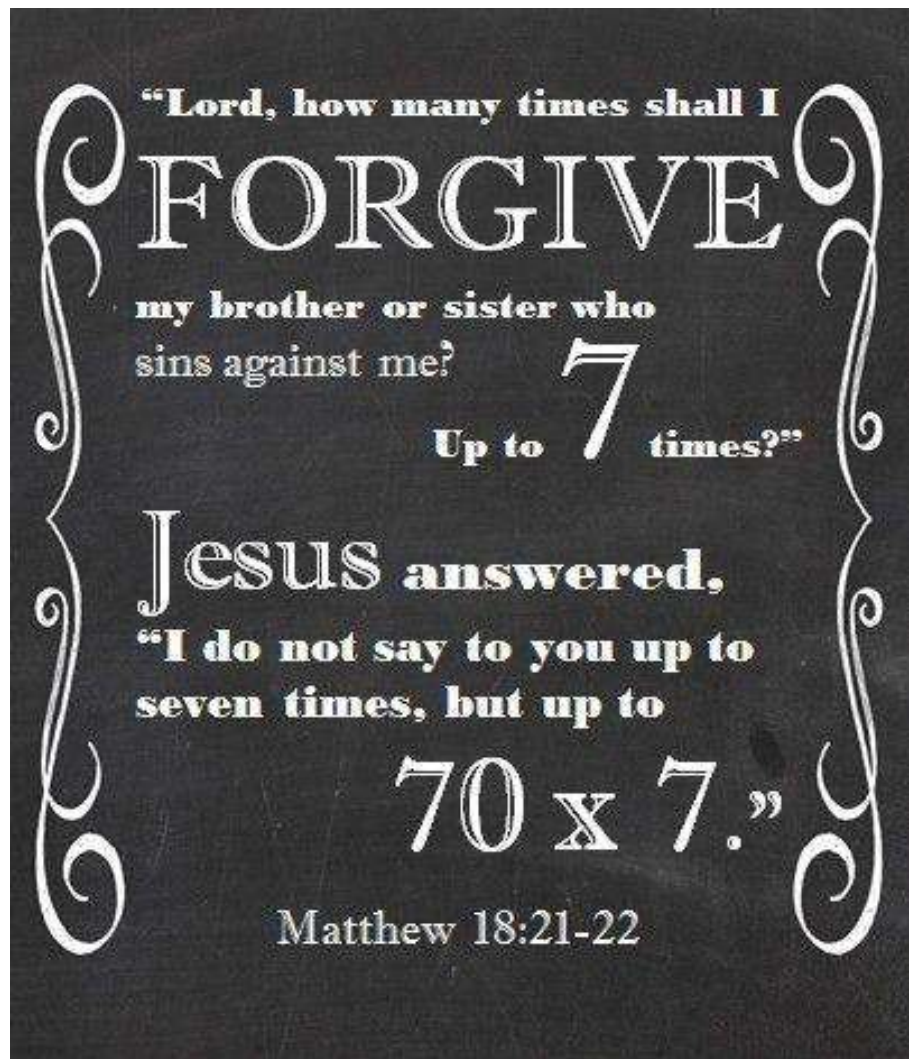
Bible Reads: Psalm 23:4



## Day 36: How many times Lord? How many?

Task: Call someone who has done you wrong.

Persons will do things that will upset you and cause you pain. Holding on to that hurts no one but yourself. It continues to drag you down. During this Lenten period, we should spend time on working to release this weight. Let it go. The Lord calls us to forgive four hundred and ninety times (seventy times seven). Over and over again till the weight is lifted from you.





## Day 37: Today I'm praying for.....

Task: Pray for yourself and family.

### Our Homes and Families.

Heavenly Father, whose Son Jesus Christ, born of a woman, sanctified childhood and shared the life of an earthly home; bless the homes and families of our nation. Give to parents a true sense of responsibility in the care and training of their children that our boys and girls may grow up in the fear of your Name and the fellowship of your Church, for the glory of Christ our Lord. Amen.

### Our Children

Father, we bring our children to you for your blessing. Help us to be sensitive to their needs. Give us wisdom in our care of them that they may grow up rooted in love, steadfast in faith, strong and courageous in life. Guide us and all who have the care of children. May we never hinder, but help and encourage them towards independence and maturity, and to a living faith in your Son, Jesus Christ.

### Young People

God our Father, I pray for our young people growing up in an unstable and confusing world. Show us that your ways give more meaning to life than the ways of the world, and that following you is better than chasing after selfish goals. Help us to take failure not as a measure of our worth, but as a chance for a new start. Give us strength to hold our faith in you, and keep alive our joy in your creation; through Jesus Christ our Lord. Amen.

## Day 38: Maundy Thursday

Task: Wash your family members' feet.

Washing someone's feet is a humbling experience. Yet Jesus washed the feet of His disciples. In doing that, He was no longer their teacher, but their servant. He washed the feet of his disciples knowing that they will have to go and do the same for the people of the world. He showed them that the best way to show the love of God is through acts of service.



Bible reads: John Chap 13

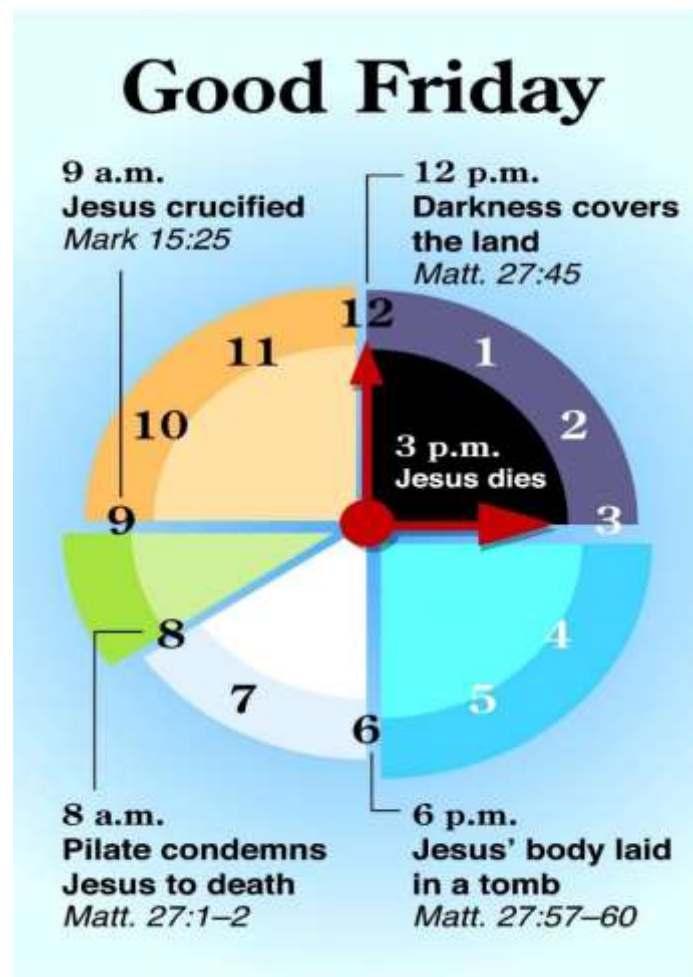
## Day 39: Good Friday: D' Day

Task: Spend **five** minutes in silence at 12 noon.

Today is the day we remember the sacrifice that was made by Jesus Christ. By his death we are free from Sin. At 12 noon let's take a moment to recognize that Jesus indeed died on the cross for us.

[https://www.youtube.com/watch?v=mJUX733ovGI&ab\\_channel=DanLoewen](https://www.youtube.com/watch?v=mJUX733ovGI&ab_channel=DanLoewen) : Were you there when they crucified my Lord.

[https://www.youtube.com/watch?v=CltrLsjsQl0&ab\\_channel=smileyface522](https://www.youtube.com/watch?v=CltrLsjsQl0&ab_channel=smileyface522) : The Old Rugged Cross.



# What are you doing on Good Friday?

Jesus' Schedule		My Schedule
12:00 AM - Jesus is arrested		12:00 AM
2:00 AM - Jesus is sent to Annas, then Caiphas		
4:00 AM - Jesus is with the soldiers and in prison		6:00 AM
6:00 AM - Jesus is before Caiphas a 2nd time		8:00 AM
7:00 AM - Jesus is before Pilate and sent to Herod		
8:00 AM - Jesus returns to Pilate and is scouraged		10:00 AM
9:00 AM - Jesus is crowned with thorns and condemned to death		12:00 PM
10:00 AM - Jesus is stripped of his garments and carries his cross		
12:00-3:00 PM - Jesus is on the cross		3:00 PM
3:00 PM - Jesus dies on the cross, the soldiers pierce his side with a spear		4:00 PM
4:00 PM - Jesus is taken down from the cross and laid in the tomb		

\* We do not know exactly what time Jesus died. This is an approximate schedule, assuming that Jesus was crucified around noon, as indicated in the Gospel of John.

## Day 40: Movie Day

Task watch a religious movie.

Here are some suggestions.

- VeggiTales: Easter Carol  
([https://www.youtube.com/watch?v=Qi5JtvbaePA&ab\\_channel=Mr.MediaMan](https://www.youtube.com/watch?v=Qi5JtvbaePA&ab_channel=Mr.MediaMan))
- VeggiTales: 'Twas the Night Before Easter  
([https://www.youtube.com/watch?v=IoWPgIN04h8&ab\\_channel=ThePeachfromtheIRS](https://www.youtube.com/watch?v=IoWPgIN04h8&ab_channel=ThePeachfromtheIRS))
- God's Not Dead
- God's Not Dead 2
- Risen
- The Ten Commandments
- Courageous
- Woodlawn
- Overcomer
- Breakthrough
- War room
- 



# EASTER SUNDAY!!!!

**Rejoice for the Lord is risen indeed!**

Over the course of Lent you would have prepared an Almsgiving package. Donate to your church or a family in need.



**Open your blessings Jar (3rd Sunday in Lent)**

## Traditional Easter Activities

### Making an Easter Basket.

#### Materials:

You will need

- Sheet of paper or card. A 6" (15 cm) square makes a nice mini-basket. You'll also want a thin strip to make a handle.
- Pencil
- Ruler
- Adhesive tape or glue
- Optional: Brads or other decorations

That's it! This design is one of my favorite Easter basket craft ideas because you need so few materials and it's so easy to make.

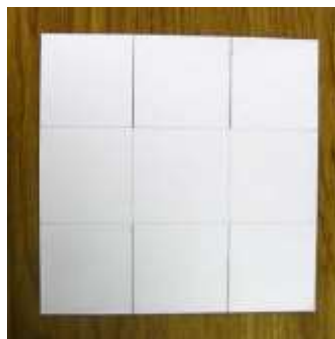
#### Paper Easter Basket Instructions

##### Step 1:

Place your paper nice-side-down.

With a pencil and ruler, draw an evenly spaced 3 by 3 grid onto the square, as if you were going to play Tic-Tac-Toe. I usually use a 6" square of paper, so my lines are spaced 2" apart.

Fold and unfold along each of the lines to make a crease.





## Step 2:

See how in the photo from step 1, the lines going in from the top and bottom are drawn a bit darker? Well, you want to cut along those lines, so that your piece of paper looks like this:



## Step 3:

Fold up the left and right sides of the paper to turn it into a basket like this. Tape or glue the folds into place. I like to use adhesive tape because it's quicker. If you put it on the inside of the basket then you can't see it anyway.



Here's a close-up showing how the folds go:





#### **Step 4**

Use a thin strip of paper to make a handle, and tape or glue it on. The strip should be about the same length as your square, e.g. I used a 6" square to make my basket, so I used a 6" long strip to make the handle.



#### **Step 5**

Now you've made your paper Easter basket, it's time to fill it up with goodies!



#### **Easter Egg Hunt. (Parental Supervision needed)**

Fill plastic eggs with treats. Let an adult or elder sibling hide them about your yard. Search!! Enjoy the treats!

## Tie Dye Easter Eggs

### What You Need

Hard-boiled eggs

Paper towel or newspaper

Bowl or cup deep enough to completely submerge an egg

Tongs, egg dipper, or slotted spoon

$\frac{1}{2}$  cup boiling water

1 teaspoon white vinegar

Liquid food coloring (about 20 drops per color)

### How to Dye Eggs

1. Start with cool hard-boiled eggs.
2. Protect your surface by covering with a sheet of newspaper or paper towel.
3. Fill the container with the mixture of enough water to cover the egg, one teaspoon of white vinegar, and about 20 drops of food coloring. The more food coloring you add, the darker the color of the egg will be.
4. Place egg on a slotted or regular spoon and dunk, turning occasionally so both sides get color. Keep in liquid for up to 5 minutes, leave in longer for a darker hue.
5. Carefully remove the egg and set aside to dry.



## Stained Glass Cross



### **Materials Needed:**

- tissue (kite) paper - variety of colours
- white glue
- popsicle stick
- craft knife
- scissors
- cross template (or just draw your own)
- Wax Paper

### **Method:**

1. Roll out a piece of wax paper that is double the width of the template.
2. Fold in half. (like a book)
3. Tear tissue (kite) paper into small pieces.
4. Spread glue onto half of the wax paper using a popsicle stick.
5. Piece by piece add the tissue paper until all the glue is covered.
6. Spread glue onto the other half of the wax paper and fold over on top of the tissue
7. Smooth the paper and let dry. I like to put something heavy on top so it dries nice and flat.
8. Print out the template and cut out the crosses. I used a craft knife.
9. Run a thin line of glue around the perimeter of the crosses on the back of the paper
10. Turn the paper over and glue it to the wax paper. Let dry.
11. Cut out around the crosses and tape to a well-lit window and enjoy.

## Bibliography

Book of Common Prayer

Catholic Icing

Colouring Pages: Google Images

<https://feelslikehomeblog.com/2016/02/16-simple-lent-activities-for-kids-for-all-christians/>

<https://ministry-to-children.com/lenten-bible-lessons-for-kids/>

Recipes: Allrecipes.com