

Hot Cross Buns

Have fun with your children in the kitchen while making delicious buns that display the Sign of the Cross. Before enjoying these delicious treats, thank God for the gift of his Son.

Ingredients:

Dough:

- 1 pkg. fast-acting yeast
- 1/4 cup warm water
- 1 cup milk, scalded
- 1/2 cup margarine
- 1/2 tsp. cinnamon
- 3/4 tsp. salt
- 1/2 cup sugar
- 3/4 cup raisins
- 1 egg
- 4 cups flour

Icing:

- 1 cup confectioners' sugar
- dash of salt milk

Directions:

1. In large mixing bowl, dissolve yeast according to directions on the package in the 1/4 cup of water.
2. Place milk in microwavable dish and cook on high for 3 minutes.
3. Remove bowl from microwave and add salt, sugar, cinnamon, and margarine to milk.
4. When milk mixture is lukewarm, add to dissolved yeast the egg, 1 cup of flour, and raisins, and mix well.
5. Then add the remaining flour, mixing well.
6. On floured board, knead dough until smooth.
7. Place dough into greased bowl and cover with a clean kitchen towel. Let dough rise for an hour.
8. Remove cover. Punch down dough.
9. Tear off bits of dough and form twelve buns; place on greased cookie sheet, close together. Let rise for about 30 minutes.
10. With a butter knife, cut a cross-shape on the top of each bun. Bake for 15–20 minutes at 375 degrees or until golden brown.
11. Prepare the icing: Mix confectioners' sugar, a dash of salt, and just enough milk to form a thick consistency.
12. When buns cool, fill crosses with icing.



Reflection

The season of Lent forms us to share in the mystery of Christ's death and resurrection.

Katie Grace

Cross, Death, and Resurrection

Dear Parent(s),

During the Lenten season, we will be focusing on different aspects of Lent: its meaning, its symbols, its customs, and its traditions. Each week, your child will bring home Family Take-Home Pages, which are filled with activities that reinforce what we are discussing and learning in class. These Take-Home Pages are theme-based and divided into three sections: Warm-Up Exercises, Getting Started, and Putting It into Practice. The theme for this week of Lent is the Cross, Death, and Resurrection. May the activities suggested in these pages provide you with additional tools for nurturing your child's faith.

Warm-Up Exercises...

Gather the family around the Lenten candle. Have one member of the family light the candle and another read from Scripture. Then follow with a family discussion.

A reading from the first letter of Peter 2:24

Christ carried the burden of our sins. He was nailed to the cross, so that we would stop sinning and start living right. By his cuts and bruises you are healed.

After sharing this passage with your family, reflect on it together by using the following questions.

Even though Jesus died on the cross more than 2,000 years ago, he died for the sins of all people throughout all of history. How often do we thank Jesus for dying on the cross so that we would be saved from the power of sin and death?

How do we show Jesus we're grateful for his tremendous gift of love? Through our prayers? Our words? Our actions? How central is this to our life?

How do we share the Good News of salvation with others?

Getting Started...

Have a third family member read this passage from Scripture.

A reading from John 19:25

Jesus' mother stood beside the cross with her sister and Mary the wife of Clopas. Mary Magdalene was standing there, too. When Jesus saw his mother and his favorite disciple with her, he said to his mother, "This man is now your son." Then he said to the disciple, "She is now your mother." From then on, that disciple took her into his own home.

After reading this passage from Scripture, have another family discussion. Here are some questions to get you started:

Are you willing, like Mary, to stand by Jesus today? Share some examples that prove that you are.

Think about some of the decisions you've made recently that show that you want to follow Jesus. Share these with your family.

Think of some things you've wanted to do but hesitated to do because you thought your friends wouldn't understand. These things

Family Take-Home Pages

could be as public as participating in the March for Life or making the Sign of the Cross and saying grace before meals when dining at a restaurant. It could be more subtle such as remembering to say, "Oh, gosh!" instead of, "Oh, God!" What's keeping you from speaking or acting the way God wants you to?

In the early days of the Church, Christians were persecuted for their faith. There are people in different parts of the world who are still persecuted for their faith. If you were arrested or persecuted for being a follower of Jesus and for living your faith, would you still choose to follow Jesus and to live your faith? Why or why not?

Now take a moment to pray as a family that God will give you the courage to live the faith that you profess.

Putting It into Practice...

This activity will help your family realize that even a little help can make a big difference!

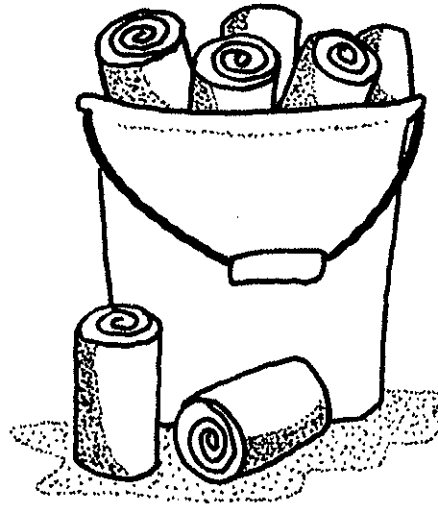
Supplies needed:

- bucket with handle
- canned goods
- broomstick

Directions:

Fill a bucket with canned goods. Ask a family member to carry the bucket to another room. (It should be difficult.) Ask someone else to help. With two people carrying the load by the handle, it should be somewhat easier. Slide the broomstick under the handle and have three or four people carry the load to make it lighter.

Explain that some people carry tremendous loads; some carry their loads or



"crosses" alone. Sometimes we carry "crosses." But we don't have to carry them alone. Jesus helps us. And we, as caring Christians, can physically help carry each other's loads. We can also join others in prayerful support. Both are helpful. Both are needed. Simon of Cyrene helped carry Jesus' cross.

Now have your family think of someone who is carrying a heavy load (or cross) and discuss ways that you can help carry his or her "cross" or ease the burden. It can be a family member, a neighbor, a relative, a friend, someone from school, church, or work. Then make it a family effort to do something to help.

Reflection

Lent is not a time when we regretfully step back from all the fun and joy we have in life to enthusiastically pretend we are good Christians by starting a diet. Lent is a time when we remember that God invites us to true joy. God is love. All our preoccupations with anything less than what God intends for us is illusion.

Sr. Kathryn James, FSP

Eucharistic Adoration

Though many Catholics attend Mass more frequently during Lent, Eucharistic adoration provides another opportunity for us to be in the presence of Jesus, our Savior and Lord. Individuals, families and school children find Eucharistic adoration another meaningful way to reflect on Christ's passion, death, and resurrection during Lent and Easter, as well as throughout the year.

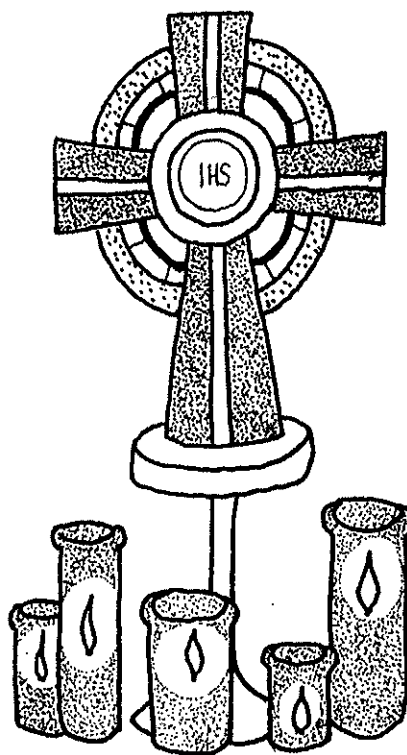
In the celebration of the Eucharist, Christ becomes present under the form of bread and wine, and we join in his self-offering. Christ remains present in the consecrated host even after Mass is over, and we have the opportunity to renew and extend the adoration and communion that occurs during the Eucharistic celebration.

Some parishes have perpetual adoration allowing parishioners the opportunity to adore Jesus twenty-four hours a day, seven days a week. A parishioner can choose to pray with Jesus for an hour or half-hour any day of the week.

We only need to read the Gospel accounts of Jesus' agony in the garden to find where this practice finds its origin.

"Jesus went with his disciples to a place called Gethsemane. When they got there, he told them, 'Sit here while I go over there and pray.'

"Jesus took along Peter and the two brothers, James and John. He was very



sad and troubled, and he said to them, 'I am so sad that I feel as if I am dying. Stay here and keep awake with me.' Jesus walked on a little way. Then he knelt with his face to the ground and prayed, 'My Father, if it is possible, don't make me suffer by having me drink from this cup. But do what you want, and not what I want.' He came back and found his disciples sleeping. So he said to Peter, 'Can't any of you stay awake with me for just one hour? Stay awake and pray that you won't be tested. You want to do

what is right, but you are weak'" (Matthew 26:36-41).

Don't let the idea of spending an hour keep you from adoration. You can stop by for a short visit or stay as long as you want. The amount of time you spend is up to you. You might be surprised that an hour spent in prayer with Jesus is simply not enough.

*"You are my Lord and my God!"
(John 20:28)*