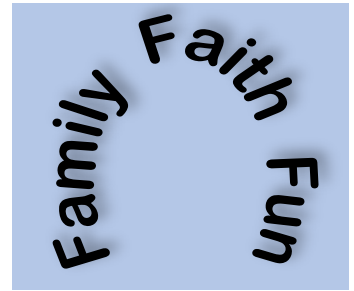




Charity No 251394

February 2023 Fun before Fasting



We've barely got over celebrating the birth of Jesus at Christmas, and already the shops are filling up with Easter Eggs. Easter is the time when we remember when Jesus' life on earth ended. In actual time over thirty years had passed and Jesus had grown up, learning all about God and finding out what God's mission for him would be. He had to prepare himself so he went off into a desert area away from people and spent 40 days and night praying and listening to God. In the same way we should be preparing ourselves for what is to come and this is a special time in the Church calendar which is called LENT.

When Jesus was alone in the desert he was tempted by the devil. He **fasted**, went without much food or water. As he got more hungry, he began to feel tempted to do the things that might make him a famous and powerful man – turn stones into bread, take power to rule great cities, or to test God by throwing himself off of a high city wall to let angels save him. He knew this was not what God wanted him to be so he resisted those temptations.

We could mark this time by giving up tempting luxuries such as chocolate, sweets, cake. Many people give up doing something that they really enjoy, or promise to read the bible and spend time in prayer every day.



The last chance for eating up anything considered a luxury is PANCAKE DAY (this year on Feb 21st).

Pancakes are made with eggs, flour and milk. Lemon juice, sugar or syrup are added flavours after cooking. Part of making them is tossing them and some places hold races with people running while tossing a pancake.



The following day, Ash Wednesday marks the beginning of Lent. *(Read about Jesus' time being tempted in the desert in Luke 4:1-13)*

Pancake Day Word Scramble

Unscramble the Pancake Day themed words and join them to the pictures on the right. We've done the first one for you!

napacke

pancake

nap

blow

uprys

gruas

sgeg

orulf

kilm

pilf

melon

turbet

nopso





Part of what we should be doing to make ourselves ready for Easter is to do things differently, possibly giving up something but also to think about how we can behave better. To help you to think about this you could make yourself a Lenten Egg. This is an egg shaped card with ideas written in the sections inside. **Method:** Take an A4 sheet of paper or card, any colour, and lay it down with the longest edges top and bottom. Fold the two short side into the middle. Cut across the middle of those two halves (see picture). Open the top flaps and use the bottom half to draw a line across the section below. Then open two flaps on the same side to give you a line to draw down the middle of the lower section. Open up all the flaps and you now have 8 sections. Copy out the suggestions in the boxes below for ideas of what you can do during Lent, or cut them out of

Try to pray for those who need food or shelter..	Give up something you really enjoy today
Cheerfully give up all video games today.	Give up TV today.
Sit in silence for 15 minutes to think about the life of Jesus	Do not fight or argue today.
Give up a snack today	Clean your room without being told.

this page. Then fold the flaps down again and draw the letters for LENT on each section and add a curved line to make the shape of an egg. Cut out round this line but be careful not to cut the flaps off completely. Use your Lenten Egg to help you to think about something you could do or pray for during Lent.

I wonder how well you know this prayer called The Lord's Prayer. The words were given to us by Jesus when someone asked the question, "How should we pray?" See if you can fill in the missing words in your best handwriting, then colour it in and perhaps cut it out, and mount it on some card, to remind you. You may not be familiar with some of the words used here. 'Hallowed' means 'holy', and for debts, we might say 'sins'.

The missing words: heaven, name, kingdom, earth, bread, forgive, temptation, evil.

The Lord's Prayer



Our Father which art in _____,
Hallowed be Thy _____.



Thy _____
come, Thy Will be done,
on _____
as it is in Heaven.





Give us this day our daily _____;



and forgive us our debts, as we _____ our debtors.





And lead us not into _____,
but deliver us from _____ : For Thine is the kingdom, and the power, and the glory, forever. **Amen.**