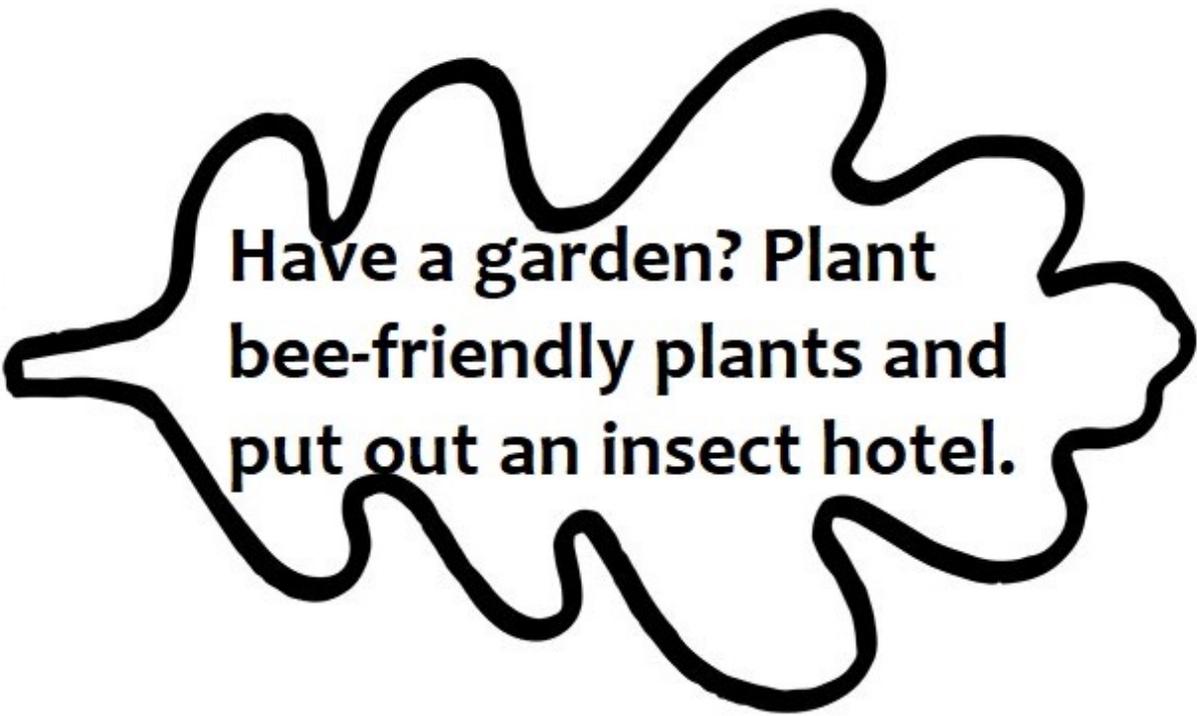


## **Activity 1**

As part of our service today we are thinking about God's creation and how we have a responsibility to care for it. To help us think practically about how we might be able to do that we invite you to create a 'Promise leaf mobile'. Talk about the suggestions on the leaves or maybe write some of your own and then choose three or four that you will try to keep and attach them to a stick which you can hang in your home as a reminder.





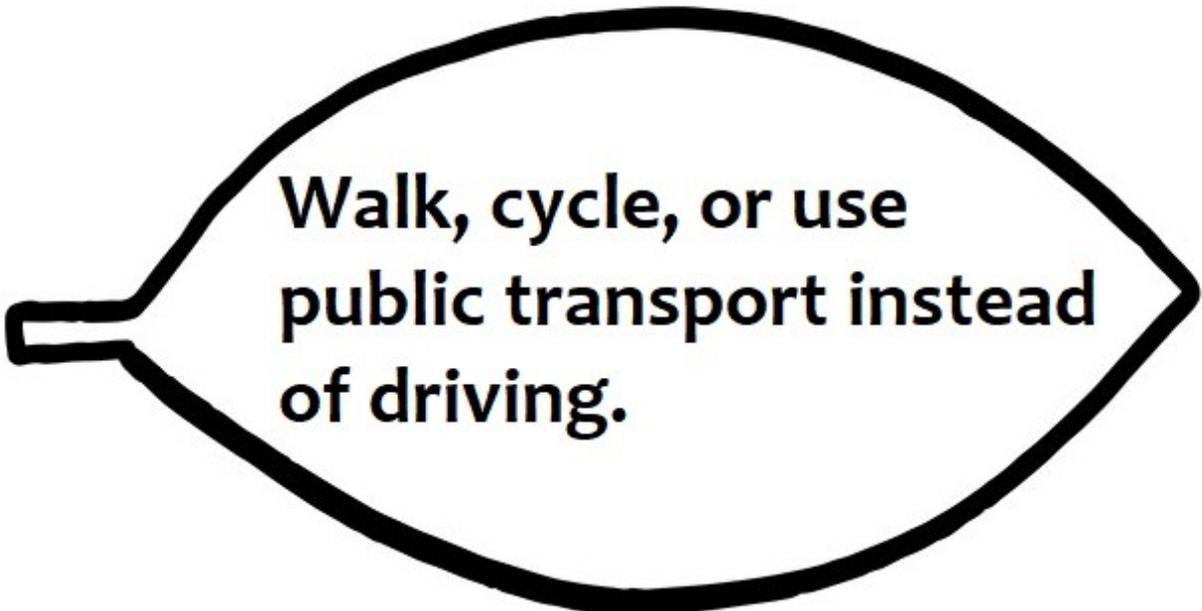
**Have a garden? Plant  
bee-friendly plants and  
put out an insect hotel.**



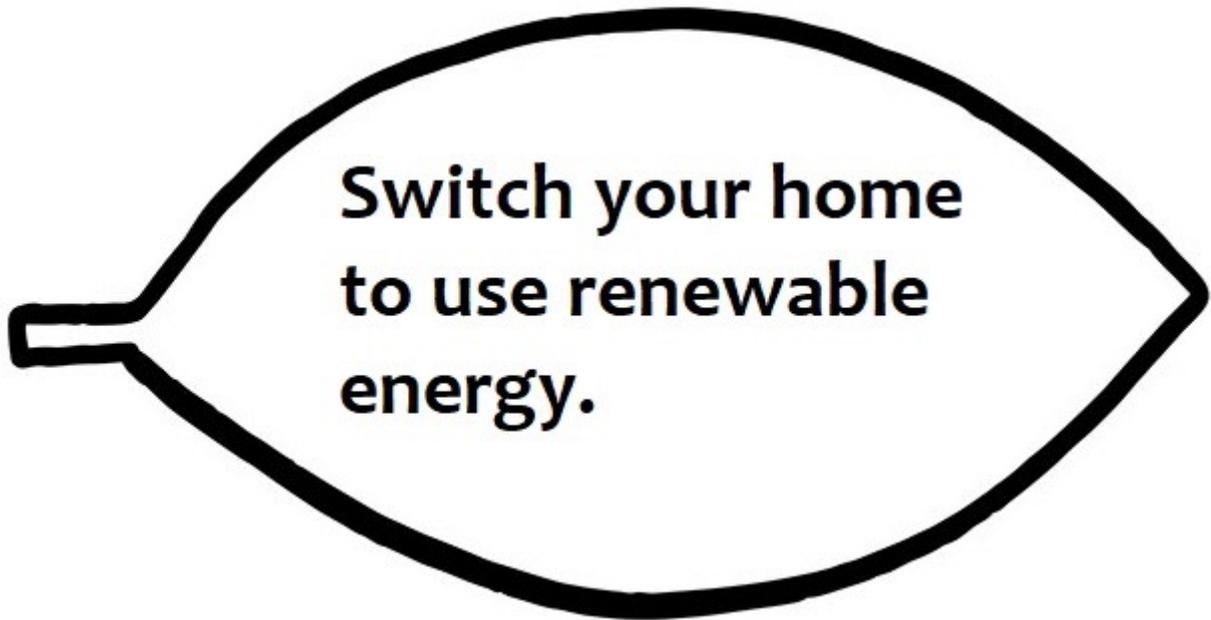
**Join a local  
environmental group:  
tree-planting,  
beach/park cleanups, a  
wildlife rescue, etc.**



**Have a household meeting:  
how to reduce consumption  
and increase recycling.**



**Walk, cycle, or use  
public transport instead  
of driving.**

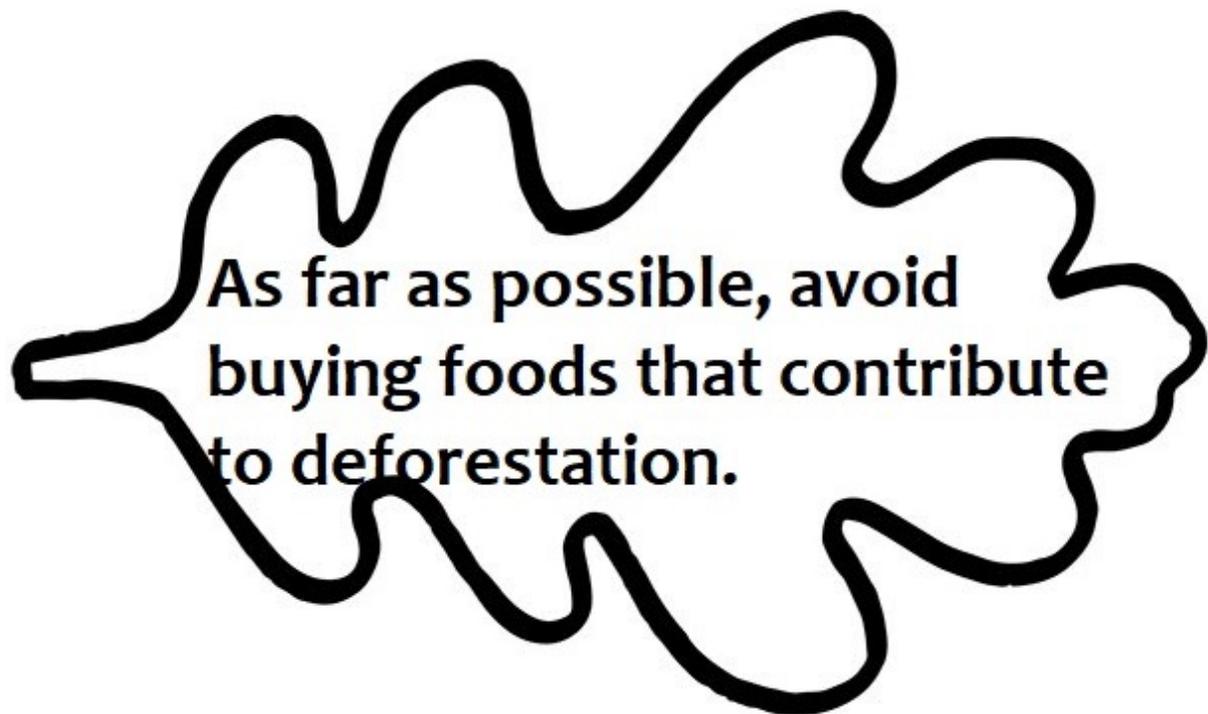


**Switch your home  
to use renewable  
energy.**

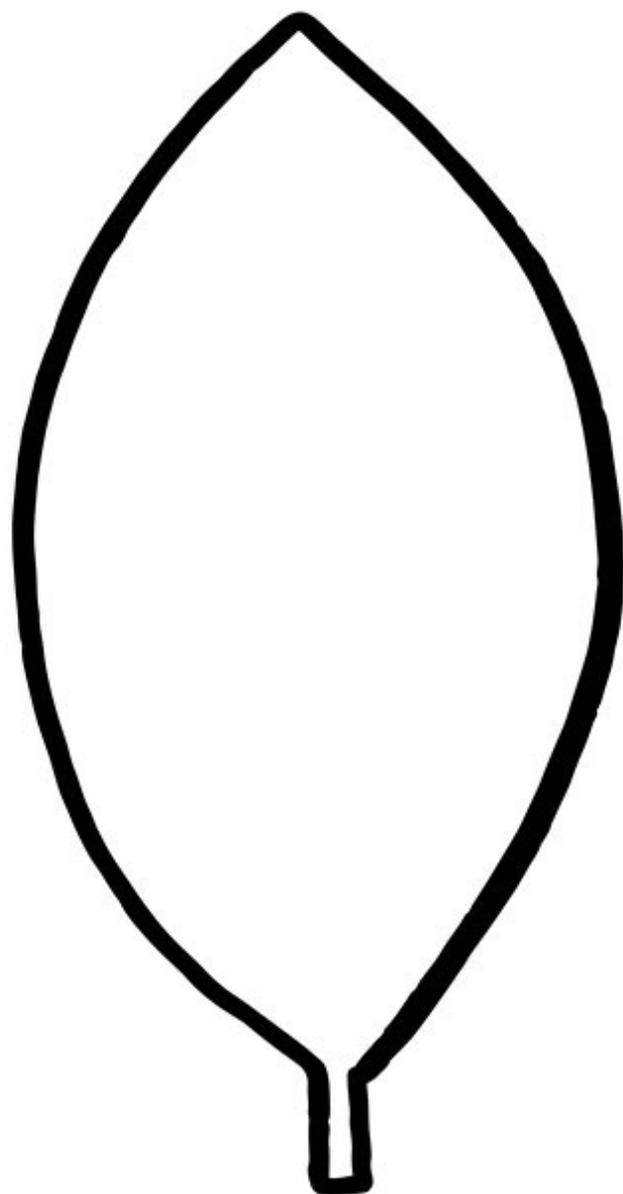


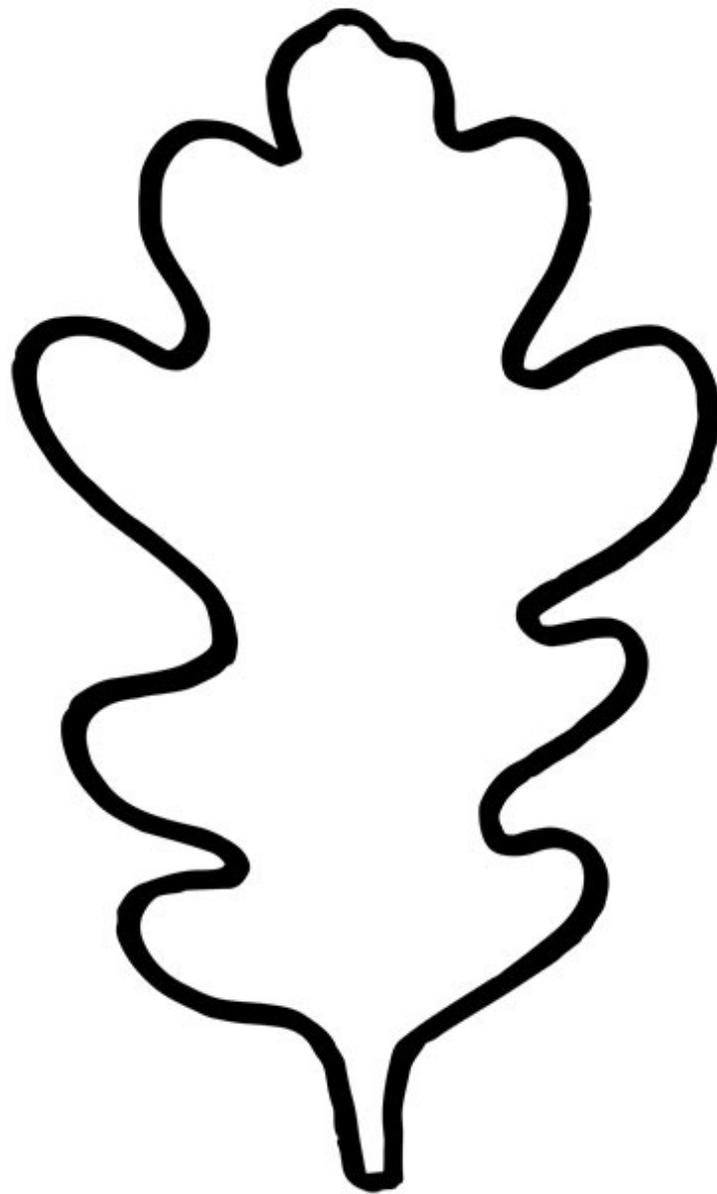
**Make people more aware of the  
climate change crisis by ...**

- **Creating a banner?**
- **Organising a socially distanced  
march?**
- **Giving a presentation to your  
class**



**As far as possible, avoid  
buying foods that contribute  
to deforestation.**





thebestideasforkids.com

<https://stalbanscme.com/2019/09/>

You may want to use the prayer below, that we will be using in our service, to help you reflect.

**Prayer**

God the Father, who created the world

Give us grace to be wise stewards of his creation

**Amen**

God the Son, who redeemed the world,

inspire us to go out as labourers into his harvest

**Amen**

God the Holy Spirit, whose breath fills the whole of creation

Help us bear his fruits of love, joy and peace

**Amen**

## Activity 2

Today we are also thinking about one of the 'I am' sayings of Christ...

John 6:35

"I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty"

What do you think Jesus meant when he said this? Perhaps you could think about this or even discuss it whilst making some simple flat bread following the recipe below

### Simple flat bread recipe

200g/7oz plain or wholemeal flour

¼ tsp salt

100ml/3½fl oz warm water

2 tbsp oil (olive, sunflower or vegetable), plus extra for cooking

### Method

- 1 Kid's job: Place the flour and salt in a large bowl and trickle on the water bit by bit.
- 2 Kid's job: Mix the water and flour mixture together. Kids can mix using one finger so that they don't get a whole hand covered in dough. Doughy hands can be cleaned by rubbing a little more flour onto the hands over another bowl or the bin – resist the urge to wash doughy hands as you will block the drain!
- 3 Kid's job: Add the oil and knead the dough – you are aiming for a soft dough. If it is too sticky, add a little more flour or if it is too dry, add a splash of water.
- 4 Kid's job: Knead the dough for 5 minutes – kids can do this in the bowl or on a clean surface using one or two hands.
- 5 You can cook the breads straight away or leave the dough to stand for about 30 minutes. This is a good time to make a quick filling such as a grated salad or dip. Divide the dough into four balls (or six if you have a smaller frying pan).

- 6 Kid's job: On a clean surface, roll each ball of dough one at a time using a rolling pin. If you pick up and move round the flatbread often you know it hasn't stuck. (You may need to sprinkle a little flour on the surface but only use a little as too much will dry out the dough.) Don't worry if they aren't perfect circles!
- 7 Adult's job: Heat a large frying pan. Take a sheet of kitchen paper and rub a little oil onto the surface of the pan. Cook each flatbread for about 2 minutes on one side – it should puff up a little. Flip the flatbread over using tongs and then cook for a couple of minutes on the other side. The flatbread should have turned lighter in colour and may have a few spots of brown. Keep the cooked flatbreads warm, wrapped in foil or a clean teatowel, until the others are cooked.
- 8 If you want crisp flatbreads rub them with a little olive oil, chop into strips or triangles with scissors and then ask an adult to fry them for 5–10 minutes, or until crisp.