

Christ United  
Methodist Church  
**WEEKLY GUIDE**

FOR CHILDREN, YOUTH AND FAMILIES

SUNDAY, SEPTEMBER 11, 2022



We are excited for the next four weeks learning about the Lord's Prayer. Jesus gave us these words in Matthew 6:7-13. Some churches use different words that have the same intention: to pray the words Jesus gave us to pray.

When Sunday School starts on September 18, we will learn about some Bible stories that match the themes in the Lord's Prayer.

**GIVE US THIS DAY  
OUR DAILY BREAD**

**FAMILY MEAL  
CONVERSATION**

How many different kinds of bread can you name?

What is your favorite kind of bread?

Have you ever had bread that you didn't like?

Today's reading from Exodus chapter 16 is about a time when people were scared and hungry. The people even complained to God! When they first found the "bread" that God provided, they weren't too sure they liked it.

Later Jesus will tell his friends

**"I am the bread of life"**

**John 6:35**

What do you think this means?

How do you experience Jesus providing what you need?



# RECIPE

Manna (thefamilymeal blog) makes enough for at least 10 desert wanderers

2 cups flour (white, wheat or a mix)

1 cup water

1 tbs coriander seeds, crushed fine

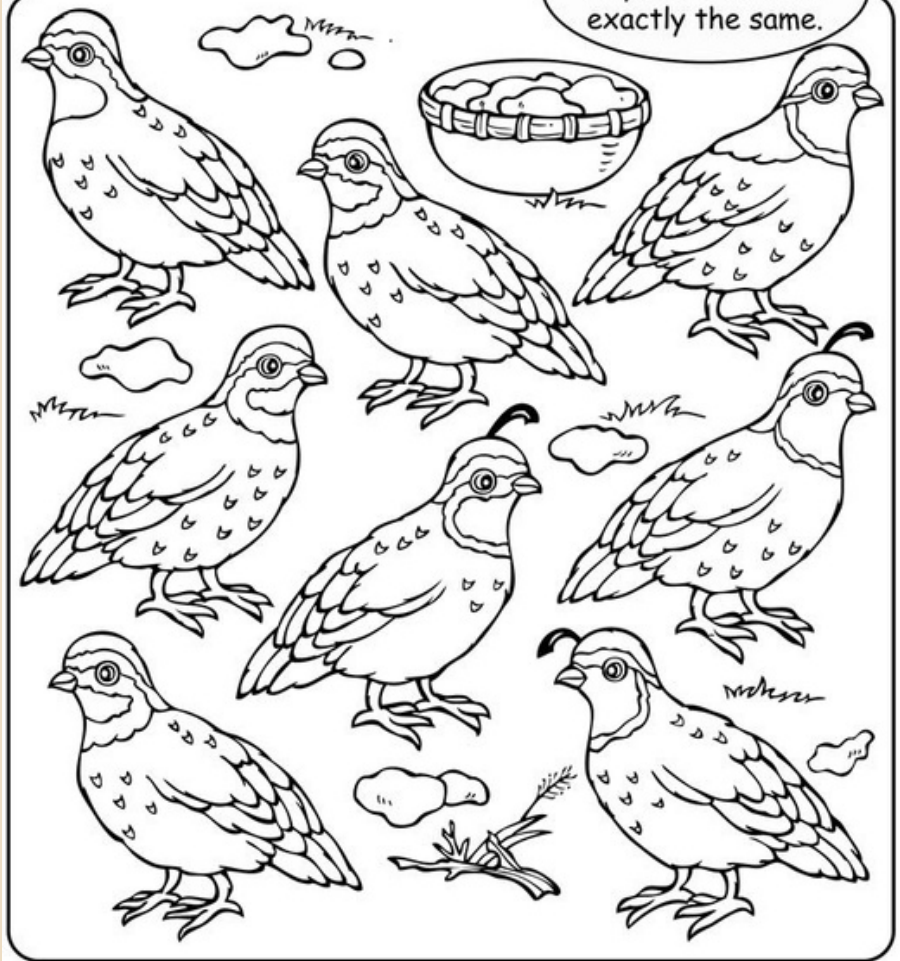
• 1. tbs raw honey

• pinch of salt

Combine the flour, salt and coriander seeds in a bowl until well incorporated. Stir in the water and honey and mix with a fork until fully combined and knead it a few times to form a ball. Divide the ball into 8 smaller sections. Roll out each little ball on a floured surface until really really really thin. Place the strips side by side (they can touch – they don't spread) and bake at 475F for about 10-12 minutes until browned on top. While still warm, drizzle more honey on top and place back in the oven until bubbling. Remove, let cool completely, break apart and eat.

## SPECIAL FOOD: MANNA & QUAIL

Find and circle 2 quails that look exactly the same.



After the Israelites left Egypt, God sent quails for meat and gave them manna for bread to eat in the wilderness. The Israelites ate manna for forty years. God took care of them. (Exodus 16)



### CU Wednesday Schedule

**5:00pm** - Jubilee Bells (1<sup>st</sup>-3<sup>rd</sup> grade)  
Children's Choir (3<sup>rd</sup> grade and up)

**5:30pm** - Dinner Begins in the Wesley Hall  
Progressions Bells (3<sup>rd</sup> grade & up)  
Little Angels Choir (K-2<sup>nd</sup> grade)

**6:00pm** - Celebration Bells (Adults)

**6:30pm** - Club 6-7 (6<sup>th</sup>-7<sup>th</sup> grade)  
Confirmation (8<sup>th</sup> grade)

Kids with Purpose (2<sup>nd</sup>-5<sup>th</sup> grade)  
CU Wednesday Crossroads (Adults)

Highschool Study Hall

Dinner Ends

**7:00pm** - Chancel Choir Rehearsal

## This Week's Events

11

RALLY SUNDAY  
learn more about our plans  
for this year!  
YOUTH GROUP 4:30-6:00

14

CU WEDNESDAY STARTS  
see the schedule for start times

18

SUNDAY SCHOOL  
YOUTH GROUP 4:30-6:00

September 11-18 2022,  
CUMC

