

St. Lucia's Wreaths



St. Lucia (whose name means "light") was an early Roman martyr. Her feast day is celebrated on December 13th, and is especially popular in Sweden. Traditionally, the oldest girl in a household dresses in a white robe (representing Lucia's purity) with a red sash (representing her martyrdom) and wears an evergreen crown with seven candles on her head. In the tradition, the girl wakes early carries a tray of hot drinks and sweet breads to the rest of the members her family. This is because tradition says that Lucia would often carry food to the poor and candles on her head would lighter way. Many people today use St. Lucia day as a reminder to serve the poor and share the light of Christmas with everyone their meet.

Make your Own St. Lucia Wreath

1. Cut the center circle out of a paper plate.
2. Decorate the paper plate with green leaves.
3. Cut out seven white candles. Add orange flames to the candles.
4. Staple the candles to the wreath.
5. Use a hole punch to put two holes on opposite sides of the plate. Tie a piece of yarn to each. Use the yarn to tie the wreath on your head.
6. Think about ways you can share God's light with people this Christmas, especially the poor and needy.

Lussebullar (also known as Lucia Buns)

1 tbsp saffron
2 cups milk
3 tbsp yeast
1 cup butter or margarine
1 egg (beaten)
½ tsp salt
1 ½ cups sugar
½ cup chopped almonds
1 cup raisins (optional)
6-7 cups flour

Topping:
1 beaten egg
coarse sugar
chopped almonds
raisins

Crush saffron and mix with a tbsp of sugar in a mortar. Warm the milk (not too hot) and melt the butter in the milk. Add the rest of the ingredients except for the yeast and flour. Mix the yeast in a separate bowl with a little of the flour. Add to mixture and mix well. Add the rest of the flour a little at a time. Knead and let rise in a warm place. Once risen, punch down and knead again. Roll the dough to whatever shape(s) you prefer. Place on a cookie sheet, raise, brush with egg and sprinkle with coarse sugar, almonds, and raisins. Bake "small shapes" in a very hot oven at 375-400°F for 5 to 8 minutes and bake "larger shapes" at 350-375°F for 13 to 17 minutes.