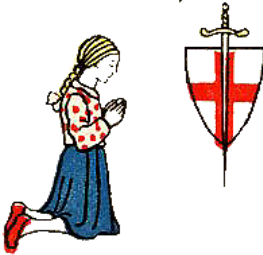


# LENT

PRAYER

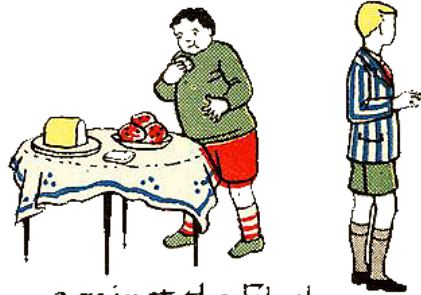
Our weapon



against the Devil

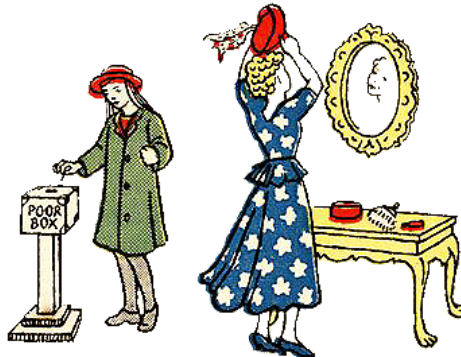
FASTING

Our weapon



against the Flesh

ALMSGIVING



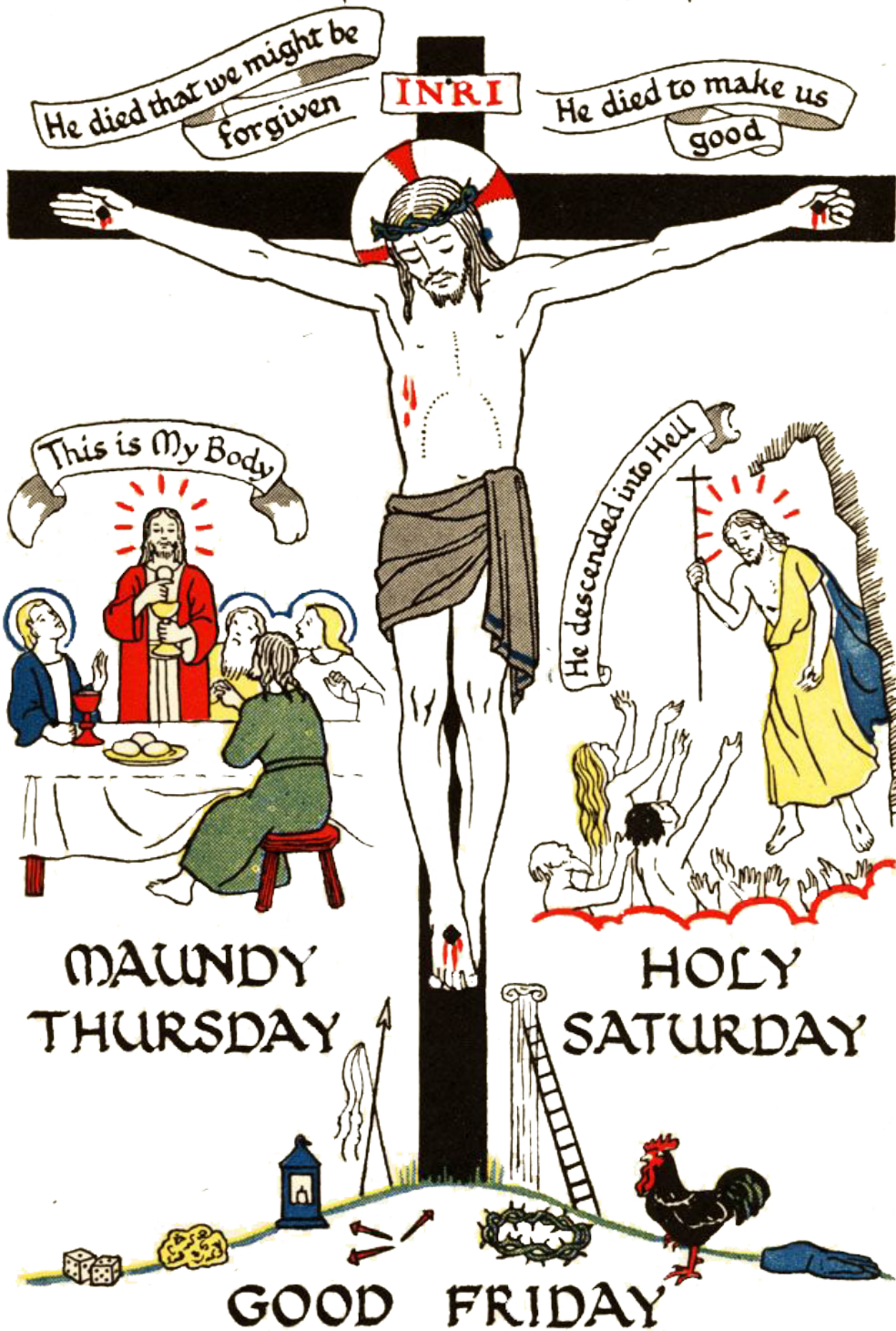
Our weapon against the World

## FAMILY RESOURCE BOOKLET

*St. Timothy's Episcopal Church  
Winston-Salem, NC*



# HOLY WEEK



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# KALENDAR

## February

14	Ash Wednesday
15	Thomas Bray
18	First Sunday in Lent
23	Polycarp
24	St. Matthias, Apostle
25	Second Sunday in Lent

## March

1	David	17	Fifth Sunday in Lent (Passion Sunday)
2	Chad		
3	Third Sunday in Lent	18	Cyril
4	John & Charles Wesley (transferred)	19	St. Joseph
7	Peperetua and Felicity	21	Thomas Cranmer
8	Edward King	22	James DeKoven
9	Gregory of Nyssa	23	Gregory the Illuminator
10	Fourth Sunday in Lent (Laetare Sunday)	24	Palm Sunday
12	Gregory the Great	28-30	Triduum Sacrum
		31	Easter Day

# LENTEN PRACTICES FOR THE FAMILY

Lent begins on Ash Wednesday, and unfortunately for many Christians, engagement in the season of Lent consists of simply the Sundays in Lent together with Ash Wednesday and maybe one of the Triduum services. If the only outward signs of Lent are at the church and seen once a week, Lent will pass you by rather uneventfully. Not everyone can make it to the church multiples times a week, especially those with children. Arranging the home is one way to bring more contact with Lenten themes. Below are some resources for what to do at home to help children understand Lent beyond being in church once or twice a week.

## CORPORAL WORKS OF MERCY ACTIVITY

Lent asks us to intentionally make an effort to do more works of mercy than we might normally do. Corporal works of mercy are easier for kids to comprehend and they provide a great way to go do something together as a family. Consider writing these on a sheet of paper and cutting them into strips that can be easily torn off from the rest of the paper. Whenever your family does one of the corporal works of mercy, tear it off from the sheet. The goal is to do all seven corporal works of mercy and have every strip torn off from the sheet before Lent ends. If you need help finding ways to do all seven works of mercy, reach out to Fr. Luke.

The Seven Corporal Works of Mercy:

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To give shelter to the homeless
5. To visit the sick
6. To visit the imprisoned
7. To bury the dead

## PRAYER, FASTING, AND ALMSGIVING

The three pillars of Lent are prayer, fasting, and almsgiving. Think of these as the guiding principals for a holy Lenten season. Below are some ways to introduce these into the home as a family.

### *Prayer*

If you have never prayed together as a family, start this Lent. The Book of Common Prayer has short devotions for Families starting on page 136. Pick a time of the day and do the devotion in the BCP together as a family. Ideally, try to do it every single day. Introduce prayer into your home so that it is not a foreign practice. Children should find prayer in their home, especially praying together with their family, to be an ordinary, regular thing.

### *Fasting*

Children, those who are sick, and other vulnerable people are always excluded from fasting obligations. But children can be taught about why we fast and introduced to the concept during Lent so that they are prepared to take on these obligations once they are older.

One way to introduce fasting to children is to make a meal less extravagant than it would normally be. If you have potatoes with gravy, consider skipping the gravy. Or consider skipping a condiment for your chicken. It will make the food taste a little bland or more boring while not forcing children to fast before they are ready. This gives you an opportunity to talk about desires and instant gratification. Lent asks us to consider how often we are able to get whatever we want as soon as we want it. Fasting is a chance to control our desires and build self control so that we can learn how to fight temptation better.

### *Almsgiving*

Almsgiving is easy to incorporate into your daily lives with just a little preparation. Here are some ways to do it this Lent:

- Withdraw cash so that you have several \$10 bills if possible. Put them in envelopes and prayer over them together as a family. Stick them in your car, and as you are driving with your children, tell them to look for beggars on the road. Whenever you see one, give them one of the \$10 bills. This gives your children a chance to be an active part of almsgiving.

- Talk with your children about someone in your life who has financial needs. It could be a relative with debt or a family friend who has lost their job. Talk about how in times where God blesses us with money we are supposed to give it to those who are going through hard times. Maybe have your children write a letter to this person in need and send them some money.
- Read your children the story of the widow and her offering in Luke 21:1-4. Teach your children that it does not matter how much money they have, God wants us to learn how to give it away. Encourage them to find some coins they have laying around and bring them to the offering plate on Sunday morning.

### STATIONS OF THE CROSS

The Stations of the Cross is a fourteen step devotion that follows images of Christ's last moments on earth. At St. Timothy's we pray through them every Friday. Incorporating this devotion (packets are always available at St. Timothy's) into your family can be a wonderful activity for kids. The images stick with children and walking around the church can help many children concentrate better than sitting in a pew. Pick a time each week (after mass, Friday afternoon, on a lunch break) and come to the church and pray the Stations of the Cross.



# TRIDUUM SACRUM

The Triduum Sacrum (meaning sacred three days) are the final days of Lent, including Maundy Thursday, Good Friday, and the Great Vigil of Easter. Many families go to one of these services, rarely all three. But these three services tell one story and take us through the final days of Christ's life. Missing one of them leaves out part of the drama and leaves us picking at pieces disconnected from the other liturgies that make it meaningful. This Lent, do everything in your power to attend all three services as a family. Yes, church three days in a row is a lot. Your children might even complain! But participating in three of the most holy days of the year together as a family is a way of being formed by the Church and her liturgy. Attending all three helps Jesus Christ come alive and draws you closer to him. Below are brief summaries of each service to prepare you before you go. Talk with your children about what will happen and most importantly why they will happen.

## MAUNDY THURSDAY

Maundy comes from the Latin word *mandatum* meaning a charge or command. When Jesus washes his disciples' feet in John 13, he tells them "A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another." This is the same time Jesus will institute the Last Supper and create the New Testament priesthood. This is why there is the washing of feet and celebration of the Eucharist at the Maundy Thursday service. This is the last time we will celebrate the Eucharist until the first Mass of Easter.

## GOOD FRIDAY

Good Friday is the day we commemorate the death of Jesus. This service is somber and quiet to help us meditate on the pain and suffering Jesus felt. Like his mother, Mary, we should feel sad for Jesus. At the Good Friday service, we will not celebrate the Eucharist but receive the bread and wine from the night before. We also have a chance to gaze upon and pray at the foot of a crucifix. All of our focus is on the cross this night.

## THE GREAT VIGIL

The Great Vigil is the transition to Easter, but done the night before. Just like we might celebrate Christmas on Christmas Eve also, we celebrate Easter on the evening before. The Great Vigil takes us through all of Scripture, reminding us that Jesus is the fulfillment of all the prophecies of the Old Testament. The Great Vigil ends with the first mass of Easter, and it is a joyous celebration that goes late into the night!

# THE COLLECTS OF LENT

The Lenten collects are rich and full of insight into what this season means for us as Christians. If you are looking for easy ways to remind your children of why you are abstaining from certain things, praying more, and giving more during this time, use these collects. They could be prayed before dinner or bedtime or at random times throughout the day. By the end of Lent, your children might even have the collect for Ash Wednesday memorized!

## ASH WEDNESDAY

*(This collect is prayed every day throughout Lent until the Triduum Sacrum begins.)*

Almighty and everlasting God, who hatest nothing that thou hast made and dost forgive the sins of all those who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

## FIRST SUNDAY IN LENT

Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. Amen.

## SECOND SUNDAY IN LENT

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever. Amen.

## THIRD SUNDAY IN LENT

Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

## FOURTH SUNDAY IN LENT (LAETARE SUNDAY)

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which giveth life to the world: Evermore give us this bread, that he may live in us,

and we in him; who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. Amen.

#### FIFTH SUNDAY IN LENT (PASSION SUNDAY)

O Almighty God, who alone canst order the unruly wills and affections of sinful men: Grant unto thy people that they may love the thing which thou commandest, and desire that which thou dost promise; that so, among the sundry and manifold changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. Amen.

#### PALM SUNDAY

Almighty and everlasting God, who, of thy tender love towards mankind, hast sent thy Son our Savior Jesus Christ to take upon him our flesh, and to suffer death upon the cross, that all mankind should follow the example of his great humility: Mercifully grant that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

#### MONDAY IN HOLY WEEK

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through the same thy Son Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

#### TUESDAY IN HOLY WEEK

O God, by the passion of thy blessed Son didst make an instrument of shameful death to be unto us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of thy Son our Savior Jesus Christ; who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

#### WEDNESDAY IN HOLY WEEK

O Lord God, whose blessed Son our Savior gave his back to the smiters and hid not his face from shame: Grant us grace to take joyfully the sufferings of the present time, in full assurance of the glory that shall be revealed; through the same Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

# RECIPES AND SNACKS

## HOT CROSS BUNS

Hot cross buns are the quintessential recipe for Good Friday. Traditionally, these buns were baked on Good Friday and consumed at the end of the day to break the Good Friday fast. They can be enjoyed anytime, though!

### Ingredients

- 3/4 cup (180ml) whole milk, warmed to about 110°F
- 2 and 1/4 teaspoons active dry yeast or instant yeast (1 standard packet)
- 1 teaspoon granulated sugar
- 1/2 cup (100g) packed light or dark brown sugar
- 5 Tablespoons (70g) unsalted butter, softened to room temperature and cut into 5 pieces
- 1/2 teaspoon pure vanilla extract
- 2 large eggs, at room temperature
- 1 teaspoon salt
- 1 and 1/4 teaspoons ground cinnamon (see note)
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 3 and 1/2 cups (438g) all-purpose flour or bread flour (spoon & leveled)\*
- 1 cup (140g) raisins or currants\*

### For the flour cross:

- 1/2 cup (63g) all-purpose flour or bread flour
- 6–8 Tablespoons (90–120ml) water

### For the orange icing:

- 1 cup (120g) confectioners' sugar
- 3 Tablespoons (45ml) fresh or bottled orange juice (or use milk and a splash of vanilla extract for plain icing)

## Directions

Prepare the dough: Whisk the milk, yeast, and granulated sugar together in the bowl of your stand mixer. Cover and allow mixture to sit for about 5 minutes or until foamy on top.

Add the brown sugar, butter, vanilla extract, eggs, salt, cinnamon, nutmeg, allspice, and 1 cup (125g) flour. Using the dough hook or paddle attachment, mix on low speed for 30 seconds, scrape down the sides of the bowl with a rubber spatula, then add the remaining flour and the raisins. Beat on low speed until the dough comes together and pulls away from the sides of the bowl, about 2 minutes. Dough should be a little sticky and soft. If it's too sticky and not pulling away from the sides of the bowl, mix in additional flour 1 Tablespoon at a time.

Knead the dough: Keep the dough in the mixer and beat for an additional 3 minutes or knead by hand on a lightly floured surface for 3 minutes.

1st Rise: Lightly grease a large bowl with oil or nonstick spray. Place the dough in the bowl, turning it to coat all sides in the oil. Cover the bowl with aluminum foil, plastic wrap, or a clean kitchen towel. Allow the dough to rise in a relatively warm environment for 1–2 hours or until double in size.

Grease a 9×13 inch baking pan or two 9-inch square or round baking pans. You can also bake the rolls in a cast iron skillet or on a lined baking sheet.

Shape the rolls: When the dough is ready,

punch it down to release the air. Divide the dough into 14-16 equal pieces. (Just eyeball it– doesn't need to be perfect!) Shape each piece into a smooth ball, pinching it on the bottom to seal. I do this entirely in my hands and you can watch in the video above. Arrange in prepared baking pan.

2nd Rise: Cover shaped rolls with aluminum foil, plastic wrap, or a clean kitchen towel. Allow to rise until puffy, about 1 hour.

Preheat oven to 350°F (177°C).

Add the cross: Whisk the cross ingredients together, starting with 6 Tablespoons of water. You want a thick paste that will pipe easily. Add remaining water if needed. Spoon paste into a piping bag or zipped-top bag. Snip off a small piece at the corner. Pipe a line down the center of each row of buns, then repeat in the other direction to create crosses.

Bake the rolls: Bake for 20-25 minutes or until golden brown on top, rotating the pan halfway through. If you notice the tops browning too quickly, loosely tent the pan with aluminum foil. Remove from the oven and allow rolls to cool for a few minutes as you prepare the icing.

Make the icing: Whisk the icing ingredients together, then drizzle or brush on warm rolls.

Cover leftover rolls tightly and store at room temperature for 1-2 days or in the refrigerator for up to 1 week.

For more information and to find the recipe online, go to <https://sallysbakingaddiction.com/hot-cross-buns/>  
Source: *Sally's Baking Addiction*

## SALMON PATTIES

Salmon patties are an easy way to follow the meatless Friday abstinence rule.

Ingredients (for eight 1/3 cup patties)

- 4 (6-ounce) cans wild boneless skinless salmon, drained
- 1 medium shallot, finely chopped
- 1 clove garlic, minced
- 2 tablespoons mayonnaise
- 2 tablespoons chopped fresh dill
- 1 tablespoon Dijon mustard
- 1 large egg, lightly beaten
- 2 tablespoons lemon juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons olive oil, divided

## Instructions

Drain the salmon.

Add remaining patty ingredients into large bowl with salmon and stir with the fork until well-combined. Cover the bowl with plastic wrap and refrigerate for 10 minutes.

Remove mixture from refrigerator, shape into 8 (1/3 cup) patties about 3-inches in diameter, and place on a baking sheet. Return to refrigerator for 10 minutes.

Heat 1 tablespoon of the oil in a 12-inch cast iron or nonstick skillet over medium-high heat until shimmering. Swirl so that it coats the bottom of the pan. Using a wide, flat spatula, gently transfer 4 of the patties into the hot oil and cook, flipping once, until golden-brown and crisp, about 3 minutes per side. Repeat with the remaining tablespoon of oil and salmon patties.

Source: *The Kitchen*

## PRETZELS

From Full Homely Divinity: “The pretzel has been used during Lent for over 1500 years. It is thought that originally pretzels were made to resemble arms crossed in prayer. This bread can have deep spiritual meaning for us during Lent. Since basically only flour and water are used, pretzels can remind us of Lenten fasting. They are also reminders of the call to deeper prayer which we hear at Lent.”

### Ingredients

- 355 milliliters (1 1/2 cups) warm water, 110-115°F, plus 10 cups water for boiling
- 1 tablespoon sugar
- 2 teaspoons kosher salt
- 1 package active dry yeast
- 630 grams (4 1/2 cups) all-purpose flour
- 56 grams (4 tablespoons) unsalted butter (melted)
- 190 grams (2/3 cup) baking soda
- 1 large egg yolk, beaten with 1 tablespoon water
- Vegetable oil, for the bowl and pan
- Pretzel salt (or some other coarse salt)

### Instructions

1. Combine the 1 1/2 cups warm water, the sugar, and kosher salt in the bowl of a stand mixer and sprinkle the yeast. Soft pretzels are always made with yeast dough and are very similar to bagels. on top. Set aside until the mixture foams, about 5 minutes.
2. Add the flour and butter and, using the dough hook attachment, mix on low speed

until well combined. Change to medium speed and knead until the dough is smooth and pulls away from the side of the bowl, 4 to 5 minutes.

3. Remove the dough from the bowl, clean the bowl, then oil it well. Return the dough to the bowl, cover with plastic wrap, and set aside in a warm place until the dough has doubled in size, 50 to 55 minutes.
4. Heat oven to 450°F. Line 2 half-sheet pans with parchment paper and lightly brush with oil, about 1 tablespoon per pan. Set aside.
5. Bring the remaining 10 cups water and the baking soda to a rolling boil in a Dutch oven.
6. Meanwhile, turn the dough out onto a lightly oiled work surface and divide into 8 equal pieces. Roll out each piece of dough into a 24-inch rope. Make a U-shape with the rope, and, holding the ends of the rope, cross them over each other and press onto the bottom of the U in order to form the shape of a pretzel. Place on a half-sheet pan. Repeat with the remaining pieces of dough.
7. One by one, place the pretzels in the boiling water for 30 seconds. Remove them from the water using a large flat spatula. Return them to the sheet pans, brush the top of each pretzel with the beaten egg yolk and water mixture, and sprinkle with pretzel salt. If you don't have pretzel salt, coarse sea salt will do.
8. Bake until dark golden brown in color, 12 to 14 minutes. Transfer to a wire rack for at least 5 minutes before serving.

Source: Alton Brown

## SIMNEL CAKE FOR LAETARE SUNDAY

The fourth Sunday is known as Laetare Sunday and serves as a brief respite from the ascetic Lenten disciplines. Simnel cakes, a type of fruit cake, are traditionally made on this day. Although traditionally boiled and then baked, more modern recipes are easier (and tastier!) than the older recipes and thus used more often.

### Ingredients

- ¾ cup butter
- ½ tsp. salt
- 2 cups sugar
- ¾ cup raisins
- 4 eggs
- 1 cup diced candied fruit
- 2 cups flour
- 1 cup almond paste

### Instructions

1. Grease a large round deep cake pan (10") and set aside.
2. Cream together butter and sugar until light and fluffy. Add eggs, one at a time, beating well.
3. Blend in sifted flour and salt, adding candied fruit and raisins last.
4. Pour half of the batter into the cake pan. Roll out almond paste and place on top of the batter.
5. Cover almond paste with remaining batter. Bake at 300° for one hour.
6. Frost with a confectioner's sugar glaze.

Source: from *St. Paul's Church, Salem, New York*

## RED BEANS AND RICE

This is an easy meal for Fridays during Lent.

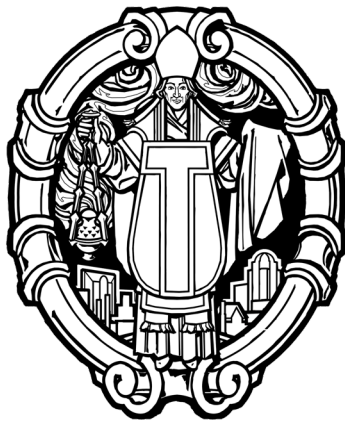
### Ingredients

- ½ lb. Dry red beans
- ¼ cup chopped onion
- 1 tsp. Cumin
- 1 tsp. Cilantro
- 1 cup uncooked rice
- Shredded cheddar (as much as desired!)
- Sour cream, if desired

### Instructions

1. Rinse, sort, and soak beans according to package directions
2. Once beans have completed soaking, place them in a pot with approximately three cups of water. Add the onions and seasonings and bring to a boil.
3. Turn down the heat and simmer, covered, at least 1 – 1 ½ hours. Check the water every so often and add more water if it begins to get low.
4. Cook the rice according to package directions so that it will be ready at about the same time as the beans. Serve the beans over the rice and top with cheese and sour cream if desired. This makes 4 generous servings.

Source: [catholiccuisine.blogspot.com](http://catholiccuisine.blogspot.com)



Cover Art: Enid Chadwick, *My Book of the Church Year*

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