



Café Church

Harvest

Hello from *all* the Café Church team!

I wonder if you help your parents out with the **shopping**? Do you enjoy it? With well-stocked shelves and extra large stores, perhaps you find all that choice a little overwhelming. I know that when I shop, I rarely spend time thinking about **where the foods have come from** or all the steps involved in bringing it to our shelves. But if you have ever tried to **grow** cress seeds or a sunflower or vegetables, then you will know how much work it is to keep them fed and watered and in the sunlight so that they grow into food we can eat.

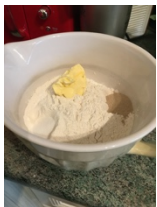
Harvest is a time of year when we spend time thinking about all the effort that goes into making the food we eat, and we **give thanks**. We remember all the people involved in the process of growing and harvesting and packing and transporting our food, and we give thanks to God, who has provided all the things necessary for growing food... for good soil, for rain, for sunshine, for wisdom and science in the latest farming methods, and the list goes on. In this month's Newsletter, there's a recipe for **making bread** and a Bible passage about **God and bread**, and there are prayers, jokes and a wordsearch. Have fun!

Best Wishes. Café Church team

Activity - how to make bread

It's easier than you think... (but you will need an adult to help you, especially when it comes to using the oven)

Items you will need (not knead...that's later..!)
400g (grams) white bread flour (often called 'strong white bread flour' found in the baking aisle)
25g margarine or butter
8g salt
10g yeast (fast action dried yeast, in a tin or foil packet)
250ml cold tap water.
Scales, mixing bowl, measuring jug, baking tray.



1. Measure the flour, margarine, yeast and salt and put into a large bowl for mixing, trying to keep the yeast away from the salt as it stops it working.

2. Slowly mix in the water and mix together with your hands until the mixture (called dough) sticks together in one lump.



3. Take the dough out of the bowl and knead it with your hands on a clean, dry surface, for about 5 minutes.

4. Put the **dough** back in the bowl and put in a warmish place for one hour (or until it's doubled in size)



5. 'Knock-back' the dough, that is, knocking all the air out of it by kneading it again, for 5 minutes.

6. Oil a baking tray (with about a teaspoon of sunflower oil or margarine)

7. Make some shapes out of the dough, and spread out on the baking tray.

8. Put it back into that warm place for 1 hour (to rise), covered with a tea towel



9. Take off the tea towel and **ask an adult** to bake in the oven on highest heat (about 240°C) for 15-20 minutes.

John 6:29-35 Jesus the bread of life

Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them *bread* from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the *bread* from heaven, but it is my Father who gives you the true *bread* from heaven. For the *bread* of God is that which ^[6] comes down from heaven and gives life to the world." They said to him, "Sir, give us this *bread* always."

Jesus said to them, "*I am the bread of life*. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

Name: _____

Harvest Wordsearch

R	Q	E	W	C	E	F	O	C	K	G	G	S	G
T	X	O	G	R	J	I	A	P	S	A	U	R	F
D	Q	R	V	S	P	E	C	R	C	R	O	P	P
G	J	F	E	A	X	L	E	O	M	D	E	E	E
M	L	T	G	O	H	D	O	D	R	E	F	H	T
W	O	G	E	G	L	C	H	U	E	N	R	G	Y
R	D	S	T	H	C	R	C	C	G	N	U	A	Q
Q	E	H	A	J	E	O	R	E	M	H	I	W	J
I	L	A	B	B	S	Z	W	J	N	L	T	P	I
D	U	R	L	D	R	P	H	W	M	E	A	E	C
T	X	V	E	X	E	E	E	F	J	P	E	E	I
R	F	E	S	T	I	V	A	L	I	Z	S	T	E
I	S	S	L	E	W	O	T	D	M	I	S	M	J
S	Y	T	P	O	M	E	H	R	T	L	J	P	I

Can you find these words in the word search?

HARVEST
FESTIVAL
CROP
CORN
WHEAT
VEGETABLES
FRUIT
FARMER
PRODUCE
BREAD
SEEDS
GARDEN
FIELD
PLOUGH

A Prayer

Dear God,

Thank you for the changing seasons
For the beauty and the colours of autumn,
For the rich harvest.

Help us to remember the countries
where the harvest is not as good
and people may be hungry, or starving.
Help us to share our harvest with others
and celebrate the things autumn brings with
them.

Amen

Harvest hoots!

A sandwich walks into a bar. The barman says, "Sorry, we don't serve food in here"

I bought some of that Pedigree Chum they keep advertising. It was terrible. In the end, I had to give it to the dog!

"We've got a new toaster" said the little boy to his friend. "It's really clever, when the toast is done, a bell rings". "Ours is better" says his friend. "When the toast is done, it sends out smoke signals!"

A woman congratulates her ageing Father. "I'm so proud of you. I noticed that when you sneeze, you've finally learned to put your hand in front of your mouth. "Of course I have", says the old man, "How else can I catch my teeth!"

How you can help...

Dave Bagley, the founder of Urban Outreach, talks about 'the power of one'. That is, if *one person* does *one thing* to help others less fortunate, the effect of all those *one off* acts of kindness will, added together, make a huge difference to people's lives across this town.

If you would like to join in, you can donate anything from the list at
Bishop Bridgeman School
St Philip's Church
Bolton Parish Church
Direct to The Hub (see opposite)

Thank you.



Please use this list as a guide to what we need to help make up our food parcels.

Items highlighted with * are what we need the most.

For food safety / quality reasons, please don't donate any bakery products or items that require refrigeration or freezing.

Donated food can be dropped off at Unit 4 (former Staples / Office Outlet) on Trinity Retail Park, off Bradford Street, Bolton BL2 1HY. Just drive down past Burger King and Arnold Clark Car Sales. The Hub is open 10.00am – 4.00pm Monday, Tuesday, Thursday and Friday; and 10.00am – 3.00pm on Wednesday's.

Thank you!

Ambient / Long-Life Items

Tinned Soups (Any)
*Tinned Minced Beef
*Tinned Corned Beef
*Tinned Stewing Steak
*Tinned Meat Stews
*Tinned Chicken Stews
*Tinned meat or chicken curry
Tinned Veg Curry
*Tinned Ham
*Tinned Meat Pies
Tinned Fish (any)

Tinned Carrots
*Tinned Mushy Peas
*Tinned Garden Peas
*Tinned Processed Peas
*Tinned Mixed Vegetables
*Tinned Tomatoes
*Tinned Potatoes
*Instant Mash
Dried Rice
Microwave Rice
Dried Pasta
Cuppa Soup

Small cooking oils (max 200ml)
Cooking Sauces (jars)
Gravy granules and cubes
Herbs & Spices (any)
Salt & Pepper
Tomato Puree
Pickled beetroot, onions or cabbage
Salad Cream
Tomato Sauce
Brown Sauce

Coffee Powder
Instant Hot Chocolate
Long Life Fruit Juice (1 ltr or similar)
*Cordial
*Long Life Milk

Tinned Sweet Pie Fillings
Tinned Sponge Puddings
*Tinned Fruit (any)
* Instant Custard Powder
Tinned Custard
Rice Pudding
Sugar
Biscuits
Baking Products
Flour (Plain & Self Raising)
Angel Delight
Evaporated Milk
Trifle Mixes
Jellies

Cleaning Equipment

*Large food bags
Antibacterial Spray
Dish Cloths
Bleach
Toilet cleaner

Toiletries

Shampoo and Conditioner
Toothpaste
Toothbrushes
Toilet Rolls
Baby Wipes
*Nappies (all sizes but especially size 4 upwards)

Fresh Fruit and Veg

Apples and Oranges
Carrots, greens and potatoes
Salad items (not containing 'use by' dates)

Thank you for your help and support

URBAN
OUTREACH