

THE MONTHLY LIFELINE

Official Newsletter of FFUMC KIDS



WHAT'S NEW AT FFUMC:

[Lent Journey Boxes](#)

[Ash Wednesday](#)

[Zoom Kids](#)

[FFUMC KIDS YouTube](#)

[Parent Table Group](#)

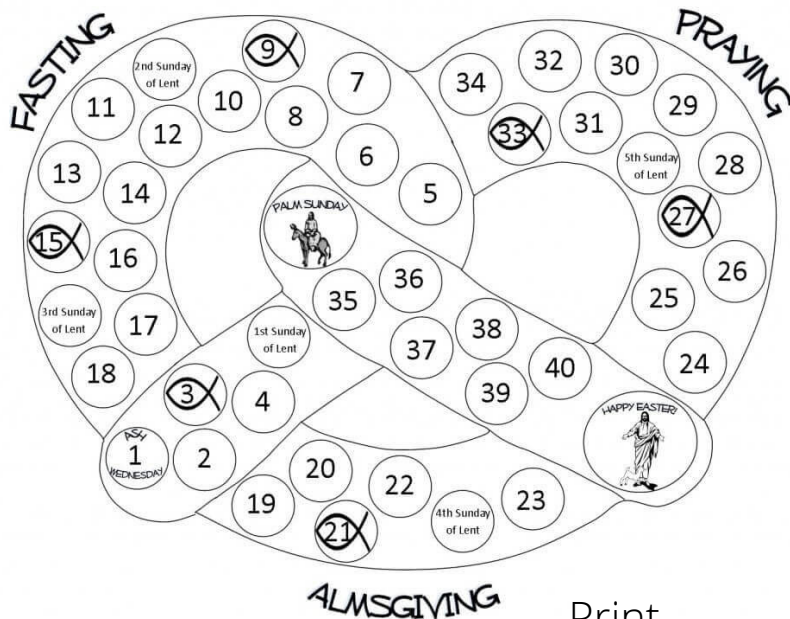
WHAT ON EARTH IS LENT?

By Allie Hansen

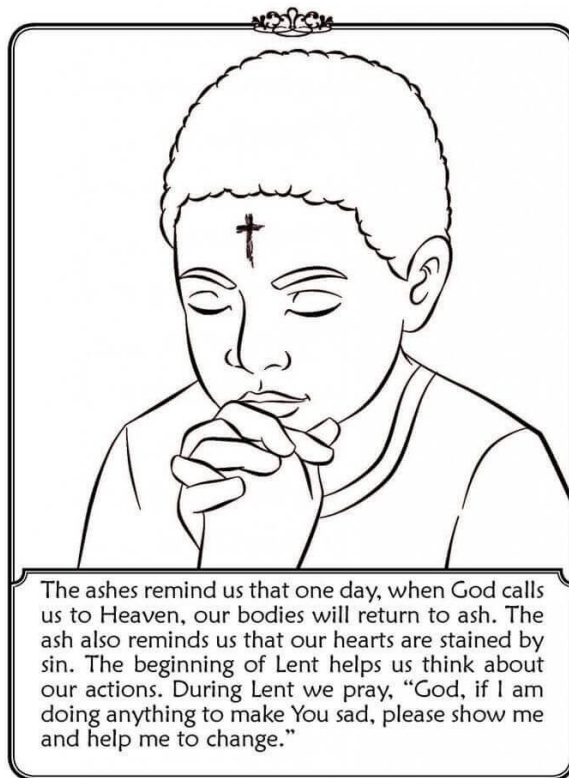
No, it's not what you find in your bellybutton sometimes or in the dryer. Lent is the time of year when Christians prepare for Easter. ... It lasts for 40 days and ends on the Friday before Easter. During Lent, many Christians fast, or go without regular meals. They do this in memory of Jesus Christ, who is said to have fasted for 40 days in the desert. Sometimes, Christians will choose to give up other things, like chocolate, caffeine, or social media; others might choose instead to add things to their lives, like committing to a daily devotion or prayer time, writing a letter a day, or reading their Bible every day. How you chose to observe Lent is up to you and your family, but Carson and I will be offering a "kit" to help you prepare your hearts and minds for Christ's journey to the cross.

LENT RESOURCES

LENTEN CALENDAR: THE SALT OF THE EARTH



Print



Print

John 16:33

*"In the world you will have trouble,
but take courage,
I have conquered the world."*

Lent Journey Boxes will be available for pickup at the church office during regular office hours beginning Monday, February 15.

What **A Sacred Place** has to say about their Lent & Easter Journey box:

The season of Lent is a time when many Christians create space, give up (fast), take on spiritual practices and consider what the cross means to them. The "Journey" box will provide faith practices for families for the season of Lent as we journey together through the 40 days of Lent to the hope of Easter. The journey provided in this box is family friendly, prayerful and contemplative. We hope this resource will remind your family of the ways we can live as faithful Jesus followers as we look forward with resurrection hope.

This box will include:

- Interactive family spiritual practices for each week of Lent
- Lenten family talk cards
- Holy week reflections
- Easter celebration
- Scripture art card (to fit into a 3x5 frame)
- And more!

 A Sacred Home



ZOOM KIDS

Click [here](#) for more details and the link to connect.

Resumes February 24

6 PM

ACTIVITY FOR KIDS AND ADULTS:

Make pretzels with your family. Pretzels were first baked during Lent because they can be made with only water, flour, and salt. A monk made dough into the criss-crossed shape to mimic the posture of prayer, with arms crossed and hands on opposite shoulder and the pretzel was born!

LENT PRETZEL RECIPE

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1 (.25 ounce) package active dry yeast

2 tablespoons brown sugar

1 ⅛ teaspoons salt

1 ½ cups warm water

3 cups all-purpose flour

1 cup bread flour

2 cups warm water

2 tablespoons baking soda

2 tablespoons butter, melted

2 tablespoons coarse kosher salt

In a large mixing bowl, dissolve the yeast, brown sugar and salt in 1 ½ cups warm water. Stir in flour, and knead dough on a floured surface until smooth and elastic, about 8 minutes. Place in a greased bowl, and turn to coat the surface. Cover, and let rise for one hour.

Combine 2 cups warm water and baking soda in an 8 inch square pan. Line 6 baking sheets with parchment paper.

After dough has risen, cut into 12 pieces. Roll each piece into a 3 foot rope, pencil thin or thinner. Twist into a pretzel shape, and dip into the baking soda solution. Place onto parchment covered baking sheets, and let rise 15 to 20 minutes.

Preheat an oven to 450 degrees F.

Bake in the preheated oven for 8 to 10 minutes, or until golden brown. Brush with melted butter, and sprinkle with coarse salt, garlic salt or cinnamon sugar.

DATES TO REMEMBER

ASH WEDNESDAY: FEBRUARY 17

LENT: FEBRUARY 17- APRIL 3

ZOOM KIDS FEBRUARY 24

EASTER: APRIL 4

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