

# heartfelt Newsletter

July 2010

SCRIPTURE: Luke 10:25-37

THEME: Hugs and Kisses

family  
'round  
the  
table



Decorations: Use colorful placemats and napkins. Scatter Hershey's Hug candy and Chocolate kisses around the table.

## MENU

Pita Sandwiches, Lebanese Rice, Carrot/Raisin Salad, Cookies

This menu has some foods that would be typically eaten by those in the Middle East. Our Bible story today is the good Samaritan. Perhaps he had something like pita bread in his pack to eat on the road! Rice was always a staple food. Make your family's favorite sandwich filling such as chicken, egg or tuna salad, taco meat, etc and serve in pita bread pockets.

## Blessing:

*Blessed is The Lord our God, Sovereign of the universe, who sustains the entire world with goodness, kindness and mercy. God gives food to all creatures, for God's mercy is everlasting. Through God's abundant goodness we have not lacked sustenance, and may we not lack sustenance forever, for the sake of God's great name. God sustains all, does good to all, and provides food for all the creatures whom God has created. Blessed is The Lord our God, who provides food for all. [A Jewish blessing]*

## Lebanese Rice

*The way Lebanese rice is prepared is very unique. It is very similar to a Western packaged rice dish "Rice-a-Roni", but without the spices.*

### Ingredients:

- 1 1/2 cups rice
- 1/2 cup vermicelli, broken to small pieces
- 1/4 cup butter
- 2 1/4 cups water

### Preparation:

1. Brown vermicelli in butter in large pan.
2. Add rice and water. Bring to a boil, then simmer on low for 20 minutes, or until water is absorbed and rice is tender

## Carrot and Raisin Salad

### Ingredients:

- 4 c. grated or shredded carrots
- 1 c. raisins
- 1/2 c. mayonnaise or salad dressing
- 1 tsp. lemon juice
- 2 tbsp. light cream
- Lettuce
- 1/2 c. toasted, blanched almonds

### Preparation:

1. Combine carrots and raisins.
2. Blend mayonnaise or salad dressing, lemon juice, and cream; mix with carrots and raisins.
3. Spoon into lettuce cups or over shredded lettuce.
4. Sprinkle with almonds. Makes 6 servings.

## Hugs Cookies

*(Yield: 12 Cookies)*

### Ingredients:

- Basic cookie dough or prepared refrigerated sugar cookie dough
- 12 Hershey kisses and Hershey "Hugs" candies

### Directions:

1. If using from scratch dough, roll dough into 8" log and slice into 12 pieces. Prepared dough must be cut into 12 or more 1/2 inch pieces.
2. Roll each into ball, and place 1" apart on ungreased cookie sheet.
3. Bake 10-12 min. until tops are slightly cracked. Immediately push candy into center of each and remove to cool.



## PLAYING TOGETHER

### Activity One: Hug-the-Balloon Relay

**Materials:** Inflated balloons (one for each two people), open space for playing area

**Directions:**

1. Place a balloon between two person's tummies.
2. The couple hugs each other tightly while moving sideways to the finish line without dropping the balloon.
3. As an end to the game have partners try to pop the balloon by giving each other a real big bear hug!

### Activity Two: Going to the Wilderness

**Directions:** Photos of desert or wilderness areas

1. Suppose you had to spend 40 days and nights in the wilderness, what would you want to take along? If children are young it may be helpful to look at pictures of a desert or wilderness area and talk about what you would need to live in such a place; or to recall a family camping trip and the things the family took with them.
2. Ask each participant to repeat the phrase, "I'm going to the wilderness, and I'm going to take \_\_\_\_\_." Go around the family circle, with each one suggesting what he or she would take along. The next person in the circle must begin with the item suggested by the previous player before adding his or her own. The game continues with each adding one more item to all of the ideas that have come before. Encourage cooperation, and help participants who get "stuck" and can't remember.



## STUDYING GOD'S WORD TOGETHER

- Introduce this scripture by sharing that Jesus tells this story in response to an exchange of questions with a learned man who is trying to trick Jesus. But as we see, Jesus has the man answer his own questions!
- Since this story is so familiar, it is one that everyone likes to act out. Assign characters to family members. As the Narrator reads Luke 10:25-37, the characters will pantomime the actions.
- Depending on the age of the children in the family, it may be most effective to read the passage from a contemporary translation.

### Reflection Questions for the Family

1. In this story what is the first question that the teacher of the Law asks? Why do you think the man asked the question?
2. Who do you think the man thought "his neighbors" were?
3. Do you think the man liked Jesus' story? Why or why not?
4. Do you think the teacher of the law would behave like the Samaritan in Jesus' story?
5. Who are the people in our lives that we walk by? Has anyone ever walked by you when you needed help?
6. Jesus wanted the man and the audience to understand two important laws: Love God and Love others. What do you think Jesus would want us to do about the people we usually walk by?



## PRAYING TOGETHER

- Light a worship candle and place the open Bible next to it.
- Sing “Jesu, Jesu” or another spiritual song that encourages us to love others.
- Allow family members time to share their joys and concerns and pray for each other.

Then pray this unison prayer:

*Lord, make me an instrument of Your peace.*

*Where there is hatred, let me sow love;*

*where there is injury, pardon;*

*where there is doubt, faith;*

*where there is despair, hope;*

*where there is darkness, light;*

*and where there is sadness, joy.*

*O, Divine Master,*

*grant that I may not so much seek*

*to be consoled as to console;*

*to be understood as to understand;*

*to be loved as to love;*

*for it is in giving that we receive;*

*it is in pardoning that we are pardoned;*

*and it is in dying that we are born to eternal life.*

- Invite an older family member to close the worship time with by reading Colossians 1:9-12 as a benediction.