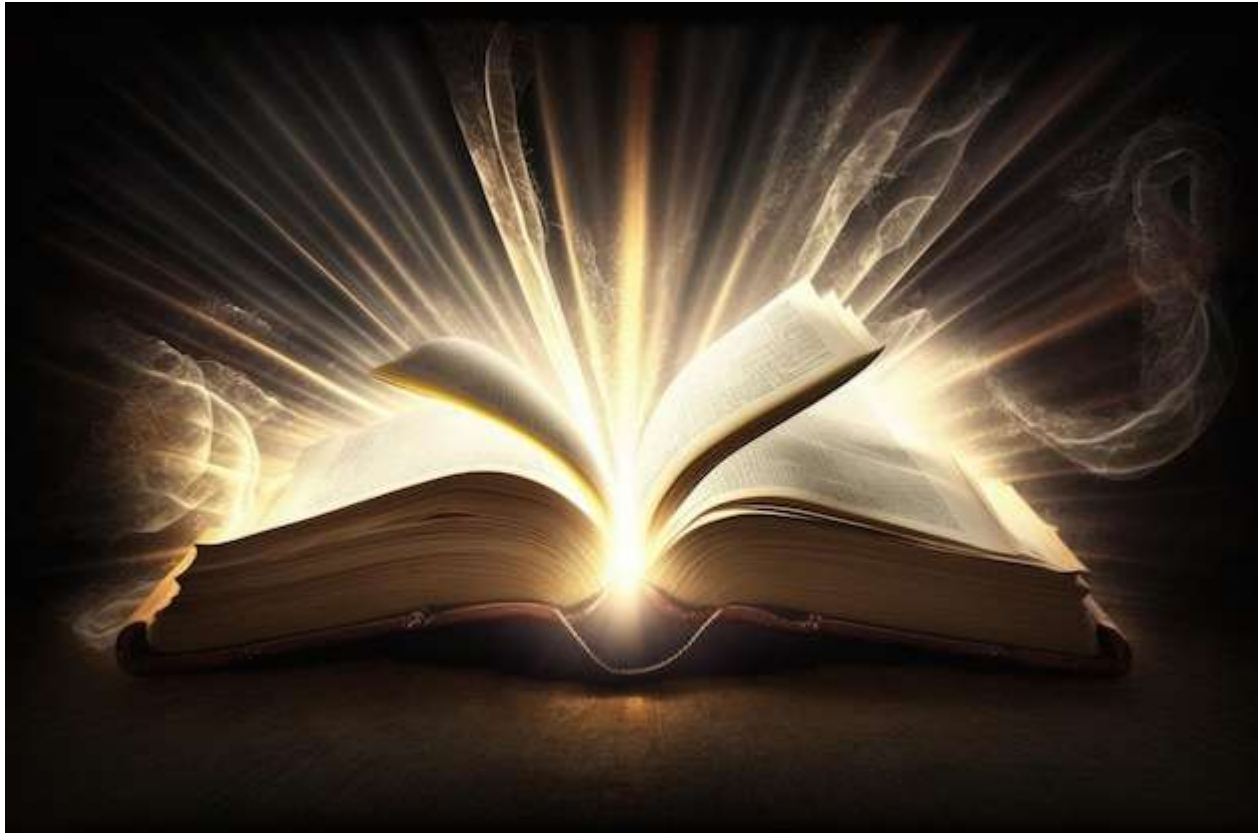


St. Patrick's Anglican Church Sunday School

Teacher's Guide



Lent

Feast Then Fast (“Shrove Tuesday and Ash Wednesday”)

Creation of the Material is a Team Effort if you have questions, please get in touch with us at:

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Special Thank you to everyone who has provided encouragement, prayers, and supplies. There would be no Sunday School without you as you provide the base for everything we do.

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Introduction:

The Student Sunday School curriculum is designed for an Anglican church mixed-age class catering to first to eighth-grade students. It consists of separate independent lessons that can be used over a one to two-year cycle, following the Anglican seasons and lectionary.

The lessons cover several topics, including Creation, Old Testament Heroes, Bible Stories, and New Testament subjects associated with Anglican seasons such as Christmas, Epiphany, Lent, and Easter, as well as the Parables of Jesus. Additionally, the curriculum covers Anglican basics such as the Saints, the Creeds, and the Sacraments to provide students with a well-rounded understanding of tradition, scripture, and heritage.

While each lesson can be taught independently, some review may be necessary for students who did not attend the previous week. The Sunday School Lessons are aligned with the Anglican Seasons, including Advent, Christmas, Epiphany, Lent, Easter, Ascension, and Pentecost. Students will also learn how to use and navigate the Bible and the Book of Common Prayer.

Scripture for Meditation:

³ By faith we understand that the ^[a]worlds were framed by the word of God so that the things which are seen were not made of things which are visible. — [Hebrews 11:3 \(NKJV\)](#)

“But ask the beasts, and they will teach you;
the birds of the heavens, and they will tell you;
or the bushes of the earth, and they will teach you;
and the fish of the sea will declare to you.
Who among all these does not know
that the hand of the Lord has done this?
In his hand is the life of every living thing
and the breath of all mankind. — [Job 12:7-10 10 ESV](#)”

I have utilized the following books and sites if you are looking for additional information:

- All Bible verses are from the New King James Version unless otherwise specified.
- “Lives of the Saints” by Hugo Hoever
- “All Saints” by Robert Ellsberg
- 1928 Book of Common Prayer
- The One Volume Commentary by J.R. Dummelow

Step by Step Instructions on how to use the Children's Sunday School Lesson Program

Each Lesson has a thematic lesson that follows the liturgical year (Advent, Christmas, Epiphany, Lent, Easter, Pentecost, Ascension, and Trinity Sundays) – users are encouraged to follow the format but are not limited to using them in the outlined order. Within the lessons, the majority are standalone, and self-contained except for the Creation story, Saint Paul, Anglican Boot Camp, and the Christmas program. The lessons are divided into two parts. The first part is for the teacher which includes learning objectives, preparation, and supplies. The second is for the student and includes “Telling a Story”, discussion questions, and a craft activity. There are posters, felt board pictures, coloring and worksheets, and a take-home sheet to enhance the lesson.

Before Sunday

Step 1: Review the theme or study for the upcoming Sunday School Lesson.

Step 2: Review the list of materials required for the activity for the upcoming Sunday and ensure all materials are available. Some Sundays have alternative activities, choose which activity you wish to do.

- A well-stocked craft cabinet is a must for Student Sunday School. Every lesson includes a list of items that are recommended to be on hand.
- Colored Markers, colored pencils, crayons, paint, paint brushes, glue (white) or glue stick, scissors, hole punch, tape, googly eyes, small beads, popsicle sticks (small and large), and glitter (these are general materials for each lesson). Additionally, I keep – cardstock, construction paper, foam sheets, felt squares, and yarn all in multiple colors. Reach out to your congregation – I have found that many people do crafts and are more than willing to donate craft materials to Student Sunday School.

Step 3: Print copies of the following for the number of students you anticipate in the Sunday School class (Optional).

- Coloring Sheet (there may be more than one page)
- Additional Sheets such as scripture sheets and take-home sheets (if applicable).

Sunday Morning Preparation– Arrive Early (10-5 minutes)

Step 4: Set up a projector and laptop for video, or TV screen. If you do not have access to a projector or TV, print PowerPoint or print the poster for that day or Felt Board items (age dependent).

Step 5: Pull out and put together the items needed for the activity and place them on a table or side table.

Step 6: Place Coloring/Work Sheets, Scripture Sheets (if applicable), and Take-Home Sheets (if applicable) in a location you can easily access. I usually print extra coloring or worksheets to put in the narthex for those who choose not to attend Sunday School or for others to take home.

Sunday Morning Arrival

Step 7: Greet each student as they arrive.

Step 8: Update the Attendance board and add guests.

Step 9: Light a Candle (recommended) and say an opening prayer (recommended)

"Heavenly Father, we gather today with open hearts and minds to learn about your love and grace, as revealed through your Son, Jesus Christ. Open our ears to hear your word, guide our understanding, and fill our hearts with the Holy Spirit, that we may grow in faith and live as your children. Amen."

Step 9: Pledge of Allegiance (recommended)

Step 10: Lord's Prayer

Lent: Feast then Fast ("Shrove Tuesday and Ash Wednesday")

TEACHER'S NOTES

Learning Objective:

- Both Shrove Tuesday and Ash Wednesday are important for us to celebrate because they mark a transition between indulgence and celebration (Shrove Tuesday) and a time of reflection and penance (Ash Wednesday), signifying the start of Lent, the 40 days leading up to Easter.

Memory Verse: Genesis 3:19

For dust you and to dust you shall return.

Scripture Reference: Matthew 6:16-18

Alternate Scripture Reference: Joel 2:12-17

Suggested Items

Preparation for Teaching:

- PowerPoint presentation Name – Feast then Fast
- Poster – Feast then Fast
- Storyboard (based on the group's age) – Feast then Fast.
- Bible Reference (Full Bible verses and alternates available at the end of this document if NKJV are not available)
NKJV: Book Chapter Verse
- NKJV Study Bibles
- 1928 Book of Common Prayer

Craft Activity Items:

- Colored Markers, colored pencils, crayons, paint, paintbrushes, glue (white) or glue stick, scissors, hole punch, tape, googly eyes, small beads, popsicle sticks (small and large), and glitter (these are general materials for each lesson).
- Primary Activity: Ash Wednesday – Lent Soap
 - Ivory Soap
 - Food Processor
 - Wax Paper and Rolling Pin
 - Cookie Cutters
 - Soap dye
- Alternate Activity: Lenten Candle
 - 6 purple candles and 1 white candle
 - Small container to place candles in
 - Sand to put in container
 - Stones or shells to put in the container
- Alternate Activity: Pretty Toilet Paper Roll Butterflies!
 - Toilet paper rolls
 - Pipe cleaners

Our Anglican Connection:

- Shrove Tuesday and Ash Wednesday are part of the liturgical Lenten calendar; knowing the importance of their history and connection is part of our Christian and Anglican heritage.

Objective:

The purpose of this section is to tell a story to the students. This can be done in one or more ways, but we have defined three options based on your unique teaching style and the age of the students. Some of the options will be better suited for different age groups or mixed age groups. For example, my students range from 9 years to 13 years (too old for a story/felt board) but still need visual aids. I will use PowerPoint and/or posters to tell a story. With PowerPoint, I can read or have the students read directly from the screen.

Teaching Plan:**Introduction: Telling a Story**

- **"Shrove Tuesday"** has its roots in the Medieval Roman Catholic Church as the last day of the church season of Epiphany- the last day that it was appropriate to feast and celebrate Christ's birth (Epiphany) before Ash Wednesday, which began the penitential season of Lent which culminates in Holy Week.
- "Shrove" comes from the Old English word "shrive," which means "to write, to prescribe." On Ash Wednesday and throughout Lent, after confession, believers would **perform acts of penance "prescribed" by the priest** to demonstrate their remorse, contrition, apologetic, changed hearts in response to the forgiveness of Christ given to them.
- Hence, "Shrove Tuesday" celebrations were the "last chance" to eat meat and fatty food, such as bacon and buttery pancakes, knowing that it would soon be time to confess our sins and fast ("do without") as Christ did in his sojourn through the wilderness -- as a sign of our respect, understanding, and humble gratitude.
- In the French-speaking world, "Shrove Tuesday" was known as "Mardi Gras," which means "Fat Tuesday."
- **Ash Wednesday** is a Christian holy day that marks the beginning of Lent, 40 days of penance and preparation for Easter. You can explain Ash Wednesday to children by talking about the meaning of ashes, the importance of Lent, and the idea of repentance.

Explanation:

- **What are the ashes?**
- Ashes symbolize death, repentance, and the dust from which humans were created.
- **What is Lent?**
- Lent is a time of fasting, prayer, and repentance.
- **What is Ash Wednesday?**
- Ash Wednesday is a day of worship, prayer, and fasting when Christians receive ashes on their foreheads in the shape of a cross.
- **Why do Christians receive ashes?**
- Ashes are a visible sign of penance, a way to confess sins, and a reminder of mortality.
- **What is the significance of Lent and Easter?**
- Lent prepares Christians for Easter, when they believe Jesus was resurrected.

Play PowerPoint and/or Show Poster: "Feast then Fast."

Show PowerPoint (read the outline or story on PowerPoint) or poster and discuss items on the poster.

- Use the following Symbols or Characters
 1. Shrove Tuesday Pancakes
 2. Makings for Pancakes
 3. Ash Wednesday Beginning of Lent
 4. Ash Cross

Story Board (Felt Board): "Feast than Fast"

Add the items for today to the Story Board – talk about what each item represents.

- Use the following Symbols or Characters
 1. Shrove Tuesday Pancakes
 2. Makings for Pancakes
 3. Ash Wednesday Beginning of Lent
 4. Ash Cross

Lesson Reflection:

Provide an opportunity for the students to say back to you what they understood about today's lesson. You can do this with one of the two options below. This is a great opportunity for you to see if they understood the material you presented.

What Five Things Did I Learn Today?

What Five Things Did I Learn Today?

Using a chalkboard or whiteboard, write these down or have an older student who volunteers write them down.

Reflection Question(s):

Discussion Reflection(s): *Use the discussion question that aligns with the direction you are emphasizing.

1. What is the significance of having pancakes on Shrove Tuesday? *Answer: Pancakes use eggs, flour, oils, and sweets before Ash Wednesday and Lent.*
2. What is the purpose of the ashes for Ash Wednesday? *Answer: It reminds us that we were created from dust and to dust we will return.*

Activity: Ash Wednesday – Lent Soap**Before Class:**

1. Shred the Ivory Soap with food processor

During Class:

1. Color Soap
2. Roll Soap
3. Use the cookie cutter to cut soap
4. Put soap to dry

Detailed instructions, including pictures and cutouts, are available at the back of the booklet or in a separate document.

Alternate Activity: Lenten Candle

Before Class:

1. No prep

During Class:

1. Have each student take 6 purple candles and 1 white candle
2. Decorate the tray with sand and pebbles or small shells
3. Place the candles in the tray

Detailed instructions, including pictures and cutouts, are available at the back of the booklet or in a separate document.

Alternate Activity: Pretty Toilet Paper Roll Butterflies!

Before Class:

1. No prep

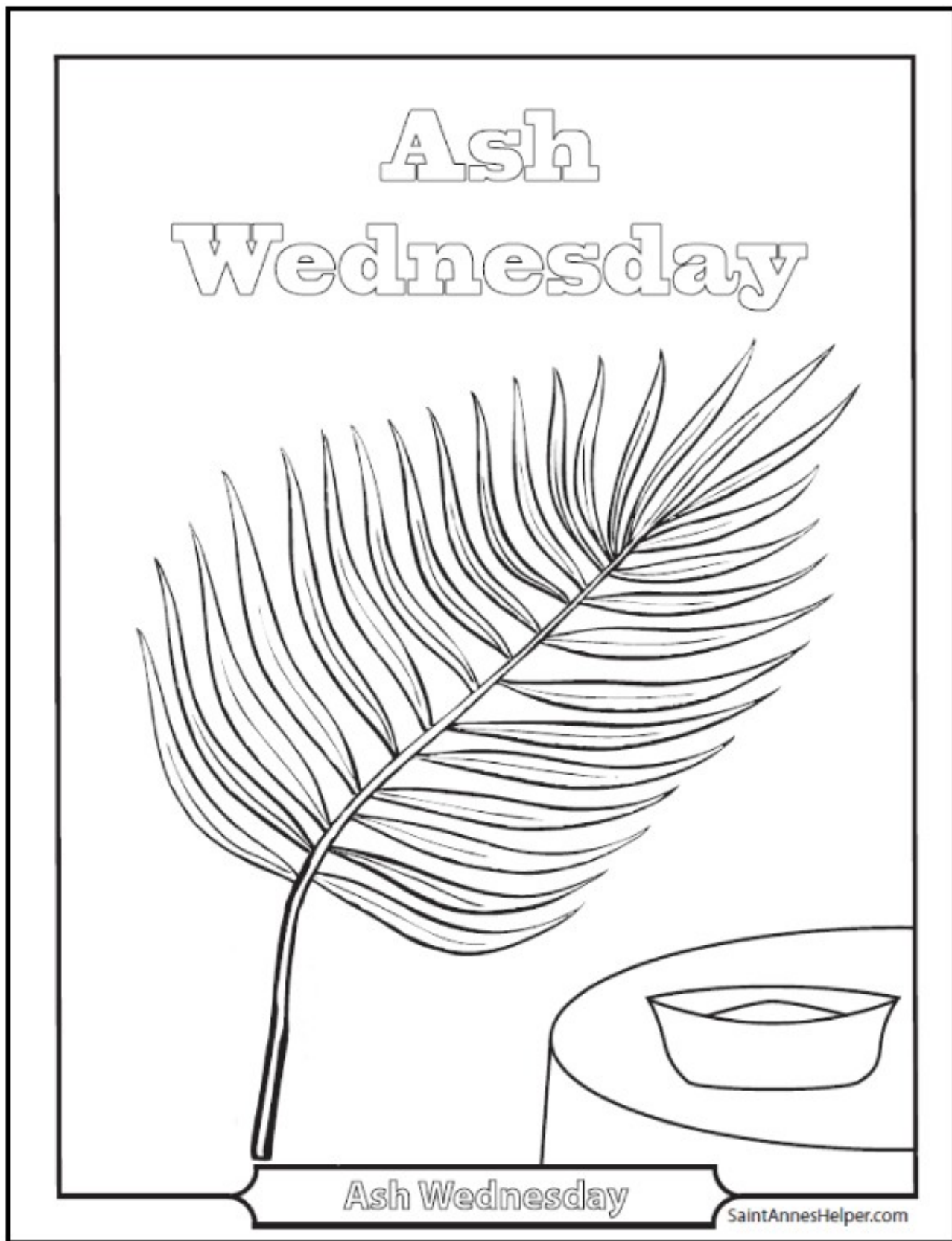
During Class:

1. See detailed instructions.

Detailed instructions, including pictures and cutouts, are available at the back of the booklet or in a separate document.

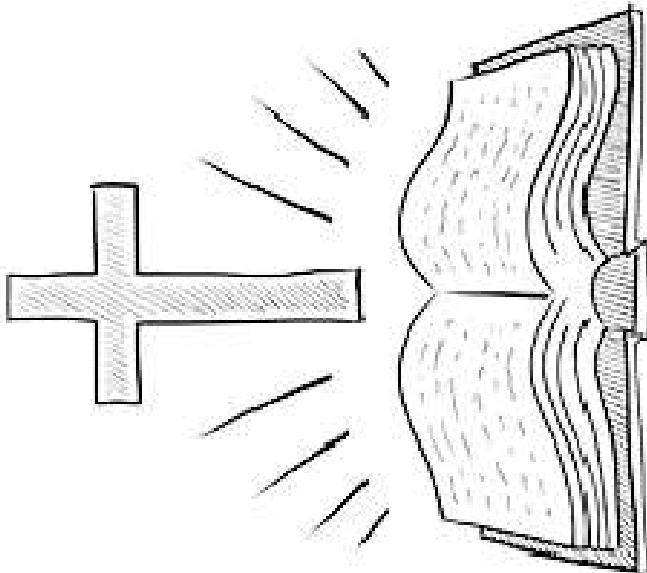
Preparation for next week:

No preparation is required.



Ash Wednesday

DIRECTIONS: Find and circle the vocabulary words in the grid.
Look for them in all directions including backwards and diagonally.



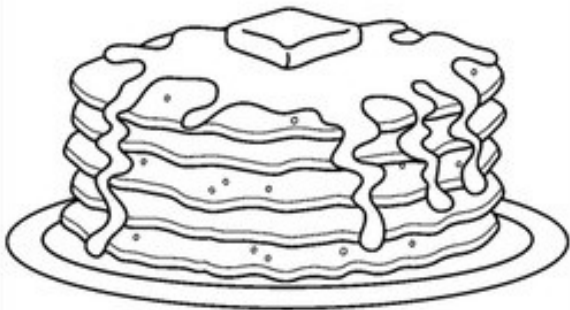
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ABSTAIN, ALMSGIVING, ASH WEDNESDAY, ASHES, BLESS, CHRISTIAN, CHURCH, CROSS, DESERT,
DUST, EASTER, FASTING, FOREHEAD, FORTY DAYS, JESUS, LENT, MASS, MORTALITY, PALM SUNDAY,
PENITENCE, PRAYER, PURPLE, REPENTANCE, SACRIFICE, SHROVE TUESDAY, TEMPTATION

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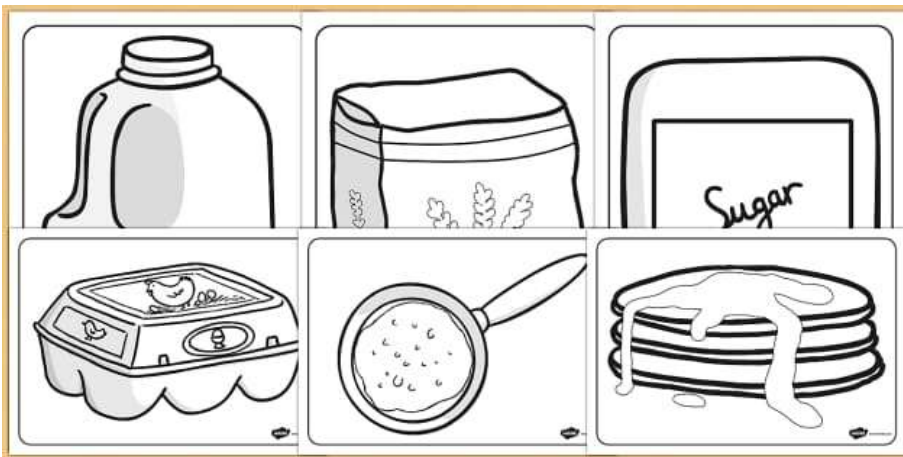
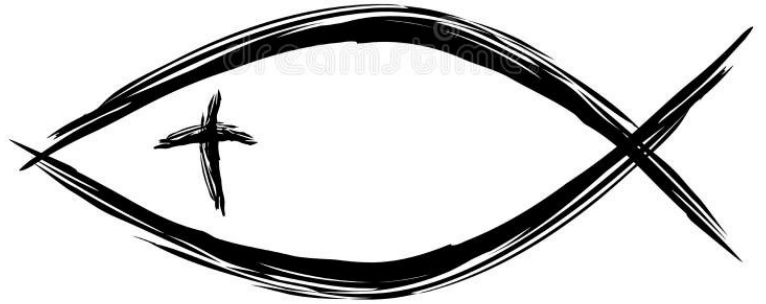
Feast than Fast

Shrove Tuesday

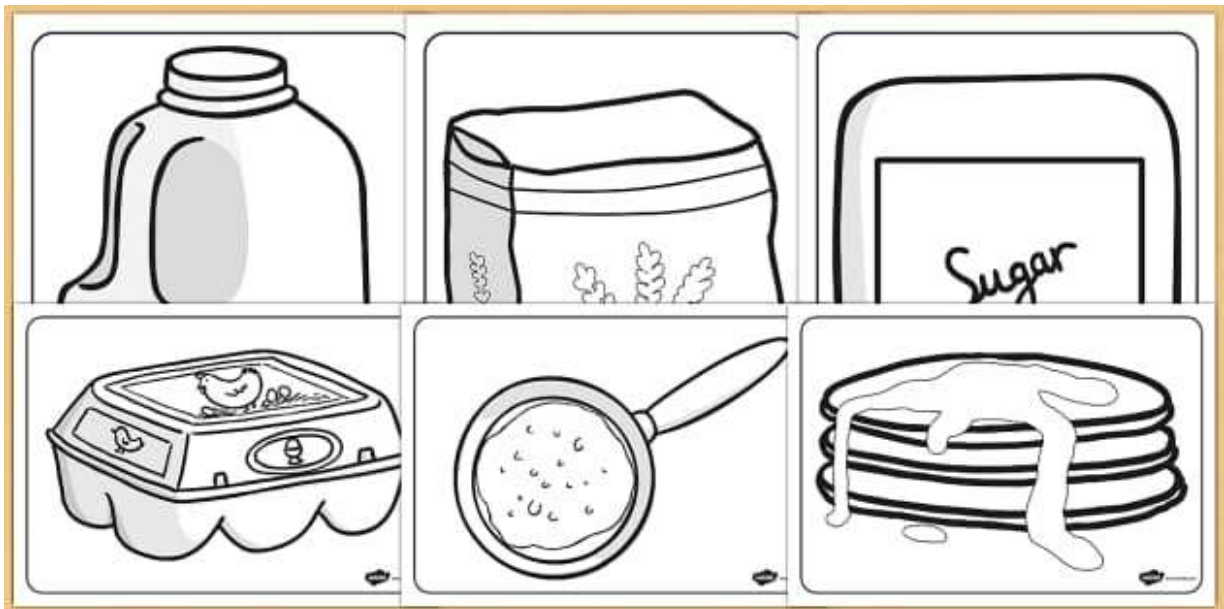
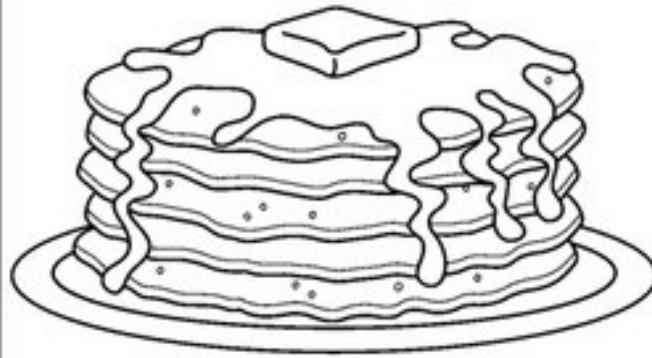


ASH WEDNESDAY

First Day of Lent

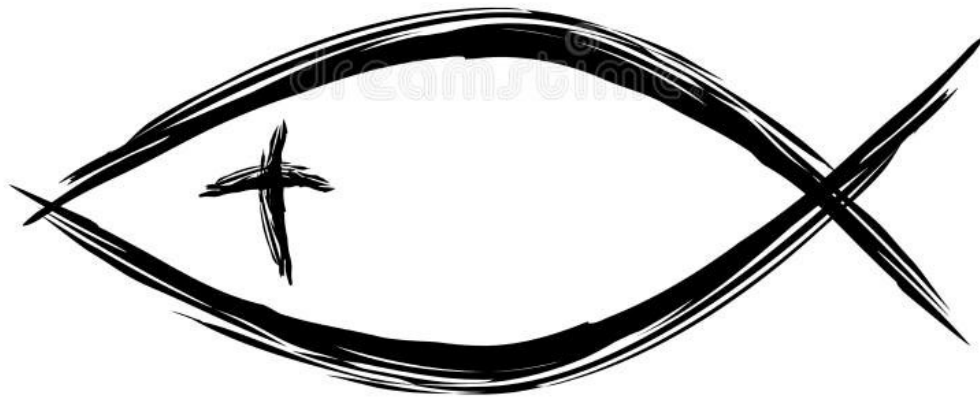


Shrove Tuesday



ASH WEDNESDAY

First Day of Lent



Scripture: Matthew 6:16-18

¹⁶ “Moreover, when you fast, do not be like the ^[a]hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you ^[b]openly.

Alternate Scripture: Joel 2:12-17

“Now, therefore,” says the Lord,
“Turn to Me with all your heart,
With fasting, with weeping, and with mourning.”

¹³ So rend your heart, and not your garments;
Return to the Lord your God,
For He *is* gracious and merciful,
Slow to anger, and of great kindness;
And He relents from doing harm.

¹⁴ Who knows *if* He will turn and relent,
And leave a blessing behind Him—
A grain offering and a drink offering
For the Lord your God?

¹⁵ Blow the ^[a]trumpet in Zion,
Consecrate a fast,
Call a sacred assembly;

¹⁶ Gather the people,
Sanctify the congregation,
Assemble the elders,
Gather the children and nursing babes;
Let the bridegroom go out from his chamber,
And the bride from her dressing room.

¹⁷ Let the priests, who minister to the Lord,
Weep between the porch and the altar;
Let them say, “Spare Your people, O Lord,
And do not give Your heritage to reproach,
That the nations should ^[b]rule over them.
Why should they say among the peoples,
‘Where *is* their God?’ ”

Pretty toilet paper roll butterflies!



I love butterfly crafts, and this is a very straightforward one. A great excuse to use lots of bright colors too!

- **You will need:**
- Toilet paper rolls
- Paints (we used bottles of poster paints)
- Scissors

- Pencil
- Pipe cleaner

1. Paint your tubes first. To get a really nice mix of bright colors, put two or three blobs of colors that work well together on different plates (ones that don't make sludgy brown when mixed!).

Like yellow and red, blue and white, or blue and yellow, green and yellow, yellow and pink, or blue, pink and white. White added to any of these color combos looks great. We had some ready mixed purple too, which looked lovely with the pink and the blue.

This is a great way for kids to experiment with color mixing, using a simple palette of complementary colors. Give them a big brush to paint with (we often use a pastry brush) - this helps with the mixing and with speed.. and then let them loose!

We painted the inside of the tubes as well, but you really don't need to. Works just as well without.



Mixing up the complementary colors gives a lovely marbled or sort of tie-dye effect. But if you wanted to do stripes of colors instead, or add some dots, that's totally up to you!



2. When the paint is dry, flatten a tube with your hand and press along the creases, so it's easier to draw on.



3. Use a pencil to mark the outline of your butterfly - for the butterfly body, mark about 3cm/1in along the crease, on the left-hand-side. To get the proportions of the top and bottom wings right, we drew this body line a little closer to the bottom of the tube than the top.

(As a guide, our TP roll was about 10cm, the body line starts 4cm from the top of the tube, and finishes roughly 3cm from the bottom of the tube.

Draw a curved line from the top of the body line to the top right-hand corner.

Make a pencil mark halfway down the body line on the LHS.

Draw a straight line from the right-hand edge towards this mark, but leave a gap (of about 2cm).

From the end of this line in the center of the tube, draw a big curve down to the bottom right-hand corner.

Then, from the bottom of the body line on the LHS, draw another sweeping curve towards the same corner, but for fuller bottom wings, don't take this line right to the corner, stop a little before. See the photo below.



4. Cut out your butterfly, cutting through the doubled-over card. With the middle section, it's easier if you cut along the straight line first, then cut along the curve below, starting at the bottom right-hand corner.



5. Cut away a little sliver of the top wing crease. Cut it at a slight angle. See below.

Don't cut off too much!



6. Open up your butterfly. The natural curve of the tube makes a lovely shape.



7. Bend a pipe-cleaner in half and hook it around the middle of your butterfly.

Twist the two pieces together to fasten, then wrap one tightly around the other, to make a head.



When you're happy, decide how long you want the antennae to be and trim the pipe-cleaners, allowing a little extra if you want to bend over the pointy tips so they're not so sharp. Bend into shape.

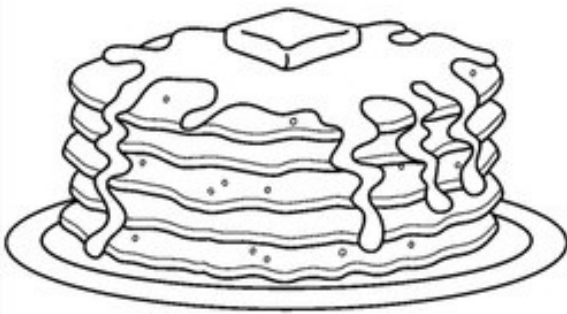




Resources:

Feast than Fast

Shrove Tuesday



ASH WEDNESDAY

First Day of Lent

