

Daily Bread Recipes

Chapatis and Phulkas

(These flat breads from India are both made from the same dough, but phulkas are smaller and thinner and should puff up in last stages of cooking.)

2 cups (250g) flour 1/2 cup (120mL) water salt to taste

1. Mix flour and salt in bowl, make well, pour in half the water and make dough with hands. If mixture too dry add more water. Shape dough into ball.
2. Turn onto floured board and knead for 10-15 minutes until smooth and elastic. Cover with damp cloth and set aside for 30 minutes.
3. Knead again for 5 minutes; divide into walnut-sized balls; roll into circles measuring about 5 inches (10cm) across (thicker for chapatis).
4. Heat lightly greased griddle or heavy frying pan. Cook, rotating with fingers or spoon, for 1-2 minutes or until bubbles appear on top. Flip and cook other side in same way.

Tortillas

(This food is a mainstay of Central and South American diets. Tortillas are unique among breads in that they are made from a flour which is already cooked—the corn/maize flour called masa harina. This recipe uses a mixture of wheat flour and fine corn/maize flour although you may be able to find masa harina where you live.)

1 cup (110g) flour
1 cup (110g) corn/maize meal
1 tsp. (5mL) salt
¼ cup (60mL) shortening
½ cup (125mL) lukewarm water

Combine flour and salt. Cut in shortening with a pastry blender. When particles are fine, gradually add water. Toss with fork to make a stiff dough. Form into a ball and knead thoroughly on lightly floured board until smooth and flecked with air bubbles. To make dough easier to handle, grease surface, cover tightly, and refrigerate overnight before using. Let dough return to room temperature before rolling out. Divide dough into 11 balls. Roll as thin as possible on a lightly floured board, or between sheets of waxed paper. Drop onto a very hot ungreased griddle. Bake until freckled on one side (approx. 20 seconds). Life edge, turn, and bake on other side. Serve at once or cool tortillas, wrap airtight and refrigerate or freeze. (To serve later, place in tightly covered baking dish and warm in oven.)

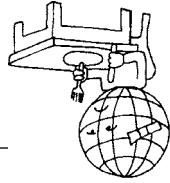


As our Christian community draws together after the summer, we are half way through the liturgical season known as the Season After Pentecost or Ordinary Time. It is a time when we explore what it means for us to live faithfully within the daily circles of our life.

Except for the first 2 weeks, the Biblical passages for this first Unit focus on some of the powerful stories found in the gospel of Matthew. These stories challenge us to judge less and love one another more, to be open to new growth, to reach beyond ourselves to those who are marginalized, to be truly “*alive in God’s way.*”

The figures circling through the Unit I logo reflect the themes of respect for creation, loving relationships, faithfulness and trust in God. Five figures dance, walk and kneel on a hillside. Life is everywhere—from the baby cradled in one person’s arms, and the dandelion seeds being blown into the air, to the plant being nurtured. A dove flies overhead, symbolizing God’s presence with us, while our connection with each other is expressed in people reaching out to one another. A road winds off into the distance, reminding us of biblical journeys and our own faith journeys. Connecting all images together is God’s eternal circle of life.

September	4	The Road to New Life
	11	Celebrating God’s Gifts (<i>Recovenanting Sunday</i>)
	18	Give Us This Day
	25	Choosing and Changing
October	2	Caring for God’s Vineyard (<i>Worldwide Communion</i>)
	9	Remembering and Responding (<i>Thanksgiving</i>)



Week 6—October 9, 2011
Remembering and Responding (Thanksgiving)

Deuteronomy 8:7-18
Psalm 65
2 Corinthians 9:6-15
Luke 17:11-19

Key Verse: In the farthest corners of the earth, the glorious acts of God shall startle everyone. (Psalm 65:8)

Aim: To give thanks for God's abundance.

Background: Thanksgiving is a time to be aware that our bounty comes sometimes at the expense of others. The passages from the lectionary remind us that God has provided the feast for all people, and that we, whose plates are full, must commit ourselves to share with those whose plates are empty. In both the Deuteronomy and Psalm readings for this week, the faithful are urged to respond to God's gifts with thanksgiving. In 2 Corinthians Paul asks the Christian community in Corinth to make their thankfulness more concrete by giving money to starving Christians in Jerusalem. This week's gospel story from Luke, tells of 10 lepers who were healed by Jesus. Only one, a Samaritan, remembered to thank God. Today let us remember with thanks God's love and bounty and respond by committing ourselves to live in God's way.

Faith Sharing:

1. Create a basket centerpiece for your Thanksgiving table with fruit and vegetables. Cut leaf shapes from colored paper. Give each person as many leaves as there are family members. Have each person write a gift that each family member contributes to the rest of the family (teens or parents can help pre-schoolers). Tuck the leaves into the centerpiece; after the meal have each member read the messages about themselves. Hold hands and give thanks for the gifts present in your family.

2. Plan a special evening together as a family. Begin by passing around a bowl of unpopped popcorn kernels. Each person takes 2 or 3 kernels. Then pass the bowl around again with people replacing their kernels one at a time, saying 2 or 3 things that remind them of God's love and bounty. Then pop the corn and celebrate!
3. Next Sunday is World Food Day. Your congregation may have collected food for the Food Bank this Sunday or there may have been another special Thanksgiving project to put your thanks into action. Talk about what your project is and how it helps. If there was not a congregational project, decide on a family project that will express your thankfulness in concrete terms.

A word about the At Home Leaflet...
The Whole People of God curriculum is based on the 3-year cycle of scripture readings from the *Revised Common Lectionary*. Four passages are read in worship each Sunday and church school lessons are based on one of these marked with an asterisk (*). In this way the focus of worship and church school are woven together. The *At Home Leaflets* are designed to give background to each week's theme and facilitate continued discussion and activities in the home. You are encouraged to choose those activities which best suit you and add others of your own. It is hoped that the Leaflets will be shared widely throughout the congregation so that all members can gain some background on the lectionary passages and explore for themselves ideas and activities which are an extension of each Sunday's scripture readings. The Leaflet is also useful for doing some initial reading and preparing for worship and adult study sessions.



Week 1—September 4, 2011
The Road to New Life

Exodus 12:1-14*
Psalm 149
Romans 13:8-14
Matthew 18:15-20

Key Verse: The commandments... are summed up in the one command "Love your neighbor as you love yourself." Romans 13:9

Aim: To prepare with God and each other for the future

Background: This Labour Day weekend continues with our Summer Session format as children hear the story of the Hebrew people as they prepare to leave their slavery in Egypt and embark on an exciting and unknown road to new life. It is a bit like our lives as we embark on a new season of activities and commitments. In the preceding verses, nine plagues strike Egypt, but Pharaoh stubbornly refuses to let the Hebrews go out into the desert to worship their God. He claims he has no knowledge of the God of whom they speak. He even threatens Moses with death if he appears before him again. In today's reading, the Israelites prepare for the tenth and final plague. Moses instructs them to smear the blood of a lamb on their doorposts, roast the lamb and eat it with unleavened bread and bitter herbs. They are to share with neighbors and nothing is to be wasted. They are to eat quickly and be dressed for travel. The blood on the doorpost is a sign to God that the plague is to "pass over" those that live within. Very shortly in great distress over the death of his son, the Pharaoh will order the Hebrews to leave his country, and they will set out on the road to new life. Today's reading ends with the declaration "You must celebrate this day as a religious festival to remind you what I, the Lord, have done." It reminds us how important our worship celebrations are in defining us as a people—God's people.

Week 5—October 2, 2011

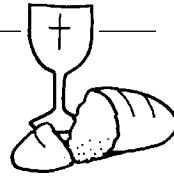
Caring for God's Vineyard (Worldwide Communion Sunday)

Exodus 20:1-4, 7-9, 12-20

Psalms 19

Philippians 3:4b-14

Matthew 21:33-46*



Key Verse: (God's laws) are more desirable than gold. They are sweeter than honey dripping from a honeycomb. (Psalm 19:10)

Background: Today's scripture readings speak of God's laws and our responsibility in relation to those laws. God gives the Israelites the Ten Commandments to enable them to live together with respect, harmony and wholeness as God's faithful people. The Psalm celebrates the life-giving aspects of a law "sweeter than honey." Jesus and Paul both urge their audiences to use God's laws in ways which express love, not censure.

On this Worldwide Communion Sunday we join with sisters and brothers around the world. Our communion strengthens us all to be faithful tenants of God's vineyard.

Faith Sharing:

1. Some of the church school classes will be learning about the ingredients which form the "daily bread" of different cultures around the world. Buy, or try making some of these breads (e.g. tortillas, chapatis, naan, corn bread, pita, bannock, etc.—see recipes on next page) and invite people (perhaps someone who is on a limited budget or lonely) to come and share an "agape" meal with you. Early Christians often had "agape" meals, food provided by church members for fellowship and for charity to the poor and widows in the community. Light a candle, say a blessing and share bread. (After trying plain tortillas, children might choose to spread one with peanut butter and roll a banana in the center and slice into pinwheels. Or sprinkle one with grated cheese, roll, and bake in the oven.)
2. Read together the story of "The Ten Commandments" from *Family Story Bible*, pages 88-89. Make a list of ten rules that would help your family to live in God's way.
3. Contact your church mission organization for a list of partners working overseas (formerly called missionaries). Choose a family with children (if possible) and start writing "pen pal" letters, both to show them your support and to find out more about the culture they are working in. Research their country at your local library.

Faith Sharing:

1. Read together "The Hebrews Leave Egypt" from *The Family Story Bible* pages 81-83. Talk about some of the feelings the Hebrews might have had as they escaped from slavery in Egypt. Talk about your feelings as you begin a new round of fall activities.
2. Look at the logo for this Unit and talk about its symbolic meaning (see front page of this Leaflet). Ask each member of the family which figure they would identify with and why.

Week 2—September 11, 2011

Celebrating God's Gifts (Recovenanting Sunday)

Exodus 14:19-31

Psalms 114 or Exodus 15:1b-11, 20-21

Romans 14:1-12

Matthew 18:21-35



Key Verse: When the Israelites saw the great power with which God defeated the Egyptians, they stood in awe and had faith in God and in his servant Moses.

Exodus 14:31

Aim: To explore feelings of new beginnings.

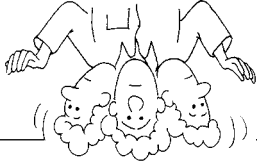
Background: The first 2 readings this week describe God's overwhelming generosity to us throughout history. Like the Israelites in today's story from Exodus, we often forget that God is with us until an experience reminds us once again of God's constant presence. The Psalm reminds us that to be alive in God's way means to celebrate in joy with all creation. The readings from the New Testament call us to a more open and generous spirit. Paul counsels the church in Rome, and us, to accept one another's differences; the parable in Matthew challenges us to new depths of forgiveness and generosity in response to the all-encompassing forgiveness of God. This week we reflect on all these things as we recovenant together to be God's people in this place.

Faith Sharing:

1. Read the parable of the Unforgiving Servant from the *Good News Bible* (Matthew 18:23-35). Have family members read the parts of the narrator, first servant, fellow servant, and king.
2. Forgiveness helps us to live together in peace. Share experiences each of you has had of being forgiven, within the family or by others. Talk about your feelings. (e.g. "When someone treats me unfairly I feel..." "When someone forgives me I feel..." "When I am able to forgive someone I feel...")
3. In worship this Sunday congregations renew their covenant as a faith community. What covenants or commitments would your family like to make on this day? Talk about some personal or family goals. Have each family member trace their hand on a piece of paper and write a promise or goal for the coming months on their hand shapes (can be very simple! e.g. "smile more often").

4. Read the first part of the story "Special Food" from *The Family Story Bible* page 86. Prepare a snack of biscuits or muffins and serve with honey (a symbol of "manna"). Make enough snacks to share with someone else (e.g. a single mother, an elderly couple) and discuss what part your family could play to make sure that all God's people have enough to eat.

Week 4—September 25, 2011



Exodus 17:1-7
 Psalm 78:1-4, 12-16
 Philippians 2:1-13*
 Matthew 21:23-32

Key Verse: Live in harmony by showing love for one another. (Philippians 2:2b)

Aim: To look at what it means to make faithful choices.

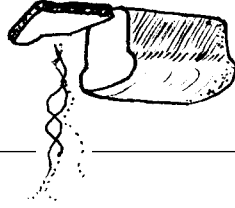
Background: Like the Israelites during their time of Exodus, we are faced by many challenging choices in our daily lives. Because choices imply change, we are sometimes reluctant to make them. In his letter to the Philippians, Paul helps us see that making our choices from the same humble attitude as Jesus did gives us strength to choose well. In a story of a father asking his 2 sons for help, Jesus reminds us that our actions are the true test of our faithfulness. Our willingness to re-examine our choices, to learn and grow from them are important characteristics of those who are "alive in God's way."

Faith Sharing:

1. Since the readings today are examinations of choices, discuss together what choices are available within your family. Intentionally provide opportunities during the next week for individuals to make choices (e.g. bedtime story, menu for dinner, etc.).
 2. Mother Teresa once said "I act as if I see Jesus in everyone I meet." Create an "Act as If..." poster or banner as a reminder about being faithful in our choices.
 3. Read the last part of the story "Special Food" from *The Family Story Bible*, pp. 86-87. Enjoy a refreshing glass of ice water together and think of many people around the world who have limited access to such water which we take for granted.

The a ribbon or piece of string around one finger of each hand shape to show that these will be "reminders" in the days to come. Mount on fridge door or bulletin board. Check back in a month and see how each person is doing.
 4. Part of our covenant as people of faith is a commitment to pray for others. Put a piece of paper on your fridge and add names of people to include in your family prayer at meal time. This might be grandparents, friends or neighbours who are ill, people in other countries in the news. This helps children recognize that we do not only ask God to bless us and our food but that we care for and pray for others too.

Week 3—September 18, 2011



Give Us This Day

Exodus 16:2-15
 Psalm 105:1-6, 37-45
 Philippians 1:21-30
 Matthew 20:1-16*

Key Verse: Above all else, you must live in a way that brings honor to the good news about Christ. (Philippians 1:27a)

Aim: To appreciate God's generosity.

Background: "Give us this day our daily bread." This comforting phrase from the Lord's prayer, expresses our faith in God who provides us with what we need. The scripture readings this Sunday describe people in difficult situations who experience God's generous gifts of daily bread. In the story from Exodus, God sends manna and quails to the hungry Israelites. In Paul's letter to the Philippians he affirms that God is with us in times of suffering, daily sustaining us. Jesus' parable in Matthew tells of a generous landowner who hires laborers at different times of the day yet pays each a full day's wage. This challenges us to examine how committed we are to ensuring that everyone in God's family receives their daily bread. We pray "Give us..." not "Give me..." and we are challenged to live what we pray.

Faith Sharing:

1. Create a family autumn ritual to help you appreciate God's generosity in nature: take a walk through fallen leaves, go for a hike, visit a "pick-your-own-fruit" orchard.
 2. Gather a variety of colorful fall leaves or grasses. Spread grasses and leaves on news-paper, gently pound stem ends with hammer and place in a jar containing a mixture of 1 part glycerin and 3 parts hot tap water. Keep in a jar, as a table centerpiece, for a week or more; then you can use them for decorations or on a wreath (they will stay soft).
 3. In the northern hemisphere apples and other fall fruits can be symbols of God's generosity. Take turns choosing an apple from a basketful and turning the stem as everyone says the alphabet together. When each stem breaks that person gives an example of God's generous love that begins with the letter the stem broke on. Then continue with the alphabet until the next person's stem breaks, until everyone has had a turn.