

Day 1

Theme: Explore the Sacrament of Baptism

Virtue: Courage (*to be brave; to face fear, danger or difficulties with strength in the Lord*)

BAPTISMAL CUPCAKES

Theme Connection:

When someone receives the sacrament of Baptism, it's their birthday into the family of God!

Just like we celebrate our birthday with cake or cupcakes, we can celebrate our baptismal birthday, too.

The cake and icing is **white** to symbolize the color of purity as we become completely pure, clean and free from all our sin in Baptism. The **cross** symbolizes that we become Christians at our Baptism, and the **candle** reminds us of our baptismal candle; a symbol of coming from darkness into the light of Christ.

You'll need:

- White cupcakes (*1/child*)
- Birthday candles (*1/child*)
- Pretzel sticks or licorice rope (*2/child*)
- White icing
- Small plates and plastic knives
- Lighters or matches (*for leader*)



Prep:

- Bake the cupcakes and let them cool.

Activity:

1. Ice your cupcake.
2. Decorate it by placing a cross on the top using pretzels or licorice and insert a candle.
3. A leader is going to light your candle and we'll sing the "Happy Baptism Day Song".
Ask the kids if they know the date of their Baptism.
Sing "Happy Baptism Day to me" to the tune of "Happy Birthday to you."
4. Blow out your candle and enjoy your cupcake.

If there is someone in your group who has not received the sacrament of Baptism, acknowledge that it's wonderful that they are here at VBS learning about the Catholic faith and perhaps one day they'll receive this sacrament.

**"The soul is regenerated in the sacred waters of
Baptism and thus becomes God's child."**

St. Maximilian Kolbe

SEVEN SACRAMENTS TRAIL MIX

Theme Connection:

One of the best snacks to eat in the wilderness is trail mix!

The seven different snack items that are in this trail mix will help us remember the seven sacraments.

You'll need:

(approx. ¼ cup of each food item)

- Sunflower Seeds (*shelled*)
- Raisins
- Chocolate chips
- Mini marshmallows
- Pretzels
- Cheerios
- Goldfish crackers
- Small Ziploc bags (*1/child*)
- 7 bowls and spoons
- Sacraments Trail Mix signs (*download*)



Prep:

- Portion the trail mix ingredients into bowls.
- Print the Sacraments Trail Mix signs and place them in front of each bowl.

Activity:

1. Put one scoop of each Sacrament Trail Mix item into your bag.
2. Close the bag tightly and shake it up.
3. Eat and enjoy.

Sacraments Trail Mix Teaching

The **seeds** can help us remember the sacrament of Baptism because it's the very first sacrament that plants the seed of faith in our heart.

The **raisins** can help us remember the Eucharist, because you need grapes to make the wine that will become the Blood of Jesus.

Chocolate chips remind us of the sacrament of Confirmation, because it's the Holy Spirit who sweetens our hearts and fills us with more energy and zeal.

The **white mini marshmallows** can help us to think of the sacrament of Reconciliation/Confession. The color white is a symbol of purity, and in this sacrament, we become completely pure and clean and free from all our sin.

Pretzels remind us of arms that are folded over in prayer. They can help us to remember the sacrament of the Anointing of the Sick because people who are sick need our prayers.

Cheerios remind us of a wedding ring. Can anyone guess what sacrament this reminds us of? (*Marriage or Matrimony*)

Fish crackers can help us remember the sacrament of Holy Orders. God called priests in a special way to be "fishers of men".

FISH POND GOODIES

Theme Connection:

When we are in the wilderness, it's important that we know how to fish for food.

Our snack today will help us practice our fishing skills as we reel in our fish pond goodies!

You'll need:

- Popcorn (1-2 cups/child)
- Gummy candies (5/child)
- Sandwich bags (1/child)
- Rubber band (1/child)
- Permanent marker
- Toy fishing rods, clothespins, and blue plastic tablecloth

Prep:

- Put 5 gummy candies in each bag and add a scoop of popcorn.
- Close the bag with a rubber band and use the marker to draw eyes and a smile.
- Drape the blue tablecloth over two chairs for the "fishing pond". Have one of the leaders hide behind the chairs and hook the Fish Pond Goodies onto the fishing rod.

Activity:

1. Take turns using a fishing rod to fish for your snack!
2. Once you feel a tug on the line, it's time to reel it in.

Water is a symbol of Baptism. Serve watermelon as an additional snack.

It's the fruit with the highest water content.

Serving blue Jello is another option.





SNACK STATION

