

Growing Together

Inspired by the Christian Faith



Read Together

Easter morning is such a special and beautiful day for Christians. Through God's amazing creative energy, Jesus rises to new life. This is how we know that God's love is stronger than death, more powerful than hatred. It is a day filled with joy, possibility and hope.

For centuries, Christians have sung out their Easter joy using beautiful poems. They have lit a special fire outside and carried candles into a dark church to show how Easter moves us from dark difficult places into the light and peace of Jesus.

This ancient poem called, 'The Exsultet' celebrates Jesus rising from the dead. It celebrates something else too – the work of bees who make the wax for the Easter candles. The community work of bees reminds us that we all need to work together, with respect for each other and nature, to make the life and hope of Easter real for everyone and everything.

Traditional words

Night truly blessed,
when hatred is cast out,
peace and justice find a home
and heaven is joined to earth
and all creation reconciled to you.

Therefore, heavenly Father,
in this our Easter joy
Accept our sacrifice of praise,
your church's solemn offering,
this wax the work of bees
and the hands of your ministers.

As we gaze upon the splendour of this flame
Fed by melting wax conceived by mother bee,
grant that this Easter candle
may make our darkness light.

For Christ the morning star has risen in glory;
Christ is risen from the dead
and his flame of love still burns within us!
Christ sheds his peaceful light on all the world!
Christ lives and reigns forever.

Modern words

This good and holy night,
when hatred is sent away,
heaven and earth join together
to make a home for peace and justice
and all of creation is joined again to God.

So, God in heaven, from deep in our hearts,
we celebrate our Easter joy as a real and
precious gift to you.
The wax of this Easter candle
is the work of bees and people.

As we look at the beautiful flame
fed by the wax which bees have made,
We ask that the light of Easter
will brighten our dark places.

For Christ, the morning star,
has risen with such beauty;
Christ is risen from the dead
and his flame of love still burns inside us!
Christ shines his peaceful light on all the world!
Christ lives and reigns forever.



JUMPING FISH

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Honey is a symbol of blessing. God promised his people they would not always live in strange and difficult times, but in a place of hope, full of good things like milk and honey.



Milk and Honey Cookies

What you need for 12 biscuits

- 75g – 3 rounded tablespoons self raising flour
- 75g – 7 tablespoons porridge oats
- 75g – 3 rounded tablespoons caster sugar
- 75g butter
- 1 tbsp honey
- 1 tbsp milk

How to make them

1. Heat your oven to 180°C/ Gas Mark 4 – grease a baking sheet or cover with baking paper
2. Sift flour into a bowl, add the oats and sugar
3. In a saucepan, gently melt the butter with the honey and milk. Add the melted mixture to the flour mixture and stir together.
4. Form into biscuit shapes and bake for about 15 – 20 minutes until slightly brown

Create and Make



www.tippytopps.com/creations/knitting/teeny-tiny-bee-free-knitting-pattern

Are you nifty with knitting needles? Or do you know someone who is? How about creating some knitted bees for your window or Easter wreath?

Fingerprints are great for making bee pictures. Simply use yellow paint to make finger prints and then add stripes and features when they are dry. You can print honey comb using bubble wrap too.



Did you know?



1. Bees have five eyes and six legs.
2. Bees can see all colours except red. That and their sense of smell help them find the flowers they need to collect pollen.
3. Each bee has 170 odorant receptors, which means they have one serious sense of smell.
4. Honey bees are great flyers. They fly at a speed of around 25km per hour and beat their wings 200 times per second.
5. Over the past 15 years, colonies of bees have been disappearing, and the reason remains unknown. In some regions, up to 90% of bees have disappeared.

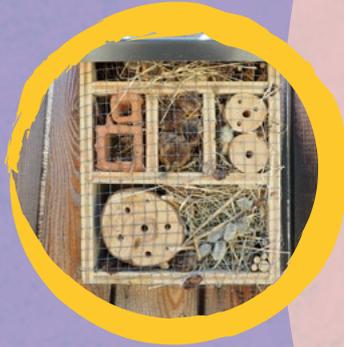
Find a fabulous fact sheet here -

www.wildlifetrusts.org/sites/default/files/2017-12/ecxt.pdf

Courageous Advocacy

Have a go at making the world better – for bees.

Could you make a bee hotel or plant a bee friendly flower or shrub in a tub or a part of your garden? Find out where it's possible to buy local, sustainable honey and share the information with your friends and family. For further ideas go to www.wwf.org.uk/updates/how-bee-friendly



Prayer Ideas

Kind words are like honey—sweet to the taste and good for your health.
(Proverbs 16:24 GNT)

For this prayer space activity you will need something sweet to slowly eat, perhaps a piece of honeycomb, a milk and honey cookie or even an Easter egg.

Find a quiet moment and a quiet place to enjoy your sweet snack and see how slowly you can eat it and how long you can make it last.

As you do this consider the words of Proverbs 16:24. Think about how kind words could be like honey. Did you know honey has been used as a medicine for over 5,000 years and is particularly good for healing wounds? Do you think kind words can heal?

Savour the taste of your sweet snack. How good does it taste? Think again about those kind words. Can you think of any times when someone has said something kind to you?

Pray that you will make the most of any opportunity you have to say kind words to people and your words will be like honey – able to bring sweetness and healing.



Family Fun

Go for a 'honey' hunt. You could search the kitchen and see how many food items you can find that include honey. You could walk in the garden/park and see how many bees on flowers you can count. You could even do a web engine search and hunt to see how many things you can discover that are made using beeswax.

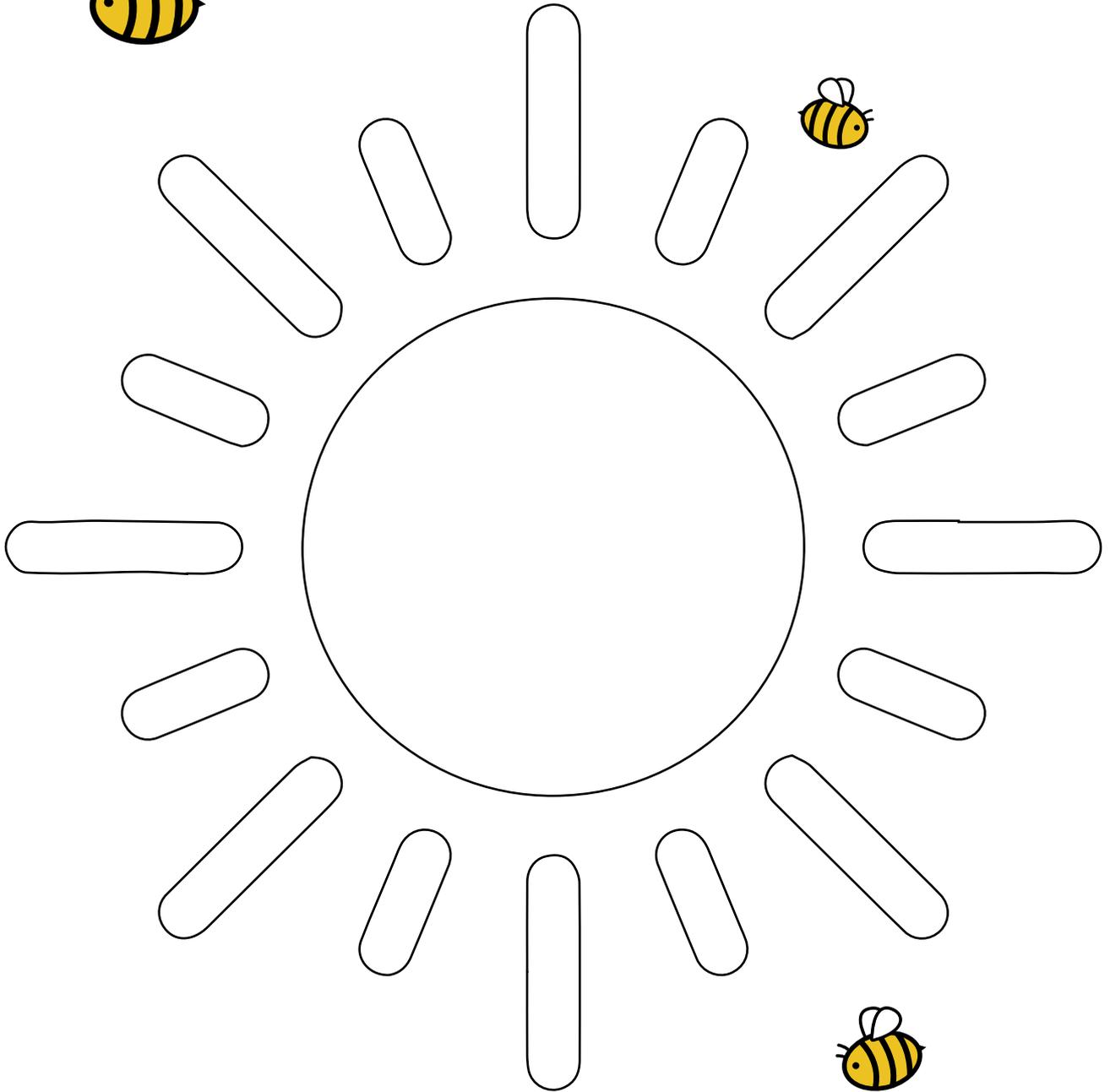
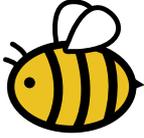


You are my Sunshine

Sunrise on Easter Morning is the time when lots of Christians celebrate Jesus rising.

Bees and flowers need the sun to bring warmth and long days so they can grow and thrive – perhaps you could give a sunshine to someone this Easter to say thank you for the way they have made your community work really well and brought sunshine into your life, especially during lockdown.

Happy Easter



You are my sunshine