

# Breakfast Table Menu Avenues Style



## The Beattitudes - Happiness is....

This Breakfast Avenues Table Menu has been used on three times in slightly different versions each time. It's been part of a series of teachings from Jesus' Sermon on the Mount in Matthew, as well as being a stand alone one off. It has its origins back to the beginning of Avenues when our youngest child made a 'happy cake' at kindergarten. It's an example of the way Avenues takes something from our ordinary experiences and reimagines them into our worship experiences for the benefit of all of our gathered group.

### Setting up on the day

Set up tables with 4- 8 chairs around each and cover the tables with brown paper or newsprint  
Place cut out patterned fish shapes and coloured pencils in the middle of each table.  
Arrange a data projector or several linked TV screens and sound system to play video clips and music.  
Set up breakfast buffet table.

### Table Boxes

Each table has its own table box. Each week pack it in backward order so that the items people find as the table menu progresses are easily accessible – provide enough in each table box for 4 – 8 people, depending on the size of your tables.

### Buffet Breakfast

Our typical breakfast buffet looks something like this: two or three different cereals, small pots of yoghurt, bowl of fresh seasonal fruit, wholemeal toast bread with butter & spreads (and a toaster), muffins or danish pastries, fruit juice, milk, coffee, tea, drinking chocolate. We find participants are happy to bring along contributions or go on a roster.

### Opening Activity

The opening activity supports our theme in a very loose way, and is something to do while others are getting breakfast or still arriving. In this Breakfast Table Menu there are postcards with "Happiness is...." statements. Participants can take them and fill them in to send to someone, or just look at them or discuss them.

### Media

Make sure you have the appropriate licences you require in your country to show movie clips and play music clips.

### Take Home

We always have a take home option for participants to carry into their week as a reminder of the discoveries of the day. In this Breakfast Table Menu there is a teaspoon to take home and use to play in the week ahead.

# Breakfast Avenues - Table Menu – Avenues Style

## The Beattitudes - Happiness is...

### Opening Activity

Provide sets of postcard style images with the "Happiness is..." slogan and some different scenarios. You can get ideas from the internet or make up your own. Participants can talk about them, fill them in or just look at them.

### Call to Worship

What ingredients would we need to make a cake?  
What ingredients do we need to come to worship?

### Worship Response

Ask participants to call out their worship ingredients in a sentence e.g. 'We bring our minds ready to listen'  
Respond with the words

**'We come to worship you Lord'**

### Drawing on the Tables

Doodle pictures of different things that make people happy in the fictional world of TV, movies and books. Talk about your drawings with others at your table.

### Discussion Spot

Do these ingredients in the real world make people happy? What are ingredients that make people happy?

### Discovery Spot 1a—Chocolate Happy Cake

Measure out the ingredients into a bowl. Take turns stirring your mixture until all the ingredients are mixed together. Follow instructions to cook your cake.

### Video Clip—Despicable Me 2- Happy

Play the music video clip of the song, "Happy" by Pharrell Williams

### Storytime in the Big Chair

Read a children's book with a happiness theme. Eg. The Rainbow Fish by Marcus Pfister or another one of your choice.

### Bible Reading

Beattitudes  
Matthew 5:3-12 from Good News Version  
Put verses in right order and read these 'happy verses'  
Then take the second version from The Message and match against each verse.

### Discovery Spot 2 – You be the Detective

What do you notice between the two translations.  
What does this say about happiness?

### Discovery Spot 3 – Smiley Face Discussion

Work through the Smiley Face Discussion with your table.

### Video Clip—Don't worry be Happy

Play the music video clip of the song "Don't worry be Happy" by Bobby Ferrin

### Discovery Spot 4 – Happy Plates

Choose one of the happy verses and cut it out. Stick it onto the back of a smiley face paper plate or draw a happy face on the outside of the paper plate. Think about the following: How small we can be if we are constantly looking inside ourselves and asking, 'Am I happy?' Introspection is always a recipe for depression. As Christians we need to be resolved to look outside of ourselves and be faithful to what God wants us to do.

### Intercession Prayer

Provide some prayer need cards for situations around the world where prayer is needed. Use smiley face stamps or stickers and as you pray for individual needs, stick a sticker on the prayer card.

### Discovery Spot 1b—Chocolate Happy Cake

At your table cut out two small circles for eyes and a curved crescent for a mouth. When the cake is cooked, place the eyes and mouth on the cake and dust with icing sugar.

### Prayer - TSP Prayers

Teaspoon prayers. Hold your spoon. Tsp is short for teaspoon. It's also a way we can pray. T stands for a thank-you prayer, s stands for a sorry prayer and p stands for a please prayer.

Pray a TSP prayer, then eat your cake as an acknowledgement that you want the taste of happiness that comes from being faithful to God.

### Response and Take Home

Take home a teaspoon and use it some time this week to pray a TSP prayer.

### Benediction

You are the people of God  
Go into the week ahead refreshed  
and encouraged  
Know that God loves you and cares for you  
Love and serve God in your daily life  
Find strength in your faith.  
Journey with the knowledge  
that God is with you.  
Amen

## PREPARATION

### Movie Clips, Storybooks & Music

- Children's Picture Book "The Rainbow Fish" by Marcus Pfister or other children's book with a theme of happiness.
- You tube clips for "Happy" and "Don't Worry be Happy"

\*Make sure you have the appropriate licences you require in your country to show and play music clips.

### Equipment you will need in your Table Boxes

Each table has its own table box. Each week pack it in backward order so that the items people find as the table menu progresses are easily accessible – provide enough in each table box for 4 – 8 people, depending on the size of your tables

- Container of crayons
- Ingredients to make cakes, recipes, bowls, wooden spoon, plastic tablecloth, tea-towel, cake tins and microwave.
- Copies printed of Matthew 5: 3-12 in both CEV and The Message version of the Bible. Use a font and font size suitable for early readers to be able to read such as Century Gothic 16. Slice up into segments by verse number.
- Individual copies of the Smiley Discussion
- Smiley paper plates, glue, scissors, additional copies of Matthew 5.3-12
- Prayer need cards, smiley stamp or stickers
- Plastic teaspoons
- Cake plate, icing sugar, Baking paper, scissors

*If you've enjoyed using this Breakfast Avenues table menu and would like to see more of this kind of resource on the Kereru Club Page please let us know by email to [andrew@kererupublishing.com](mailto:andrew@kererupublishing.com) or [caroline@kererupublishing.com](mailto:caroline@kererupublishing.com)*

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# Recipe for a Happy Cake

**50grams butter or margarine**

**2 teaspoons golden syrup**

**1/2 cup white sugar**

**1 egg**

**1 cup self raising flour**

**2 tablespoons cocoa**

**3/4 cup milk**

**1 teaspoon vanilla essence**

- 1. Melt butter with golden syrup in microwave on high for about 45 seconds**
- 2. Mix in the sugar and egg to this mixture**
- 3. Add flour, cocoa, vanilla essence and milk**
- 4. Stir with a spoon until there are no lumps**
- 5. Pour into a round cake mould**
- 6. Microwave on high for 6 mins**
- 7. Cool on a rack**
- 8. Cut out two eyes and a crescent mouth from paper. Place these on the cake and sift icing sugar over the cake.**



# Am I happy? - Smiley face discussion

What do you think of this idea...

*“Happiness was never meant to be a goal.*

*It is a by product of living right.*

*A by product of having the right focus and goals.”*

And this idea...

*“Happiness is not a destination – it is found on the journey of life as we head in the right direction.”*

And this....

*“The most depressed people on the planet are those that constantly look at themselves and ask:*

*Am I happy?*

*Is this what makes me happy?*

*Am I happy doing this?*

*Am I happy with this person?”*

## **Am I happy?**

Do you think this could possibly be the wrong question?

If so, what should the question be??

