

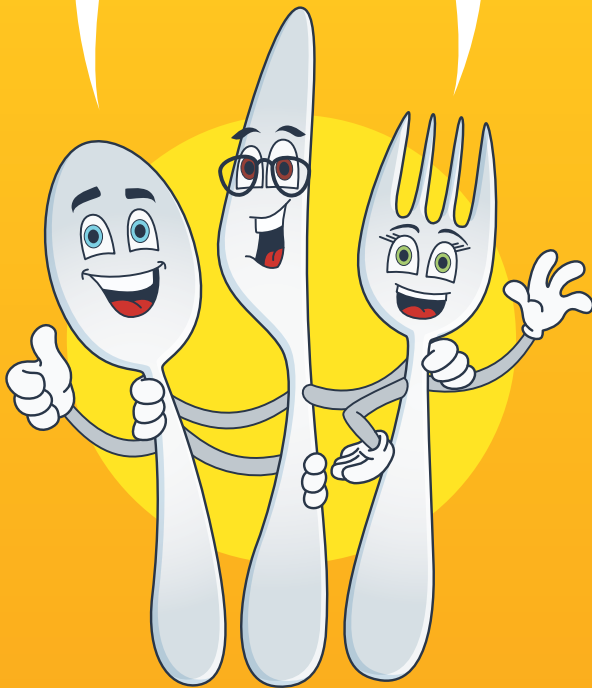
COME
TO THE
TABLE



STUDENT
BOOKLET

This booklet belongs to _____

Welcome to Vacation Bible School (VBS)! Our names are **Sam Spoon**, **Nate Knife**, and **Fran Fork**. We love to eat, and you probably do too! Follow us through this booklet to discover lots of fun food facts! We're glad you decided to **Come to the Table** this week!



DAY 1

BE OUR GUEST

Jesus tells a great story about inviting people over for a party. Don't miss it! Everyone is welcome at God's table.

DAY 2

JESUS AND THE GIANT PICNIC

Anybody hungry? A boy shares his lunch with Jesus, and something pretty amazing happens!

DAY 3

GUESS WHO'S COMING FOR DINNER

A short man climbs a tree to see Jesus. When Jesus goes to his house, some surprising changes occur!

DAY 4

A SUPPER TO REMEMBER

Jesus has a special meal with his friends. After they eat, things get really interesting! Do you know what Jesus does?

DAY 5

BREAKFAST ON THE BEACH

After a long night of fishing, Jesus' disciples get an unexpected catch of fish and a meal on the beach!

Dig In is for grades K–6. *Come to the Table VBS* is published by The Pastoral Center • <https://pastoral.center> • [GrowingUpCatholicVBS.com](https://growingupcatholicvbs.com) • 844-727-8672 • support@pastoral.center

Come to the Table credits: Joan L. Daggett, project director; Melody Zimmerman and Christina Hershey, writers; Ann Naffziger, Colleen Smith, Paul Canavese, Chrissie Walls, Joan L. Daggett, and Rachel Nussbaum Eby, editors; Reuben Graham, senior designer. Len Epstein and Gabhor Utomo, illustrators. Photos not otherwise credited are from Getty Images.

Portions of this work copyright © 2023 The Pastoral Center • Adapted and reprinted with permission from *Come to the Table* © 2021 Shine Curriculum, Harrisonburg, VA 22803. All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of the copyright owners except as granted in the product licensing. Printed in the United States of America.

BE OUR GUEST

1
DAY

Luke 14:15–24

Narrator: One day, Jesus was eating dinner at the home of a Pharisee.
Jesus told the guests a story:

Jesus: Someone gave a great dinner and invited many people. When it was time for dinner, the host sent his servant to talk to the people who had been invited. He told them:

Servant: Come, for everything is ready now.

Narrator: But they all began to make excuses.

Invited Guest 1: I just bought a piece of land, and I need to go out and see it. Sorry, I can't come.

Invited Guest 2: I just bought some cows, and I am going to try them out. Sorry, I can't come.

Invited Guest 3: I just got married. I can't come.

Narrator: So the servant returned and reported the excuses to the host. The host told him:

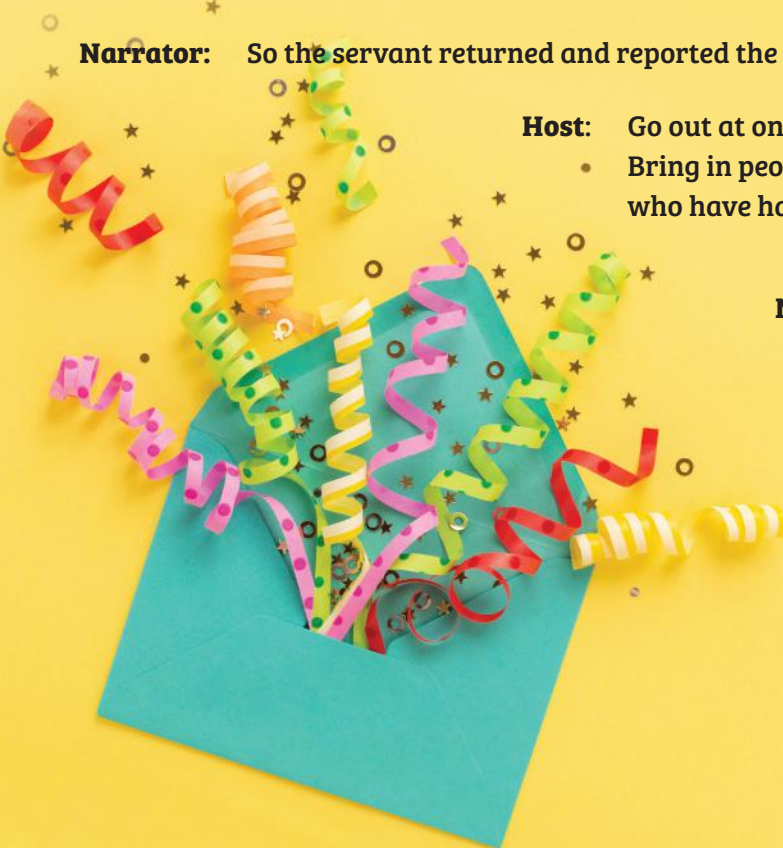
Host: Go out at once into the streets and lanes of the town.
Bring in people who are poor or can't walk. Invite people
who have had a hard life and don't have a place to go.

Narrator: The servant did this and came
back to the host.

Servant: I did what you ordered, and
there is still room.

Host: Go out into the roads and
lanes and find more people
to come. I want my house
to be full!

All: (*in unison*) Everyone is
welcome at God's table.





You're
Invited!

Unscramble the
letters to fill in
the blanks. Then use
the number code
to discover the
mystery word.

¹ Then ² the host ³ said to the servant,

⁴ “Go out into the _____ and lanes,

S D O R A

and get _____ ⁵ to come in so that

E P O L E P

my _____ ⁶ may be _____ ”

H U E S O

E F L D L I

2 1 3 2 4 6 4 2 5 1

Feasting Around the World

Match the pictures of feast foods with the country where they are eaten.

What does your family eat for special holidays?



1

In **India**, a variety of curries are prepared during feasts. One special sweet treat is called **Kaju Katli**. It is made with cream, sugar, and cashews and is often decorated with silver coloring.

2



In **Nigeria**, **Jollof** rice is often eaten for special occasions. **Jollof** is flavored with tomato, onions, spices, and salt. It is usually served with meat, such as chicken or beef.



3

In **North Korea** and **South Korea**, special Korean dishes are prepared during feasts. Two special dishes are:

Nokdujeon: pancakes made with mung beans, pork, scallions, and kimchi

Songpyeon: half-moon-shaped rice cakes filled with sweet sesame seeds, soybeans, or mung beans

4



In **Canada** and **United States**, many people have a feast to celebrate Thanksgiving. Traditional foods include turkey, mashed potatoes, squash, and pumpkin pie.

JESUS AND THE GIANT PICNIC

DAY

John 6:1-14

Storyteller: A large crowd saw Jesus healing sick people. They followed him up a mountainside. Jesus sat down there with his disciples. Jesus looked out at the crowd.

Jesus: Philip, where can we buy bread for these people to eat?

Philip: If we buy even *one bite* of bread for everyone, it will cost way too much!

Storyteller: Andrew went out into the crowd looking for food.

Andrew: This boy has five small loaves of bread and two fish. But that's not enough to feed everyone!

Jesus: Have the people sit down.

Storyteller: So, the people sat down on the grass. There were more than 5,000 people there! Jesus took the bread and prayed:

Jesus: Thank you, God, for this bread.

Storyteller: He and the disciples began passing it out to all the people. He took the fish and did the same. Everyone ate and ate and ate until they were full. Then Jesus told his disciples:

Jesus: Gather the leftover pieces. Don't waste anything.

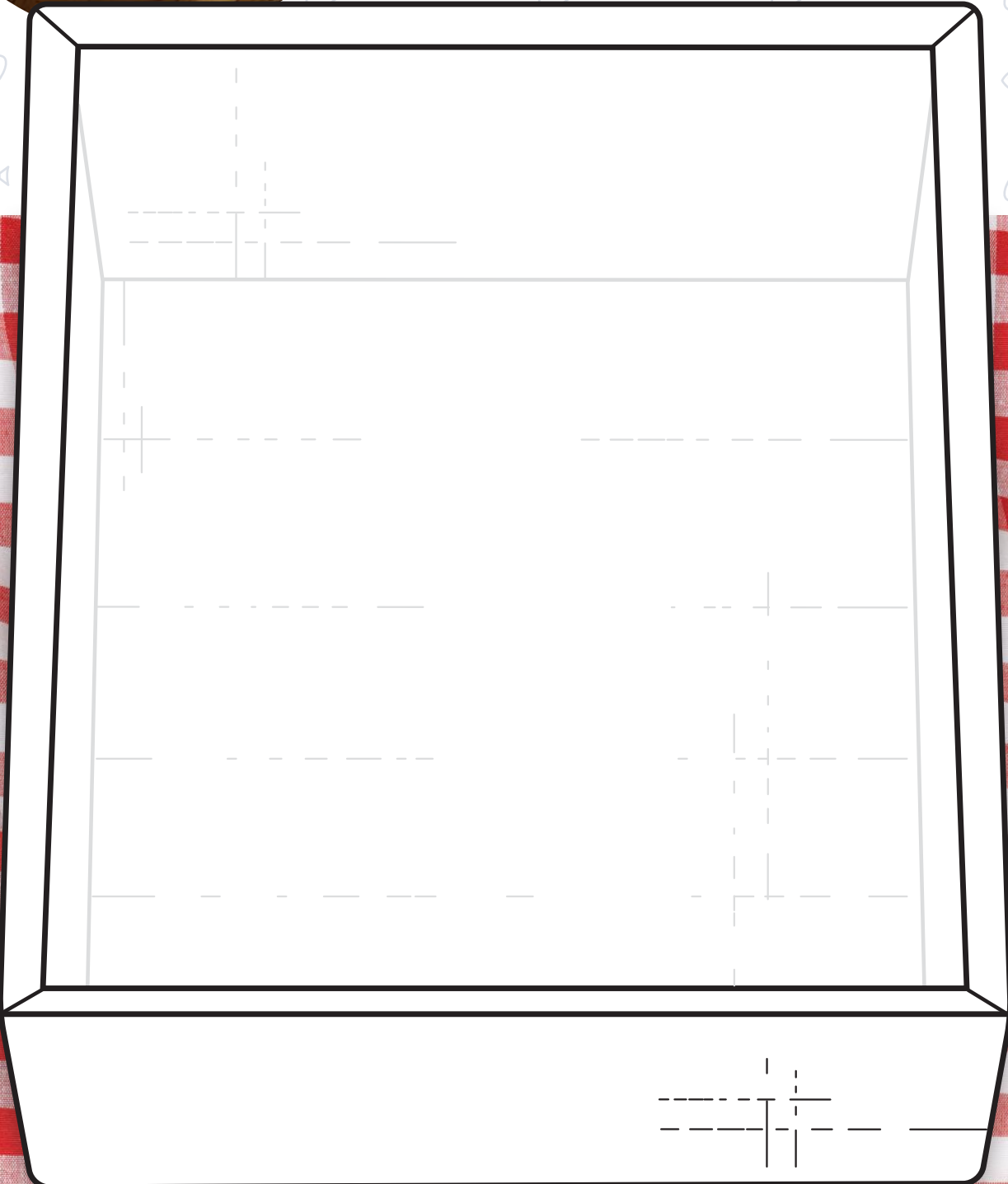
Storyteller: The disciples picked up the leftovers and filled 12 baskets with the pieces!

All: God's table has more than enough for everyone!



Pack a Picnic

The boy in the story had a packed lunch of five loaves and two fish. If you had to pack a picnic lunch, what would bring? Draw your perfect picnic meal in the basket.



B Is for Bread



Bannock (United Kingdom, Canada) is made with baking soda.



Bammy (Jamaica) is made by frying a mixture of cassava root in coconut oil.



Grissini (Italy) is bread formed and baked into crispy-chewy sticks.

Bublik (Ukraine) is similar to a bagel.



What other breads can you think of that start with the letter B?



Borodinsky (Russia) is made with rye flour.

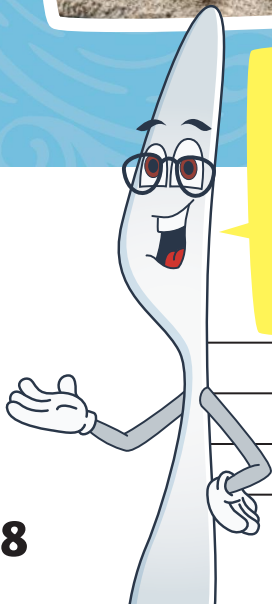


Barbari (Iran, Afghanistan) is a flatbread often eaten with sheep cheese.



Brioche (France) is a sweet bread made with flour, butter, and eggs.

About 15,000 years ago, humans first started eating flat bread—a baked combination of flour and water.



GUESS WHO'S COMING FOR DINNER

3 DAY

Luke 19:1-10

Choose two readers to read the part of Zacchaeus and his friend.
Zacchaeus will read the italicized print. His friend will read the bold print.

Waiting in Jericho up in a tree,
Zacchaeus, Zacchaeus, what did you see?

I saw Jesus walking with people all around.
I was too short to see if I stayed on the ground.

And then he came closer. He was passing my way.
Jesus said, "I am coming to your house today."

You ate then with Jesus. He called you by name.
Zacchaeus, Zacchaeus, did your life stay the same?

Oh, now I have changed 'cause of God's loving care.
I'm sorry I was selfish. Now I'll give, love, and share.

My life will be different; just wait and you'll see.
From now on, a follower of Jesus I'll be!

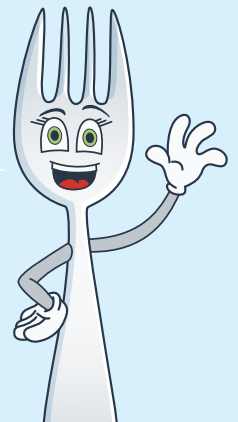


Zacchaeus' Coin Giveaway

Help Zacchaeus give away his coins. Draw a line to connect all the coins without crossing any lines you have already drawn. You can only connect coins that are side by side. You may not collect coins diagonally. Start at the money pouch and end at the open hands at the bottom. Your teacher has the answer.



How many coins
did you collect?
Did you connect them all?



Family

DINER

DAY 1:
BE OUR GUEST

Today at VBS, we heard a story that Jesus told about a great feast. It turns out that everyone is invited to God's great feast, and God wants a full house! Say yes to God and invite others too!

1. APPETIZER

Get ready for your meal by making your table look special. Light a candle. Bring in some nature items from outside and make a display in the middle of the table. Make a decorative name card for everyone. Set an extra place at your table as a reminder that God is with you.

2. MAIN COURSE

Read Luke 14:15–24 together. Talk about the story Jesus told. Who might God want you to invite for dinner? Think of people who are sometimes left out or ignored. Plan a special meal with someone new this week.

3. DESSERT

Make fruit smoothies for dessert! See the recipe on the back of this card. End by listening to songs about welcoming everyone. Search YouTube for "All God's Critters" and "You've Got a Place" (a.k.a. "Welcome Table"). Work together to write a new verse for "You've Got a Place." Here are some examples:

"We'll come home to the welcome table . . ."
"Bring your friends and all your neighbors . . ."
"We'll eat _____ at the welcome table . . ."

Family

DINER

DAY 2: JESUS AND
THE GIANT PICNIC

Today at VBS, we heard about a pretty amazing meal for a crowd! God desires everyone to have what they need. And in this story, there was more than enough for everyone! What can your family share this week to help make sure everyone has enough?

APPETIZER

Get ready for your meal by singing the Superman Grace to the tune of the Superman theme song:

"Superman Grace"

Thank you, God, for giving us food. *(Punch one arm up in the air.)*
Thank you, God, for giving us food. *(Punch the other arm up in the air.)*
For the friends we meet *(punch one arm up in the air)*
and the food we eat, *(punch the other arm up in the air)*
thank you, God, for giving us food. *(Punch both arms up in the air.)*
Amen! Amen! *(Stomp feet.)*

MAIN COURSE

Make flour tortillas for your meal! See the recipe on the back of this card. Read John 6:1–14 together. Jesus gave thanks for the bread before breaking it and sharing it. Have each family member name five things they are thankful for today.

DESSERT

After dinner, it's time to clean up! Jesus told his disciples to gather up all the leftover bread so nothing would be wasted. Work together to cut down on food waste this week. Watch the YouTube video "Top 5 Tips to Cut Down on Food Waste" by The Telegraph if you need some ideas.

FRUIT SMOOTHIE

- 2 cups / 500 ml fruit, such as berries, melon, peaches
- Puree in a blender.
- 1½ cup / 375 ml plain yogurt
 - 1 cup / 250 ml milk
 - 2–4 tablespoons honey or sugar, to taste

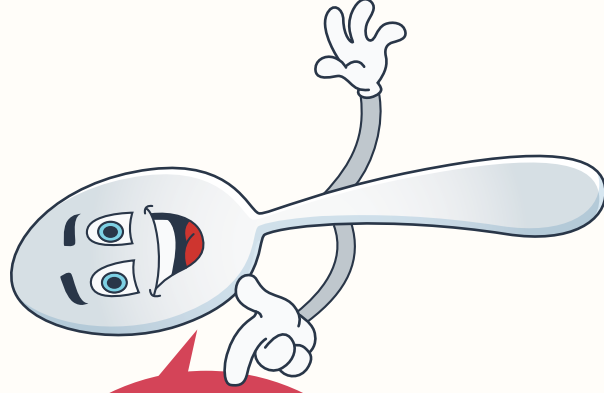
Add and blend until smooth. Yogurt may be replaced by milk for a thinner smoothie.

Tofu variation: Replace the plain yogurt with ¾ cup / 175 ml vanilla yogurt and ¾ cup / 175 silken tofu. Instead of milk, use 1 cup / 250 ml orange juice.



Hi! I'm Sam Spoon.

Did you know that this recipe is similar to licuados, a smoothie-like drink popular in Central American countries?



FLOUR TORTILLAS

- 1 cup / 128 g flour
- ½ tsp / 2½ g salt
- ½ cup / 118 ml water
- Extra flour for kneading
- Oil for cooking

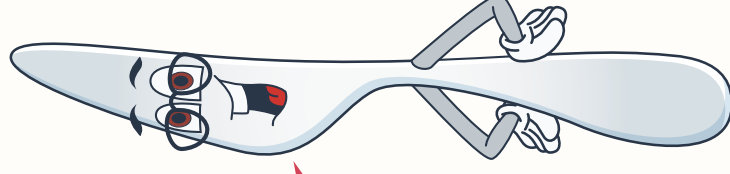
Mix the flour, water, and salt in a bowl. Move the dough to a surface and knead, adding flour if sticky. Separate the dough into six balls and roll them each into a flat circle. Bake for 10 minutes on an oiled tray at 325° F / 150° C. Enjoy!



Hi! I'm Nate Knife.

Here's a fun fact!

The word tortilla comes from the Spanish word torta, which means round cake.



Family

DINER

DAY 3: GUESS WHO'S
COMING FOR DINNER

APPETIZER

Get ready for your meal by learning what foods are in season where you live. Visit a farmer's market or search online for seasonalfoodguide.org to see what's growing in your area.

MAIN COURSE

Read Luke 19:1-10 together. What happened to Zacchaeus when Jesus came to his house? What would you do if Jesus came to your house? How would you welcome him? What questions would you ask him?

DESSERT

Make a summer dessert called Four Fruit Crisp. The recipe is on the back of this card. Then do something sweet! Zacchaeus gave away half of what he owned. Look around your house. What could you give? Donate clothes to a thrift store. Take food to the food bank. Give books or art supplies that you don't need any more to a church or preschool. Get creative!

Family

DINER

DAY 4: A SUPPER
TO REMEMBER

Today at VBS, we learned about the Last Supper Jesus shared with his disciples. He shared food with them and then washed their feet! What great acts of service and love! Jesus invites us to follow his example.

APPETIZER

Get ready for the meal by making a list of ways you have helped each other this week. Maybe you did dishes, cleaned up around the house, watered the plants, wrote a kind message, drew a picture, made a meal or cookies. Take time to thank each other for all these loving actions.

THE MAIN COURSE

Read Luke 22:13-20 and John 13:1-20. What stood out to you? Jesus showed his love by serving his disciples. He taught his disciples to do the same. Who could you serve this week? Who do you find challenging to love? Think of a simple way to reach out to that person.

DESSERT

End your meal by following Jesus' example: Use the foot soak that you made at VBS today to wash each other's feet! If you didn't make a foot soak, then take turns washing each other's feet (or hands, if you'd rather) with soap you already have. You could also simply rub lotion on someone's hands. Talk about how it feels to give and receive love in this way. Remember that Peter felt uncomfortable at first too!

FOUR FRUIT CRISP

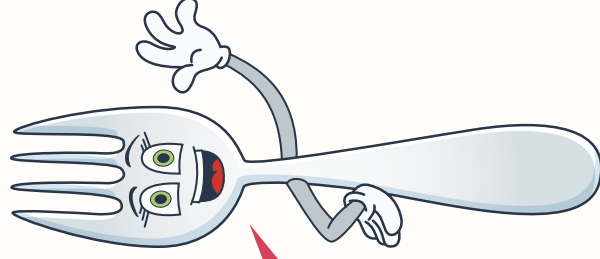
Don't have four kinds of berries or fruits? Use more of the same kind. This recipe works well with fresh, frozen, or canned fruits. Adjust the amount of sugar to the sweetness of the fruit.

- 1½ cup / 375 ml each of four fruits (6 cups / 1.5 L total);
- raspberries, blueberries, blackberries, marionberries, boysenberries, huckleberries, saskatoons, mulberries, strawberries, sour cherries, peaches, apples

Mix together and pour into 10-inch / 25-cm deep dish pie pan. Alternatively, the fruits can be cooked with ¾ cup / 60 ml water, ¼–½ cup / 60–125 ml sugar (depending on the sweetness of the fruit), and 2 tablespoons cornstarch to thicken before baking.

- ¾ cup / 175 ml flour
- ¾ cup / 175 ml rolled oats
- 3 tablespoons butter
- 2 tablespoons oil
- ¾ cup / 175 ml brown sugar
- ½ cup / 75 ml nuts (chopped; optional)

Mix until crumbly. Sprinkle topping over fruit. Bake in preheated oven at 375° F / 190° C until fruit bubbles and top is golden brown, about 30 minutes; may take longer if using frozen fruit.



Hi! I'm Fran Fork.

Did you know that Japanese Yubari cantaloupes are the most expensive fruit in the world? Two melons were sold at an auction for \$23,500! That's a pricey snack!

Simply in Season. © 2015.

Used with permission. All rights reserved.

At the Last Supper, Jesus broke bread and gave it to his disciples. Make some delicious bread to give away, using this recipe, purchased bread dough, or your favorite recipe.

BREAD IN A BAG (MINI LOAVES)

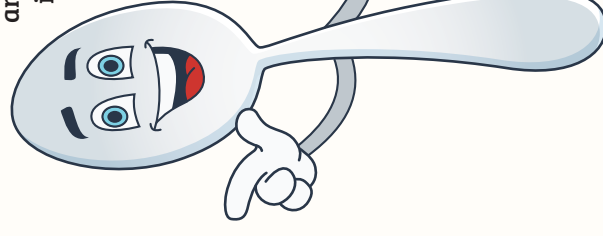
Ingredients:

- 3 cups / 384 g flour
 - 4 T / 60 g sugar
 - 2½ tsp / 12 g rapid rise yeast
 - 1 cup / 237 ml of warm water
 - 1 tsp / 5 g salt
 - 3 T / 45 ml oil
- or one ¼ oz package

Instructions: Put 1 cup / 128 g of flour, the sugar, yeast, and warm water in a gallon-sized, resealable plastic bag. Seal the bag, pressing out as much air as possible. Squeeze the bag until all the ingredients are well mixed. Put the bag on the counter for 10 minutes to let the yeast work. Open the bag, add 1 cup / 128 g flour, the oil, and the salt. Seal the bag, pressing out the air. Squeeze again to mix the ingredients. Open the bag and add the last 1 cup / 128 g of flour. Squeeze to mix. Sprinkle flour on the counter and take the dough

out of the bag. Knead for 3–5 minutes, adding small amounts of flour if it is too sticky. Divide the dough in half and place in two greased mini loaf pans.

Cover and let rise for 30 minutes. Bake for 25 minutes in a preheated 375° F / 190° C oven. The top should be lightly browned.



Hi! I'm Sam Spoon.

Did you know that the largest loaf of bread weighed 3,463 lb / 1,571 kg? It was baked by Joaquim Gonçalves in Brazil. I wonder how many people he fed with that loaf!

Life-changing Words

Use the code on the wheel to find out what Jesus said to Zacchaeus in Luke 19:10. Look for the code letter on the outside of the circle. Write the matching letter from the inside circle on each blank. Your teacher has the answer.



Jesus said,

N W Z

B P M

A W V

W N

U I V

K I U M

B W

A M M S

W C B

I V L

B W

A I D M

B P M

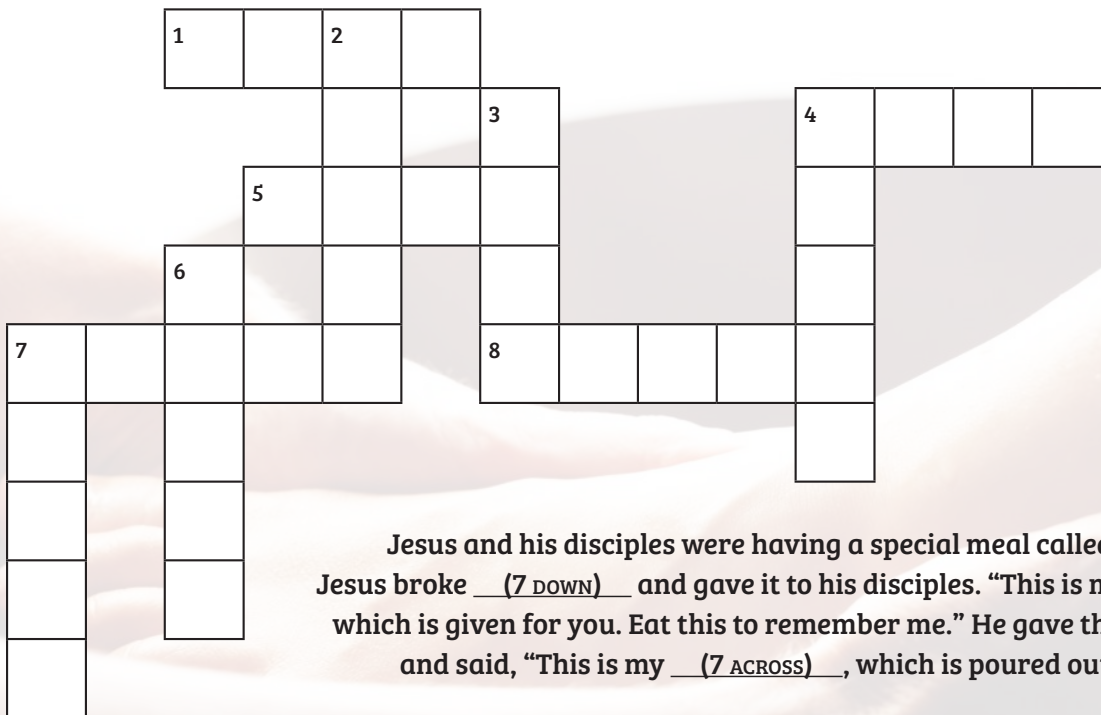
T W A B

4 DAY

A SUPPER TO REMEMBER

Luke 22:13–20; John 13:1–20

Read the Bible story and fill in the crossword puzzle with the missing words.
Use the Word Box if you get stuck.



Jesus and his disciples were having a special meal called Passover. Jesus broke (7 DOWN) and gave it to his disciples. “This is my (1 ACROSS), which is given for you. Eat this to remember me.” He gave them (5 ACROSS) and said, “This is my (7 ACROSS), which is poured out for you.”

Jesus got up from the (8 ACROSS). He wrapped a towel around his waist. He poured (4 DOWN) into a basin and began to (4 ACROSS) his disciples’ feet. He (2 DOWN) them with the (6 DOWN).

Jesus said. “Do you understand what I have done for you?” I am your teacher. I set an example for you by washing your (3 DOWN). Now you should go wash one another’s feet.”

Word Box

DRIED WINE WATER BODY FEET BLOOD WASH TOWEL BREAD TABLE

Loving like Jesus

Jesus showed love to his disciples by feeding them and washing their feet. How are these kids showing love to their friends and family? In the boxes, draw pictures of how you can love the people around you.






Family

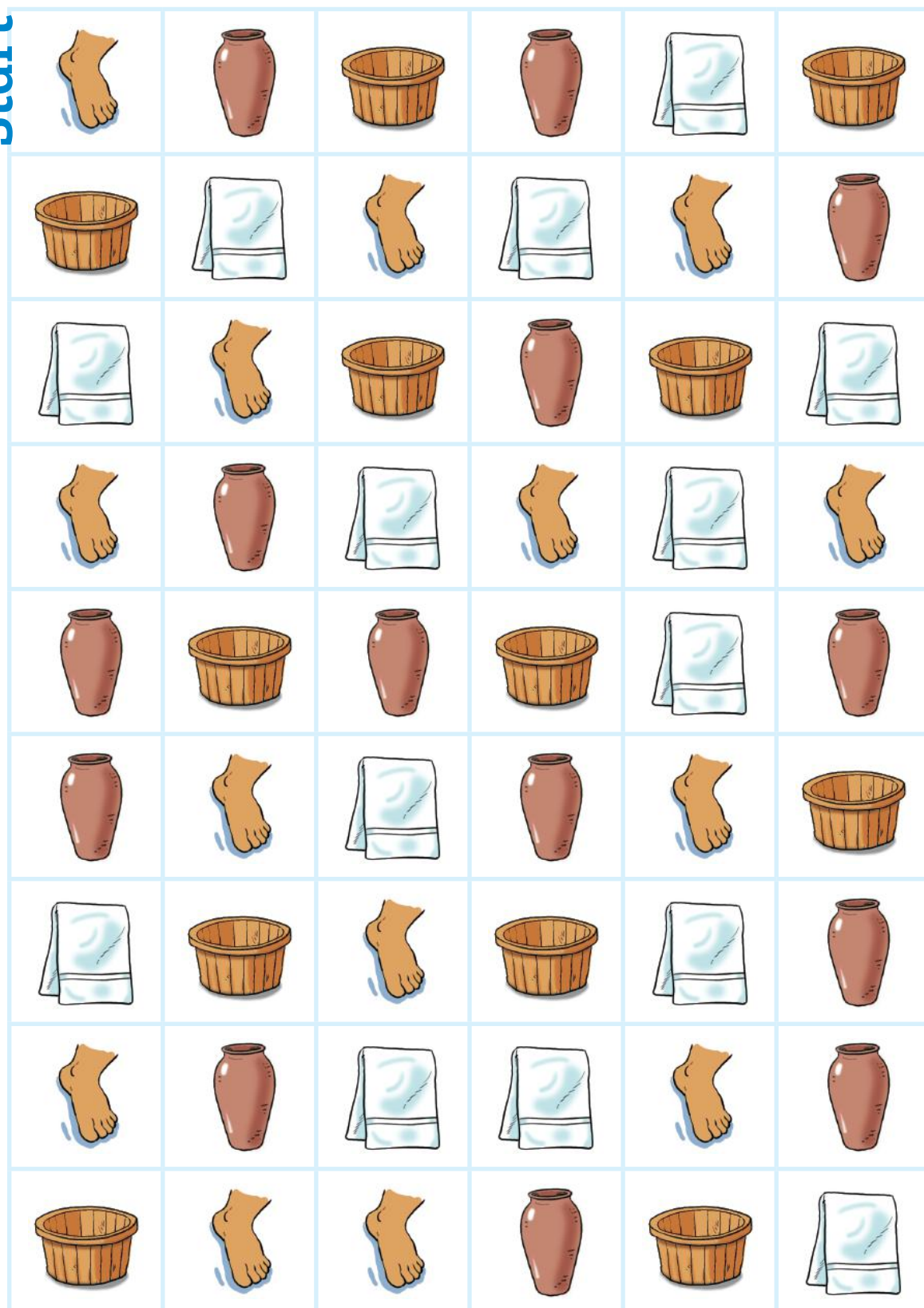
Friend

Neighbor

Wash Those Feet!

Follow the pattern , ,  through the grid. These pictures are from today's story about Jesus washing the disciples' feet. Move up, down, forward, or backward—but not diagonally. Your teacher has the answer.

Start



End

BREAKFAST ON THE BEACH

John 21:1-17

DAY

5

One evening, Jesus' disciples got into a boat and went fishing.

7:00 ... 8:00 ... 9:00 ... 10:00 ... no fish.

11:00 ... 12:00 ... 1:00 ... 2:00 ... no fish.

3:00 ... 4:00 ... 5:00 ... 6:00 ... still no fish!

As the sun was coming up, the disciples heard a voice calling from shore.
"Friends, did you catch any fish?"

"No. Not even one!" they called back.

The man said, "Throw your nets on the right side of the boat, and you will catch some."

How could this be? They had been fishing all night! 7:00 ... 8:00 ... 9:00 ...
10:00 ... 11:00 ... 12:00 ... 1:00 ... 2:00 ... 3:00 ... 4:00 ... 5:00 ... 6:00 ... no fish!

Even though they were very tired, they threw their nets on the right side of the boat. Guess what! There were so many fish in the net that they could not even pull it back into the boat!

Suddenly, Peter realized that the person on the shore was Jesus! He jumped into the water and swam to shore. The other disciples came behind in the boat. Jesus was cooking fish over a fire, and he had bread for them. "Come and eat breakfast," he said. Jesus broke the bread and fish and gave it to them.

After they ate, Jesus talked to Peter.

"**Do you love me?**" Jesus asked.

Peter said, "Yes, you know that I love you."

"**Do you love me?**" Jesus asked again.

Peter said, "Yes, you know that I love you."

"**Do you love me?**" Jesus asked a third time.

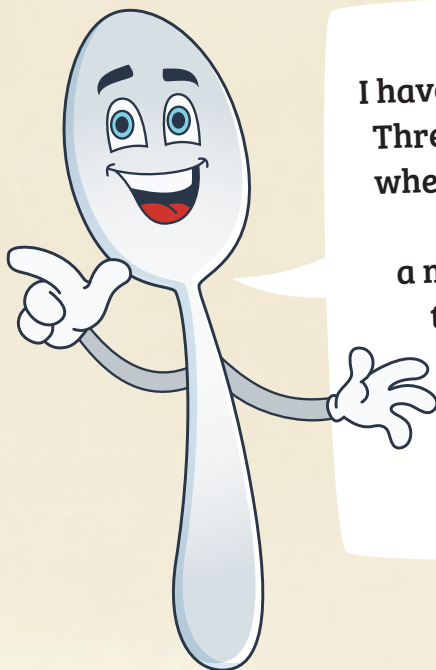
Peter said, "Yes, you know that I love you."

"Feed my sheep and take care of them. Follow me!" Jesus said.

Fish on the Right Side

After the disciples fished all night and did not catch anything, Jesus told them to throw their nets on the right side of the boat. They caught 153 big fish! First, find the word boat. Then look for the names of 11 fish to the right of the word boat. Look to the left of the word boat to find three things they might have caught if they had fished over there!

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

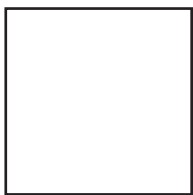


Hi! I'm Sam Spoon.
 I have some fun fish facts for you!
 Three main fish were in the lake
 when Jesus lived: a big fish with
 whiskers called a biny,
 a medium fish called Galilean
 tilapia—also known as “Saint
 Peter’s Fish” —and a tiny
 fish called a Kinneret
 sardine. Biny can weigh
 up to 15 lbs / 6.8 kg!

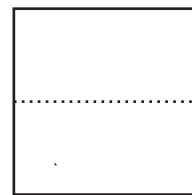
Fish list:

Salmon
 Tuna
 Eel
 Trout
 Cod
 Marlin
 Sardine
 Snapper
 Bluefish
 Anchovy
 Perch

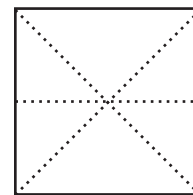
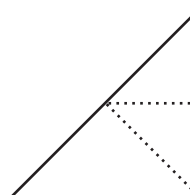
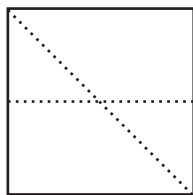
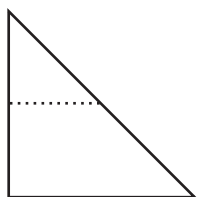
Origami Fish*



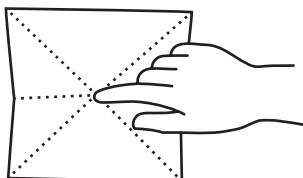
Use colorful square origami paper or cut out a square from a piece of copy paper.



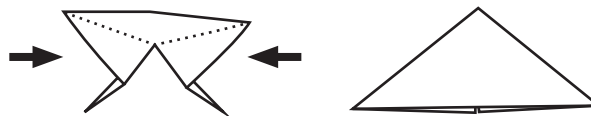
Fold the paper in half horizontally, and then unfold it.



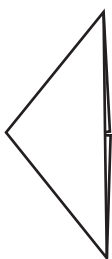
Fold the paper diagonally, crease it, and unfold it. Do this both ways.



Poke the middle with your finger so that it pops in.

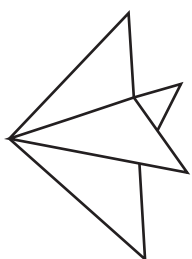
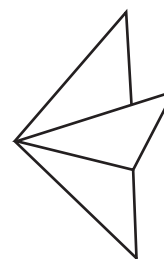


Push the left and right sides together so that the paper collapses into a triangle.

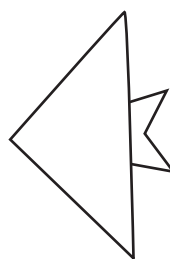


Turn the triangle so that the top is pointing left.

Fold the bottom corner up a little above the center as shown.



Fold the top flap over the bottom one as shown.



Flip the fish over.



Draw the eye and some stripes or other designs!

* If you need help, watch "Origami Fish Easy for Kids" by YTC Kids (YouTube).

Memory Passage Puzzle

Do you remember the memory passage? Unscramble the words, solve the math problems, and draw two pictures in the boxes to complete the memory passage.



said to them,



"I am the

of life.

Whoever comes to me will never be _____,

G R U Y H N

and whoever _____ in me

E L I E S B V E

will never be thirsty." John _____ : _____

3+3

7x5

HUNGRY HUMOR*

Breakfast

Every morning I think I'm going to make pancakes, but I keep waffling.

1. What do you get from a pampered cow?
2. You know what's hard to beat for breakfast?



1A: spoiled milk
2A: a boiled egg

Lunch

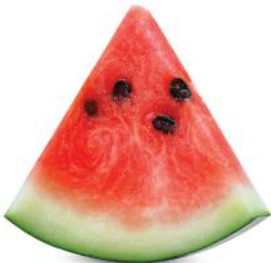
3. What did the hot dog say when his friend passed him in the race?
4. What are hot dogs called in winter?
5. What does a nosy pepper do?



3A: Wow, I relish the fact that you've mustard the strength to
4A: chilly dogs
5A: gets jalapeño business

Snack

6. When do you go at red and stop at green?
7. What do you call blueberries playing the guitar?
8. What does a grape say when it gets stepped on?



6A: when you're eating a watermelon
7A: a jam session
8A: Nothing, it just lets out a little wine.

Dinner

Becoming a vegetarian was a huge missed steak.

9. What do you call cheese that isn't yours?
10. What do you call a dishonest noodle?



9A: nacho cheese
10A: an impasta

*All jokes courtesy of Reader's Digest.

Family DINER

DAY 5: BREAKFAST
ON THE BEACH



Today at VBS we heard about an amazing catch of fish and a breakfast that Jesus cooked over a campfire on the beach! Do you ever eat breakfast for dinner? Try it! Here are some ideas:

APPETIZER

Get ready for your dinner-time breakfast by learning about breakfast foods eaten in other countries. Watch the YouTube video “What Does the World Eat for Breakfast?” by As/Is. Maybe you’ll want to include some of those foods in your breakfast!

MAIN COURSE

Read the Bible story in John 21:1–17 together. What do you think Jesus meant when he said, “Feed my sheep”? What do you know about sheep? What do they need? How can you love like Jesus?

DESSERT

Make a granola parfait together using the recipe on the right. Be sure each person gets to add something to each cup.

GRANOLA PARFAIT

Gather ingredients and four large clear glasses or bowls.

Ingredients

- 1 cup / 175 g of strawberries (frozen or fresh)
- 2 cups / 350 g of other berries (blueberries, raspberries, blackberries) (frozen or fresh)
- 3 cups / 750 g of yogurt
- a drizzle of honey (optional)
- 1 cup / 175 g of granola (homemade or store-bought)

Line up glasses. Put a big spoonful of yogurt into each glass, then a big spoonful of granola, and then fruit. Next, drizzle with honey. Repeat the layers until glasses are full or the ingredients are used.



Growing Up
Catholic