



One-a-penny, two-a-penny, Hot Cross Buns...

On Good Friday all around the world, people love celebrating Easter by enjoying Hot Cross Buns. These delicious fruit-filled buns have had a long historical connection to Easter and to English culture.

Originating in 12th century England, it is believed that a monk was the first to make the sweet bun. He marked it with a cross as a way to celebrate Easter while feeding the poor.

Hot cross buns have inspired a variety of myths and legends over the years. For example, one legend states that if you place a bun in the rafters of your kitchen on Good Friday, the pastry will never go stale and would ensure that your bread will always rise. Some even believed that the buns in the rafters had healing properties and so they ground them up to use as medicine.

In 1592, Queen Elizabeth the first decreed that Hot Cross Buns could only be eaten on Good Friday, Christmas, or at funerals. These special buns were far too sacred to be consumed on any other day. Many people then began secretly baking the pastries in their own kitchens. If they were caught, they had to give their illegal buns to the poor.

Sharing Hot Cross Buns has long been a symbol of friendship. Those who share a hot cross bun on Good Friday are supposed to enjoy a strong friendship bond for the next year. A line from an old Irish rhyme says: "Half for you and half for me, between us two, good luck shall be."

Hot Cross Buns are popular at Easter because they capture the essence of the Easter story through both the symbolism of the cross and within the flavors of the bun. The cross on the top of the bun represents the cross of Jesus. For Christians, the cross has always been a symbol of hope: the hope of light overcoming darkness, of Jesus being victorious over sickness and death, and of good triumphing over evil. The fruit embedded in the buns represents the body of Christ in the tomb. The cinnamon and nutmeg represent the spices used to anoint Jesus' body as it was wrapped in burial cloths. Finally, the risen yeast dough symbolizes Jesus rising from the grave and defeating death once and for all.

The Easter story is a story of hope. The resurrection of Jesus is God's promise for all of creation that He will indeed "make all things new" - Revelation 21:5.

In this time of considerable uncertainty, we could all use a little hope and a reminder that God is still making all things new. So we share these buns as a reminder that no matter how dark the world may become, Jesus offers us all new life through a relationship with Him.

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. But as I told you, you have seen me and still you do not believe. All those the Father gives me will come to me, and whoever comes to me I will never drive away. For I have come down from heaven not to do my will but to do the will of him who sent me. And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day."

-John 6:35-40 NIV

A simple Easter Outreach:

1. Make a double batch of Hot Cross Buns from our Ultimate Hot Cross Bun recipe found here: <https://bit.ly/tf-hotcrossbuns>
2. Print the card below that shares the story of Easter through the symbolism of Hot Cross Buns.
3. Write a personal note on the card and wrap it up with your Hot Cross Buns and deliver them to a friend or neighbour.

4. Video call, FB message or WhatsApp your friend. Wish them a happy Easter and ask if there is anything you can do or pray for.

He is Risen!

Happy Easter from all of us at Theo's Feast!



Theosfeast.com

Setting the Table for Spiritual Conversations

The following is the text of the card below. It looks upside down on the card so it can be printed double sided. The hand written font is to inspire you to write a personal note of encouragement.

Dear Sam & Rachel,

Happy Easter! We hope you enjoy these Hot Cross Buns. Originating in 12 century England, tradition says that those who share a hot cross bun on Good Friday are destined to enjoy a strong friendship all year. A line from an old Irish rhyme says: "Half for you and half for me, between us two, good luck shall be."

Hot Cross Buns are also popular at Easter because they capture the essence of the Easter story through both the symbolism of the cross and the flavours of the bun. The cross on the top of the bun represents the cross of Jesus. For Christians the cross has always been a symbol of hope: the hope of light overcoming darkness, of Jesus being victorious over sickness and death and of good triumphing over evil. The fruit embedded in the buns represent the body of Christ in the tomb. The cinnamon and nutmeg represent the spices used to anoint Jesus' body as it was wrapped in burial cloths. Finally, the risen yeast dough symbolizes Jesus rising from the grave and defeating death once and for all.

The Easter story is a story of hope. The resurrection of Jesus is God's promise for all of creation that He will indeed "make all things new"- Revelation 21:5.

Please let us know how you are doing and how we can be praying for you during these uncertain times.

Sincerely, Gary & Lynda

THEOSFEAST.COM
SETTING THE TABLE FOR SPIRITUAL CONVERSATIONS
FIND THE RECIPE FOR THESE BUNS AT THEOSFEAST.COM/RESOURCES



HAPPY EASTER

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