

dessert

kennings and cookies

INTRODUCTION

Kennings are Anglo-Saxon word pairs and cookies are tasty things to eat. Combining these two attractive items into one Bible exploration activity can be fun and fulfilling.

This activity is for groups of any size, with a range of ages and abilities. It can take anything from 20 minutes to two hours, depending on whether the cookies need cooking first, and how many kennings you do.

You can use written Bible texts, stories from an illustrated Bible or children's Bible for this activity. Alternatively, you can invite people to tell one another their remembered version of a Bible story, as was originally done for this activity. The website has more information on how to do a remembered Bible story.

The cookies could be cooked by one group and the kennings prepared by another, with the two groups coming together to share both items.

Alternatively, everyone can make cookies first and then write kennings together while these bake. Another option is to buy some cookies and bring them to the kennings session.

You might find the internet helpful for inspiring this activity. Try doing a search for 'kennings' or 'cookie recipes' and see what pops up.

AIM

The idea is to use kennings to reflect on well known Bible stories and to accompany these reflections with Fairtrade cookies.

YOU WILL NEED

- a large flip chart (or big sheets of paper)
- pens
- ingredients for cookies
- the means to prepare and cook them.

KENNINGS

Kennings are pairs of words in which the second word is part of a verb ending in 'er' and the first word is a noun or adjective: e.g. cookie eater, kennings writer.

Base your kennings session on a familiar Bible story like the feeding of the 5,000, the lost sheep, the Good Samaritan or the Easter story. It may help to go through the story first with the whole group.

Invite the group to think of single words that relate to this story. These can be any words at this stage – grass, people, fish, bread, eating, snoozing, hungry - but interesting words help the process, especially verbs. Write these on the flip chart or paper. Break into smaller groups if the group is too big for this.

Review the words and begin pairing them up. Invite the group to suggest which words could go together. Anything is acceptable at this stage because you may not use them all in the final kennings.

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As you put the words into pairs you will find patterns that are rhythmic or fun and seem to work well in a series. Run through the pairs several times. You might arrange them so they tell a story in sequence or highlight a particular character.

Here are some kennings based on remembered versions of well known parables.

- The Lost Sheep
- Grass Eater
- Jumper Crafter
- Money Maker
- Fold Leaver
- Bleat Producer
- Shepherd Lover
- Flock Guarder
- Wool Keeper
- Feed Provider
- Animal Searcher
- Sheep Finder
- Good Samaritan
- Journey Maker
- Lonely-road Trotter
- Cowardly Attacker
- Body Breaker
- Money Taker
- Death Defier
- Victim Ignorer
- Other-side Walker
- Donkey Leader
- Wound Binder
- Money Giver
- Need Provider

COOKIES

Try to include as many Fairtrade ingredients as possible in your cookies. You can use these recipes, experiment with other ingredients, swap ideas with a friend, look in a Fairtrade cookbook or find a website for other ideas.

- Dark chocolate and mango cookies
- 100g of Fairtrade dark chocolate
- 50g of Fairtrade dried mango
- 125 g of Fairtrade muscovado/dark brown sugar
- 125 g of butter
- 1 large free range egg
- 250 g of plain flour
- 1 tspn of baking powder
- Double chocolate and nut cookies
- 50g of Fairtrade milk chocolate
- 50 g of Fairtrade dark chocolate
- 75g of Fairtrade nuts: walnuts, brazils, pecan or hazelnuts
- 125 g of Fairtrade demerera/light brown sugar
- 125 g of butter
- 1 large free range egg
- 220g of plain flour
- 3 tbspn of Fairtrade cocoa powder
- 1 tspn of baking powder

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Method for both recipes

Warm the oven up to Gas 4/180°. Grease some baking trays. Chop up the chocolate and fruit or nuts into small pieces.

Cream together the butter and sugar in a large bowl using a wooden spoon. Beat the egg and add to the creamed mixture, a small amount at a time.

Sift the dry ingredients into the mixture and mix together. Add the chocolate pieces and dried fruit or nuts and mix well.

Put a spoonful of mixture for each cookie on the greased baking tray – the size of spoon depends on how big you want the final cookies to be. Allow about six cookies per tray - they spread out during cooking. Cook until golden brown. They should still be a bit soft in the middle. Put on a wire rack to cool for a short time – they are best eaten warm.

EVALUATION

1. What was the most helpful thing?
2. What was the least helpful thing?
3. What would you like to try now?

HOW TO FEEDBACK TO VISION4LIFE?

If you wish to offer any feedback – brickbats and bouquets are equally welcome! – you can do so in various ways.

You can email the Vision4Life steering group about general or website V4L issues via the website or at admin@vision4life.org.uk

If you have comments and particularly contributions to the bible year, you can email the V4L Bible Year coordinator Janet Lees via bible@vision4life.org.uk

If you want to make contributions or ask questions about future V4L years you can email:

Year 2 – Transformed through Prayer: prayer@vision4life.org.uk

Year 3 – Transformed for Evangelism: evangelism@vision4life.org.uk