

SOMETHING ENCOURAGING TO DO TOGETHER AT HOME

*By sharing, talking and praying together,
you can make a difference in your family and beyond.*

Try spending a few minutes together every day; at bedtime or mealtime — whenever most of the family can be together.

Use these five steps, sometimes called the 'Faith Five.'

- 1. Share:** Give everyone a chance to share their highs and lows — the best thing and the worst thing that happened today.
- 2. Bible:** Read a short passage from the Bible. Check surrounding verses and headings to find out who is speaking/writing and what the situation is.
- 3. Talk** about what the Bible passage means for your family and how it relates to your highs and lows.
- 4. Pray** for one another. Thank God for your highs. Ask God for help in dealing with your lows. Talk to God about what you have read from the Bible.
- 5. Bless** one another. Place your hand on another person's head or shoulder and tell them of God's continuing love and care for them. Use your own words or you may say: God bless you and keep you tonight and always. **Amen.**

Some Bible passages to choose from:

Matthew 22:37–39

Matthew 25:31–46

Luke 6:31

1 John 4:9–11

Matthew 5:7–9

Matthew 6:1–4

Ecclesiastes 4:9–12

Ephesians 4:1–4

Proverbs 22:2

Psalms 133:1

ACTIVITIES TO DO AT HOME



**Together,
We Can Make
a Difference!**



This booklet has ideas for you to do at home. They may help you make a difference in your home or community as you prepare you for Easter.

Pancake Day is held on the day before Lent each year. You may be part of a Pancake Day activity.

Lent is the 40 days before Easter — a time to prepare ourselves for Easter. It is a really good time to think about how much God loves you and how you can love other people — particularly people who are struggling, hungry, suffering or lonely.

**Yes! You and your family can make a difference
— in your home and in the community.**

For other ideas for activities for families, visit unitingpeople.org.au (click on 'parenting' and then '100 ways').





PANCAKE THINGS YOU COULD DO TOGETHER AT HOME

Make some pancakes together. Eat them together as a family. Invite another family or another person to share them with you.

Here are some pancake tips and ideas.

- 1.** Mix ingredients with a whisk until just blended. Don't over mix.
- 2.** Make your batter the night before and refrigerate it overnight. This lets the flour in the batter relax — it makes much better pancakes.
- 3.** Grate the zest of an orange into the batter when you make it. Or add fruit.
- 4.** Unless you're very lucky, the first pancake will most likely stick. This is perfectly normal; don't worry!
- 5.** When bubbles appear on the top of the pancake, it's time to flip it over.
- 6.** If you feel brave, flip your pancake like an expert. Grab the handle of the frying pan with both hands and move away from the burner. Drop the pan down and quickly flip it back up again, using your wrists. The pancake should rise out of the pan and turn over.
- 7.** Clean the frying pan out with a paper towel, and add more butter each time — you're less likely to get burnt bits that way.
- 8.** You can make a whole batch in advance. Just stack them as you cook with baking paper in between. Keep them warm in a low oven or reheat them in the oven. Or place four pancakes on a plate, cover them with cling film and heat in the microwave.
- 9.** Try making different shaped pancakes. You can squirt the batter from a bottle.
- 10.** Experiment with different pancake toppings: golden syrup, lemon juice, jam or marmalade, sugar, cinnamon, maple syrup, cream, ice-cream, fruit (fresh, dried or tinned), shredded coconut, choc chips, grated cheese, chopped green onions, bacon bits, sautéed mushrooms, onions or zucchini.
- 11.** If you know someone from a different culture, find out how they make and eat pancakes. Try doing it their way.



HELPING THINGS YOU COULD DO TOGETHER AT HOME

Talk together and plan ways you can help other people.

Here are some ideas.

- 1.** Follow up on any projects you heard about in church or Messy Church.
- 2.** Make some lifestyle substitutions during Lent, eg
 - Go without TV in the evening and just talk. (See FaithFive on page 4)
 - Go without phone calls/SMS after 8pm and say prayers.
 - Go without watching movies/DVDs and invite families over for a games night.
- 3.** Collect money for a charity. Have a donation tin or box and put in your spare change each day. Or go without something like chocolates or take-away meals and donate the money that you save. Count it up at Easter and send it to the charity.
- 4.** Purchase a couple of extra items when you do your food shopping and donate the food to a food bank to help people who are struggling to sufficient food.
- 5.** Use the letters P-A-N-C-A-K-E. List some good things God has given you beginning with each of the letters. Think of how you might share some of these things with others.
- 6.** Talk about 'Random Acts of Kindness'. Encourage each person in the family to do one RAOK each day and report back to the family about what happened. Pray together for the people you've helped.
- 7.** Make a list of words and phrases you can use to encourage one another. Try using them regularly in your family. Then try them on other people you see who need encouragement.
- 8.** Bake meals together to give to people.
- 9.** As you prepare a meal (or as you make pancakes) talk about each ingredient, imagine what life would be like if you did not have that item.
- 10.** Consider hosting a Pancake Day event this year or next year! For information visit: sa.pancakeday.com.au