

God provides!

The Israelites had become slaves in Egypt. They were cruelly treated. God sent Moses to rescue the people. With God's help, Moses led the people out of Egypt, through a path in the Red Sea and on a journey through the desert. A pillar of cloud led the people on their journey during the day, and at night, a pillar of fire gave them light and showed them the way.

When the people were hungry, God sent bread in the morning which the people called manna and in the evening quails arrived in their camp, for their dinner! When there was no more water to drink, God told Moses to touch a rock and water poured out.

God provided for the people. God cared for them and guided them on their long journey through the desert.

Listen to the full story, with Andrew and friends, on the Hemel Hempstead Methodist Church Facebook page, from 4pm on Sunday 8th November.

Crafts you can try at home:

Modelling dough pictures

I used modelling dough to make a picture of people in the desert, with the bread called manna on the ground, water gushing out of rocks and a cloud leading the way.

My second picture showed the cloud of fire leading the people at night.



If you have modelling dough, try making your own picture. You could make some quails to add to the picture and maybe some sand and some rocks.

Food quiz

Here are some pictures of food I bought this week in the supermarket:



But which countries were these foods grown in? Match the fruit and vegetables to these countries:

Greece, Spain, Ecuador, Poland, UK, South Africa, Morocco

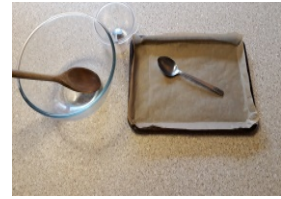
The answers will be shared on our Facebook broadcast.

Shortbread squares

When Moses led the Israelites out of Egypt God made sure they had food to eat. They had manna in the morning and quail in the evening. We are going to make some biscuits to remind us of the manna that the people ate in the desert.

For Shortbread squares you will need

A mixing bowl for the shortbread, a shallow baking tray (a square one would be best), a small bowl for the icing, a wooden spoon, a desert spoon and a knife for cutting up the biscuits.



Ingredients

90g butter or margarine

175 g plain flour

50g caster sugar (granulated sugar will be fine if you don't have any caster sugar)

150g icing sugar for decorating

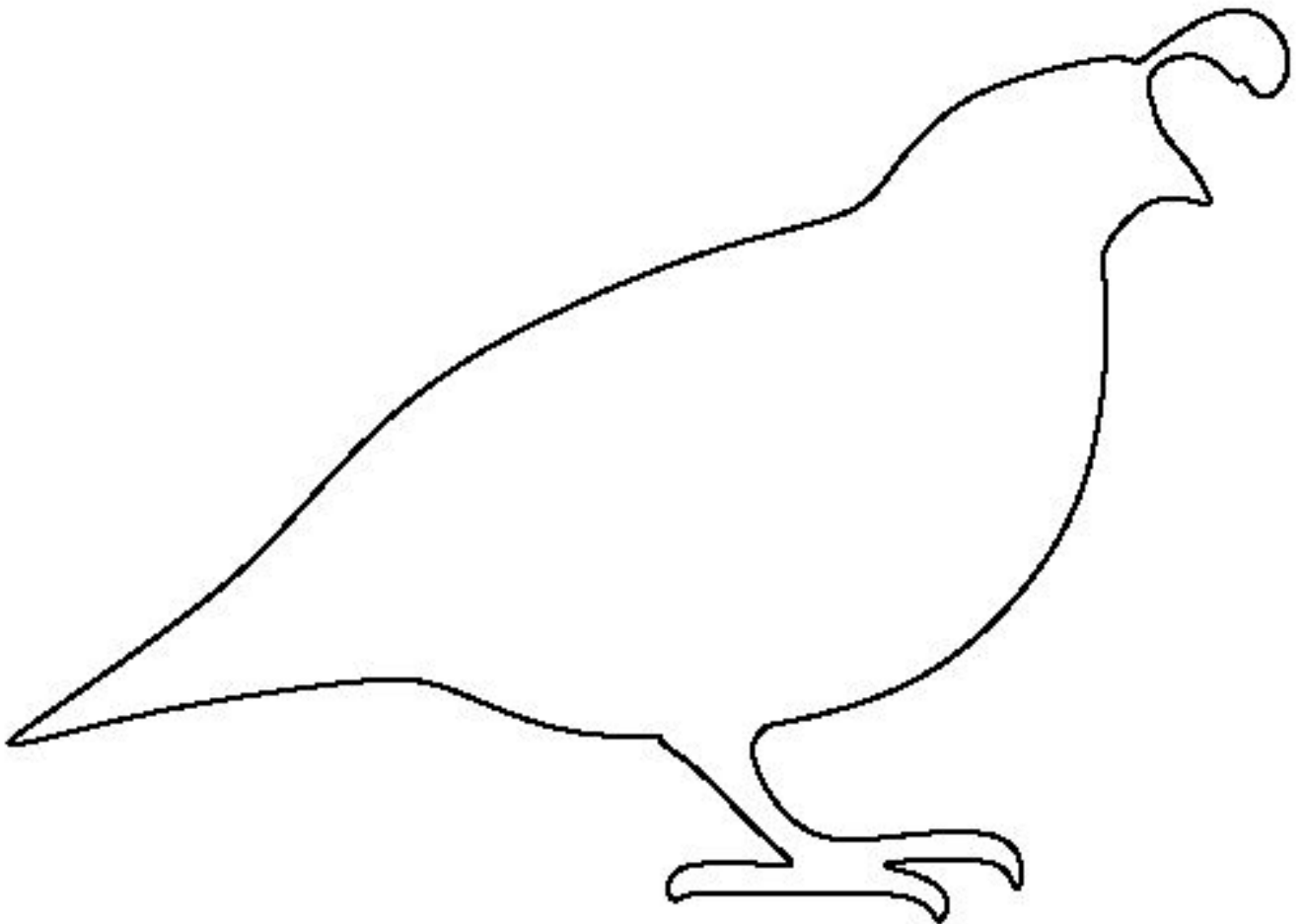
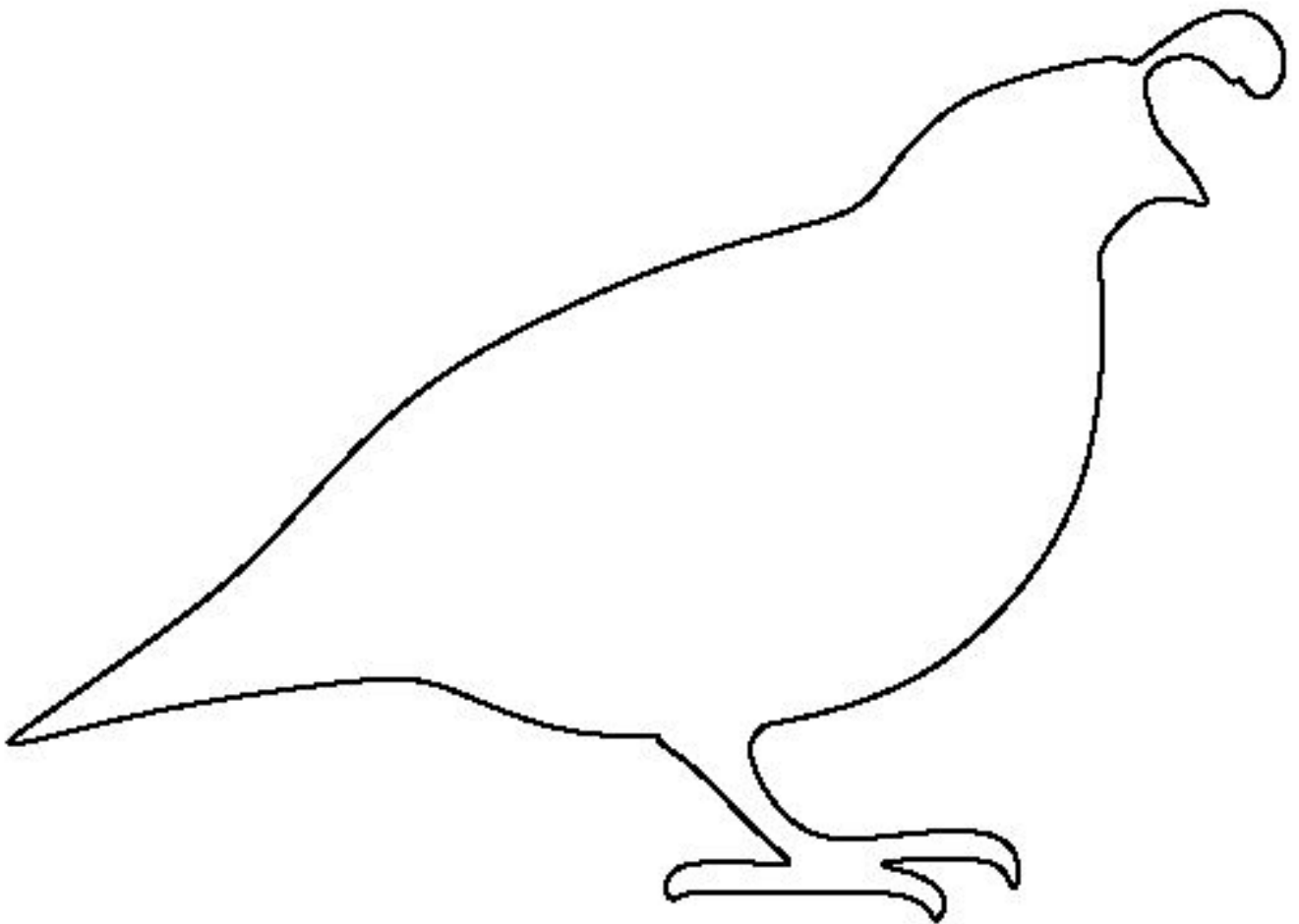


How to do it

- 1) Grease the baking tin or line with grease proof paper to stop the biscuits sticking to the tin.
- 2) Turn on the oven to a temperature of 160 degrees or Gas mark3.
- 3) Rub the fat into the flour with your fingers until it becomes like sticky bread crumbs.
- 4) Add the sugar and mix it in well with a large spoon.
- 5) I use my hands to mix it into a dough, but you can use a fork.
- 6) When it sticks together put the dough into the baking tin and push it to the sides. If your tin is too big only cover half of it with the dough and neaten up the edge that runs across the tin.
- 7) Bake in the oven for 35 minutes or until the biscuits start to turn a slightly darker brown.
- 8) Cut the biscuits into squares and let them cool on a cooling tray.
- 9) In the story we are told that the manna was white, so we are going to ice our biscuits with white icing
- 10) Mix the icing sugar in the bowl with a little water until it just begins to hold its own shape and spread a little onto each biscuit.



Making a quail You will need: 2 outlines of quails.



A stick or a straw to hold up your quail.

If you have some feathers at home you could glue these to the quail or you may like to colour a pattern on a separate piece of paper, cut it up and glue the pieces to the quail. Glue and cello tape

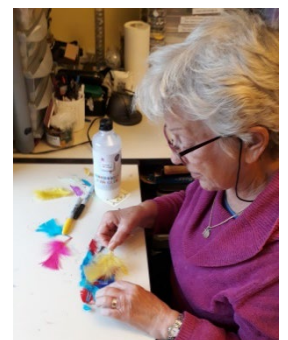
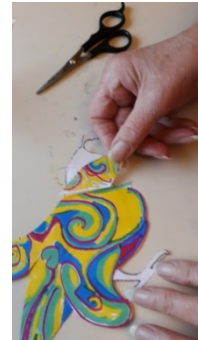


How to make your quail

Cut out the two quail shapes on this craft sheet. (You may want to draw round the shapes on some stiff card or you could use the shapes that are cut out from this craft sheet.)

Lay the quails down so that they face each other (this gives you two outside shapes)

You can decorate the quail with feathers or colour a pattern on a separate sheet of paper, cut the pattern up and glue it to the quail. Whether you are using feathers or a pattern remember to trim around the outside of the quail when you are finished. Colour in the legs, beak and put a black dot for an eye on both sides.



When both quails are completely decorated, lay one of the quails down with decorated side facing down.

Position the stick or straw on the quail and glue. You may want to add sticky tape as well.

Lay the other decorated quail on the top with the decorated side up and glue the two sides of the quail together so that the stick is trapped between both quails. I have used PVA glue (runny glue). If you don't have any of that then a stick glue will work but you will need lots of it

You then have a finished quail

I used feathers to cover one side of my quail and a pattern that I have drawn and cut up to decorate the other side.



Exodus 16- Manna and Quails

Can you work out the message?

ZOT QUOCDTV T XOOT XOU YBV DWUNVJDYVW EBVM

YBVI EVUV ENJHDMZ YBUOAZB YBV TVWVUY

Draw your favourite dinner in the space below.

Code:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z becomes
N P R T V X Z B D F H J L M O Q S U W Y A C E G I K

Exodus 16 God will provide

H A U S Y W G G B B K K L D H
T C N C H N N G O D N T R E U
J L G N I Q J A A Y T F X R N
L Z H N A L U H N I K A P E G
Y L A L Q M Z E S B W C X H R
D O V X E U H R V Q B T J T Y
M E S T N I A L P M O C N A K
A V D M L E I I C L Q Z U G R
S W C N L C E U L Q P E I O N
T R C I A L C U V S L S T E O
V B T E Z M S E S O M T D F R
Q E G W S J M N T K E T L B A
S L A U U Y Q O S N A U W Z A
M O R N I N G N C Q M X S I T
F T M S G Y F V K K I M X W N

AARON
COMMANDED
COMPLAINTS
GATHERED
HUNGRY
ISRAELITES
MANNA
MOANING
MORNING
MOSES
QUAILS
ROTTEN





God's People Wandered in the Wilderness