



Dear Messy Church

I hope you are all keeping well and safe and yet able to enjoy the fine weather and the beautiful beach.

All the team at Messy Church miss being with you at All Saints and High Cross and look forward to the day when we are able to meet together again in person.

Last week we looked at the dramatic story of Saul when Jesus appeared to him on the road to Damascus and became a very enthusiastic follower of Jesus and his name was changed to Paul.

Paul travelled to the countries around the Mediterranean, mainly to Turkey and Greece telling the people about Jesus and starting little churches in each place. When the church was strong enough he moved on to somewhere else and kept in touch by writing letters.

Today we are looking at one of Paul's letters; the one to the church in Corinth in Greece. The people were arguing amongst themselves and divisions were appearing so Paul likened the church to a human body.

The human body has many parts, each with its own particular purpose; the eyes, the ears, the mouth, the arms and legs. Also, the parts you don't see from the outside are also vital; the heart, the lungs, the stomach, the liver and kidneys. Just as the human body has many different parts and each part is vital for the health of the whole, so each member of their church was important and deserved to be valued and cared for.

This can also apply to a family or a school where each person is important in the life of the community although they are all different and have different part to play.

The cooking today will be making gingerbread people and the craft will be making a little person with moving limbs.

I hope you enjoy today's Messy Church as well as the activities and the songs.

Please do contact us if you would like to; we always love hearing from you.

See you soon

Anne and the Messy Church team

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1. Recipe for gingerbread men

You will need:

350 g plain flour

1teaspoon bicarbonate of soda

2 teaspoons ground ginger

1 teaspoon ground cinnamon

125g margarine

175g soft brown sugar

1 egg

4 tablespoons golden syrup

A few currants.

Sift together the flour, bicarbonate of soda, ginger and cinnamon.

Add the margarine and mix until it looks like breadcrumbs. Start with a fork and then use your fingers.

Stir in the sugar.

Beat the egg and golden syrup together.

Add to the mixture and mix into a soft dough.

Roll out the dough on a floured board.

Cut out the gingerbread men. If you don't have a special cutter, draw a little man or woman on a piece of paper and cut it out. Then you can cut the dough round the paper to the right shape

Add currants for eyes and buttons.

Bake in the oven at 180C for about 10 minutes until golden brown.

Enjoy.



2. Little person craft

You will need

card, crayons or colouring pencils, scissors and if you have the, split pin fasteners. If you don't have these some wool or buttons and thread.

On a piece of card draw simple parts of your person, you need a head & neck, body, arms and legs then cut these out. (There are some templates on the internet).

Fasten all of the pieces together with split pin fasteners, wool or buttons, so that they move.

Colour you person with colourful clothes.



3 Here are some videos you might like

The church is the body of Christ

<https://www.youtube.com/watch?v=uFSY-41pVzw>

<https://www.youtube.com/watch?v=IKOr84xwn2E>

The body song

<https://www.youtube.com/watch?v=Th7yEV0qLF4>