



## Hot Cross Buns Activity Center

### *Family Handout*

Many of our holiday dishes are a result of ancient traditions that have become a beloved part of our celebrations.

- ✦ In Great Britain, these sweet yeast rolls—flavored with cinnamon and currants and marked with a cross—are a traditional Good Friday breakfast.
- ✦ The cross, which reminds us of the sacrifice that Christ made for us, is cut into the top of the rolls before they are baked or added afterward with frosting.
- ✦ Hot cross buns were first associated with Lent in 1361 when, on Good Friday, the monks of Saint Alban's in Hertfordshire made some to give to those who were poor.

### **A Lenten Tradition**

As with many Christian traditions, hot cross buns have their origin in ancient pagan practices, with the cross representing the four quarters of the moon. The Catholic Church adopted the tradition of crossed buns and gave the cross new meaning.

It's such a simple thing—a sweet bread roll—but claims of healing and protection from evil were attributed to the buns from early days. Although Roman Catholicism was banned from England in the 16th century, the popularity of hot cross buns did not diminish. They remain a popular English Lenten dish to this day.

So, enjoy your taste of Lenten tradition and remember the great love of Christ, whose great sacrifice is memorialized by the cross.

