

BAKE YOUR WAY through Holy Week



FACEBOOK feeds have been full of people 'comfort baking' as it turns out that baking makes you feel less stressed.

And the nice thing about it is that not only is it good for the person making the treats, but also a nice surprise for everyone else in the household, or a neighbour (if delivered safely), who gets to eat them!

I thought it might be a fun idea to share a recipe for each day in Holy Week, as a way of marking the time, and as a way of practicing mindful reflection as our busy hands allow our hearts and minds to be still. And printing this in Open Space a few weeks early, allows you to buy the ingredients if you'd like to join in!

Palm Sunday: Date Slice



A retro treat for you today, to kick off Holy Week, using dates from date palms, as palms were waved as Jesus rode into Jerusalem, and they give today its name. We're going to make **Date Slices**.

If you can get hold of one of those blocks of dates, that would be great. Or maybe you have some leftover dates from Christmas languishing at the back of the kitchen cupboard, which haven't made their way into any bizarre Covid-19 dinners yet. I'm using pre-decimal measurements for this recipe as it's the only one I have – my Paul remembers them from Sunday afternoon tea time from way back when. (I don't coz I think dates are yukky!!)

With the rack in the middle position, preheat the oven to 180°C/Fan 160°C or Gas Mark 4. Line a 20-cm (8-inch) square baking dish with some greaseproof paper, letting it hang over both sides.

Chop ½ lb of stoned dates, and put them in a saucepan along with ¼ pt of water. Bring them to the boil, and cook them until they're soft. Add 1 tsp of vanilla essence.

Meanwhile, mix 4oz of self-raising flour with 1tsp of bicarbonate of soda. Stir in 4oz of oats and 4oz caster sugar, and then rub in 4oz of margarine or butter.

Press half of this mixture into the base of your greased shallow tin, and as you do so, remember the cloaks that the crowd threw to the ground for Jesus and his donkey to walk over. Spread the dates over this, and then add the other half of the mixture. With each layer that you spread, imagine something from your life that you are placing beneath the feet of Jesus, just as the crowd did back then.

Bake for 20–30 minutes until browned. Let cool on a wire rack for about 4 hours, then cut into squares. Enjoy them with a hot drink, and sing a song or a hymn that fits the story for today: 'We have a king who rides a donkey', or 'Ride on, ride on in majesty' are two that come to mind for me.

Monday of Holy Week: Rocky Road

For this Monday of Holy Week, I am choosing to remember the story of Jesus in the temple. Not the boy Jesus, getting lost and being found in the temple, his Father's house, discussing the law and the prophets with wisdom far beyond his years. This story is the one where Jesus enters the temple and finds it full of people buying and selling, and cheating each other. He thunders, 'This place is meant to be a house of prayer, but you have made it a den of thieves.'

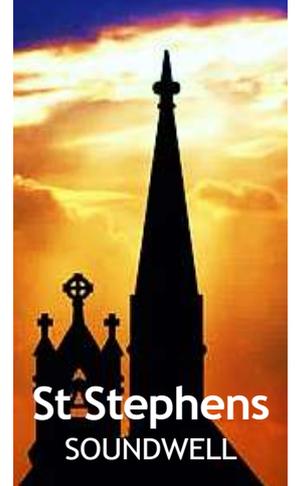
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Mission Partners with St Stephens:

Beloved
Bristol City Centre
Soup Run
Bristol/Uganda Link
Christian Aid
Community of
the Sisters of
the Church
Emmaus
Fair Trade
One25 Project
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St Stephens

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1131503



Bake your way through Holy Week

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Sometimes we feel that anger isn't a very Christian emotion but feeling righteous anger can be a very holy thing indeed, if it causes us to act and to change things that need changing.

Today's treat is **Rocky Road**, the ingredients you will need are;

- 200g digestive biscuits (Rich Tea can also be used).
- 135g butter or margarine.
- 200g dark chocolate (70% cocoa works best).
- 2-3 tbsp golden syrup.
- 100g mini marshmallows. (*chopped regular marshmallows work too*)

Plus, a selection of options from below (up to 100g):

- raisins, dried cranberries or any dried fruit, nuts.
- popcorn.
- honeycomb, broken into pieces
- crunchy breakfast cereal.

Put the biscuits in a bag and bash them with a rolling pin until they are well smashed up. As you bash, bring to mind the injustices in the world that you feel angry about.

Melt the butter or margarine with the chocolate and golden syrup.

You can get away with less chocolate if you can't find much, or have eaten your emergency cooking chocolate stash, by adding a bit more butter, some sugar, preferably light brown muscovado, and cocoa powder instead.

Tip the biscuits into the melted mixture, along with the marshmallows and up to 100g of other yummy stuff you've got in your cupboard. Dried fruit is good, as is hoop cereal. Maybe you've got some chocolate chips, or some chocolate confectionary bars that could be chopped up and added in?

As you add all your different ingredients, think about the different ways in which people find solutions to problems in the world. Mix it all together, and tip it into a baking tin, smoothing it right into the corners.

Chill in the fridge for a couple of hours and then cut slices to eat, as you chat together about where you see that things are wrong, and ways in which you can work for God's justice and peace.



Tuesday of Holy Week: 'Heart' Biscuits

Jesus not only smashed things up in the temple, but also returned to it to share teaching with those inside. One of the things he spoke about was the law. Jesus summed up the entirety of the books of the law with two simple and easy to remember ideas: *love God, and love your neighbour.*

Simple and easy to remember; but not so easy to do in practice!

Today we'll make **heart shaped biscuits** to remind us of Jesus' summary of the law.

Cream together **250g margarine and 260g of caster sugar.** Mix in **one egg** and a **teaspoon of vanilla essence.** Add **1 teaspoon of baking powder** and **½ teaspoon of salt** to **650g of plain flour**, then add this a little at a time to the butter and sugar mixture. There's quite a lot of flour to get through, so add it bit by bit and work it in carefully. Let the dough chill in the fridge for half an hour before rolling it out.

While the dough is chilling, draw a heart shape on a piece of paper. We are going old-fashioned style for these biscuits, because I am going to assume you don't have a drawer of random biscuit cutters that have just been waiting for this moment.

If you do have a heart shaped cutter, feel free to ignore me for this paragraph! My ancient baking book assumes nobody has shaped cutters, and suggests that you draw a template, then use it by laying it on the dough and cutting round it with a knife. And this really does work fine, much better than you'd expect. If you'd like to be a bit more high tech, fashion a heart shape out of a strip of card, and tape it together. Wrap this all in aluminium foil, and voila! Your own bespoke heart cutter!

You all back with me now? Good. Roll out the dough, and cut out heart shapes. You'll need an even number – why? You'll find out in a minute.

Pop them on a baking tray, and into an oven at **180° C/ Fan 160° C/ Gas Mark 4** for about **ten minutes**, then leave them to cool.

Mix up some buttercream icing. I tend to do it by eye and by intuition, but you can use half the amount of **butter or margarine**, (*I use Stork baking margarine, because that's the way I was taught*) to icing sugar. Basically, spoon yourself some butter or margarine into a bowl, add



a good heap of **icing sugar** and beat it in using a fork. Keep adding more icing sugar until it feels nice and thick. If you have some pink or red food colouring in the cup-board, add a little of this, too.

You're going to use the icing to sandwich the biscuits together, two at a time. With each biscuit, you can remember Jesus's words as you stick them together: *Love God, and Love your neighbour.*

As you have a cup of tea and share them, maybe virtually with family and friends, you can talk together about ways in which you keep both of those laws.

Wednesday of Holy Week: Anzac Biscuits

The Wednesday of Holy Week is often the day when we remember Judas, agreeing to betray Jesus for the price of thirty pieces of silver.

I don't have a recipe for thirty pieces of silver, but maybe thirty pieces of **golden Anzac biscuit** will do instead?



Judas was a passionate man with a strong belief in freedom, and strong ideas about what it would look like and how it would come about.

There is nothing wrong with having strong ideas and being passionate about things, but as with Judas, we need to ensure that we keep listening to God, to hear his solutions, his timings, and to see his kingdom in his way.

INGREDIENTS:

- 85g porridge oats.
- 85g desiccated coconut.
- 100g plain flour.
- 100g caster sugar.
- 100g butter or margarine, plus extra for greasing.
- 1 tbsp golden syrup.
- 1 tsp bicarbonate of soda.

Pre-heat your oven to 180° C/ Fan 160° C/ Gas Mark 4.

Put the dry ingredients, oats, coconut, flour and sugar in a bowl.

Melt the butter or margarine, and golden syrup together in a small pan – allow yourself time to give some of your rigid ideas of how things should be done, over to God.

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Readings & Collects

FOR MARCH 2021

FOR THOSE OF US who are not able to attend services or who wish to use the Sunday readings and Collect Prayer to worship at home, here they are:

SUNDAY 7 MARCH

3rd Sunday of Lent

Exodus 20:1–17; Psalm 19;

1 Corinthians 1:18–25; John 2:13–22

ETERNAL GOD, give us insight to discern your will for us, to give up what harms us, and to seek the perfection we are promised in Jesus Christ our Lord. Amen.

SUNDAY 14 MARCH

4th Sunday of Lent

(Mothering Sunday)

Numbers 21:4–9; Psalm 107:1–9;

Ephesians 2:1–10; John 3:14–21

MERCIFUL LORD, you know our struggle to serve you: when sin spoils our lives and overshadows our hearts, come to our aid and turn us back to you again; through Jesus Christ our Lord. Amen.

SUNDAY 21 MARCH

5th Sunday of Lent

Jeremiah 31:31–34; Psalm 51:1–13;

Hebrews 5:5–10; John 12:20–33

GRACIOUS FATHER, you gave up your Son out of love for the world: lead us to ponder the mysteries of his passion, that we may know eternal peace through the shedding of our Saviour's blood, Jesus Christ our Lord. Amen.

SUNDAY 28 MARCH

Palm Sunday

Isaiah 50:4–9a; Psalm 31:9–16;

Philippians 2:5–11; Mark 14:1–15

TRUE and humble king, hailed by the crowd as Messiah: grant us the faith to know you and love you, that we may be found beside you on the way of the cross, which is the path of glory. Amen.



A FOLDABLE WHEELCHAIR

is available free for anyone who could use one.

Just contact Lisa to be put in touch with the current owner!

Prayers of Intercession

FOR 7 & 10 MARCH

HEAVENLY FATHER, as we come to you now, in these special moments of prayer together, we do so with anxiety still on our hearts as the worldwide battle against disease continues; but Lord, we come also in praise and with thanksgiving for new hope as a pathway to a safer and more positive way of life begins to emerge; and so Lord we ask that the words we offer may be a reflection of your will for us and that we may soon be able to move forward in closer fellowship with each other in love and purpose for you.

Lord in your mercy, hear our prayer.

Father, we pray that you will continue to Bless the community of this church and especially those who, with your servant Lisa, lead us so faithfully in worship and praise. Grant we pray that we, by our witness and example, may be a beacon of light and hope to the whole community around us.

Lord in your mercy, hear our prayer.

In our regular cycle of prayer this week Lord we ask your special Blessings for Malcolm and Pat Pullin, for Dot Randall, for Nicola, Andy, Amelia and Erin Read, and for Ruth Redler. And we pray also for those of our neighbours who live in Phoenix Grove, in Pinewood and in Pool Road and Lord we ask also for your wisdom and guidance for those who dedicate themselves to the work of the charity known as 'Beloved' as they seek to bring your love and understanding of a better life to those caught up in the vice of working in brothels within our city.

Lord in your mercy, hear our prayer.

Father, we are aware and deeply concerned for the many among us for whom life is extremely difficult at this time, either because of poor physical health, or as part of an increasing number for whom the current situation is causing severe, and for some, life threatening worry and stress. Lord, we pray that in some way, you may enable us to be messengers of your healing, comforting and strengthening love, so that where there is pain or loneliness, there may be relief, new hope and by your Holy Spirit, new life.

Lord in your mercy, hear our prayer.

Jesus said 'Blessed are those who mourn, for they shall be comforted' and here Lord, we thank you for the lives of all those known to us who have recently passed from this life into your Eternal Care. Praying especially for the family of Margaret Pymm whose funeral will be on Monday 8th March.

Lord in your mercy, hear our prayer.

Now let us pray for our Nation and for peace and well-being throughout our world. Lord, we thank you for this land in which we live; for our homes, for our families, for our friends and for all those with whom we relate day by day. Especially we thank you for your faithful servant Elizabeth, our Queen and for all those under her Authority who bear the burden of Governing, Administering and Safeguarding our way of life. And Lord, we pray, with deep gratitude, for the many workers, volunteers and so many other persons of love and charity, who are giving so much of themselves for the well-being of us all with little or no thought for themselves.

Lord in your mercy, hear our prayer.

As we turn our attention to the world around us, our hearts ache as we continue to hear of man's inhumanity to man by the degradation of the freedom of life in such places as Hong-Kong and, more recently, in Myanmar. Lord, we pray that wherever there is oppression and suffering, you will be in the midst, strengthening and supporting those who fear for their future.

Lord in your mercy, hear our prayer.

As we bring our prayers to a close Lord and turn our eyes towards Calvary and your complete sacrifice for us in Jesus, we ask that we may become channels through which His love and His peace may flow so that together with your whole worldwide Church we may bring life to all mankind, as You would have it be.

Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ, Amen. **Brian Brown**

14 & 17 MARCH

HEAVENLY FATHER in our prayers today we bring to you all whom we love, our family, our friends and our neighbours.

As this Sunday is Mothering Sunday, we remember that all through our lives we have reason to be thankful for our mothers. From the time we are babies, through childhood, and teenage years until we are adults with families of our own, they still support us, advise us and share our troubles and our joys. When they grow old themselves they still love and care about us, though they may be weak and tired. We're not all mothers ourselves, but we all have a mother, whether or not they are still with us, and we are all children of God. He is our loving Father but is also the one

Prayers of Intercession *continued*

who remembers and comforts us as a mother comforts her child. His love is perfect and constant. We thank you heavenly father for our mothers, for all they have done for us and pray that the love they show us or have shown us, may be reflected in the way that we show our love for others, and in the way we each **strive to live our lives following you.**

Lord in your mercy, hear our prayer.

Loving God, we come today all on different parts of our journey through this earthly life. Some are searching, some are feeling lost, some are hurting, some are feeling loved. Wherever we are and whatever we feel, we come to you as our parent who understands us, knows us and walks with us. As we continue to deal with the restrictions of the pandemic, we long to be able to meet with our families, for children to tell mothers how wonderful they are, and for mothers to tell children how loved they are. But, we also need to acknowledge that for many, today is a time of mourning and a reminder that Mum is not with them anymore. Lord we pray for peace. We pray for comfort. We pray for those for whom today is a sad and painful reminder of their childlessness, and for those who have lost a child – who were looking forward with joy, to have dreams shattered. Lord we pray for peace. We pray for comfort. Lord as we look back at our own hopefully, happy childhood memories, we pray for children and families worldwide for whom childhood was or is a struggle, with nobody to call mum or dad, no stable home life, little or no food or money. Lord we pray for peace. We pray for comfort. We pray that you will provide. We pray that you will pick them up and carry them. As we journey today, we reach our hands to you.

We know that when we put our hand in your hand we can rely on your guidance, your love, your arms that carry us when life is hard. Wherever we are and whatever we feel we come to you as our parent; the one who understands, knows and walks with us.

Lord in your mercy, hear our prayer.

In our cycle of prayer this week, we pray for everyone involved with the Uganda Link. We give thanks for the connection we have with our brothers and sisters in Uganda and pray God's blessings on the communities there.

From our church family we pray for Sarah, Mark, Layla and Lauren Reid, Colin and Tessa Rice, Peter Robbins, Carol Rockcliffe and Sandra Rosser.

In our wider community we pray for the residents of Portland Court,

Portland Place, Portland Street.

We continue to pray for all those on the prayer board, and let's take a moment to say a silent prayer for all those who are struggling and on our hearts and in our minds today. Father we pray for all who are mourning and saddened by the death of someone close and dear to them. Enfold them all with your love Lord that they may rest within your arms.

Lord in your mercy, hear our prayer.

Lord God, as we continue to work our way through the difficulties, stress, anxiety, death and long-term illness that Covid-19 has brought to us all, we pray for your healing presence for our world. We are fortunate to have a health service that is free to all in their time of need and pray for all those that are working tirelessly in the medical and caring professions. Injustice, war, hunger, homelessness and desperation for a better life is a constant battle for so many people throughout the world.

Our prayers go out to all those who are suffering and in need, Lord reach out to each and every one of them so that they might feel your embrace. We give thanks for the aid agencies that offer a helping hand, a listening ear and maybe a brief time of comfort for those in desperate need of food, shelter, medicines and care.

Heavenly Father we long for the world to be at peace and we ask that leaders of all nations strive to achieve this with justice, fairness and a sense of hope for a better future for everyone. As we pray for our brothers and sisters in Christ world-wide, we give thanks that we can worship in safety. Lord we know that when you walked on the earth, you trod upon hard places, you felt the strain of this world and the pressures of mental torment. So, Lord we ask that you would come beside us now, embrace all who are struggling through this time and whose minds and bodies cannot cope. Help us all to find peace, healing and calming inner thoughts.

Lord in your mercy, hear our prayer.

Heavenly Father we thank you that you are our refuge and strength. You came to us with unconditional love, and promise your presence with us, strong and still every moment that we live. You heal with the wings of your spirit that enfold us, bringing new life, new hope and new freedom into our lives. You are our Saviour, our friend and we find peace in your arms. You reach into the darkness of our troubles with hope, truth and light. Light that

restores, light that heals, light that protects. Lord stretch out your strong hand to hold us as we pray that your almighty love will breathe life into the darkest places.

Loving God, we thank you that you love us as a mother loves a child, wholeheartedly, passionately, fiercely, and with devotion. And that like a mother you watch over us every moment of every day, seeking our welfare, concerned about our progress and equipping us for the journey of life.

Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ, Amen. **Julia Merrifield**

FOR 21 & 24 MARCH

LORD GOD. Thank you for sending your Son and paving the way for our lives to be set free through Jesus' death on the cross. Thank you for this time of Lent, help us to renew our Faith, draw from the living water of hope and receive with open hearts the Love of you, God, in this journey towards the power of the cross, the victory of the Resurrection, and the rich truth that Jesus truly is our King of Kings.

Thank you that your ways are far greater than our ways, your thoughts far deeper than our thoughts. Thank you that you had a plan to redeem. Thank you that you make all things new. Thank you that your face is towards your people, and you hear our prayers, and know our hearts. Help us to stay strong and true to you. Help us not to follow after the voice of the crowds, but to press in close to you, to hear your whispers, and seek after you alone.

Lord in your mercy, hear our prayer.

Thank you, God, for your triumphal entry into our world each and every day. We give you thanks and praise for who you are, for all you have created. Thank you for sending Jesus, who showed us your love for all creation, your love for us. He opened our eyes to see your kingdom come here on earth. Forgive us for the times where we have gone about our own business, concerned with many things, oblivious to the needs of those around us, oblivious to the call of your love in our heart.

God of grace, equip us to be your servants, listening, eager, ready. Thank you for your presence in our world. We hear of violence, war torn countries, children starving, homes shattered by violence, debt or addiction. Friends and family illness, mental health issues. We are tempted to despair, and to think that you have forsaken us.

We are tempted to think that you are powerless.

Give us a vision of your entry into our world as the Prince of peace, changing hearts, changing our hearts, one by one, creating an army of peacemakers, care givers and preachers of the name of your beloved son Jesus. God of great deeds, open our hearts to be your heart, our hands to be your hands, our arms, to be your loving arms for all who need your presence.

Lord in your mercy, hear our prayer.

We pray for all those on the prayer board and in our congregation: Kerrie, Kevin, Kaiden & Kolby Rowland, Lorraine and Paul Sanderson, Marianne Saunders, Anne Scott and all those living on Pound Road, Prospect Crescent, Randall Close.

We pray for Outburst Youth Group, although they have not met for what seems a very long time, we pray for all who been part of it from the very start, that as they start their passage into Adulthood they remember that you Lord loves them just as they are. We ask your blessing on all their volunteers. Thank you, Lord, that they all serve you quietly and lovingly.

Heavenly Father, we pray for those whose hearts have been saddened by the death of someone close and dear to them, help them know Jesus Christ is the light of the World, a light which no darkness can quench.

Lord in your mercy, hear our prayer.

Lord, we confess that we love our lives as they are. We struggle with even the *idea* of change. We wrestle with the thought of doing things differently. But we know that the life we cling to is only a half-life. Only you, O Lord, can give us true life in full. Forgive us for holding onto the wrong things.

Teach us by your Spirit to *let go* of our agendas and assumptions. Help us to let go of our self-righteousness and false notions of power. Give us the strength and courage to try new things.

Encourage us – and even push us – to let go of ourselves so we can fully embrace you, Holy God.

Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ, Amen. **Nicola Read**

FOR 28 & 31 MARCH

HEAVENLY FATHER be with us here this morning as we come together to celebrate Palm Sunday and the beginning of Holy Week. We remember how you rode into Jerusalem on a donkey and the crowds shouted hosanna and waved palms. May we today also raise our hands and hearts to you and proclaim you as our King of Kings and Loving Lord of all.

May we reflect each day this week on the events leading up to Your Crucifixion and Resurrection on that glorious Easter Day.

Lord in your mercy, hear our prayer.

Lord God we pray for our nation and the whole world. We give thanks for Elizabeth our Queen and for Boris Johnson our Prime Minister and the leaders of all the political parties, we pray that they may find a way of working together to govern justly for the good of all people. We pray for all the leaders throughout the world. Where there is war let there be peace, where there is injustice and inequality we pray for justice and reconciliation. We pray for all those who live in fear, poverty and hunger. We pray for peace and justice in the world, for an end to wars, hostilities, and for a time when everyone can live together in harmony. We pray for the homeless, those living in poverty and those who are persecuted for the colour of their skin or their beliefs, especially Christians throughout the world.

Lord in your mercy, hear our prayer.

We remember all those on our prayer board, and ask that they may feel your loving arms around them in their time of sickness, sadness, loneliness or fear.

We pray for all those who have lost a loved one and pray that they may feel Your loving presence always near.

And now we will have a few moments of quiet to bring to you anyone in our heart and thoughts who need our prayers.

Lord in your mercy, hear our prayer.

In our cycle of prayer, we thank you for the Fellowship, Friendship and Joy shared at Friday Night Live. In our church family we pray for; Jayne, Chris and Phoebe Selway; Carolyn, Martin, Abbi and Jess Smith; Louise, David, Owen & Rhys Stanton.

In our parish we pray for those living in Riviera Crescent, Rodway View, and Rose Oak Gardens.

Lord in your mercy, hear our prayer.

We give you thank Dear Lord for the dedication of all NHS workers, Doctors, Nurses and all who support the vital work they do. We give thanks for our emergency services, Paramedics and Ambulance Personnel, The Fire Service, The Police Force and our Armed Forces who stand and worked alongside them.

We thank you that so many people have now received the Corona virus Vaccine, and that the way ahead now seems brighter. We pray that children and young adults will once again be able to return to school, college and university to resume their education and spend time with their friends and

peers, learning and having fun.

Lord in your mercy, hear our prayer.

Lord we thank you for our ministry team, Lisa, Sandy, Peter and all those who loyally support them in their work.

We thank them for all the resources they have lovingly prepared and distributed to us through the past year helping to hold us all together as we have stayed safely at home. May they know how much they are loved and appreciated, and bless them and keep them in your loving care always.

Help us to look to You Loving Father to be our guiding light and our sure and certain Resurrection to Eternal Life.

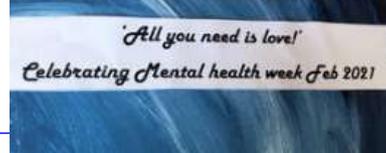
Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ, Amen. **Gill Osborne**

Thank you

THANK YOU for the children & staff (especially Mrs Symons) of The Tynings School for sending this heart to us all. It was for Valentines Day but sadly that didn't fit in with our distribution of February's Open Space. Please know that the children of our Parish and thinking of you, care about you, and for those that do, are praying for you!

The first 2 photos are the front and the 2nd two are the reverse.

What talented people we have living all around us!!



< *Continued from page 2*

As the butter melts, remind yourself to listen to God for his ways, and his timings.

Add the bicarbonate of soda to 2 tablespoons boiling water, then stir into the golden syrup and butter mixture.

Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients.

Put dessert spoonful's of the mixture on to buttered baking sheets, about 2.5cm/1in apart to allow room for spreading. Bake in batches for 8–10 mins until golden. Transfer to a wire rack to cool.

Eat, thoughtfully, with a hot drink, remembering how easy it can be to fool ourselves into believing we are doing the right thing, and how hard it can be to trust that God's timing is right.

Maundy Thursday: **Charoset Turnovers**



On Maundy Thursday, we sometimes celebrate

with a Seder meal, the meal of the Jewish festival of Passover. It is very probable that Jesus' Last Supper was a Passover meal, and the edible re-enacting that goes on in this is a great way of understanding the story of Exodus, and also of putting some of the things said and done at the Last Supper into a context.

One of the dishes on the Seder plate is 'charoset', a mixture of apples, walnuts, cinnamon, and honey, to look like the mortar and clay bricks the Israelites had to build while slaves in Egypt.

Having discussed this with a friend who is a far better baker than I am, we thought this would be rather tasty inside a turnover.

First up, then, you'll need to make yourself some pastry – or if you prefer buy it ready-made from the supermarket. As it's a turnover, it really needs to be **rough-puff pastry**, doesn't it! So, stick **120g of butter in the freezer**, and cut **50g of chilled butter into cubes**. Tip the butter cubes into a bowl containing **300g plain flour and a pinch of salt**, and rub them in using your fingertips until the mixture looks like bread-crumbs.

Add a little water until it forms into a dough, and roll it out into a rectangle.

Get the butter out from the freezer,

and grate half of it onto the bottom two thirds of the dough. Fold the uncovered part of dough down over the grated butter, then fold the bottom part up over the top. Turn it a quarter turn, roll it out again, and repeat this, grate butter over the bottom two thirds, fold down the top, fold up the bottom.

All that hard work rolling and grating and wrapping can get you thinking of the way the Israelites had to work as slaves in Egypt, mixing mud for bricks, moulding it, stacking it, all under the hot sun. For the cheats among us who have bought ready-made puff pastry (yep that'll be me!)... let your mind do the wandering and imagine how hard it really would have been! Think of what you feel enslaved to, that you need freedom from, and begin to feel the same tug towards freedom felt by people throughout the generations. Wrap it all up, and leave it in the fridge to chill while you get on with making the **charoset**.

For this, finely chop up a couple of **apples**, and mix with some chopped **walnuts** if you have some hiding in your cupboard, some **cinamon** or another spice, and some **honey**. Mix it until it forms a lumpy brownish paste.

Roll the pastry out and cut it into 15cm squares. Brush each square with egg wash; spoon apple mixture onto centre of each. Fold each in half diagonally to form a triangle; press edges together to seal. Use back of a fork to crimp edges, and prick a little hole in the middle of the bulge for the steam to escape. You might like to brush these with milk or egg, and maybe sprinkle on some demerara sugar to give them an extra crunch, before baking them for **20-25minutes at 200°C/Fan 180°C/Gas Mark 6**. Eat them, as free people, reclining to your left as you do when celebrating a Seder meal. Only non-slaves could eat while reclining, and you can eat these with joy in your heart, knowing that freedom is coming for all of God's people.

Good Friday: Hot Cross Buns

What else could we cook today apart from Hot Cross Buns!

The great thing about making a yeasted bun, is that it's something you spend time with, and then come back to, over time. Our Church tradition involves having services between 12 and 3, marking the hours

Jesus spent on the cross – you might like to spend that time prayerfully making hot cross buns, perhaps watching the online 'last hour' in-between, with each time you come back to the baking, stepping back into the story, re-immersing yourself in the pain and the wonder of Good Friday. Or, if Church services have resumed by that time, then come to Church for the 'last hour' of reflections, images, music, prayer and stillness at 2pm.



FOR THE BUNS

- 300ml full-fat milk, plus 2 tbsp more.
- 50g butter.
- 500g strong bread flour (or plain flour if not – the buns just won't rise as much).
- 1 tsp salt.
- 75g caster sugar (but you can use any sugar).
- 1 tbsp sunflower oil.
- 7g sachet fast-action or easy-blend yeast.
- 1 egg, beaten.
- 75g sultanas (or raisins or currants).
- 50g mixed peel (or just the peel of a fresh orange).
- zest 1 orange.
- 1 apple, peeled, cored and finely chopped.
- 1 tsp ground cinnamon (or others – see below).

FOR THE CROSS

- 75g plain flour, plus extra for dusting.

FOR THE GLAZE

- 3 tablespoons of apricot jam or marmalade.

The first job you need to do to make hot cross buns is to heat up some milk and some butter.

Bring 300ml full-fat milk to the boil, then remove from the heat and add 50g butter.

Leave to cool until it reaches hand temperature.

As the butter melts and mixes in with the milk, you might like to think of the moment in the Eucharist when the priest mixes a little water in with the wine, and prays, *'by the mystery of this wine and water, we share in the divinity of Christ who humbled himself to share in our humanity'*.

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The Jesus we follow, being both fully human and fully God, undergoing today the most brutal of human punishments.

Put 500g strong bread flour, 1 tsp salt, 75g caster sugar and 7g sachet fast-action or easy-blend yeast into a bowl. As you add the dry ingredients, think through what you are laying at the foot of the cross today.

Make a well in the centre, pour in the warm milk and butter, and add an egg. Mix this well, first with a wooden spoon, and then with your hands, until you have a sticky dough.

Now for the fun bit!

Sprinkle some flour onto a surface, and knead it, by stretching and folding, until it's turned nice and silky and pulls out smoothly.

Put the dough in a lightly oiled bowl. Cover with oiled cling film (or a clean plastic bag or shower cap) and leave to rise in a warm place for 1 hour or until doubled in size and a finger pressed into it leaves a dent.

After an hour, it's time to add the dried fruit and spices, so that the hot cross buns taste like the real deal.

I don't know what you've got in your house. Certainly don't be heading out to buy stuff specially!

If we can't glory in a bit of a bodge job at the moment, when else can we? I've got some sultanas and raisins, but no currants. I don't have peel either, though do have some oranges, so might chop the orange peel up small and include that.

I doubt I'll actually get round to crystallising it myself in a sugar solution, but if that sounds like fun, you go for it! A chopped-up apple would do for fruit if your dried fruit is scarce.

I've got a tub of cinnamon, but mixed spice, or ground cloves, or even ground ginger would probably do. 1 teaspoon of spice should suffice. I'll leave it to you to put in as much dried fruit as you fancy.

Knead these into the dough, as you do so remember the way Jesus was pummelled at the hands of the soldiers, and of how dough needs to be pummelled before it can begin to rise, and to turn into bread to feed us all.

Leave to rise for 1 hour more, again covered by some well-oiled cling film (or what you used previously) to stop the dough getting a crust.

Divide the dough into 15 even pieces (about 75g per piece). Shape

each piece into a smooth ball on a lightly floured work surface. Arrange the buns on one or two baking trays lined with greaseproof paper, leaving enough space for the dough to expand. **Cover (but don't wrap) with more oiled cling film, or a clean tea towel, then set aside to prove for 1 hour more.**

Heat oven to 220°C/Fan 200°C/ Gas Mark 7.

Mix 75g plain flour with about 5 tbsp water to make the paste for the cross – add the water 1 tbsp at a time, so you add just enough for a thick paste. Spoon into a piping bag with a small nozzle. Pipe a line along each row of buns, then repeat in the other direction to create crosses.

Remember Jesus and his words on the cross, and quietly thank him for his sacrifice.

Bake for 20 mins on the middle shelf of the oven, until golden brown.

Once out of the oven, gently heat some marmalade or apricot jam, and paint this over the top of them to make a sticky glaze. Enjoy, buttered if you like, with a cup of tea, and sing or listen to your favourite songs or hymns about the cross as you eat them.

Holy Saturday: *Pineapple Upside-down Cake*

A quiet day today. A day of quiet anticipation for us; a day of quiet despair for the disciples. And a day where marvellous things were about to happen, unseen. A day where the world was about to be turned upside-down.



So, what better to make than **pineapple upside-down cake**? You start by creating the glaze and the decoration, but right in the bottom of the tin.

Mix 50g butter or margarine, and 50g light brown sugar, and spread this over the bottom of a cake tin and a little way up the sides.

Open a tin of **pineapple rings**, and place these in a lovely pattern all over the base, putting glaze cherries in each hole. Here is all our glorious hope for Easter – but we can't see it yet.

We're going to hide it under some sponge cake mixture.

Mix 100g butter or margarine, 100g caster sugar, and 100g self-raising flour, along with 1 tsp baking powder, 1 tsp vanilla essence, 2 eggs, plus two tablespoons of the juice or syrup from the pineapples (you can drink the rest – baker's treat).

Pour this over the pineapples and glaze cherries, until they are completely covered, just like Jesus' body, hidden from sight behind the great stone at the entrance to his tomb.

Bake for 35 minutes at 180°C/Fan 160°C/Gas Mark 4, then take out of the oven. Carefully without burning yourself, up-end it onto a plate.

All that hidden beauty and colour can now be seen, like the life that bursts into the world again at spring-time, like the life of Jesus that fills the world with love and goodness.

Eat with ice cream if your sweet tooth can bear it and talk about times you felt all hope was lost, and of the joy that came after weeping.

Easter Sunday – *Resurrection Rolls*

Hopefully, some of us will be able to celebrate Easter Day in Church this year, but it will undoubtedly be much scaled back due to the ongoing Coronavirus restrictions; so why not take the opportunity to bake an Easter day treat!

If you have managed to buy chocolate eggs, enjoy them! This recipe is something quite different, and is, in fact, a chocolate free zone. You'll need **marshmallows, a tin of ready-made croissant mix, melted butter, a bowl of sugar and cinnamon, and a bun tin.** If you can't find croissant mix, I reckon you can get away with making some bog standard shortcrust pastry.

Pick up a marshmallow. This is the body of Jesus, taken down from the cross on Good Friday. **Dip the marshmallow in the melted butter and the cinnamon and sugar.** This is what normally happened to a body before it was buried – it was anointed with sweet smelling spices and oils as a mark of respect, but this didn't happen with Jesus, his burial was all in too much of a rush before sundown at the start of Sabbath.

This is what the women, arriving early in the morning, were planning to do, a couple of days late.

Wrap the marshmallow up inside a triangle of croissant mix, making sure there aren't any holes, and dip

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MARCH CYCLE OF PRAYER BEGINNING SUNDAY OF EACH WEEK

07 Beloved	Malcolm & Pat Pullin, Dot Randall Nicola, Andy, Amelia & Erin Read Ruth Redler	Phoenix Grove Pinewood Pool Road
14 Uganda Link	Sarah, Mark, Layla & Lauren Reid Colin and Tessa Rice, Peter Robbins Carole Rockliffe, Sandra Rosser	Portland Court Portland Place Portland Street
21 Outburst Youth Group	Kerrie, Kevin, Kaiden & Kolby Rowland Lorraine and Paul Sanderson Marianne Saunders, Anne Scott	Pound Road Prospect Crescent Randall Close
28 Friday Night Live	Jayne, Chris & Phoebe Selway Carolyn Martin, Abbi & Jess Smith Louise, David, Owen & Rhys Stanton	Riviera Crescent Rodway View Rose Oak Gardens

ALL GROUPS/MEETINGS/EVENTS are cancelled until further notice!

SEE our website for adult & family activity and support materials:
www.saintstephensoundwell.org

SUNDAY COMMUNITY WORSHIP SERVICE:

Your PCC will be meeting again in early March to prayerfully think through when it will be safe to open Church again for regular services. Therefore the earliest that might be is Sunday 14th March, but this date has NOT yet been agreed.

We will be in touch via email and through our Care 5 groups and by phoning one another, to let you know more at the beginning of March. There will also be information on the Church Website and Facebook pages.

When we are open again, and we all pray that it will be soon... please note:
BOOKING WILL BE ESSENTIAL: Please call **07903 763 420** to book your place.



via Zoom!!

Why not join in with St Stephen's Afternoon Tea & Talk online? **Sundays at 4pm!!**

Join Zoom Meeting
<https://us04web.zoom.us/j/77487137556?pwd=akFGSm12SHlieWFxMkZhcUtMaUxKUT09>
Meeting ID: 774 8713 7556 Passcode: Tea & Talk

Dial-a-Sermon

To listen to this week's sermon from Rev Lisa Wigmore, Rev Sandy Cooper or Peter Robbins (LLM), just call this number (cost is the same as a local call)

0117 456 2090

St Stephen's Church, Soundwell



Youth Church

BECAUSE of the complexities of holding Youth Church on Sundays we meet Saturdays on-line instead!

This takes place via Zoom at **9am** (for 30-40 minutes).

Pyjamas are welcome, as are any toys or cuddly things, puppets, and people of all ages!!

Please see the advert at right for the ID number to log in and for the required passcode.

(The ID code changes with the person leading the session but the passcode remains the same!)



SSS Youth Church

Saturdays on Zoom: MARCH

(Meeting ID's listed, password stays the same)

★ **06 March:** 728 5566 3916 (Lisa)
click the link: [06 MARCH](#)

★ **13 March:** 710 8851 1800 (Katy)
click the link: [13 MARCH](#)

★ **20 March:** 739 8735 2919 (Teresa)
click the link: [20 MARCH](#)

★ **27 March:** 728 5566 3916 (Lisa)
click the link: [27 MARCH](#)

PASSCODE = YChurch

See you at 9am!
(approximately 30-40 minutes)

We Follow Jesus!



this dough ball in melted butter and the cinnamon and sugar mix.

This is like the body being wrapped in grave-clothes. Pop it in a hole in the bun/muffin tin and bake them all in a hot oven (190°C) for 10-15 minutes.



The oven is like the tomb.

When you open the oven again, give the buns a few minutes to cool slightly, then eat them hot. As you break them open, discover what has happened to the body inside! *It is gone!* Just like the women arriving early to anoint Jesus's body, who discovered that instead of a body resting in a tomb, there was an empty space, angels, and Jesus, very much alive.

I'm writing this on a cold and wet February Day, because I need to, so that you have this in time to read it through, and decide what you might like to bake during Holy Week.

I am imagining you eating your Easter treats on a splendid spring day, with birdsong coming in through your window, and flowers on your table. I am hoping you'll have some glorious Easter music blasting out through your speakers, and between bites you'll be singing along, full of resurrection joy in your heart.

But that's for Easter Day - we're not quite there yet. We still have the journey to the Cross to travel with our Lord before we get to the joy of the resurrection. An outdoor Easter Trail will be available for you to gently walk through from Palm Sunday (Sunday 28th March) until the end of Easter Day (Sunday 4th March) - so that you can Experience Easter at any time during Holy Week - outside your Church, as well as baking at home.

Love and blessings, **Lisa**

SAINT STEPHENS SOUNDWELL



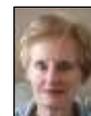
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Priest in Charge, 52 Gladstone Street
Soundwell, Bristol BS16 4RF
Telephone 0117 957 4297



• **Revd Sandy Cooper**
Associate Minister, 1 Deerpark
Soundwell, Bristol BS15 1XH
Telephone 0117 967 2621



• **Peter Robbins**
Lay Minister, 13 Wood Road
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• **Gill Mayo**
Church Warden
Telephone 0117 956 9796

