



Church House Publishing
Church House
Great Smith Street
London SW1P 3AZ

Tel: 020 7898 1451
Fax: 020 7898 1449

ISBN 978 0 7151 4182 3

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Email: copyright@c-of-e.org.uk

Designed by www.penguinboy.net
Printed in England by Core Publications Ltd

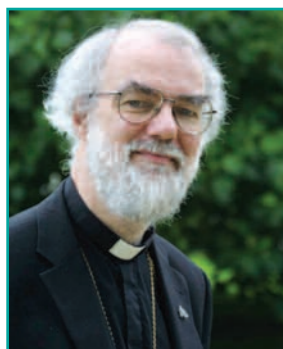


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Foreword by the Archbishops of Canterbury and York



Dr Rowan Williams,
Archbishop of Canterbury

Modern life can be busy and pressurized. This is especially so for families, who may find it difficult to make time to spend with each other, let alone at key times of the Christian year.

This book is designed to help families celebrate Lent and Easter together – by learning about the Lent and Easter story and doing fun things together but also taking time out for prayer and stillness and to re-connect with God’s creation.

The **Love Life Live Lent** actions may also be done together, and by taking part you will be joining with thousands of others making a difference and transforming their world through simple acts of kindness and generosity.

With God’s help, we can change the world for good a little bit every day. Together we can build better and more generous communities. Together we can lighten our load on the planet. We show God’s love when we do these things.

Enjoy living Lent and Easter and transforming your world with your family.



Dr John Sentamu,
Archbishop of York

How to use this book



This book is designed to help you celebrate Lent and Easter as a family. It may be used alongside the **Love Life Live Lent** booklets.

Love Life Live Lent started in Birmingham in 2006. It was a campaign to encourage people to mark Lent in a different way. Rather than giving up chocolate or going on a detox, it encouraged people to use Lent to undertake one simple act of generosity each day. The actions are small and fun to do, but make a real difference in homes, families and communities.







This book contains **Love Life Live Lent** actions for both adults and children throughout Lent. It also includes Lent and Easter activities – things to think about, make and do together.

Here are some creative ways of doing Love Life Live Lent as a family:

- Kick off Lent by holding a Pancake party on Shrove Tuesday (recipe on p. 7). Why not invite friends and neighbours to join you?
- Sit down at the start of Lent and think about how you will follow **Love Life Live Lent** as a family. You might want to make a Lenten tree, on which you can ‘hang’ the **Love Life Live Lent** actions as you do them. See instructions on p. 12.
- There are FREE family wall-planners you can download from the web site www.livelent.net
- Adults and children might want to have their own booklets, in order to tick off the actions as they are completed. Booklets may be ordered from www.chpublishing.co.uk

- You don’t have to do all of the actions. You could choose to do all the actions from one of the six categories – for example, all the ‘green’ actions or all the ‘global’ actions.
- If you can’t do the actions during the week, why not try to do at least one of them at the weekend?
- We have suggested looking up stories yourself in the Bible, or in a book of Bible stories (indicated by the Bible icon ). You may want to watch the scenes from a DVD instead – e.g. **The Miracle Maker** (indicated by the DVD icon ).
- At Easter, hold a celebration and give everyone the opportunity to share stories of **Love Life Live Lent**. What was the most important thing about it? Or use the ‘Walk to Emmaus’ idea on p. 47.

The little picture next to each action tells you what kind of action it is:

-  Something to do at home or with those who look after you
-  Something to do at school or work
-  Something to help the environment
-  Something to help the community you live in
-  Something to help people around the world (supplied by Christian Aid)
-  An action to help you pray or be quiet

*There is more help listed on the inside of the back cover for actions marked with an asterisk.

Week 1 - Kids' Actions



Action 1

Say something nice about someone behind their back



Action 4



Clean up your room and take anything you don't need to a charity shop (with an adult)



Action 2

Share pancakes with your family



Action 5

Share a smile!



Action 3

Give your pocket money to a charity that works with children overseas*



Action 6

Say sorry to someone

Adult & Youth Actions



Action 1

Say something nice about someone behind their back



Action 4



Have a clear-out – take things to a charity shop, recycle or offer to others

(see www.freecycle.com and www.freecycle.com)



Action 2

Invite friends and neighbours round for a pancake party



Action 3

Skip a meal and give the money to a charity working overseas*



Action 5

Give up your place in a queue to someone else



Action 6

Make a list of things you want to say sorry for to God – then destroy it



Preparing for Lent Shrove Tuesday

Lent Facts: What is Lent?

Lent is the Christian season that takes us from Ash Wednesday through to Easter. It is 40 days long (the Sundays are not counted) and is linked to the time when Jesus spent 40 days without food in the desert. It is a reminder that Jesus went through suffering to make him stronger and more trusting in God.



You can read the story in the Bible in Matthew, chapter 4, verses 1 to 11.



Watch **The Miracle Maker**, start of scene 2, from about 10 minutes in until 12 minutes 40.

In the early days of the Church, Lent was a time when new Christians prepared for their baptism (which was traditionally held at Easter) by being instructed in the Christian faith and through fasting (not eating food, or eating only one meal a day) and penance (being sorry for wrong things they had done and trying to put them right).

Some people today fast during Lent, or give up treats such as chocolate! They do this to help them focus on God. Some people decide to show God's love by being more kind or generous during Lent – which is what **Love Life Live Lent** is all about!

Lent Facts: Shrove Tuesday

The day before Lent. 'Shrove' comes from 'shrive', meaning to confess. People were encouraged to say sorry to God before the start of Lent. Traditionally, it was also a day to prepare for the Lenten fast by using up all the rich food in the house – particularly butter and eggs – which has led to the tradition of having pancakes on this day.

Did you know? Shrove Tuesday around the world

- In some parts of the world, a carnival is held on Shrove Tuesday. In some places, such as Brazil, the carnival is known as 'Mardi Gras' – 'Fat Tuesday' – and is a time of fun and celebration.
- In some parts of Britain, such as Olney, Buckinghamshire, and parts of London, pancake races are held. The race in Olney originated over 500 years ago, takes place over 415 yards and is run by women who must wear skirts, aprons and head coverings. The winning time in 2008 was 69 seconds!



Shrove Tuesday Quiz

(Answers on p. 48)

1. **The world's largest pancake was cooked in Rochdale in 1994. It was 15 metres in diameter and had an estimated 2 million calories. How much did it weigh?**

- A** 10 tonnes **B** 3 tonnes **C** 17 tonnes

2. **Ralf Laue from Leipzig, Germany holds the world record for tossing the most pancakes in two minutes. How many did he toss?**

- A** 416 **B** 986 **C** 231

3. **In some countries carnivals are held on Shrove Tuesday. What does the Latin word 'carnival' mean literally?**

- A** 'Without cars'
B 'Without crying'
C 'Without meat'

SUGGESTION
You may not want to fast, but why not have a meat-free day once a week?

Pancake Recipe

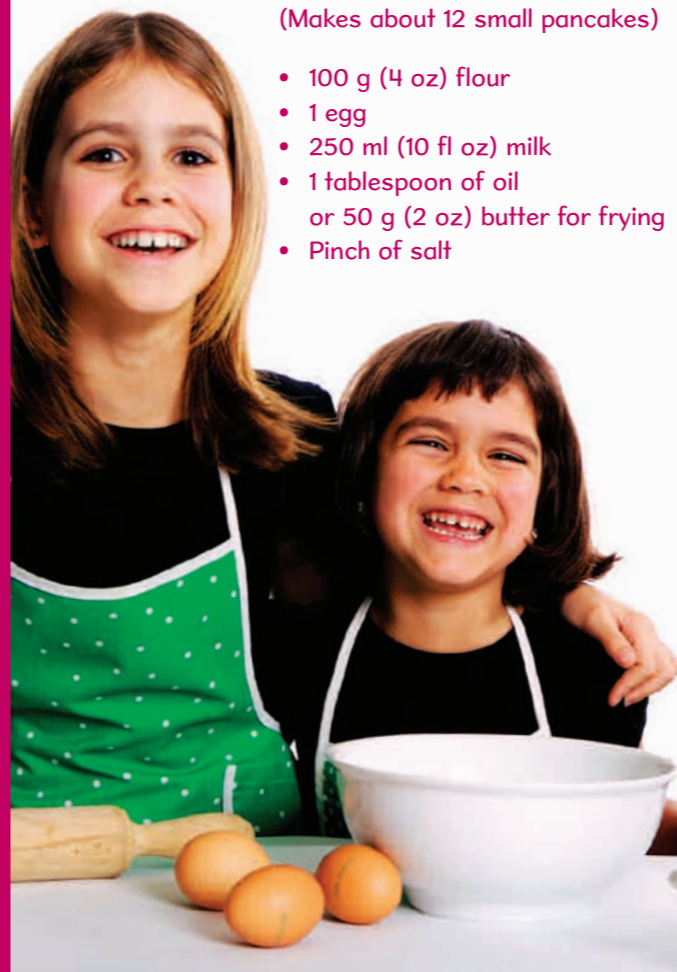
Why not have a go at making your own pancakes and invite your family, friends and neighbours round to join in the fun? If you don't want to make your own, you can buy pancakes and add your own fun toppings.

See who can come up with the most unusual topping. What is your favourite? Who can toss the most pancakes?

Ingredients

(Makes about 12 small pancakes)

- 100 g (4 oz) flour
- 1 egg
- 250 ml (10 fl oz) milk
- 1 tablespoon of oil or 50 g (2 oz) butter for frying
- Pinch of salt



What to do

Note: use either metric or imperial measurements; don't mix them!

Sift the flour and salt into a basin.

Make a well in the centre of the flour, add the egg and beat until smooth. Then add the milk, a very little at a time, beating well, until you have a smooth liquid. (When you have made the batter, it is helpful to put it all into a big jug, so that you can pour a little at a time into the frying pan to make the pancakes.)

Heat a drop of the oil in a flat, thick-based frying pan. When the pan is really hot, beat your batter briefly once more and pour about 3 tablespoons of it into the pan. (Beat each time before pouring.)

Cook for just under a minute – don't forget to check underneath to see how it is cooking. Then have fun flipping or tossing the pancake!

Cook on the other side (again checking) until golden brown.

Serve with your favourite topping.

Sweet toppings

- Sugar and lemon juice
- Maple syrup
- Bananas
- Chocolate spread
- Ice cream and chocolate sauce

Savoury toppings

Cheese, tomato, ham, beans . . .

Why not make up your own combinations?



The start of Lent Ash Wednesday

Lent Facts: What is Ash Wednesday?

Ash Wednesday marks the start of Lent.

In biblical times, people covered their heads with ashes, or wore sackcloth (a type of rough cloth) as a sign of being sorry for the things they had done wrong.

Traditionally, on Ash Wednesday Christians had a cross-shape marked in ashes on their foreheads. This still happens at Ash Wednesday services in some churches. Sometimes the ashes are made by burning Palm Sunday palm crosses from the previous year. Being marked with a cross in ash is a sign of wanting to turn away from wrong things. It is also a reminder that every life ends. As the minister marks each person on the forehead, they say: 'Remember you are dust, and to dust you shall return.'



Ash Wednesday activities

Have a spring clean



Lent is a time of 'clearing out' our lives: a period of 'cleansing' in preparation for Easter.

This is a good time to have a clear-out of anything you don't need any more. Unwanted items may be taken to a charity shop, or recycled. There are several web sites where you can advertise things you don't need any more: go to www.freecycle.org or www.freecycle.org

If you have unwanted toys and children's books in good condition, could they be given to a playgroup, or to a doctor's surgery?

If you find things that belong to others, now might be a good time to return them!

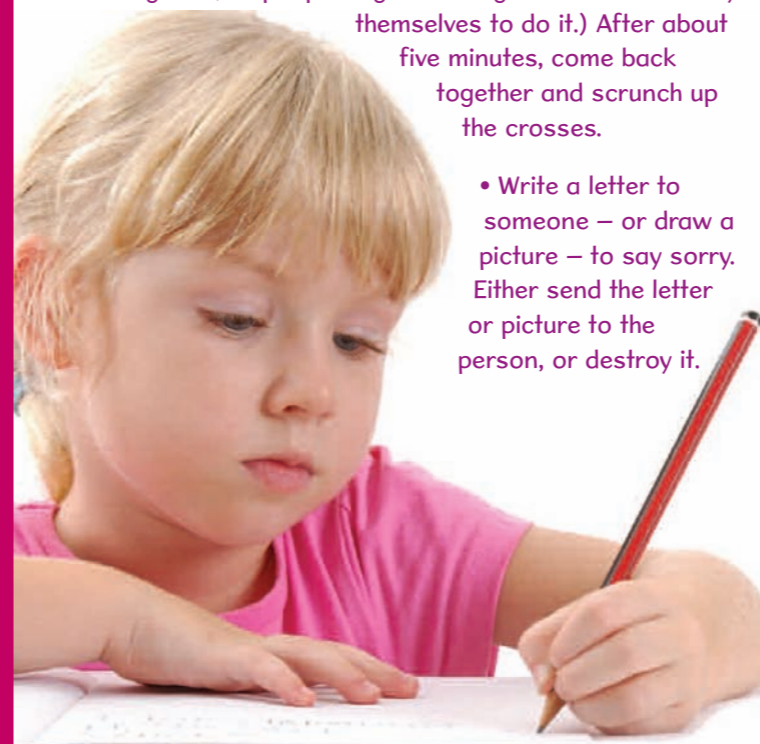
Ash Wednesday activities

Saying sorry

Ash Wednesday is a day of penitence (being sorry for wrong things and trying to put them right). One of this week's actions for children is to say sorry to someone.

Some creative 'saying sorry' activities:

- Write the word 'Sorry' in felt-tip pen on pieces of paper and put them in a bowl of water. As you watch the words dissolve, ask God to forgive you for anything you have done wrong.
- Cut out some large paper crosses. As you hold the crosses, think about the 'bad bits' of yourself that you would like to 'clear out' during Lent. (You could do this all together, or people might like to go off somewhere by themselves to do it.) After about five minutes, come back together and scrunch up the crosses.
- Write a letter to someone – or draw a picture – to say sorry. Either send the letter or picture to the person, or destroy it.



At the end of any of these activities, you might like to use this prayer:

Dear God,
We are sorry for the wrong things we have done.
We are sorry if we have hurt others.
We ask you to forgive us and help us change.
Amen.

