

## Week 1 – Sand - Wilderness

Between his baptism and the beginning of his adult ministry, Jesus went into the wilderness for 40 days, 'to be tested'. You can read about this in Luke Chapter 4, verses 1-13.

We often find that wilderness is shown with pictures of a dry, sandy desert. But this doesn't need to be the case. Many of the wilderness areas in the Holy Land are mountainous, rocky places, just like the one shown in the photo below.



Here in Shetland our highest hill, Ronas Hill, is quite rocky too.



Sandy places are not always wilderness places, imagine playing on a sandy beach, we wouldn't think of that as being in the wilderness. Think about times you have had fun in both sandy and rocky places.

Please keep your sand for week 5, but why not make some Wilderness Rock Buns to share with your family? A recipe for 'Wilderness Rock Buns' is on the next page.

## Wilderness Rock Buns

### *Ingredients*

225g Self Raising Flour  
Half teaspoon baking powder  
100g granulated sugar  
100g margarine  
100g dried fruit e.g. raisins, sultanas, cranberries OR 100g chocolate chips  
1 medium egg, beaten  
50g milk

Pre-heat oven to 220C / Fan 210C / Gas 7

Put the flour, baking powder and sugar in a bowl, stir to mix.

Cut the margarine into small cubes and rub into the flour mixture with your fingertips till you have the texture of breadcrumbs.

Add the dried fruit or chocolate chips and stir to mix.

Add the beaten egg and milk and mix to a stiff but slightly sticky dough.

Use a dessert-spoon to divide the mixture into about 12 roughly shaped buns on a baking sheet or swiss roll tin.

Bake for 12-15 minutes till golden brown. You may want to turn the tin after 10 minutes so the buns brown evenly.

When cooked, transfer to a wire rack to cool.

Enjoy!



## **Week 2 – Stone – Bread and Yeast**

While in the wilderness, Jesus was invited to transform stone into bread. Do you remember that from last week's reading? This pebble will help you remember, maybe you would like to paint a picture on it?

Though he resisted the temptation there and then, Jesus became well known for feeding people who were hungry for food, or for love, or for a word of encouragement, or for simple acceptance.

One of the most famous stories about Jesus feeding people is the feeding of the 5000, you can read about it in Mark chapter 6 verses 30-44.

There is another Bible story about bread, known as the parable of the yeast in the dough, you can read about it in Matthew chapter 13, verse 33.

Do you bake your own bread? Maybe you are an experienced baker, but not everyone is, and sometimes people think bread is a difficult thing to make, but it doesn't need to be. There are lots of different breads and recipes, and the recipe on the next page is very easy. Why not try it using the sachet of yeast?



## Easy Bread

500g white flour (you can use strong bread flour but ordinary plain flour is fine)

10g salt

7g sachet yeast

340g slightly tepid water

Place the flour into a bowl, add the salt on one side and the yeast on the other side, mix them in with your fingertips. (Try to keep the yeast and salt separate before adding the water).

Add the water and mix into a dough.

Cover with a damp tea-towel or oiled clingfilm and leave to prove for about an hour.

Dip your fingers into cold water to stop the dough sticking to them, then slide your fingertips between the bowl and the dough and fold the dough in half. Turn the bowl a quarter turn and repeat, do this a few times to remove the air.

Cover the bowl again and leave to prove for 1-2 hours until doubled in size.

*(At this stage you can put it into the fridge to prove overnight.)*

Tip the dough out onto a floured surface. Flour your hands and shape it into a ball.

Place the ball of dough on a well-floured baking tray, loosely cover with oiled clingfilm and leave to prove for a final hour or until roughly doubled in size again. (This might take a little longer if your dough was in the fridge.) This will make a flattish boule shaped loaf.

If you would like to bake your bread in a tin you will need a 2lb loaf tin. Line the bottom with some non-stick baking paper and oil the sides. Shape the dough into an oval and place it in your tin. Cover with oiled clingfilm and prove as above.

Pre-heat your oven to 220C / Fan 210C / Gas 7.

Remove the cling film and bake for 35-40 minutes till deep golden brown. You may want to turn your bread after about 25 mins so it browns evenly.

When baked, if you turn the bread over using an oven glove and tap the bottom it will sound hollow.

Cool on a wire rack.



## Week 3 – Seeds

Watching seeds grow reminds us of the miracle of hope and transformation that is the promise of Easter. The tiny seed transforms into a new life that we can't even really imagine when we plant it.

Jesus once described the Kingdom of God as being like a mustard seed, you can read this parable in Mark Chapter 4, verses 30-34.

The mustard tree Jesus was describing probably looked something like this:



In this country we grow a different kind of mustard, as a salad leaf. Sometimes it is called 'mustard cress'. A packet of seeds is enclosed so you can try growing some to enjoy in a sandwich or salad.

To grow them, put some wet kitchen paper or cotton wool into a small container or on a saucer, sprinkle on some seeds, keep the paper or cotton wool moist but not waterlogged, and watch them grow. When the leaves are big enough, snip them off and enjoy eating your harvest of tiny "greens".

You will need to be patient, as the seedlings will take 3 or 4 days to start to grow and it will be about 10 days to 2 weeks before they are big enough to eat.



## Week 4 – Chocolate - A treat for Mothering Sunday

Jesus' mother was Mary. At Christmas we heard about how she travelled with Joseph to Bethlehem where Jesus was born. If you want to read the story again it is in Luke chapter 2, verses 1-7.

In a few weeks, on Good Friday, we will hear about how sad Mary was when she was at the Cross with Jesus, but Jesus wanted to make sure she was cared for when he couldn't look after her, so arranges for one of his disciples to take her into his home. You can read about this in John chapter 19, verses 25-27.

And then imagine Mary's delight when Jesus rose again on Easter morning. You can read about the Resurrection in Luke chapter 24, verses 1-12.

Mothering Sunday traditions have evolved over the years.

Centuries ago most people worshipped in their local church, but it was considered important for people to return to their home or 'mother' church once a year. So each year in the middle of Lent, everyone would visit their 'mother' church - the main church or cathedral of the area.

Inevitably the return to the 'mother' church became an occasion for family reunions when children who were working away returned home. Traditionally, it became a day when children, particularly those working as domestic servants, or as apprentices, were given the day off to visit their mother and family. As they walked along the country lanes, children would pick wild flowers or violets to take to church or give to their mother as a small gift.

By the early 20th century, celebrating Mothering Sunday had waned in many places, but when celebrating Mother's Day started in the United States of America it brought about renewed interest.

Today it is often called by either name and it is a day when children give their Mums a treat, maybe a card or flowers or other small gift or treat.

In some families it is a day when Mum gets to rest or maybe join in a fun activity. There are lots of different ways to help Mum feel special.

To celebrate we have included a bar of chocolate as a treat to share with your Mum.

Enjoy!



## Week 5 – Candle, Votive Holder and Sand

Lent begins in the dimness of late winter and ends with the burst of bright spring. Jesus is, according to John's gospel, the 'Light of the world'.

You can read about Jesus coming to be the light in John chapter 1, verses 1-9.

And again in John chapter 8, verse 12, Jesus himself tells us he is the light of the world.

That Light (Jesus) directing his attention to his disciples and through them to us, tells us: 'You are the light of the world.'

You can read this in Matthew chapter 5, verses 14-16.

Jesus was telling us that we need to let others know about him through the way we live our own lives.

Put a little of the sand from week 1 into the bottom of the votive candle holder, then switch on the tea light candle and place it on top of the sand.

This reminds us that Jesus is the light of the world, but including the sand means we don't forget that he had hard times too.

For a light themed snack, how about a traffic light sandwich?

You will need:

2 slices of bread

Some lettuce or spinach leaves

A small slice of cheese

A small slice of ham or a tomato

Butter both slices of bread. Use a small pastry cutter or the point of a knife to make 6 round parallel holes in one slice.

Place the filling on the other slice, lettuce or spinach at the bottom, cheese in the middle and then either the ham or tomato at the top.

Place the bread with the holes on top of the filling and you have a traffic light sandwich.

