



Charity No 251394

# PANCAKES PRAYERS and HEARTS

Family Faith Fun

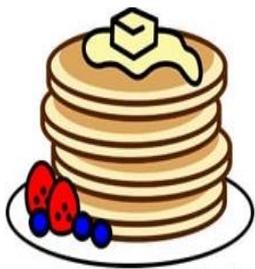
**February 2024**

There are several special days this month, and the first one involves a tasty treat. Tuesday 13<sup>th</sup> February this year is Shrove Tuesday, or Pancake Day! It is the traditional feast day before the start of the Lenten Fast (see next page). It was the last opportunity to use up luxury foods, such as eggs and milk (luxuries in medieval times) and pancakes are the perfect way to do this.



It's become popular to hold Pancake Races, on the streets or even inside Cathedrals (the Ely Choristers hold one). The contestants race while tossing (flipping) their pancakes.

Complete the Pancake Day word search to remind you of when it happens and the ingredients needed to make delicious pancakes.



## PANCAKE DAY WORDSEARCH

Find all the words in the column at the side.

FLIP FLOUR MILK  
FRYING PAN EGGS  
ASH WEDNESDAY  
PANCAKE SYRUP  
CHRISTIAN LENT  
BATTER TOPPINGS  
LEMON SUGAR  
SHROVE TUESDAY

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

## What is LENT?

This is the 6 weeks before Easter, when Christians remember the time Jesus spent in the desert to prepare himself to begin his ministry for God. It was a time when he would have had very little food and only water to drink. This year Lent begins on February 14<sup>th</sup>.

To remember this, many people decide to give up luxuries for this period, perhaps cake, chocolate, any luxury food or drink. They might decide to read sections of the Bible, or devote more time to prayer, just as Jesus did. One of our crafts this month will help to give direction to prayers we could offer at this time in particular.

### A Craft for Lent Make a prayer Jar.

Use a small empty jam jar, a tin can, or a cardboard tube. Cover the jar, can or tube with colourful paper or fabric (remember to cover the bottom of the tube). You could wind ribbon round it and stick on some sparkly jewels or use glitter glue. You could add a symbol such as those shown in the picture, cut out of card and coloured if you wish.

Use craft sticks for the prayer thoughts. Write a thought on each one, such as 'Pray for a family

member', or 'for those suffering in wars or famine' etc. Make as many as you can and put them in the jar, can or tube. Then take one each day, or several on Sunday, and pray for the things mentioned.



## Hearts for Valentine's Day

Long ago in the third century a Roman priest used to conduct weddings in secret for Roman soldiers. It was forbidden for soldiers in Rome's army to be married. *At the time married men were not expected to serve as soldiers, and if they did, were considered poor recruits because it was believed they were too concerned for the well-being of their wives to commit whole-heartedly to warfare.* The priest, named Valentine, attracted the attention of Emperor Claudius II and was arrested and eventually beheaded on February 14<sup>th</sup>, 269AD. Because of these weddings, Valentine became connected to romance and is now commemorated on February 14<sup>th</sup> and lots of cards are bought and sent to loved ones, originally in secret remembering the secret weddings.

**A Valentine Craft** Make a wreath of hearts that will remind you of all the ways you can show love to others.

Begin by drawing round a plate on some card, coloured if you can. Draw a heart shape in the middle or cut one out of contrasting paper, and write on it **LOVE IS.....**

Copy or trace out this heart shape at least 6 times, in different colours if you can, and write one of the words below in the centre of each one .

**KIND GENEROUS POLITE HELPFUL RESPECTFUL  
NOT PROUD NOT ENVIOUS NOT BOASTFUL**

and any others you can think of. Then stick them round the wreath and hang it up to remind you of what real love is like.

