



6-12 March 2022 • Faith 24/7

With an open hand

 **Luke 4.1-13**

After his baptism, Jesus goes into the wilderness alone. Tormented by searing heat and plagued by hunger and thirst, he is prey to temptation. Luke describes three particular trials.

Now read **Luke 4.1-13** see p.2 for text.

A note on the passage

What will Jesus do: seize power for himself or worship God and serve humanity? His decision is to serve. How will that inspire us as we face the challenges of everyday living?



You see the image, but not what is making it 'behind the scenes'; what is the 'bigger story' within your life?

BAKE

Make some rock cakes as a reminder of the stony desert.

You will need: 250g self-raising flour; 65g butter; 70g sugar; 1 egg; 3tbs milk; 100g currants; mixing bowl, spoon, greased baking tray, cooling rack, oven gloves.

Mix the butter into the flour until you have something that looks like breadcrumbs (to make brown rocks, substitute 50g of cocoa powder for 50g of the flour). Mix in the sugar and currants, then the egg and enough milk to make a stiff mixture. Put spoonfuls of the mixture onto greased baking sheets and bake at 190C/375F/Gas 5 for about 15 minutes. When they are cool, be generous, offer the cakes around or give some as a present.

OBSERVE

Choose a place to watch every day. You could just look out of a window, or stop and look at a place on the way to school or work. Spot changes each day. Maybe take a photo. What do you learn? What bigger picture is revealed?

Pray

Gather a couple of trowels full of earth from outside. Line an oven tray with foil, put the earth on it and dry it in a warm oven until it is just dust. Remove the tray from the oven and leave until it is quite cold. Then feel the dusty earth, pick up a handful and let it run through your fingers; feel it dry on your skin. Read or listen to these words: God says, 'I will protect you. When you call, I will answer. I will command the angels to guard you in all your ways.'

LENT BOWL

Mix 50g flour with 100ml water to create papier mâché paste. Cover a 12cm diameter bowl with cling film, turn the bowl upside down. Cover it with strips of paper from old newspapers or magazines soaked in the paste, until the outside of the bowl is completely covered. Leave to dry out in a warm room (store left-over paste in a lidded plastic box in the fridge). Meanwhile, make about eight open hands by drawing round hands onto strong paper and cutting them out. When the papier mâché is dry, add a final layer to the sides of your bowl by pasting on the prepared hand shapes – with palms at the bottom and the fingers protruding above the rim. When it is all dry and hard, slide out the original bowl, leaving the papier mâché open-hand bowl.

Hands-on Lent

Having made a Hands-on Lent bowl (above), why not fill the bowl during Lent, adding something to it each week so that when Easter comes, you have a bowl full of things to share with others! You could decide together what you could put in the bowl, or use the weekly suggestions which link in with the Gospel story. So, for week 1, you could start by adding some chocolate – perhaps you have given this up for Lent? Can you resist the temptation to have some and keep it for sharing on Easter Day? Keep the bowl in a place where you can all see it, so you remember to keep filling it!



A Prayer for Ukraine

God of peace and justice, we pray for the people of Ukraine today.
 We pray for peace and the laying down of weapons.
 We pray for all those who fear for tomorrow, that your Spirit of comfort would draw near to them.
 We pray for those with power over war or peace,
 for wisdom, discernment and compassion to guide their decisions.
 Above all, we pray for all your precious children, at risk and in fear,
 that you would hold and protect them.
 We pray in the name of Jesus, the Prince of Peace. Amen.

This Sunday is the first Sunday of Lent, the season of repentance, sacrifice, discipline and prayer. A time when we commit, like Jesus, to put our own desires aside and seek instead to focus on our relationship with God. In his Radio 2 Pause for Thought on Monday 28 February, the Archbishop of York, Stephen Cottrell addressed the question of what we can all do in response to the crisis in Ukraine: 'Be prepared to make sacrifices ourselves... Offer generous humanitarian aid... Be ready to welcome Ukrainian refugees...' and, as Christians 'praying'. These are all Lenten disciplines, so it seems the time is indeed now to fast, love, and pray. It may be appropriate to devote a longer time to prayer, for peace, every day.

Sermon Series during Lent: The Eucharist.

We come week in week out and join together in this great act of remembrance and thanksgiving we know as the Eucharist. But how often do we really think about what we are saying and why we are engaging with this act of worship at all. Over four Sundays in Lent we will be looking at the four specific sections of the service in a little more detail.

- Sunday 6th March The Gathering
- Sunday 13th March The Liturgy of the Word
- Sunday 20th March The Liturgy of the Sacrament
- Sunday 3rd April The Dismissal.

Daily Readings for week commencing 7 th March 2022		
Monday	Genesis 41: 25-45	Galatians 3: 23-4:7
Tuesday	Genesis 41: 46-42:5	Galatians 4: 8-20
Wednesday	Genesis 42: 6-17	Galatians 4: 21-5:1
Thursday	Genesis 42: 18-28	Galatians 5: 2-15
Friday	Genesis 42: 29-end	Galatians 5: 16-end
Saturday	Genesis 43: 1-15	Galatians 6

Pray for those in need... Please pray for the people of Ukraine...for those on need of God's healing touch...Heather, Dorothy, Pat, Sue, Joyce, Maureen, Shane, Bryn, Katie-Lou, Dennis and Janet... ***Please remember those who mourn the loss of a loved one at this time...Pauline***