



40 Days And 40 Nights



Registered charity no 251394

March 2020

Next month we will reach Easter in the church calendar. But before that we have a time called LENT which lasts for 40 days, this year it began on February 26th. In this time many people decide to give up some luxuries, such as chocolate, going out for a meal, or will give to a charity. This is because it is when we remember the time when Jesus went off alone into the wilderness to prepare for the work God had sent him to do. As he only had what he could find to eat he was very hungry. He began to be tempted to use the powers that he knew God had given him, to make his life easier. One day as he sat alone

and feeling hungry, he felt tempted to turn the stones around him into loaves of bread. But he didn't.



Another day, as he stood on a hill looking down on distant villages, he felt that he could use his power to rule over all that he could see. But he didn't.



It was as if there was someone behind him, whispering in his ear, trying to turn him away from God's path.

Near the end of his time in the wilderness, Jesus visited the Temple in Jerusalem. He climbed up to the highest place on the walls. Looking down he could see lots of people below going into the Temple. He knew that if he threw himself down from there God's angels would protect him and all the people would see this and worship him as a hero. But that was not God's plan for him.



After the 40 days Jesus came out of the wilderness and began his mission of telling the people of God's message. He became a preacher and teacher, travelling around to speak about the love of God for all his people to anyone who would listen.

Although Lent has already begun, it's not too late to think of how you could share in this time. You could agree to give up sweets, ice creams or other treats until Easter. Or you could try to raise a little money for a charity to help others. Your school or church could perhaps help you to find one. Then collect some money for it.

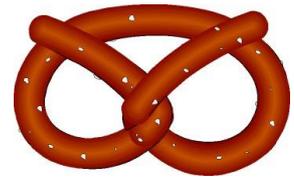
Find a small jar or tub. Make a slit in the lid, or make a paper lid with a slit in it, to put money into the jar. Then you can decide the reason for putting money in it. Perhaps a coin for a good deed, doing your homework quickly, or for doing something for the environment such as switching off unnecessary lights or not wasting water.



The Story of the Pretzel – a reminder of Prayer



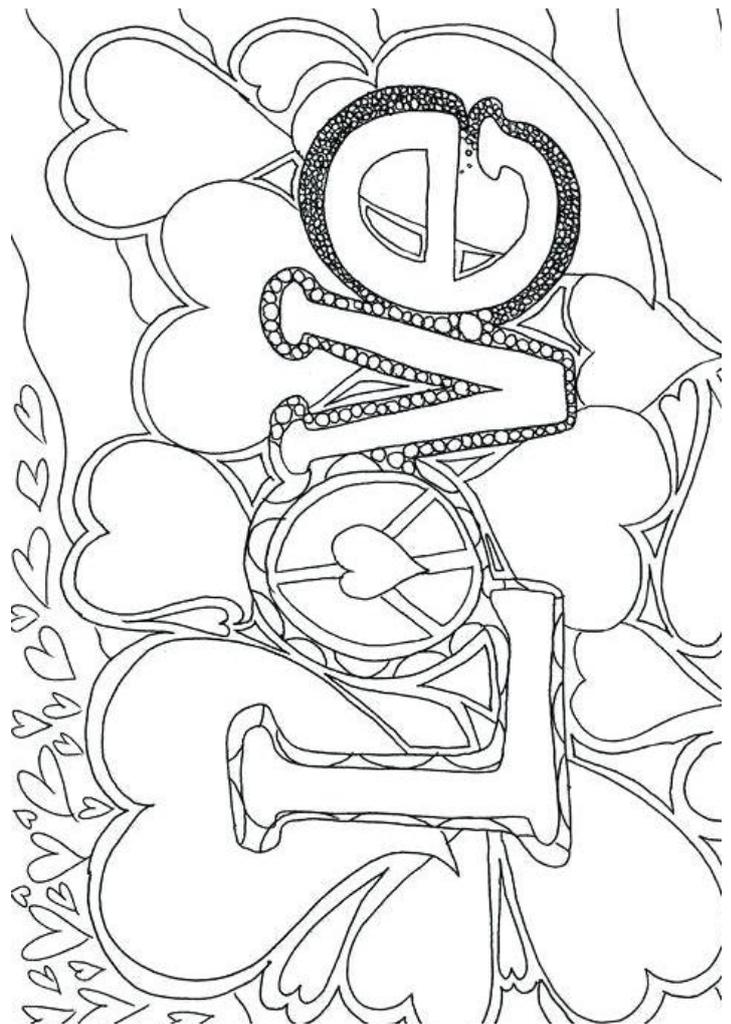
Did you know that the pretzel really has its origins as an official food of Lent. It is believed that they are the world's oldest snack food but how did they start? Long ago, in some churches, you had to decide to give up luxury foods for the 40 days of Lent (a personal sacrifice) These included meat, milk and eggs. Around 610AD some Italian Monks had to figure out a special bread that did not use eggs or milk, so they made it of flour, water and salt – which is what pretzels are made of today. But why are some twisted into a strange shape like a knot?



When early Christians prayed, they would cross their arms and touch each shoulder with the opposite hand. One of the monks saw some children at their prayers, but they were a little reluctant. Wanting to give them an incentive to attend prayers he decided to give them a treat. He took some of the dough and folded it to look like the children's arms folded in prayer. Then he gave the treats out at the end of prayer time. These breads were called "little arms" (*bracellae*) in Latin (the language of the time) which later in German became twisted into "pretzel." Pretzels became a symbol of good luck and long life. They were also a common food given to the poor and hungry. They were cheap and easy to make and satisfied hunger.



ON THE ROAD TO EASTER WORD SEARCH



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|------------|---------------|--------------|
| Ash | Holy Week | Palm Branch |
| Wednesday | Holy Thursday | Forty Days |
| Sacrifice | Good Friday | Jesus |
| Almsgiving | Holy Saturday | Passover |
| Prayer | Easter | Foot Washing |
| Fasting | Palm Sunday | Resurrection |

