

Feasting and Fasting

PREPARE A FAMILY FEAST

You are in charge of planning a feast for 25 people in your family — some will be coming from foreign countries, some from

your neighborhood. They range in age from 3 to 83. The feast will be an all-day Saturday affair in June. Enjoy making plans!

Menu: What will you serve?

Where will it take place? What special decorations or “touches” will you use?

What equipment will you need?

Are you planning the party for outdoors? What will you do if it rains?

Arrangements for transportation to/from airports, and accommodations.

Any games, songs, activities for the day?

What people in your family can you ask to help in some way?

How will you invite people and let them know about the party?



1. As you made your plans, what did you look forward to (anticipate)?

2. What did you remember from past family feasts that you would like to do again? What things would you *not* want to repeat?

3. What part did you enjoy most in planning?

4. What event have you ever *really* planned before? How did the event turn out?





How We, the Church, Prepare

Easter
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Soorp Zadig

Feast
Easter

Preparation

40-day period of fasting and spiritual preparation called Lent. Many hymns and prayers are solemn in tone. A time of intense effort to restore our relationship with God. One Lenten prayer:

All-provident Lord, place the holy fear as a guard before my eyes, that they may no more look lustfully; before my ears, that they may not delight in hearing words of evil; before my mouth, that it may speak no falsehood; before my heart, that it may think no evil; before my hands, that they may do no injustice; before my feet, that they may walk not in the paths of iniquity; but so direct them, that they may always be according to all thy commandments. Have mercy upon thy creatures and upon me, a manifold sinner. Amen.

Prayers and hymns are filled with words like “rejoice” and “Alleluia!” We share the Easter greeting: Christ is risen from the dead! Blessed is the Resurrection of Christ!

To Think About:

1. What is similar in the Church’s preparations and the ones you made for your “family feast?”
2. Why do you think the Church considers fasting important? (Read Acts 13:1-3 to see how fasting has always been a part of the Church’s life.)

Lent
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Bahk

