



Hello Messy Church,

Great to be back with you for another week. We trust you are all keeping well and we long for the day when we can all be back at Messy Church at All Saints, or High Cross. However, till then we shall continue to meet with the help of the internet.

This week we are looking at the Lord's Prayer. This is well known to many people, and others may have heard parts of it over the years. Today at Messy Church we shall be thinking about it's importance as a guide to help us in our prayers. We have a craft to help us remember new things about it too!

If you would to make contact with us, then please do – we would love to hear from you. As the rules around lockdown change in the coming days this can bring a sense of relief, as well as uncertainty at the same time. So if we can be praying for you, and those you are concerned about – then please ask.

Bye for now

Andy

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1. Praying hands

When we pray we often put our hands together, this helps us to be still and concentrate as we offer our prayers to God.

We also often pray with our hands open, this helps us think about not only offering our prayers to God and also receiving from Him.

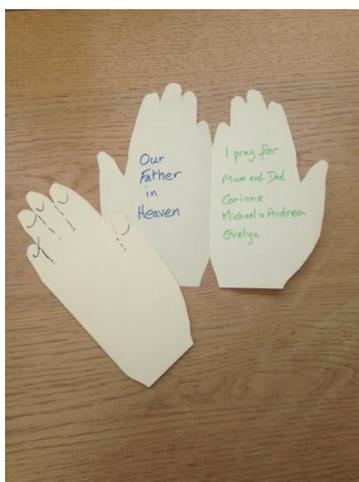
To make your praying hands you will need a piece of thin card or stiff paper.

Fold this in half and put your hand on it with your little finger side along the fold.

Draw round your hand (except for the little finger side) and cut out being careful not to cut the folded side.

Open your praying hands and on one hand write Our Father in Heaven
On the other hand write I pray for

Add the names of anyone you would like to pray for eg. Mum and Dad, Grandparents, someone who is unwell



2. Sweets to make!

Make sure you watch the video – its great to see it being created!

Coconut Ice

(Warning – this makes an awful lot of sweets. Maybe try with half of each ingredient)

You will need:

450g icing sugar
400g desiccated coconut
397 tin of condensed milk
2 teaspoons lemon juice
Few drops of pink food colouring

What to do:

1. Sift the icing sugar into a large mixing bowl and stir in the coconut.
2. Pour in the condensed milk and lemon juice and mix well with a wooden spoon or a fork. It will make a stiff dough.
3. Spoon half the mixture into a baking tin or a plastic box lined with baking paper and squash it down well and smooth the top.
4. Then mix food colouring into the rest of the mixture. It is not easy. I started with a fork and then used my fingers. It was messy but it worked.
5. Now put the pink mixture on top of the white mixture and squash it down to cover it completely.
6. Chill in the fridge for 4 hours until firmly set. Take it out of the container and cut it into small striped squares.

Peppermint creams

You will need:

250g icing sugar
1 egg white

Few drops of peppermint essence
Dark chocolate (optional)

What to do:

1. Sieve the icing sugar into a large bowl. Add a little of the egg white and a few drops of peppermint essence and mix really well. You want the mixture to come together as a soft dough, so keep adding a little egg white until this starts to happen (you might not need to use all of it).

Taste the mixture and add more peppermint essence if you wish.

2. Divide the mixture into 20 small balls, then flatten them gently with your fingertips into discs.

You could leave them to set like that or you could dip them in chocolate.

3. Melt some chocolate in a bowl over a pan of boiling water. When it has melted, let it cool for a short while, then carefully dip each peppermint cream in the melted chocolate until it is half coated. Then put them on a tray with baking paper to set for 3-4 hours or overnight.

It would make a lovely gift if you put some of each sweet into a small box you have decorated with felt tips or stickers.

you will need: packets of round biscuits – can be different sizes; icing sugar;

3. Lords Prayer Video

A great song to watch !

<https://youtu.be/ijPuAtrwHYM>