

Lent 2021
Weekly Family Devotion

We Come To the Hungry Feast



This weekly devotion contains a suggested story, wondering questions and activity for each week of Lent. You can find the suggested stories in your Spark StoryBible or in another story bible.

Two soup recipes are also provided for each week with the hope that you will pick one to make with your family for a simple, Lenten meal. Many others in the church will be making these same soups too, so post a photo of your family sharing Lenten Soup Suppers to the Cornerstone page.



Hungry Feast Challenge

When we sit down to dinner as a family each night, we do so from a home with warmth and shelter, and we have a good meal to share. This helps us remember all the ways God provides for us.

A feast also reminds us how many are hungry and without shelter and warmth, especially right now. During Lent, let's help other families experience God's provision too.

You have received a paper coin box to assemble. Each family can fill up 1 of these

coin boxes throughout Lent (instructions are included on a separate page). Bring your coin boxes into the church office during Holy Week or after and we will send the proceeds to the Edgewood Community Nourish Food Bank.

Week of February 21st - 27th Devotion

Read "Who is the Greatest" from your Spark Story Bible, pg. 324

Wondering questions:

I wonder how it feels to ask for forgiveness.

I wonder how Jesus shows us what true greatness is.

I wonder if you ever feel too small to make a difference.

Suggested Activity: The season of Lent begins with confession. Confession is when we ask for forgiveness for things we have done that are not right, are not kind, or are selfish. We all do these things sometimes.

On a piece of paper, write down or draw a picture of something you are sorry for. When you are done, fold the paper in half and write on the outside: "To God" like you would on a letter. Then rip up the paper, trusting that God forgives all things when we ask.

Week of February 28th - March 6th Devotion

Read "Praise God" from your Spark Story Bible, pg. 158

Wondering questions:

I wonder if you ever get distracted in worship.

I wonder what your favorite part of worship is.

I wonder if you praise God even when you aren't at church.

Suggested activity: Draw a picture of some things God made that you are thankful for. Your drawing is one way you can *praise* (thank and worship) God!

Week of March 7th - 23th Devotion

Read "Jesus Feeds 5,000" from your Spark Story Bible, pg. 426

Wondering questions:

I wonder how Jesus was able to feed all those people.

I wonder why it was important to feed every one.

I wonder how you can share food, like the young boy who shared his food.

Suggested Activity: Tonight, have everyone help set the dinner table. Set 1 extra place at your table and leave it open. That open space is a reminder that there are always people who are in need of a meal, and in need of our support and care.

I bet you will have some leftovers from dinner too. Those leftovers are also a good reminder that we have enough to share!



Week of March 14th - 20th Devotion

Read "Jesus Heals" from your Spark Story Bible, pg. 256

Wondering questions:

I wonder what it would be like to be healed by Jesus.

I wonder how Jesus, the healer, is like God.

Suggested Activity: Draw a picture of someone who needs Jesus' healing spirit. Then draw God's Spirit with them, maybe beside them or inside them or above them, helping them to be well. Have fun imagining what God's Spirit might look like.

Week of March 21st - 27th Devotion



Read "Jesus the Vine" from your Spark Story Bible, pg. 452

Wondering questions:

I wonder what it feels like to be connected to Jesus, like a branch is to a tree.

I wonder how Jesus keeps us connected to other people.

Suggested Activity: Drawing a Jesus Family Tree

Draw a big tree. Write 'Jesus' on the trunk. Then draw lots of branches and leaves.

Write the names of people you know from church, school, and your family on all the leaves. Remember how we are all one family in Jesus.

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Soups for the Week of February 21st – 27th

Dinner Prayer: O Christ, we give thanks that during this season of Lent you come into our lives, proclaiming God's salvation. Renew our faith in this good news so that we who are baptized in your 'spirit may raise our voices on behalf of those who hunger in our world. Amen.

Tortilla Soup

1 T oil
2 small onions, finely chopped
2 T chili powder (more/less to taste)
2 T tomato paste
8 c chicken broth
12 sprigs cilantro
4 chicken breasts, cut into bite size pieces
1 can corn
1 can black beans, rinsed and drained

Heat oil in large pot over medium heat.

Add onion and cook until soft, about 3 minutes.

Stir in chili powder and tomato paste and cook about 30 seconds.

Add broth and cilantro; boil, uncovered, until broth reduces to about 6 cups, approximately 15-20 minutes.

Add chicken to broth, cook for 2-3 minutes until cooked through.

Remove cilantro sprigs.

Add corn and beans and heat through.

Dish, top, and enjoy.

Suggested toppings: tortilla chips, sour cream, cheese, avocado, diced tomatoes, chopped cilantro, lime juice, hot pepper sauce.

Dinner prayers come from ELCA World Hunger: "Lenten Prayers for an End to Hunger."

Minestrone Soup (Vegetarian)

2 tablespoons extra-virgin olive oil
1 large onion, diced
4 cloves garlic, minced
2 stalks celery, diced
1 large carrot, diced
1/3 pound green beans, trimmed and cut into 1/2-inch pieces (about 1 1/2 cups)
1 teaspoon dried oregano
1 teaspoon dried basil
Kosher salt and freshly ground pepper
1 28-ounce can no-salt-added diced tomatoes
1 14-ounce can crushed tomatoes
6 cups low-sodium chicken broth
1 15-ounce can low-sodium kidney beans, drained and rinsed
1 cup elbow pasta
1/3 cup finely grated parmesan cheese
2 tablespoons chopped fresh basil

Heat the olive oil in a large pot over medium-high heat.

Add the onion and cook until translucent, about 4 minutes.

Add the garlic and cook 30 seconds.

Add the celery and carrot and cook until they begin to soften, about 5 minutes.

Stir in the green beans, dried oregano and basil, 3/4 teaspoon salt, and pepper to taste; cook 3 more minutes.

Add the diced and crushed tomatoes and the chicken broth to the pot and bring to a boil.

Reduce the heat to medium low and simmer 10 minutes.

Stir in the kidney beans and pasta and cook until the pasta and vegetables are tender, about 10 minutes.

Season with salt. Ladle into bowls and top with the parmesan and chopped basil.

Soups for the Week of February 28th – March 6th

Dinner Prayer: O God, you desire that all people should eat and be satisfied. As we follow Jesus to Jerusalem and the cross, may our hearts be so transformed that we lose our lives in sharing your bounty with all in need. Amen.

Cream of Mushroom Soup (Vegetarian)

4 tablespoons butter
1 tablespoon oil
2 onions diced
4 cloves garlic minced
1 1/2 pounds (750 g) fresh brown mushrooms sliced
4 teaspoons chopped thyme divided
1/2 cup Marsala wine (any dry red or white wine)
6 tablespoons all-purpose flour
4 cups low sodium chicken broth or vegetable broth
1-2 teaspoons salt adjust to taste
1/2-1 teaspoons black cracked pepper adjust to taste
2 beef bouillon cubes, crumbled
1 cup heavy cream or half and half (sub with evaporated milk)
Chopped fresh parsley and thyme to serve

Heat butter and oil in a large pot over medium-high heat until melted. Sauté onion for 2 to 3 minutes until softened. Cook garlic until fragrant, about 1 minute.

Add mushrooms and 2 teaspoons thyme, cook for 5 minutes. Pour in wine and allow to cook for 3 minutes.

Sprinkle mushrooms with flour, mix well and cook for 2 minutes. Add stock, mix again and bring to a boil. Reduce heat to low-medium heat, season with salt, pepper and crumbled bouillon cubes.

Cover and allow to simmer for 10-15 minutes, while occasionally stirring, until thickened.

Reduce heat to low, stir in cream or half and half. Allow to gently simmer (do not boil). Adjust salt and pepper to your taste.

Mix in parsley and remaining thyme. Serve warm.

Hamburger Soup

1 lb ground beef

1 pkg. dry onion soup mix

½ c. each: celery, carrots, onion (and anything else you want to add)

1 ½ c. water

1 large can whole tomatoes (can substitute diced tomatoes)

1 tsp salt

½ tsp pepper

¼ c. uncooked rice or macaroni (optional)

In pot, brown hamburger, drain fat.

Add all ingredients, except rice/macaroni, and cook, covered, for at least 1 hour.

Add rice/macaroni and cook additional 10-20 minutes, or until tender.

Soups for the Week of March 7th – 13th

Dinner Prayer: O Christ, you enable us to worship god with our entire lives. Grant us the courage to speak out against greed and injustice in our world. Embolden us as we challenge our nation's leaders to change the conditions that allow hunger to persist. Amen.

Creamy White Bean Chicken Chili (from Emily Thompson)

1 lb chicken breast, diced
1 onion, diced
2 cloves garlic, minced
24 oz chicken broth
2 x 15oz can Great Northern beans, drained and rinsed
2 x 4 oz can diced green chiles, drained
15 oz can corn, drained
1 tsp salt
½ tsp pepper
1 tsp cumin
¾ tsp oregano
½ tsp chili powder
¼ tsp cayenne
Small handful cilantro

Put all ingredients in pot or crock pot and heat through

Add and stir until melted in:

4 oz cream cheese
¼ c half-and-half

Roasted Cauliflower Soup (Vegetarian)

1 head garlic
4 tablespoons olive oil, divided
Kosher salt and freshly ground black pepper
2 heads cauliflower, cut into florets
1 onion, diced
5 cups vegetable stock
3 fresh thyme sprigs
1 bay leaf
1/2 cup heavy cream

Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

Cut head of garlic, about 1/4-inch, to expose tops of garlic cloves. Place garlic head, cut side up, in a sheet of foil. Drizzle with 1 tablespoon olive oil; season with salt and pepper, to taste. Fold up all 4 sides of the foil and cover tightly.

Place cauliflower florets in a single layer onto the prepared baking sheet. Add 2 tablespoons olive oil; season with salt and pepper, to taste. Gently toss to combine. Place garlic onto the baking sheet.

Place into oven and roast until cauliflower and garlic is tender and golden brown, about 30-35 minutes. Let cool before squeezing cloves from skin.

Heat remaining 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Add onion, and cook, stirring occasionally, until tender, about 3-4 minutes. Stir in vegetable stock, thyme and bay leaf. Bring to a boil; reduce heat and simmer, covered, for 5 minutes.

Stir in cauliflower and garlic. Bring to a boil; reduce heat and simmer, covered, until cauliflower is tender and falling apart, an additional 10 minutes. Puree with an immersion blender until desired consistency is reached.

Stir in heavy cream; season with salt and pepper, to taste. If the soup is too thick, add more vegetable stock as needed until desired consistency is reached.

Serve immediately.

Soups for the Week of March 14th – 20th

Dinner Prayer: O God, you lift up your Son Jesus on the cross so that the whole world might be saved. Sustained by your love, may we not grow weary in working to help protect and restore the natural environment that sustains all. Amen.

Chicken & Wild Rice Soup

6 T butter
1 T minced onion
½ c flour
3 c chicken broth
2 c cooked wild rice
½ c finely shredded carrots
3 T chopped, slivered almonds
1 can mushrooms (or fresh)
½ salt
2 c cooked, diced chicken
1 c half-and-half
2 T dry sherry (optional)

Melt butter in pot, saute onion until tender.

Add flour and mix in well, gradually add broth.

Cover over medium heat, stirring constantly, until mix comes to boil; boil & stir 1 minute.

Stir in wild rice, chicken, carrots, almonds, mushrooms, salt; simmer 5 minutes.

Add in half-and-half and sherry.

Heat through and serve.

Garnish with fresh snipped parsley or chives.

Chili (Vegan) *leftovers freeze well*

In large pot, on medium heat, add:

- 1 T olive oil
- ½ onion, chopped
- 2 bay leaves
- 1 tsp cumin
- 2 T oregano
- 1 T salt

Add:

- 2 stalks celery, chopped
- ½ jalapeno, chopped (original recipe calls for 2 jalapenos, may also omit)
- 3 cloves garlic, chopped
- 2 (4 oz) cans chopped green chiles, drained
- 2 green peppers, chopped

Reduce heat to low, cover, simmer 5 minutes

Add:

- 3 (28 oz) cans crushed tomatoes
- 2 T chili powder (more/less to taste)
- 1 T pepper
- 1 can kidney beans, drained and rinsed
- 1 can Great Northern beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 can corn, drained

Simmer 45 minutes or warm in crock pot.

Enjoy with sour cream and cornbread.

Soups for the Week of March 21st – 27th

Dinner Prayer: O Christ, we give thanks that, in your suffering and death, you reveal God's glory and offer us the gift of new life. As you create a new heart in us, may our eyes be opened to new ways we can create hope and opportunity for those who hunger and live in poverty. Amen.

Classic Chicken Noodle Soup

1/4 cup olive oil
1 large onion, chopped
3 large carrots, sliced
4 stalks celery, chopped
kosher salt, to taste
black pepper, to taste
3 cloves garlic, chopped
8 cups chicken broth
8 oz egg noodles
4 cups shredded chicken breast

Cook chicken breasts and shred; set aside.

Heat the olive oil until shimmering over medium heat in a large soup pot. Add the onion, carrots, celery, and 1 teaspoon each salt and pepper. Cooking, stirring frequently, until the vegetables are very soft, about 15 minutes.

Add the garlic and cook until fragrant, about 1 minute. Add the stock and bring to a boil.

Add the noodles and cook 6 minutes, then add the chicken and cook about 2 minutes more, until the noodles are cooked through and the chicken is warmed through.

White Bean Soup with Crispy Kale (can be made vegetarian)

To make this vegetarian, skip the pancetta and sauté the onion in 2 tablespoons of olive oil. To make this dairy-free, omit the cheese and sour cream.

4 ounces diced pancetta

Olive oil

1 medium onion, chopped

3 cloves garlic, minced

Kosher salt

Freshly ground black pepper

4 cups vegetable or chicken broth

1 1/2 pounds yukon gold potatoes, diced into 1/2-inch cubes (no need to peel)

5 ounces curly kale leaves (from a salad-ready container)

1 15-ounce can of cannellini or a smaller white bean, drained and rinsed

1/2 cup finely grated parmesan

Sour cream, to serve

Heat oven to 350 degrees F.

In a large, heavy pot, heat 1 tablespoon oil and pancetta over medium heat; cook, stirring, until pancetta is crisp all over. Remove with slotted spoon and drain on paper towels. Pour off all but two tablespoons fat from pan and leave the heat on. Add onion and garlic and cook until softened but not brown, about 5 minutes. Add broth, potatoes, 1/2 teaspoon kosher salt, and many grinds of black pepper. Bring to a simmer and cook, partially covered, until potatoes are tender (you can check by trying to smash one against the side of the pot with a spoon), about 15 minutes.

Meanwhile: Toss kale leaves with 1 tablespoon olive oil, rubbing it into the leaves. Spread them on your largest baking sheet, season with salt, and bake until the leaves are crisp, anywhere from 12 to 17 minutes. (It ranges due to whether there's water clinging to them still and how much the pieces curl up.) You might want to move pieces around halfway to ensure they bake evenly. Set aside.

Once potatoes are tender, add beans and simmer for 3 minutes more. Blend soup until totally smooth. It will be thick. Taste and adjust seasonings if needed, adding more salt and pepper. Stir in half your cheese until melted and combined.

To serve, dollop with sour cream, some kale chips torn into smaller chunks, pancetta, and remaining cheese.

Hungry Feast Coin Box

1. Have your kids color their box.
2. Cut along the outside border and cut out the coin drop slot.
3. Help your kids fold the tabs and assemble the box, taping the sides in place.
4. Fill with coins!

Bring to the church when it's full or between March 28th - April 16th. *When you transport your coin box, you may want to put it in a bag first, since it won't be very sturdy!*

