

# Breakfast Table Menu Avenues Style



## The Season of Lent My Lent Bucket

This Breakfast Avenues Table Menu was a one-off event based on my "Journey of a Seed Disperser" Blog entry called "My Lent Bucket List". Following on from a Shrove Tuesday Pancake Supper and intro to Lent, this one-off Breakfast Avenues helped us discover together more about our own faith journey as we focussed on what it means to be a follower of Christ. The content of the programme is for All-Ages, and this one typically has several different levels of understanding both in age and stage of faith.

### Setting up on the day

Set up tables with 4- 8 chairs around each and cover the tables with plastic sheets to match the table buckets. Place a coloured bucket to match the tablecloth 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 Buckets

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. If you can have a data projector set up with an internet connection, play, Blues Clues— Season 1, Episode 9, "Pretend Time" (In particular the segment from 8:42—9:23 which features shovel and pail)

### 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 cross to be made from popsicle sticks.



## Breakfast Avenues - Table Menu – Avenues Style

### The Season of Lent – My Lent Bucket

#### Opening Activity

Have the episode of Blues Clues, Season 1, Episode 9, "Pretend Time" playing in the background as people gather and get their breakfast. The episode is available on You Tube, from Blues Clues Official Full Episodes.

#### Call to Worship

We offer you our hearts,  
Lord God,  
Show us your paths and teach us to follow  
Guide us by your truth and instruct us.  
Lead us to do what is right and to stay on your path.  
Forgive us for the wrong turns we take as we journey,  
Our Lord, let us be people who seek to obey you with  
all our hearts,  
And help us to trust you.  
Amen.  
*Based on Psalm 25*

#### Worship Response

Respond with the words  
**We give you our Praise God.**  
Call out a line of something you are thankful to God  
for this week. Everyone responds with the words, We  
give you our Praise God.

#### Drawing on the Tables

Doodle pictures of things for which you use bucket  
and spades. (shovel & pails)

#### Bible Reading

Matthew 16:24  
Fill in the gaps with the missing words.  
Discuss the differences in the translations of the Bible.

#### Discovery Spot 1—I will follow

Play a game of 'Follow the Leader' at your table.

Get one person to start making some actions with  
their hands that the others at the table try to follow.  
Let everyone have a turn of being the leader.

Discuss what it means to be a follower.  
What does it mean to be a follower of Jesus?

#### Responsive Spot—People Pegs

Take a person peg out of the bucket.  
Attach it to your clothing or some belonging you have  
with you. Say, "I choose to follow" as your prayer to  
Jesus this morning.

#### Storytime in the Big Chair

Introduce the idea of a Bucket List as a list of  
successes and achievements 'before we die'. Read my  
blog entry and tell the story of my time in hospital and  
my realisation that all the things we want to achieve  
and do in our lives are not the most important part of  
living.  
[http://www.kererupublishing.com/aboutus/kereru-  
blog/entry/my-lent-bucket-list-1](http://www.kererupublishing.com/aboutus/kereru-blog/entry/my-lent-bucket-list-1)

#### Movie Clip—The Bucket List

Watch from 24:13—28:13 where we are introduced  
to the two characters. They are unlikely friends.  
One is the owner of the hospital, and used to  
getting his own way, the other, a likeable ordinary  
person who is patient and gentle. In common, they  
both have the news that they are going to die soon.  
One of them starts to make a Bucket List but once  
he finds out he is dying, he screws it up and throws  
it on the floor.

#### Discovery Spot 2—Take up your Cross

Jesus uses a word picture in the passage we are  
focussing on today.

Solve the following word puzzles. You might want  
to write them out onto cards so they can be used in  
the smaller groups at the tables, or project them for  
all to see.

[http://kids.niehs.nih.gov/games/riddles/  
rebus\\_puzzle.htm](http://kids.niehs.nih.gov/games/riddles/rebus_puzzle.htm)

Discuss the word puzzle Jesus uses. (Take up your  
cross)

What does this mean?

Talk about the idea of 'death to self' as the meaning  
of this phrase. What does 'death to self' mean?

#### Responsive Spot—Make a Cross

Make a cross from two popsicle sticks and a piece  
of twine. Read the poem, "I carry a cross in my  
pocket".

Challenge people to put their cross somewhere  
where they will keep touching it through this Lent  
period.

#### Movie Clip – The Bucket List

Watch from 28:34—32:22 In this movie clip we see  
the two unlikely friends work on the idea of a  
Bucket List. One of them sees his last few months  
as being a chance to do wild and crazy things, the  
other person appears to have some different ideas.

### Discovery Spot 3—Deny Yourself

What does it mean to 'deny yourself' or 'death to self' or 'give because it's needed'?

How does this up-end the bucket list idea?

What kinds of things could you put on a bucket list for Lent?

Brainstorm some simple things you could do to this Lent which would be realistic for you to achieve and would be denying yourself or giving because it is needed. (Things such as encouraging someone who is sad, folding the washing for Mum while watching TV)

Write your ideas onto a Lent Bucket List.

### Movie Clip – The Bucket List

Watch from 45:19—47:28 where the two men discuss whether there is a God or not and how you have to have faith to believe.

### Response and Take Home

Hold onto the bucket in the middle of your table as the benediction is said and as a way of showing that you want to follow Christ even if it means denying yourself.

### 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

### Take Home

Take home a small children's bucket (you could make this 1 per household or 1 per person) for you to use throughout Lent.

### PREPARATION

#### Movie Clips, Storybooks & Music

- Blues Clues Season 1, Episode 9, "Pretend Time"
- The Bucket List DVD \*
- Music playlist\*\*
- \* "Lesson of Love"- Ashley Cleveland
- \* "Find what you're looking for" - Amy Grant
- \* "I will follow" - U2
- \* "The Light" - Sara Bareilles
- \* "I Choose to Follow" - Steve Apirana
- \* "Walk On" - U2
- \* "Song of Someone" - U2
- \* "The Miracle (of Joey Ramone)" -U2
- \* "God put a smile on your face" - Coldplay
- \* "Simple Things" - Amy Grant
- \* "What a friend we have in Jesus" - Amy Grant.

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

\*\*This music list is filled with favourites from our group, but make up your own playlist suited to your church group

### Equipment you will need in your Table Bucket

Each table has its own table bucket. 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

- List paper
- Pencils or marker pens
- Iceblock sticks in two different sizes to make a cross shape.
- Twine
- Copies of "I carry a cross in my pocket"
- Word Puzzle cards or projected
- People pegs
- Pencils
- Copies of Matthew 16:24 with words missing.
- Crayons and doodle sheets

*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)*

*Check out our facebook pages for [www.facebook.com/kereru.publishing](http://www.facebook.com/kereru.publishing) or [www.facebook.com/avenues.church](http://www.facebook.com/avenues.church)*

Copyright 2015© Caroline Bindon, Kereru Publishing Ltd



## Fill in the Gaps – Matthew 16:24

Then \_\_\_\_\_ said to his disciples:

If any of you \_\_\_\_\_ to be my followers, you \_\_\_\_\_ forget about \_\_\_\_\_. You must take up your \_\_\_\_\_ and \_\_\_\_\_ me.

*Matthew 16:24 Contemporary English Version (CEV)*

want must Jesus follow cross yourself

Then Jesus went to work on his disciples.

“Anyone who intends to \_\_\_\_\_ with me has to let me lead. You’re not in the driver’s seat; I am. Don’t \_\_\_\_\_ from suffering; embrace it. \_\_\_\_\_ me and I’ll show you how. \_\_\_\_\_ is no help at all. \_\_\_\_\_ is the way, my way, to finding yourself, your true self. What kind of deal is it to get everything you want but \_\_\_\_\_ yourself? What could you ever trade your soul for?”

*Matthew 16:24 The Message (MSG)*

run Follow come Self-help Self-sacrifice lose

Then Jesus said to his \_\_\_\_\_, "If any of \_\_\_\_\_ want to come with me, you must \_\_\_\_\_ yourself, \_\_\_\_\_ your \_\_\_\_\_, and follow \_\_\_\_\_.

Matthew 16:24 Good News Translation (GNT)

**you cross forget carry me disciples**

Then Jesus told his disciples, "If any want to \_\_\_\_\_ my \_\_\_\_\_, let them \_\_\_\_\_ themselves and \_\_\_\_\_ up their \_\_\_\_\_ and \_\_\_\_\_ me.

Matthew 16:24 New Revised Standard Version (NRSV)

**take followers become deny cross follow**

# My Lent Bucket List

# My Lent Bucket List

