



ALL-AGES ACTIVITIES TO HELP CELEBRATE
WHILE YOU'RE SOCIAL DISTANCING

PALM
SUNDAY

On Palm Sunday, we celebrate Jesus riding into Jerusalem and people hailing him as their King. This is a good day to talk about the very different Kingdom of Jesus and to celebrate Jesus as our leader and the one who saves us.

Bible Readings: Zechariah 9:9-10, Matthew 21:1-11, Psalm 24

MAUNDY
THURSDAY

Maundy Thursday means "Commandment Thursday". On this day of Holy Week we explore Jesus's commandment to love one another just as Jesus loves us. Some of the stories we read on this day are Jesus washing the feet of the disciples, the Last Supper, and Jesus praying for his followers in the garden.

Bible Readings: John 13-15

GOOD
FRIDAY

On Good Friday we remember Jesus's sacrifice through his death on the cross. Jesus took on all kinds of hatred and sin and brokenness even though it cost him his life.

We repent or turn away from the wrong we've done, and ask for God's forgiveness. We remember that Jesus's sacrifice makes it possible for us to choose a life of love because he promised to come back after he defeated death.

Bible Readings: Luke 22:39-71, Luke 23, John 19, Mark 15

RESURRECTION
SUNDAY

Resurrection Sunday is all about Jesus being raised from the dead into new life!

Jesus kept his promise to defeat death and make a way for us to live in the hope of God's love, making all things new in the world. We are Easter People who know that Jesus's love is stronger than death. That same powerful love is at work making all things new everywhere!

Bible Readings: John 20:1-18, Luke 24:1-12, Matthew 28:1-10, Romans 8:38

Alleluia! Christ is Risen!

PALM SUNDAY

Jesus is hailed as King...

- Track down some palm branches (we'll have some available at the church) or make some at home (trace your hands for the leaves and attach them to a popsicle stick!). Use them to have a parade! Wave them around and cheer Hosanna! Lay clothes down on the floor and have a snowball fight with your socks!
- If you have a palm branch (real or paper), weave a cross using the instructions provided. Take a picture and send it to someone! (If you're using paper, you'll need a strip about 26" long that tapers toward one end.)
- Talk about what new systems or ways of interacting you'd like to see adopted in the coming season. Talk about what good ways you can practice right now to help show people around you of the kind of life Jesus invites us to live.
- Jesus taught the disciples to pray a special prayer that asks for "God's will be done on earth as it is in heaven." Look up the Lord's Prayer (*hint: you'll find it in Matthew 6:9-13*) and spend some time thinking and talking about the kind of Kingdom Jesus is talking about in that prayer.

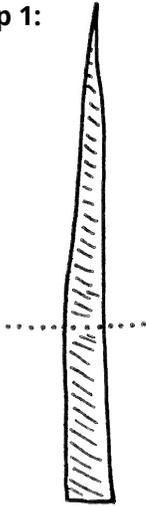
In keeping with our social/physical distancing practice and general caution around COVID-19, please remember that if you do go outside for any of these activities you should stay well back (2.5m) from others you meet & follow all civic guidelines, including wearing masks. Keep your hands to yourself and make sure you're washing them often.

PALM CROSS WEAVING

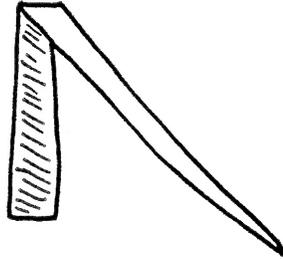
you'll need 1 longish strip off your palm branch or a long strip of heavy paper...

Step 1:

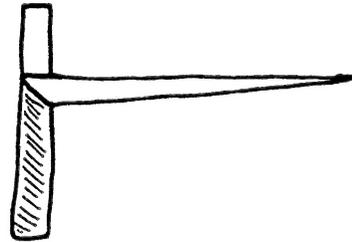
Fold your palm leaf down about 5-6" from the bottom.



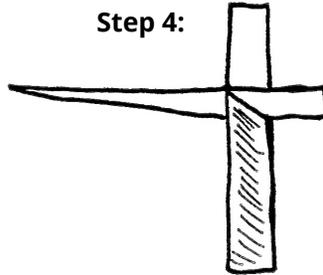
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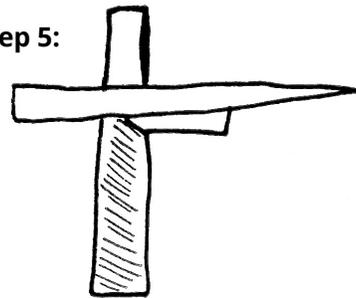
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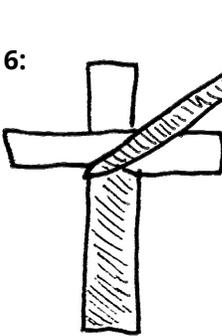
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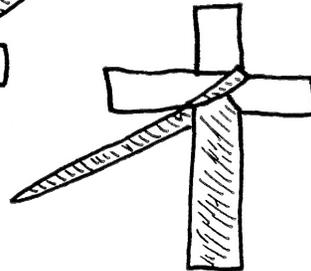
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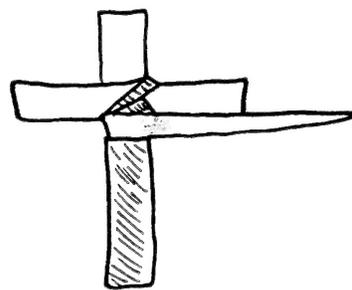
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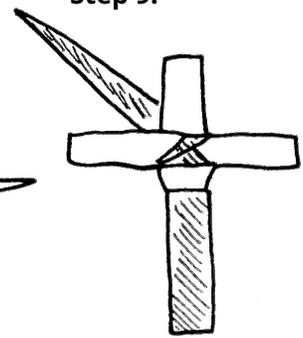
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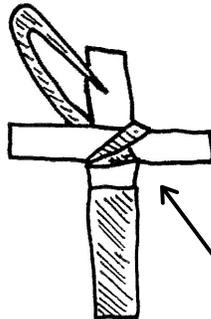
Step 8:



Step 9:

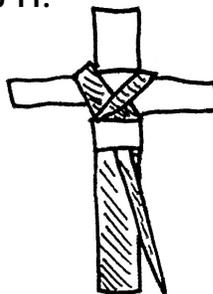


Step 10:

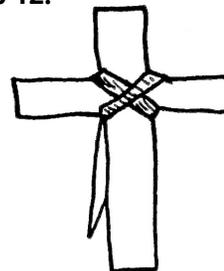


Tuck in the tapered end and pull it through.

Step 11:



Step 12:



Turn the cross over. This is the front view!

MAUNDY THURSDAY

Jesus tells us to love one another and shows us how by washing feet and eating a special meal with his disciples.

- Make a list of ways you can serve others today. This could be chores, words of encouragement, or any other ways you can help to remind one another that you are loved.
- Share stories of moments you've felt deeply loved and cared for. What did that feel like? Can you remember specific words or actions that made you feel special? Take some time to thank God for the people who showed that love. and ask God to show you ways you can show love to members of your family.
- Take communion together with your household. Make up your own pattern or use the one we've attached on the next page.
- Read the account of Jesus washing the disciples's feet and talk about what makes that action so vulnerable and loving. If you live with others talk about the gift of being able to touch another person with kindness and respect in these days of isolation. You may want to fill a container with warm, soapy water and wash and dry one another's feet. (You can use fresh water for each person to keep it clean...)

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COMMUNION

a story telling pattern

*if participating children are able to read, you can take turns in each section; if not adults can read and children can practice the responses in bold type. You'll need some juice for each person present and a loaf of bread or a bun.

Invitation:

Here is the table of the Lord,
we are gathered to his supper.

Let's come when we are fearful, to be made new in love.
Let's come when we are doubtful, to be made strong in faith.
Let's come when we are regretful, and be made whole.
Come, old and young, there is room for all at God's table.

The Peace:

The kingdom of God is justice and peace.
Let us go after
the things that make for peace.

Where there are lies,
you call us to speak truth:
we will speak truth.

Where greed takes,
you call us to act justly:
we will act justly.

Where violence consumes,
you call us to live peacefully:
we will live peacefully.

Where death laughs at us,
you call us to live in Christ:
we will live in Christ.

So may the peace of the Lord rest within us
and remain with us today and always.
Amen.

The Story:

**at this point in the pattern, spend a few minutes talking about what your family knows about Holy Week in your own words. Listen to one another to hear what details stand out for each one. Some details might include Jesus meeting Zacchaeus, the Journey into Jerusalem, Jesus washing the Disciples's Feet, the Last Supper, Jesus's prayer in the garden, the arrest & trial in front of Pilate, the Crucifixion, & Resurrection. Talk about how it might have felt to be present in those moments, or about what emotions the stories bring up for each person.*

The Tradition:

This tradition, which I hand on to you,
comes from Jesus, the Lord himself:

When he was gathered with his disciples,
Jesus took bread,
gave God thanks,
and then broke it, saying,
This is my body, given for you.
Do this and remember me.

In the same way,
Jesus took the cup of wine after supper and said,
This is the cup of God's new promise in my blood.
Do this as often as you drink it,
And remember me.

**So Come, Lord;
Fill us with your love
And renew us with your life.**

We eat and drink to remember you.

** At this point you can serve one another communion. Have everyone wash their hands and have an adult split the bread in half. Take turns in a clockwise direction offering first the bread, saying "the Body of Christ, given for you, (their name)" and then a cup of juice saying "the Blood of Christ, given for many."*

Closing Prayer:

Loving God, thank you for reminding us of your deep love.
Thank you for giving us Jesus to show us your love
through his sacrifice and the promises he keeps.

Teach us to trust you for our lives as Jesus did,
and show us how to care for our neighbours.
Empower us with your love,
Inspire us with your life.
Amen.

GOOD FRIDAY

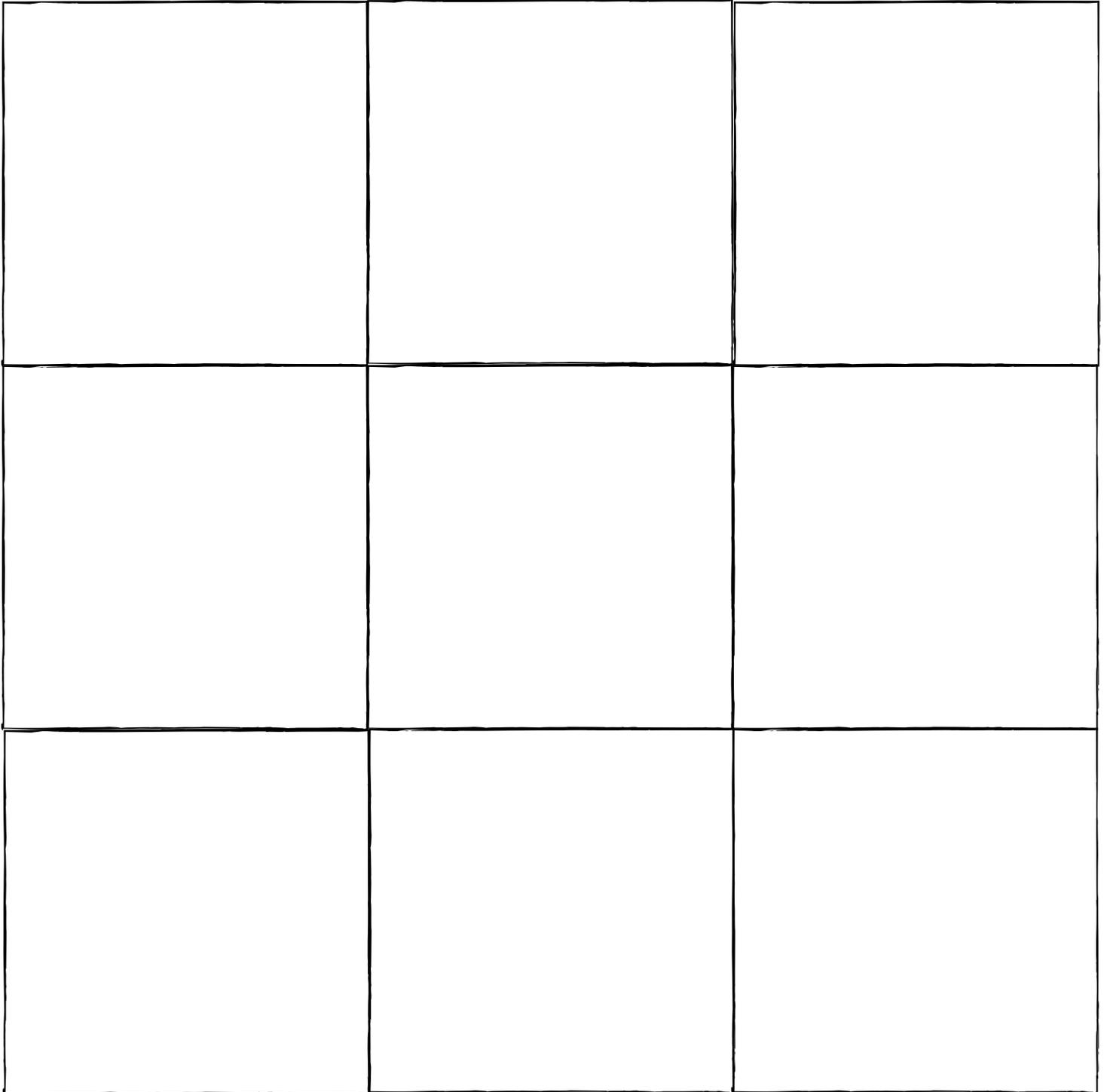
Jesus dies to bring us life.

- Read the story of Jesus trial & crucifixion in as much detail as seems appropriate. Use the pieces of the story to think about your attitudes and actions that weren't so great this week. Ask your housemates/family members for forgiveness where there has been hurt. Practice forgiveness wherever you are able.
- Using the squares on the next page draw some small pictures or words that are making you feel heavy right now - attitudes you've held, worries you have, anger, grief, guilt...any of it. Put them together in a cross-shaped or heart-shaped collage and use the time to talk about how Jesus can take those things and meet them with love.
- Take communion together in your household, or if you live alone try taking communion with someone else over zoom.
- Write a prayer of intercession (a prayer that asks God to take care of other people) together for where you see a need for God's help in different places in the world, or even in your home.
- Talk about what brings you hope even when things look bleak. How can you encourage those you encounter today?
- Some traditions practice Easter Vigil in between sundown on Saturday and sunrise on Sunday, often beginning with the Paschal Candle being lit, shone, and dispersed throughout the church as a reminder that Jesus is our Light and our Life even in dark places. Take a candle or a flashlight (as is appropriate for those participating) and shine it in dark places in your home Saturday night, with the reminder that "Christ is our Light and our Life" and responding by thanking God.

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GOOD FRIDAY

Use the squares below to create the first little pictures for a collage - activity #2 from the last page!



RESURRECTION SUNDAY

Alleluia! Christ is Risen!

- Read the story of the resurrection and take note of all the different reactions people had. How do you think you would have felt getting the news that Jesus was alive? Draw a comic book! Act it out! Make a video! You could even video call someone else to spread the Good News!
- Plant some seeds and talk about the promise of new life.
- Go on a walk and take notice of the signs of spring - bugs, buds, and puddles alike! Use the next page to help you track when you find different signs of life through all of Easter season.
- The resurrection is good news for all people. Learn how to say "Good News" in some other languages.
- Bake some Resurrection Rolls from the attached recipe.
- Have a parade or a dance party around your house. Sing songs, wave ribbons, play instruments!
- Make art & notes to hide around your house with some Good News on them. When you feel not so cheery in the coming days, try to find them!
- Sing songs together! Make a playlist of some of your favourite Easter Songs and make some joyful noises together!

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EASTER WATCH

how many of these signs of new life can you find?



ladybug



buds on trees



the sun



puddles



sidewalk chalk



butterfly



prairie crocus



flowers coming up



a nest
(bonus points for eggs!)

*Even if the weather isn't quite warm enough for all of these finds by April 4th, it could be a good practice to keep your eyes peeled for these signs of new life in the coming weeks. You could keep track of the season by writing down the date and where you were next to each item and keep thinking about the Good News of Easter all through the season!

RESURRECTION ROLLS

Ingredients

For the dough:

½ cup warm milk 105 degrees F
1 TBS granulated sugar
2 tsp yeast (active dry)
3 TBS butter melted
3 TBS granulated sugar
1 egg lightly beaten at room temperature
½ tsp pure vanilla extract
½ tsp sea salt
½ tsp ground cinnamon
2 cups all-purpose flour

Other Ingredients:

8 large marshmallows
3 TBS granulated sugar
1 tsp ground cinnamon
2 TBS butter melted



Instructions

Add milk, 1 TBS sugar and yeast to the bowl of your mixer fitted with the dough hook and stir to combine. Let the mixture sit for 5-10 minutes or until frothy/foamy.

Add butter, 3 TBS sugar, egg, and vanilla and mix on low speed to combine. Add salt, cinnamon and flour and mix on medium-high speed until a slightly tacky but firm ball forms.

Remove dough from the mixer and knead with your hands until smooth. Place dough in a lightly greased bowl and cover with plastic wrap. Let rise in a warm place for about 1 hour or until dough has doubled in size. While dough is rising, combine sugar and cinnamon in a small bowl and stir to combine.

Once the dough has doubled in size, roll dough out into a 14" round circle about ¼" thick. Cut the dough into 8 equal-sized triangles. Take one marshmallow and dip it into the melted butter until all sides are completely coated. Remove from the butter and place the marshmallow into the cinnamon/sugar mixture. Roll the marshmallow until completely coated in cinnamon sugar.

Place the coated marshmallow in the centre of one of your triangles of dough. Fold the dough around the marshmallow and roll it in your hands until it is completely sealed. You do not want to leave any cracks at all or the marshmallow will ooze out. Once completely sealed, place on a baking sheet lined with parchment paper. Repeat with the remaining 7 marshmallows. Cover rolls with a tea towel and preheat your oven to 350 degrees F.

Once oven is preheated, bake the rolls for 15-20 minutes or until the rolls are golden brown. Let cool on a wire rack and then peek inside!

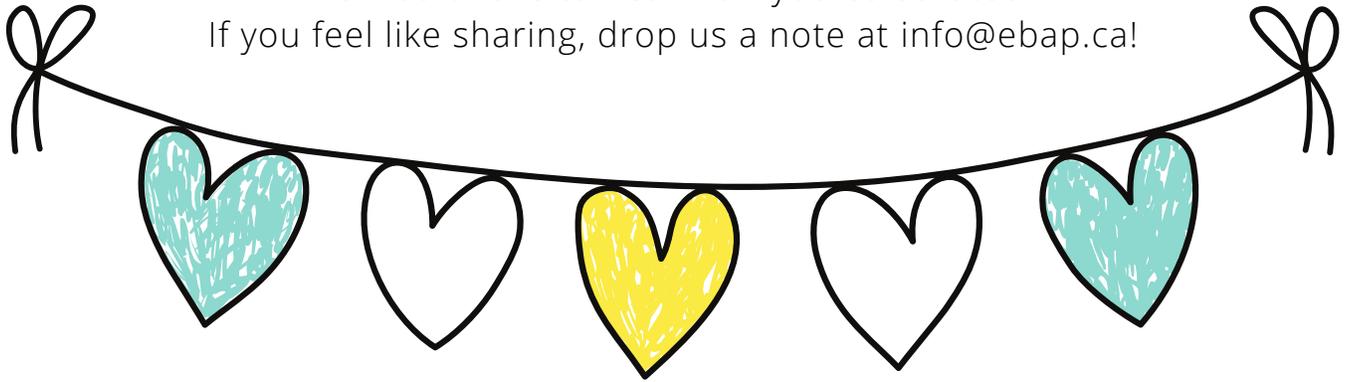
Luke 24:1-6

Very early on the first day of the week, the women came to the tomb where Jesus' body was laid. They brought the spices they had prepared. They found that the stone had been rolled away from the entrance of the tomb. They went in, but they did not find the body of the Lord Jesus.

While they were wondering about this, two men in shining clothes suddenly stood beside them. The women were very afraid; they bowed their heads to the ground. The men said to the women, "Why are you looking for a living person here? This is a place for the dead. Jesus is not here. He has risen from death!"



We would love to hear how you celebrated!
If you feel like sharing, drop us a note at info@ebap.ca!



CHRIST IS RISEN!
HE IS RISEN INDEED!

hallelujah
&
happy
easter!

