Learn by Doing

Choice Staff of Life



The children of Israel gathered manna to make into bread. We gather 'manna' in our lives when we take the Lord's goodness and truth into our hearts and use them in our lives. Choose a kind of bread to make from *Staff of Life Recipes* (p. 2). Decide whether to make enough bread to eat in class or to share with all the Sunday school children or the whole congregation.

1. The manna the Lord gave to the children of Israel in the wilderness was a food they could gather and eat to satisfy their hunger. The Lord gives us manna too—spiritual manna from the Word. The true ideas we receive from the Word feed our spirits just as the manna in the wilderness fed the children of Israel. How might we gather this manna? (reading the Word, learning recitations, going to church, hearing the Word, singing worship songs)
2. Which true ideas in the Word are special to you? (Share something you find meaningful. Tell the children why you love the idea and find it helpful, e.g. the Lord loves *everyone* and not just some people. Knowing this helps me remember to love everyone too. Encourage everyone to think of one thing.)
3. Going to the Word and gathering ideas into our minds is like the children of Israel gathering manna each morning.
4. What did the children of Israel do with the manna? (Made bread.) This is like taking the true ideas we know and turning them into something useful we can share.
5. We are going to make some bread that we can share. Choose a recipe from the *Staff of Life Recipes* (p. 2) and make bread to share with your class. Remember to wash hands before you begin!

Materials Needed

Ingredients for making bread. Find a recipe from *Staff of Life Recipes* p. 2 that will work for you.

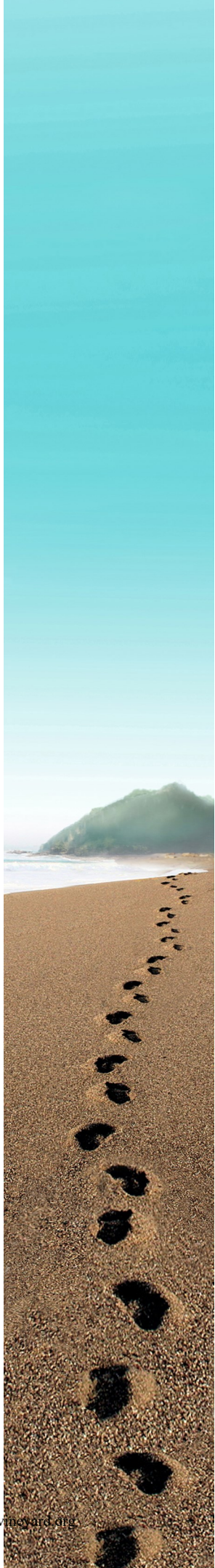
Prepare in Advance

Choose recipe and purchase ingredients. Gather bowls, spoons, serving plates, hand wipes, etc. If needed, borrow a toaster oven.

New Church Concept

Bread from Heaven

Manna is heavenly food, heavenly food is goodness and truth, and goodness and truth in heaven are the Lord since they come from Him. The rules for gathering manna describe how Divine Good from the Lord is shared with all in heaven according to the capacity to receive it. Some can receive little and some can receive much. Each person's capacity to receive is determined by the nature and amount of good acquired in the world. *Arcana Coelestia* 8472



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Staff of Life Recipes

Each family was to gather an "omer" of manna. An omer is a measurement equal to about half a gallon (US). The Word does not provide details about how the children of Israel prepared the manna to make bread. Below are three methods for making bread. Choose one which will work well for your situation.

Manna (may be eaten cooked or uncooked)

½ cup white flour (wheat or gluten free)
pinch salt
1 tablespoon olive oil
2 tablespoons water
1 teaspoon honey

1. Wash hands. **For cooked manna**, preheat a toaster oven to 450 degrees Fahrenheit or a conventional oven to 425 degrees.
2. Combine flour with salt in a mixing bowl.
3. Add water, olive oil and honey.
4. Mix the ingredients well and form into a pliable dough ball. Using your hands may work best. Add a drop more water or a little flour if needed to form a ball.
5. **For uncooked manna,** roll small pieces of dough between hands and form little round balls. **For cooked manna,** flatten the dough into a thin layer on a cookie sheet or toaster oven tray. (Two batches should fit on together on a toaster oven tray; several batches will fit on a cookie sheet.) Bake in preheated oven for 10-12 minutes. When done, let it cool for a few minutes. Remove from tray.
6. Put on paper plates to serve. Serve with honey in little cups if desired.

Shortbread

1 cup butter (softened, but not melted)
½ cup sugar
2½ cups flour

1. Pre-heat oven to 300 degrees Fahrenheit.
2. Put softened butter and sugar in a bowl. Blend or cream until completely mixed.
3. Add flour slowly until the mixture is like clay.
4. Press dough into an ungreased 9"x13" (23cm x 33cm) pan. Prick all over with a fork.
5. Bake 40-45 minutes until light golden brown. Let cool for 5 minutes. Cut into 24 squares.
6. **To speed up baking**, make the dough ahead of time and chill. Divide the dough into 1" balls. Flatten the dough into cookies on an ungreased baking sheet. Bake 20-25 minutes until edges are browning.

Quick and Easy Pre-Made Breads

Purchase pre-made dough such as Crescent Rolls. Follow package directions for baking. Serve with honey in little cups if desired.

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