

Young Family Weekly Email

I hope you all had a wonderful Christmas with your family! We loved seeing you bundled up in your cars on Christmas Eve! I enjoyed the relaxed pace at our house and loved having all of my boys home again.

This week, we celebrate Epiphany. Typically on Epiphany we make crowns and stars in Sunday School and we have an Epiphany Cake at coffee hour. Below you will find resources to celebrate Epiphany at home.

We continue to collect Power Packs. We will collect sandwiches, fruit and desserts for Our Daily Bread next Tuesday and Wednesday (January 12 and January 13).

Epiphany **January 6**

January 6 is the Feast of the Epiphany, sometimes called “Three Kings Day,” and starts the Season of or after Epiphany, continuing until Ash Wednesday. In some cultures, January 6 is a large and festive end to the Christmas season; a day of presents, parades, and celebration. Epiphany is an invitation to follow stars, listen to dreams, and step out of what we have always known.

The Gospel of Matthew tells us this is the day the magi (“kings”) arrived in Bethlehem, directed by angels and guided by a star, bringing gifts of gold, frankincense, and myrrh to Jesus. Gold symbolized Jesus as a king. Frankincense and myrrh are sweet-smelling resins that were burned as sacred offerings and during burials. The magi go home by another road. Little else is known about them, although a robust tradition has grown around them over time, including their number (three) and their names (Caspar, Melchior, and Balthazar). This holy mystery invites us to wonder who the magi are and how their sacred story intersects with our own. Who or what is leading you to God incarnate? Which stars will you follow this year and what road will you take? What gifts will you offer?

Read:

Matthew 2:1-12

Pray

O God Among Us, may we be visited by angels, may we follow stars, may we bring the gifts we have to offer. May we embrace the journey and travel in love. May Christ bless our homes and find a home in our hearts throughout the year. Amen.

Source:

Building Faith Created by The Rev. Jennifer McNally, priest at Saint Anne’s Episcopal Church and convener of dinner church Table 229, St. Paul, Minnesota, and The Rev. Anna V. Ostenso Moore, Associate for Family Ministry at St. Mark’s Episcopal Cathedral, Minneapolis,

Epiphany **Chalk the Door Activity**

On Epiphany, consider participating in an ancient tradition known as “Chalking the Door.” This practice consists of marking a blessing in chalk in a specific pattern of letters and numbers, to invite God’s blessing on a home, church, or other entryway, and on all who enter its doors during the year. All you need is chalk and a doorway. The markings are usually made above the front door or main entrance, in this pattern:

20 + C + M + B + 21

The numbers change each year to reflect the new calendar year. The letters C, M, and B are given two meanings: the initials of the traditional names of the three magi, Caspar, Melchior, and Balthazar, and the initials of the Latin phrase *Christus Mansionem Benedicat*, which means, “Christ bless this dwelling.” The + signs are for the Cross of Christ. Before, during, or after the chalking of the door, the following prayer might be offered:

O God of Stars and Journeys, we ask your blessing on this threshold. May all whose journeys lead them through these doors be blessed with health, generosity of spirit, a joyful heart, and deep peace. O God of Welcome, may all who enter this doorway rejoice to find Christ living among us, and may we seek and serve, in everyone we meet, that same Jesus who is the incarnate Word, now and forever. Amen.

Seeing the symbols over our door during the year remind us, even as life goes back to a regular routine after Christmas, that our homes and all those who dwell there belong to Christ. They are also reminders of the welcome the magi gave to Jesus. Who might we welcome into our hearts this coming year? With time the chalk will fade. As it does, we let the meaning of the written symbols sink into the depths of our hearts and manifest in our words and actions.

Source: Building Faith Created by The Rev. Jennifer McNally, priest at Saint Anne’s Episcopal Church and convener of dinner church Table 229, St. Paul, Minnesota, and The Rev. Anna V. Ostenso Moore, Associate for Family Ministry at St. Mark’s Episcopal Cathedral, Minneapolis

Epiphany Stars

Directions:

- Download the Epiphany Star using the link below.
- Color and cut out both sides of the star.
- If you want to add embellishments, tape some ribbon to the back side of one of your stars or to the stick.
- Tape a stick (or a straw, dowel, popsicle stick, etc.) to the back side of one of your stars and glue the back sides of both stars together.

Source: Illustrated Ministry

[Epiphany Star](#)

Epiphany Crowns Recycled Coffee Sleeve

Directions:

- Open up the sleeve.
 - Fold it in half and trim off the part (on an angle) where the glue was.
 - Cut the top part of the crown, punch two small holes in either side.
 - Decorate crown.
 - Attach with a large rubber band. Cut the rubber band so it becomes one long piece of elastic. Attach it at either side using the holes punched earlier and tying knots.
- Source: Catholic Icing. For other crown patterns, click the link below.

[Crown Crafts](#)

Advent in Box Google Survey

Your advent in a box came from Ferncliff camp. The camp just sent a survey asking for feedback on the boxes. I would also love to hear what you think about the boxes, so if you think about it screenshot the google survey results and email or text me the screenshot. We will likely have a Lent activity bag for you to use during Lent with your family.

[Survey link](#)

Our Daily Bread January 12 and January 13 Collection

You have graciously donated 8,300 sandwiches to Our Daily Bread in 2020! If we stacked up all those sandwiches, we could reach the top of the Great American Tower!

Thank you for your support of Our Daily Bread!

Our next collection will be on January 13. You can help by making peanut butter and jelly or meat (turkey or bologna) sandwiches. We also need fresh fruit (bananas and oranges) and individually packaged desserts (homemade or store bought). Deliver sandwiches, fruit and desserts to Indian Hill Church front porch. Please deliver on Tuesday, January 12 between 7:30 AM - 2:00 PM or Wednesday, January 13 between 7:30 AM - 9:00 AM.

"In His name, lending a helping hand to others."

Power Pack Collection

Indian Hill Church has collected **1,750** Power Packs since May! Thank you for your generosity!

If you would like to help with Power Packs, here is more information:

What makes a good power pack?

1. Look for a **meal** for each bag (microwave mac and cheese, microwave ravioli, soups with pull tab, canned chicken/tuna lunch kits, Hormel shelf stable meals).
2. Add other items such as individual cereals, applesauce, fruit cups, shelf-stable puddings, oatmeal, peanut butter crackers, JIF peanut butter to go cups, raisins, chips, juice box, granola bar, pretzels, microwave popcorn, cheese crackers).
3. Seal items in a gallon Ziploc bag.
4. It is great when the bag is full of items.
5. Feel free to add an encouraging note to the child receiving the Power Pack.

Power Packs can be dropped off Monday - Thursday between 7:30 AM - 2:00 PM on the Indian Hill Church front porch.

CONNECT WITH US!