

לא תרצח
לא תנאף
לא תגנב
לא תענה
לא תחמד

אנוכי ה'
לא יהיה
לא תשא
זכור את
בבד את

LENT
with St Mary's

What is Lent?

Lent is the six-week period leading up to Easter. It's one of the most important times of year for Christians around the world. Lent is a time of solemn observance and preparation for the celebration of the death and resurrection of Jesus. From its start on Ash Wednesday until its conclusion on Easter Sunday, Lent is a traditional time for fasting or giving up something, praying more, reading the bible, and being more generous with whatever we have to give.

What is this booklet?

St Mary's church has put this booklet together with a bag of other materials so that families at home can follow Lent at home. There are reflections, readings, activities and prayers for each Sunday in Lent, plus extra material for Ash Wednesday.

The readings and themes in the booklet are the same as we will have in church.

Follow us on Facebook and share your crafts with us. We would love to see how you are getting on.

We hope that soon we can all meet together as a church again, but until then, we wish you a holy Lent, and when it comes, a Happy Easter.



Ash Wednesday

17th February 2020

READ

Early in the morning Jesus went to the Temple. All the people came to him, and he sat and taught them. The teachers of the law and the Pharisees brought a woman there. She had been caught in adultery. They said to Jesus, “Teacher, this woman was caught having physical relations with a man who is not her husband. The law of Moses commands that we kill with stones every woman who does this. What do you say we should do?” They were asking this to trick Jesus so that they could have some charge against him.

They continued to ask Jesus their question, so he said, “Is there anyone here who has never sinned? The person without sin can throw the first stone at this woman.” Those who heard Jesus began to leave one by one. The older men left first, and then the others. Jesus was left there alone with the woman. She was standing before him. Jesus stood up again and asked

her, “Woman, all of those people have gone. Has no one judged you guilty?” She answered, “No one has judged me, sir.”

Then Jesus said, “So I also don’t judge you. You may go now, but don’t sin again.”

John 8.2-11



REFLECT

On Ash Wednesday Christians all over the world go to church to say sorry to God for all the bad things they've done, and ask for forgiveness. They often get ash put on their heads as a symbol of asking for forgiveness. In your bag is an ash cross on a stone.



Jesus said to the angry men in the story that they can stone (throw stones at) the sinning woman if they are always good people. They knew they were not, so they went home with their stones. It's always easy to find problems with other people and want to blame them. The stone in your bag will be a reminder that we all have things we should do differently, and all have things to say sorry for, even if they're small.



DO: ACTIVITY SHEETS

In your bag you will find some activity sheets for Ash Wednesday. If you downloaded this booklet off the internet, you can follow this link to access the activity sheets and print them off at home.

- <https://bit.ly/2MvvkZf>

DO: WHAT ARE YOU DOING OR GIVING UP FOR LENT?



Use this space to write down what you will try to do differently this Lent



PRAY

Holy God, rescue us
from all the bad things we do,
bring us healing
and make us whole
in Jesus Christ our Lord.
Amen.

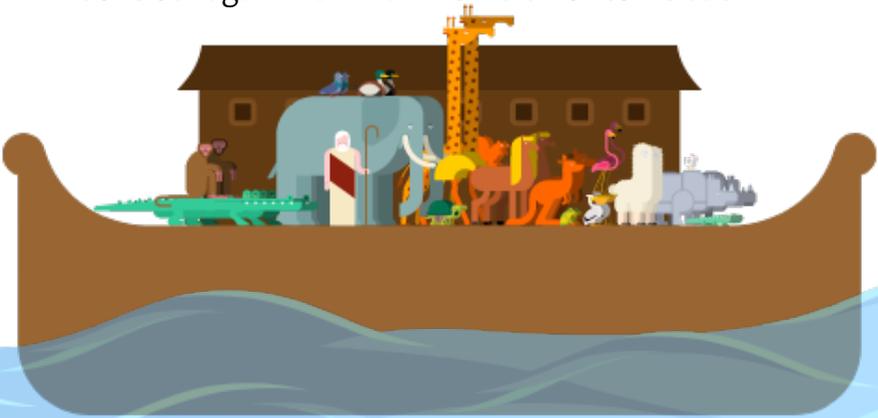
1st Sunday of Lent

21st February 2020

READ

When the rain had stopped, Noah sent out a dove. This was to find out if the water had dried up from the ground. The dove could not find a place to land because water still covered the earth. So it came back to the boat. Noah reached out his hand and took the bird. And he brought it back into the boat.

After seven days Noah again sent out the dove from the boat. And that evening it came back to him with a fresh olive leaf in its mouth. Then Noah knew that the ground was almost dry. Seven days later he sent the dove out again. But this time it did not come back.



Then God said to Noah and his sons, “Now I am making my agreement with you and your people who will live after you. I will never again destroy all living things by floodwaters.” And God made a rainbow in the sky.
Genesis 8:8-12; 9:8-11

REFLECT

This week we heard the story about Noah’s Ark. People were ignoring God and so God sent a flood across all the Earth. Noah and his family, and all the creatures on the Ark were saved. Afterwards, Noah sent out a dove to see if the land was drying, and it was. The dove became a symbol of hope and peace. In church today we also heard about Jesus’s baptism, when the Holy Spirit descended like a dove on Jesus, before he went into the wilderness to be tempted. The Dove is also a symbol of our baptism, and of God’s promises. Lent is a time to remember God’s promises to us, and to turn to him, and follow him, just like Noah did.



DO: MAKE AN ORIGAMI DOVE

Origami is the Japanese art of paper folding, and you can make all sorts of objects and creatures just by folding paper. Follow this QR Code* to see a YouTube video showing you how to do it. You will need the origami paper included

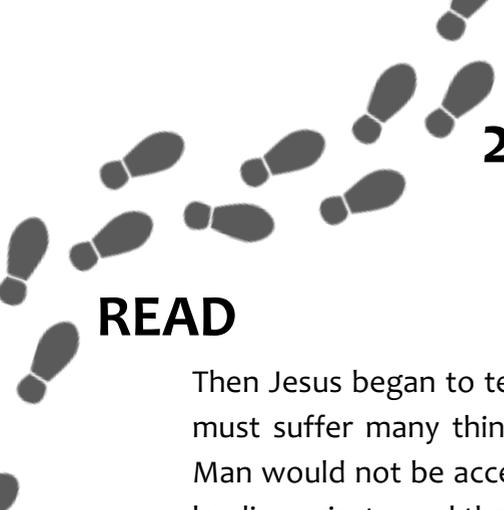
in the bag. Hang them in your window to show people passing by. If you still have a rainbow in the window, it will look like the bible story!

*or type out this link: <https://youtu.be/w7xtcoibkd4>

PRAY

Heavenly Father,
your Son battled with temptation,
and grew closer to you in the desert:
help us to use these days to grow in wisdom and prayer
that we may witness to your saving love
in Jesus Christ our Lord. Amen.





2nd Sunday of Lent

28th February 2020

READ

Then Jesus began to teach them that the Son of Man must suffer many things. He taught that the Son of Man would not be accepted by the Jewish elders, the leading priests, and the teachers of the law. He taught that the Son of Man must be killed and then rise from death after three days. Jesus told them plainly what would happen. Then Peter took Jesus aside and began to criticize him. But Jesus turned and looked at his followers. Then he criticized Peter and said, “Get behind me, Satan! You do not have in mind the concerns of God, but merely human concerns.”

Then he called the crowd to him along with his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.”

Mark 8. 31-34



REFLECT

In today’s story the disciples didn’t want to think about Jesus dying on a cross. But Jesus tells them off. When we try to follow Jesus we have to remember that it’s not easy. Following Jesus means we have to think more about what God wants and less about what we want. That’s what sacrifice is: denying ourselves

something we want so we can focus on Jesus. If you've given up something you love for Lent, how are you managing without it? Are you thinking about God more?



DO: ACTIVITY SHEETS

Have a look in your bag, and you'll see some activity sheets with puzzles and colouring in for this week. If you downloaded this booklet off the internet, you can follow these links to access the activity sheets and print them off at home.

- https://sermons4kids.com/a_call_to_discipleship_maze
- https://sermons4kids.com/take_up_your_cross_decoder.htm
- <https://images.app.goo.gl/V4wuCLoyDnDZqaKa6>
- <https://images.app.goo.gl/eHzYGqHzLasD7PZF6>

PRAY

Almighty God,
Help us with the prayer and
discipline of Lent
And let us enter into the
mystery of Christ's suffering.
By following in his Way
may we come to share in his
glory;
through Jesus Christ our Lord.
Amen.





3rd Sunday of Lent

7th March 2020

READ

Then God spoke all these words:

“I am the Lord your God. I brought you out of the land of Egypt where you were slaves. You must not have any other gods except me.

“You must not make for yourselves any idols. Don’t make something that looks like anything in the sky above or on the earth below or in the water below the land. You must not worship or serve any idol.

“You must not use the name of the Lord your God thoughtlessly. The Lord will punish anyone who is guilty and misuses his name.



“Remember to keep the Sabbath as a holy day. You may work and get everything done during six days each week. But the seventh day is a day of rest to

honour the Lord your God. The reason is that in six days the Lord made everything. He made the sky, earth, sea and everything in them. And on the seventh day, he



rested. So the Lord blessed the Sabbath day and made it holy.

“Honour your father and your mother. Then you will live a long time in the land. The Lord your God is going to give you this land.

“You must not murder anyone.

“You must not be guilty of adultery.

“You must not steal.

“You must not tell lies about your neighbour in court.

“You must not want to take your neighbour’s house.

You must not want his wife or his slaves. You must not want his ox or his donkey. You must not want to take anything that belongs to your neighbour.”

Exodus 20:1-17



REFLECT

The Ten Commandments are well known, and some of them are easier than others to keep. Actually there are hundreds of other commandments in the Bible, telling people how they should live. Jesus says that these rules are important, but the most important thing is that you love God and love other people like you want to be loved. If you do those things, all the other commandments will be easier to keep!



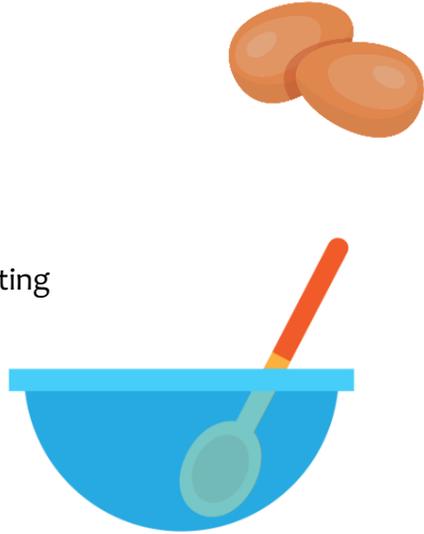
DO: MAKE TEN COMMANDMENTS BISCUITS

You will need:

- 200g softened unsalted butter
- 200g golden caster sugar
- 1 large egg
- ½ tsp vanilla extract
- 400g plain flour, plus extra for dusting

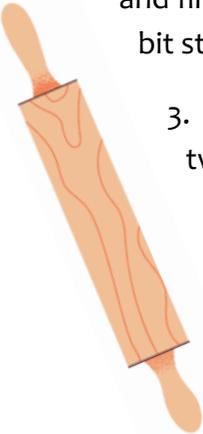
Included in the bag:

Icing to decorate



Method:

1. Heat the oven to 200C/180C fan, and line a baking sheet with baking parchment.
2. Put the butter in a bowl and beat it with electric beaters until soft and creamy. Beat in the sugar, then the egg and vanilla, and finally the flour to make a dough. If the dough feels a bit sticky, add a little bit more flour and knead it in.
3. Roll out the dough to about the thickness of two £1 coins on a floured surface.
4. Cut the dough into shapes like tablets of stone (the 10 Commandments). Re-roll off-cuts and repeat.



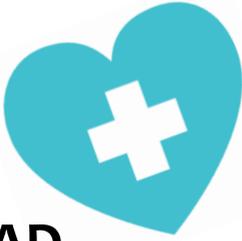
5. Transfer the biscuits to the baking sheet and bake for 8-10 mins or until the edges are just brown. Leave to cool for 5 mins, then decorate with numbers 1 to 10. The recipe will make more than 10!

They'll keep for three days in a biscuit tin—if they last that long!

PRAY

Eternal God,
give us help to understand your will for us,
to give up things that are bad for us,
and to seek the perfection we are promised
in Jesus Christ our Lord.





Mothering Sunday

14th March 2020

READ

When the time came for Jesus to be crucified, Jesus' mother Mary stood near his cross. His mother's sister was also standing there, with Mary the wife of Clopas, and Mary Magdalene. Jesus saw his mother. He also saw the follower he loved standing there. He said to his mother, "Dear woman, here is your son." Then he said to the follower, "Here is your mother." From that time on, this follower took her to live in his home.

John 19. 25b - 27



REFLECT

This story from when Jesus is on the cross shows Mary, Jesus's mother along with some other women (also called Mary!). Jesus friend John is also there, and Jesus asks Mary to think of John as her son, and for John to think of Mary as his mother. So many people today are 'mothers' to people who aren't their own children. You might even be motherly to friends you care for. During Covid, lots of people rely on care from other people. Who cares for you and who are you thankful for? Is there anyone you care for?



Loving God,
we give you thanks for all
those who care for us,
who have encouraged us
and helped us grow,
who have forgiven us,
and cared for us when we
are unwell,
who have supported us
when times were hard,
who have challenged us,
who have told us about
you. Thank you, Lord.
Amen

DO: PAPER DAFFODILS

Inside the bag you will find everything you need to make a paper daffodil. Cut it out and on each petal of the daffodil, write the name of someone who cares for you, or who you care for. Here is a special prayer for all those who care for us.

If you downloaded this booklet off the internet, you can follow this link to access the template:

- <https://images.app.goo.gl/gx3ZY73be8o1PYH7A>

PRAY

God of love,
passionate and strong,
tender and careful:
watch over us and hold us
all the days of our life;
through Jesus Christ our Lord.



5th Sunday of Lent

21st March 2020

READ



Jesus said to his disciples, “The hour has come for the Son of Man to be glorified. Very truly I tell you, unless a grain of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life. Whoever serves me must follow me; and where I am, my servant also will be. My Father will honour the one who serves me.

John 12:23-33

REFLECT

Jesus once again tries to explain to his disciples that he is going to be crucified soon, and rise from the dead on Easter Day. To help explain his talks about grains of wheat—seeds of the wheat plant. He says that a wheat plant has to die and then drop the grains to the ground for them to grow again. If the plant doesn’t do that, there will be no new life. In the same way Jesus died and brought new life.



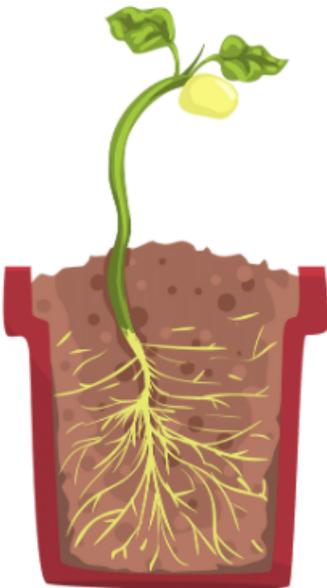
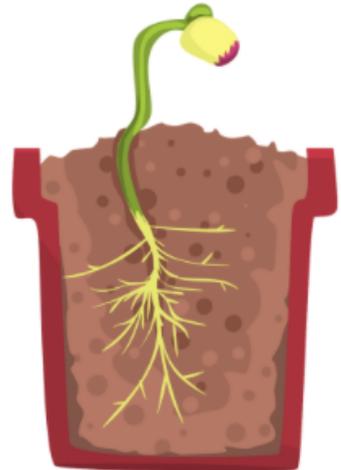
DO: PLANT A SEED



In your bag you will find a little pot, a seed, and some soil. Fill the little plant pots with compost and plant two or three seeds in each pot. Cover with a little extra compost and water them.

Place them on a window sill, or in a greenhouse, and keep watering a little every day or two. You should see the seedlings

appear in about a week.



When your seedlings are around 10-15cm tall, and with a stem that's beginning to look a little sturdier, you can re-plant them out doors.

What plant is it? Send us your photos!

DO: POPPY SED CAKE

While you are waiting for the seeds to grow, you can see how tasty some seeds can be!

Ingredients

- 2 lemons
- 225 g soft butter or baking spread
- 225 g caster sugar
- 275 g self-raising flour
- 2 level tsp baking powder
- 4 eggs
- 4 tbsp milk
- 25 g poppy seeds (included in the bag!)



For the icing

- 3 tbsp lemon juice
- 225 g icing sugar, sifted



Equipment

~30 x 23cm traybake tin or roasting tin

Instructions

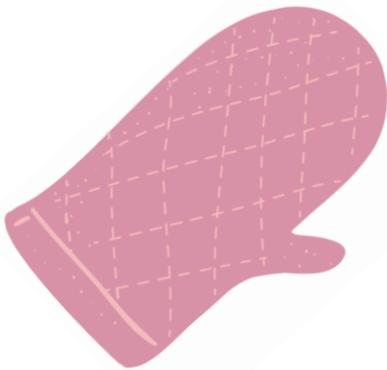
1. Pre-heat the oven to 180C/160FanGrease and line a ~30 x 23cm traybake tin or roasting tin with greased parchment paper.
2. Using a zester remove the zest from one lemon and set aside for garnish. Finely grate the rind from the other lemon. Measure all

the ingredients into a large bowl, add the grated lemon rind and beat well by hand or with an electric hand whisk for about 2 minutes until well blended. Turn the mixture into the prepared tin and level the top.

3. Bake in the pre-heated oven for about 35-40 minutes or until the cake is shrinking from the sides of the tin and springs back when pressed in the centre with your fingertips. Leave to cool in the tin. Once cool turn out and remove paper.



4. For the icing, mix together the lemon juice, sieved icing sugar and mint to give a coating consistency. Spread out evenly over the cake sprinkle with reserved lemon zest and leave to set.
5. Cut into squares to serve.



PRAY

Gracious Father,
you gave up your Son
out of love for the world:
help us to think about
the mysteries of death and life,
so that we may know eternal peace
through Jesus Christ our Lord.

Palm Sunday

28th March 2020

READ

Jesus and his followers were coming closer to Jerusalem. The followers brought a donkey to Jesus, and Jesus sat on it. Many people spread their coats on the road. Others cut branches in the fields and spread the branches on the road. Some of the people were walking ahead of Jesus. Others were following him. All of them were shouting,

“Hosanna! Blessed is the one who comes
in the name of the Lord!”

Mark 11:1, 7-9



REFLECT

Everyone in Jerusalem was excited to see Jesus—they had heard so much about him. They waved palms for him and shouted “Hosanna!”. But not long afterwards the crowd turned against Jesus and shouted for him to be crucified. Sometimes even when we want to do the right thing we get carried away in a crowd and follow other people. Maybe we are embarrassed to stand up to people or we don’t want to make a fuss. It’s difficult to stand up to other people, and it’s difficult to be a Christian when other people aren’t, but we can pray to God for help to be more confident, and to do the right thing, even if it’s not what most people are doing.



DO: SPINNERS

In your bag, and you’ll find a template to make a Palm Sunday Spinner. If you downloaded this booklet off the internet, you can follow these links to access the activity sheets and print them off at home.

- <https://docs.google.com/file/d/oBoRweH-3RyIoeDhLREkzYXVDC2M/edit>

DO: MAKE A PALM CROSS

If you want to practice more origami skills, follow this QR Code* and you can learn how to make a traditional palm cross out of paper.

*or type out this link:

<http://make-origami.com/easter-cross/>



PRAY

True and humble king,
hailed by the crowd as Messiah:
grant us the faith to know you
and love you, so that we may be
found beside you
on the way of the cross,
which is the path of glory.



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