

Sweden

God Jul



1 pkg. dry yeast
1 1/2 sticks butter
2 1/2 c. milk
3/4 c. sugar
1 tsp. salt
1 tsp. ground cardamom
About 7 1/2 c. flour
1 beaten egg
Raisins for decorating

Sprinkle yeast in large bowl. Melt butter in pans; add milk. Cool mixture until lukewarm. Add the mixture to the yeast. Stir until dissolved. Add salt, sugar and cardamom. Measure flour and add 6 cups.

Knead dough 8 minutes, adding more flour as needed. Allow dough to raise in a covered bowl 30-40 minutes. Divide dough into 12-15 pieces. Roll each piece into a long snake-like form.

Beginning at one end, roll into a circle until the middle of the strand. Do the same with the other end, forming an S-shape. Put a raisin in the middle of each end of the bun. Brush with beaten egg and bake in a 350 degree oven for about 30 minutes.

Who was Saint
Lucia and Saint
Stephen?

Lucia gave all her money to
the poor. She gave her
jewels and her jewelry. All
she had.

Over the seas shines a silver star.
Placid is the wave. Fair is the wind.
Over the sea shines a silver star.
Placid is the wave. Fair is the wind.
Come to my swift little boat,
Saint Lucia, Saint Lucia.
Come to my swift little boat,
Saint Lucia, Saint Lucia.

Stephen loved horses. He
owned 5 horses, and when one
tired he would start to ride the
next so he could continue his
efforts to tell everyone about
Jesus.

In Sweden men now ride horses
from town to town to
remember him.

puppets

Saint Lucia
Bread

Saint Lucia Day

Saint Lucia Day happens on December 13 in Sweden. A girl is chosen to represent Saint Lucia. She wears a white dress and a red sash. On her head is a crown of candles. Following her are other girls with a single candle.

She will bring candy, sweet bread, or ginger snaps.

Boys dress as Saint Stephen in a white robe and cone-shaped hat with golden stars.

Have child trace "Saint Lucia Day" and cut out. Then cut out the mini-book next to this and glue it onto the page saying Sweden. Then glue the title "Saint Lucia Day" onto the front.