

## Central United Sunday School Newsletter March 2022

The Council has updated the church's constitution. One of the changes is that Christian Education has been renamed **Faith Formation** to reflect the lifelong learning that is part of our Christian journey of faith.

In the church calendar year this week is the beginning of the season of Lent. It is a time to prepare for Easter. There will be special services to remind us of the Easter stories, so watch for updates. The Annual Meeting of Central will be held on **Sunday March 6, 2022**, after the 10:30 service. You may attend in person (childcare available) or via Zoom <https://us02web.zoom.us/j/89340194462?pwd=M0s2QXY4ZHZDb3pyNXk4YU9Kckp1Zz09>

In March our weekly stories are parables that Jesus told to explain God's love. Take home activities 'United with Families' will also be posted on Central's website, in the Sunday School tab for all families (centraluc.ca > More tab > Sunday School, click on the picture of Jesus. You are welcome to access these whether or not you attend.

Tuesday March 1<sup>st</sup> is Shrove (or Fat or Pancake) Tuesday. Wednesday March 2<sup>nd</sup> is the first day of Lent. For centuries, tradition has been to give things up during Lent. The last two years we have been giving things up! Maybe think about what you want to take on this year: eating dinner together each night; calling a loved one every day; donating to a charity in need?

**GIVING JAR** Decorate a mason jar as a family and put in coins each day. At the end of the 40-days, donate the contents to a local organization or to Central Sunday School's Gifts for Vision Project. In December, the children will use this, and other money gathered throughout the year to support our church's Mission & Service partners.

**LENTEN DEVOTIONS** These two 40-day devotional guides created by the 'Go Project' are designed to help you and your family experience the holiness of Lent at home. The family version has a bible verse, a question, and a suggested action while the 'teen' version is for anyone who likes to journal their thoughts. The two guides are attached. Remember that Sundays are not included in the '40 days.

### Youth Forum 2022

Are you a young person aged 16-19 and looking for a summer opportunity to engage in the life and work of the United Church AND have summer employment? Email [thea@thegoproject.ca](mailto:thea@thegoproject.ca) to find out more!



The United Church of Canada recognizes PIE Day. PIE = Public. Intentional. Explicit. March 14 is a chance to celebrate the full inclusion of LGBTQIA+ and Two Spirit people in faith communities and beyond across Canada. View last year's invitation to participate from the United Church Moderator Richard Bott: <https://www.youtube.com/watch?v=dX-w46NSfH0>

Although restrictions have decreased, Central is still committed to keeping those entering the church for worship and church activities safe. Please attend only if you are feeling well and have not been in contact with a confirmed or probable case of Covid in the last 14 days.

## March Break Activities

What have you planned for March Break? Here are some more ideas.

**PRETZEL MAKING** The Go Project (United Church Curriculum) tells us that pretzels were first baked during Lent because they can be made with minimal ingredients: water, flour and salt. The shape came from a prayer posture - with arms crossed and hands on opposite shoulders. You can get a simple recipe online although most of them add some extra ingredients. An even easier alternative is to start with frozen pizza dough. This is one of several videos that shows you how to shape them. <https://youtu.be/XCtGEkl6Ljs> . Sprinkle them with coarse salt before baking. They will be softer if there is a pan of boiling water on the bottom rack of the oven. Baking time is usually about 20 minutes but depends on how thick they are.

**WALK IN A MAPLE SYRUP BUSH** Whether you choose Springwater Conservation area or a private farm it is a great way to enjoy God's Creation. Check websites to know what activities are happening and when.

**MAKE AND SEND A CARD** or phone or visit someone you that you miss, or who needs a friend.

**HAVE YOUR OWN 'SHAMROCK SHUFFLE'** The Inn fundraiser is not being held this year but you and your friends could still walk two to five kilometers and donate some or all of what would have been the registration fee (\$5.00 for children, \$20.00 for adults 2 km, \$25.00 for adults 5 km) to The INN <https://www.innoutofthecoldelgin.com> . Another great way to enjoy the out of doors.

**WORLD DAY OF PRAYER** Christians from over 170 countries unite on a common day to pray for relevant issues affecting women and children. The official day is the first Friday in March.

1. **CHILDREN'S VIDEO - Kids Pray Too!** This 30-minutes of worship, stories, and songs celebrate the theme *I know the plans I have for you* <https://wicc.org/kids-pray-too-world-day-of-prayer-2022/> . An adult service is available too.
2. **BAKING WITH NANCY - Welsh Cakes** <https://wicc.org/baking-with-nancy-wdp-2022-england-wales-and-northern-ireland/> These are cooked in a frying pan. A more challenging recipe would be a Victoria Sponge Cake <https://wicc.org/victoria-sponge-cake-submitted-by-nancy-weir-wicc-admin/> .

### LOOK FOR BIRDS AND OTHER WILDLIFE

How many kinds of birds can you see in an afternoon (or a week)? What other wildlife, for example squirrels, deer and insects are outside? You might want to draw a picture showing all the wildlife you saw.

**SPEND SOME TIME WITH GOD** Read bible stories, think about the story (write or draw your thoughts), and talk to God (pray).

