

Exploring Why

Bread



Extended Version

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Bear Lands Publishing

About Aled and Siân

Aled and Siân love exploring the places where they live and the places they go to visit. They enjoy playing 'I Spy' to help them get to know these places better. In the *Exploring Why* series Aled and Siân are curious to find out why some of the things around them are important to their Christian, Jewish and Muslim friends.

The series takes seriously the social significance of religion and is based on extensive research into how children learn about themselves, others and the world in which they live.

To support this storybook series, there is a large range of free downloadable resources for children and teachers available at hwb.wales.gov.uk/Resources and st-marys-centre.org.uk

The storybooks and activities are devised for 5- to 7-year-olds, but the downloadable resources make the series relevant for younger and older children too.

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Titles in the *Exploring Why* series are:

Bread
Cross
Light
Menorah
Veil
Water
Symbols of Faith





Aled and Siân love exploring the places where they live and the places they go to visit. They enjoy playing 'I Spy' to help them get to know these places better. Today, they spotted the bread placed

on the table for their breakfast, and they set out to discover how many other types of bread they could find and where they could find them.



Aled and Siân came downstairs and went straight into the kitchen to find their breakfast. First of all they smelt the rich aroma of coffee steaming in

their mother's mug. Then they heard the toaster pop up. They caught the smell of freshly made toast, warm and ready for their breakfast.



There on the breakfast table they saw the butter and the margarine, the marmalade and the honey, the milk and the cereal. "I spy some bread," shouted Aled. He pointed to the slices of toast

resting on the plate. Some were warm and just lightly toasted, some were almost black and very well done.



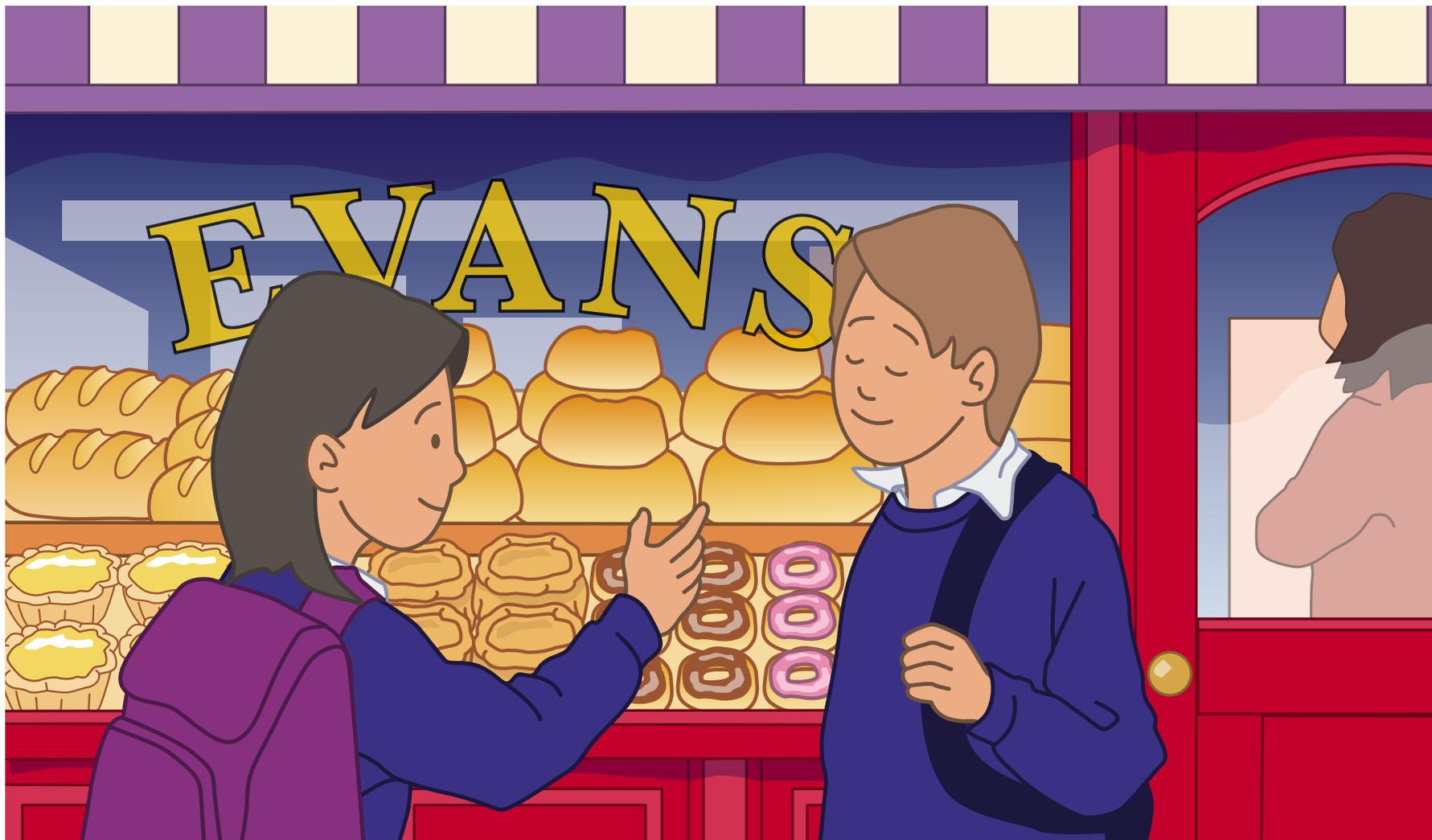
Both Aled and Siân chose margarine for their toast. Then Aled went for the honey and Siân went for the marmalade. While they were finishing their breakfast, their father was working away on the

bench to make the packed lunches for them to take off to school. Aled's lunch box had a yellow bear on it and Siân's had a brown bear.



There on the bench they saw the yellow cheese and the jar of pickle, the apples and the bananas, the crisps and the biscuits. "I spy some bread," shouted

Siân. She pointed to the bread rolls cut ready for their lunch. Some were round and white, some were oval and brown.



Taking their lunch boxes, Aled and Siân set out on their way to school. Going through the shopping arcade they walked past Jones the Fishmonger and they could smell the fish. They walked past Roberts

the Greengrocer and they could smell the vegetables. Then they walked past Evans the Baker and they could smell the loaves fresh from the oven.



There in the window they saw the buns and the tarts, the cakes and the sponges, the pies and the sausage rolls. "I spy some bread," shouted Aled. He

pointed to the freshly baked cottage loaves at the very back of the window. Some were wholemeal and dark. Some were white and dusted with flour.



Aled and Siân continued on their way to school through the shopping arcade. They walked past the chemist, past the jewellers, and past the hat shop. Then they came to the Café Fleur. The front of the

Café was painted bright red and so were all the tables and the chairs set out in front of the Café on the pavement.



Aled and Siân looked intently at the menu and at all the food set out on the counter inside. There was milk and cream, steaming coffee and hot chocolate, croissants and buns. “I spy some bread,”

shouted Siân. She pointed at the big French sticks. Some were really crusty. Some were coated with seeds.



Aled and Siân continued on their way to school. They walked past the old terraced houses, past the smart bungalows and past the new block of flats.

Then they came to the house where their friends Peter and Mary live. They rang the doorbell and waited for their friends to come to the door.



Inside their house Peter and Mary's mother was busy in the kitchen, kneading flour and yeast and rolling out the dough. "I am baking bread," she said, "ready for the Sunday service in our Church."

"I wonder why bread is so important for the Sunday service?" said Aled to Siân as they watched Peter and Mary's mother so busy at work.



All day long at school Aled and Siân kept up their game of looking for different forms of bread. They continued to puzzle about why bread was so important for the Sunday service. When school was

over, Peter and Mary took Aled and Siân to their church to help them discover the answer to their question.



Inside the church Aled and Siân found everything set out just like it is for the Sunday service. There set out on the white cloth they saw a silver cup and a silver dish. They saw a jug of water and a jug of

wine. They saw the freshly-baked bread. "I wonder why bread is so important for the Sunday service?" said Siân to Aled.



Peter and Mary took Aled and Siân to the office at the back of the church and looked for clues to help answer their question. They looked in the service book and read about Jesus taking bread and

sharing bread with his disciples. They looked in the hymn book and read hymns about the Bread of Heaven and the Bread of Life.



Then Peter and Mary opened the Bible and found Mark's Gospel, chapter six. There they read that Jesus had compassion for the large crowd. Taking

the five loaves and the two fishes, he looked up to heaven and blessed and broke the loaves, and gave them to his disciples to set before the people.



Aled and Siân were fascinated by what they had learnt from the service book, from the hymn book and from the Bible. “But I still wonder,” said Aled to Siân, “why bread is so important for the Sunday

service.” “You must come and see,” said Mary and Peter. So Aled and Siân went with them to their church on the following Sunday.



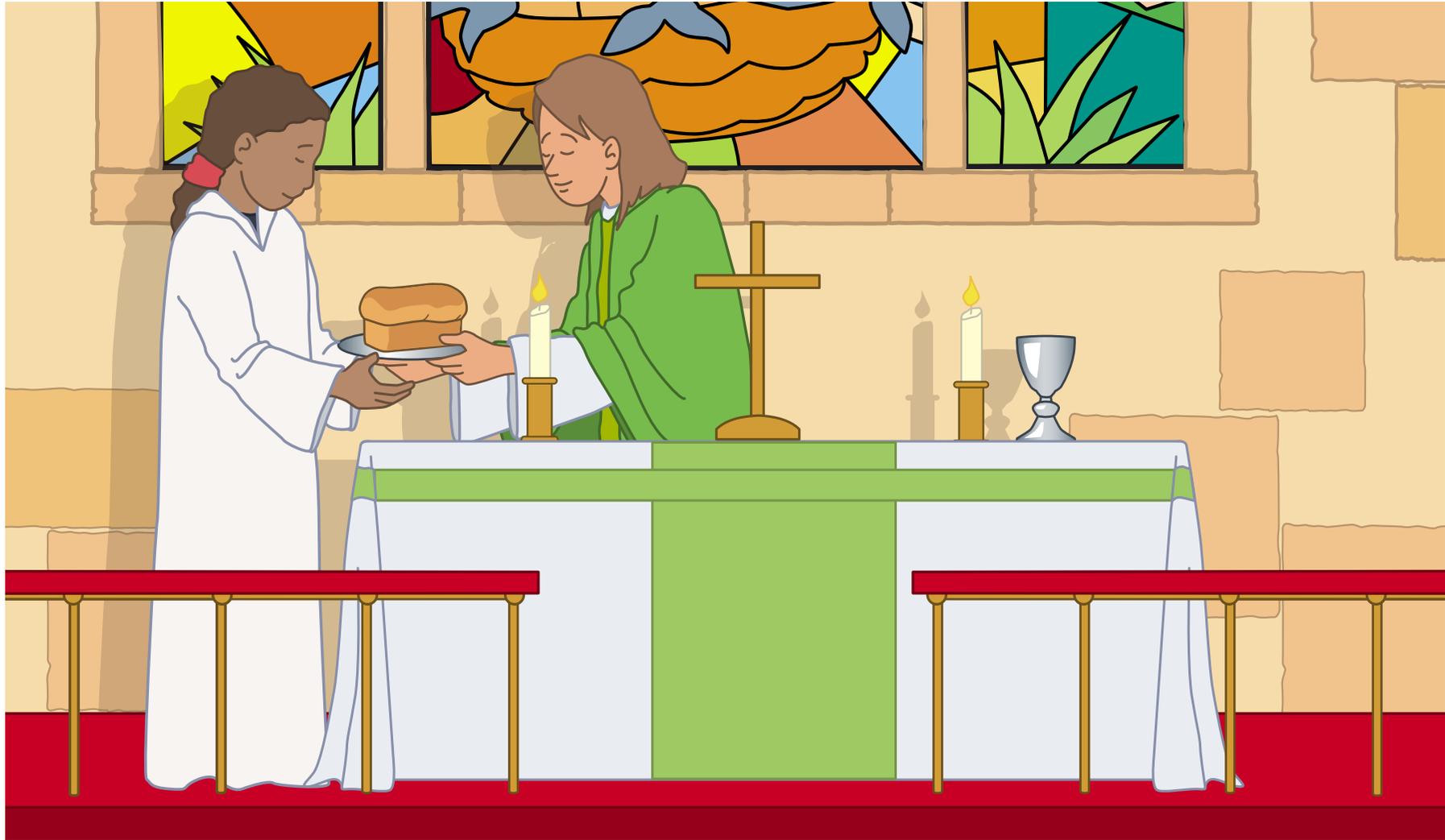
On Sunday morning inside the church, Aled and Siân gazed at the colourful stained-glass window behind the altar. There in the middle they saw Jesus

holding a loaf of bread in his hands. Jesus' disciples were on either side, and there in front of him was a boy with a basket holding five small loaves.



Aled and Siân watched intently as the service unfolded around them. At the offertory they saw a procession form at the back of the church. A boy carried the jug of water and the jug of wine. A girl

carried the loaf of bread on a silver tray. They were led by a boy and girl holding tall candles, and they went right up to the altar.



Peter and Mary's mother was leading the service. Dressed in a long white alb and green chasuble, she took the bread, placed it on the altar, and said, "Blessed are you, Lord God, King of the Universe,

by your goodness we have this bread to offer, fruit of the earth and work of human hands. It will become for us the Bread of Life."



Aled and Siân continued to watch intently as Peter and Mary's mother took the bread and broke it into

many tiny pieces. They listened as she said, "We break this bread to share in the Body of Christ."



Then the people began to leave their seats and walk slowly toward the altar. As they stretched out their hands, Peter and Mary's mother gave them a piece of bread and said, "The Body of Christ, given

for you." Aled and Siân went with Peter and Mary to receive a blessing. "Next year," said Peter and Mary, "we too will be old enough to share in the bread."



Then Aled and Siân walked back to their seat and waited until everyone had returned to their seats as well. In the hushed silence before the closing

prayers, Aled and Siân whispered together, “Now we know why bread is so important for the Sunday service!”

Aled and Siân are playing 'I Spy' and today they are looking for 'Bread'. They find bread in all kinds of places around where they live. When Aled and Siân visit their friends, Peter and Mary, they start asking an important question – "I wonder why bread is so important for the Sunday service?" With the help of Peter and Mary, Aled and Siân begin to find some answers.



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