

Ingredients

- 16 cherry or grape tomatoes
- 1 red bell pepper
- 1 carrot
- 1 orange bell pepper
- 1 yellow squash
- 1 yellow bell pepper
- 1 zucchini
- 1 green bell pepper
- 1 large red onion
- 8 mini purple potatoes
- Wooden skewers
- Seasonings of choice: I used fresh cracked black pepper, garlic powder, onion powder

Instructions

1. Soak the wooden skewers in a bowl of water. Line a large baking sheet and preheat the oven to 350 F.
2. Prepare your vegetables: Core and cut your bell peppers into about 1" squares. Slice the carrot, zucchini and squash into ½" slices. Peel and quarter the red onion into pieces of size relative the other vegetables. Peel and half the potatoes.
3. Thread the vegetables onto skewers and sprinkle with seasonings of choice as desired.
4. Roast in the oven for 35-40 mins, or until the potatoes are cooked through. Allow to cool for 10 mins then dig in!

Snack idea to buy: Rainbow Colored Goldfish Crackers

Activity/Game:

Oil and Ice

Make many colored ice cubes. Fill a tall clear container with oil. Add an ice cube and watch as it melts. What is happening? Do the colors mix?

Over the Rainbow Hike

Take a walk outside and see how many different things you can find of each color. Keep track of what you find.

Color Graphing

Graph the colors in a bag of Skittles or M&M's.

Coloring Sheet: Rainbow and dove

A WAY IN THE Wilderness

February 17, 2021 - Ash Wednesday

A Way in the Wilderness: When The Truth Hurts
Joel 2:1-2, 12-17

Devotion

**12 "Even now," declares the Lord,
"return to me with all your heart,
with fasting and weeping and mourning."**

**13 Rend your heart
and not your garments.**

**Return to the Lord your God,
for he is gracious and compassionate,
slow to anger and abounding in love,
and he relents from sending calamity.**

Joel 2:12 & 13

Do you know what today is? Today is Ash Wednesday, the day we begin Lent. Lent is the six weeks that lead up to Easter. This is a time when we are preparing for Easter Sunday. We spend some quiet time with God focusing on the life of Jesus by reading the Bible and doing some different activities that we might not normally do.

In the verse you just read, some of those activities may include fasting. Now, when we think of fasting, we generally think about food. But, you can fast from other things that you like to do.

What might some of those things be that you could stop doing for a while? Maybe playing video games, watching television, or spending time on your device. When you decide what you might take a break from during Lent, you can then spend that time talking with God or sitting quietly in His presence. Maybe if you sit quietly for a while, you can hear God speaking to you. For the next six weeks, you are invited to participate in the activities each week. Our whole church family is invited to celebrate this time together. I hope you will take some time to fast from those activities that you really enjoy and spend time with God.

Prayer: Dear God, we thank you for doing the things that we really enjoy doing. We pray for this opportunity to take a break from those things and spend more time with You. We pray that we will use this time to focus on You and Your Son, Jesus. We pray for this time of renewal and remembering all that you have done and continue to do in our lives. Help us to use this time to grow closer to you. In Your Son's name we pray. Amen.

~Tammy Palermo

Activity/Game: Create a Lent Paper Chain Easter Count Down
With strips of construction paper, make a tear-away countdown chain. Every day tear away the day's item and say a prayer for the item or person on our prayer calendar.

Coloring Sheet: Pastor administering ashes on child's forehead

February 21, 2021 - 1st Sunday of Lent

A Way in the Wilderness: When Life Feels Off
Genesis 9:8-17

Devotion

16 "Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth."

17 So God said to Noah, "This is the sign of the covenant I have established between me and all life on the earth."

Genesis 9:16-17

I imagine you all have heard of the story of Noah. God told him to build an ark for his family and for two of every animal on earth because God was not happy with His people and the choices they were making. Noah did as he was told and built this giant ark, or boat. He had a male and a female of each animal loaded onto the ark.

Then it rained. A lot! Interestingly, it rained for forty days and forty nights. Why is that interesting you ask? Well, Lent is a period of forty days, too! That is pretty cool.

Well, after those many days of rain, God spoke to Noah. He told Noah that the rainbow would be a symbol, or a sign, of the covenant God was making with all of His people. A covenant is a promise. It isn't an ordinary promise though. A covenant is an extra-special promise that God makes and when God makes a promise He keeps it.

This week we remember that God's promises are always kept. This is important as we take this time of Lent to learn more about Jesus. As we are fasting and spending quiet time with God, take some time to think about God's covenant and how He always keeps His promises.

Prayer: Dear God, we are so thankful for spending time with You. As we hear the familiar story of Noah, we are reminded that You are a covenant keeper. You always keep your extra-special promises with us. We are thankful for this as we learn more about Your Son. We know that on Easter He will be victorious. In His name we pray. Amen.

~Tammy Palermo

Snack Recipe:

Rainbow Fruit Skewers

Select fruit of the colors of the rainbow and put them on the skewers in rainbow order and enjoy!

Rainbow Vegetable Skewers

Original recipe by gimmesomeoven.com

Author: Jasmine Briones / Sweet Simple Vegan

Prep Time: 15 mins / Cook Time: 40 mins / Yield: 3