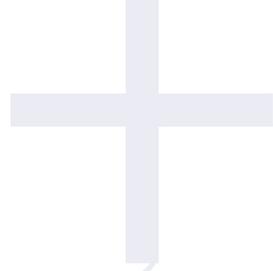




The Church of England  
Diocese of Ely



# The Family Way of Life

User Guide

# THE FAMILY WAY OF LIFE

*Don't copy the behaviour and customs of this world, but be a new and different person with a fresh newness in all you do and think. Then you will learn from your own experience how his ways will really satisfy you.*

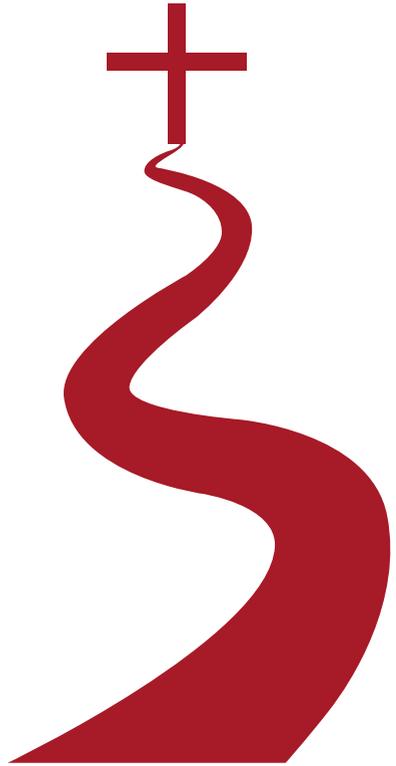
## **Romans: 12: 2 The Living Bible**

The *Family Way of Life* is a new discipleship tool which provides a framework for young families to grow in faith together. Children and adults can explore how their individual stories are part of God's story and can shape how their families reflect God's likeness in the churches and communities they live in.

This series is based on the same core values as the *Way of Life* for adults and youth. The essential theme of this resource is the concept of 'being' or 'becoming' the people God created us to be. The *Family Way of Life* will look at the six themes of being the body; being a disciple; being a light; being a friend; being fair and being holy. The focus is on learning and developing faith together to reflect God's image in each one of us.

Each session contains a bible reading, questions to consider, activities to explore the theme, things to discuss and a challenge. In addition, if you would like to keep a souvenir of your family sessions, the resource pages suggest different ways of recording the event using photographs, key thoughts, doodles and scrapbooking.

It is our hope and prayer that this resource helps families connect together with the Living God who is ever present and active and to find out together who God has created us to be.





The *Family Way of Life* is designed to be enjoyed in six sessions and can take a couple of hours or could take most of a day if you want to take part in more of the suggested activities.

SESSION 1: BEING THE BODY

SESSION 2: BEING A DISCIPLE

SESSION 3: BEING A LIGHT

SESSION 4: BEING A FRIEND

SESSION 5: BEING FAIR

SESSION 6: BEING HOLY

Each of these sessions then has a choice of activities so that families can take a 'pick and mix' approach. Some preparation time will be needed to buy ingredients for recipes or a few craft resources but the activities are designed to be done together.

Families might want to record their special family time in a variety of ways; perhaps as a pin board, a picture or photograph gallery or scrapbook, so that they can look back in the future and remember how they shared the time together.

The intention behind this resource is to help families find ways to share their faith journeys that are both fun and meaningful to each person. Activities should naturally relate to the theme and family members can make their own links as they reflect on activities.

There should be time for some quieter reflection as well as higher energy moments. Making time to pray together is particularly special and to be encouraged.

It is our hope and prayer that this resource will help your family connect together with the Living God who is ever present and active; to find out who God has created us to be; and to reflect his image in our local communities and churches.

# SESSION 1: BEING THE BODY

## READ THE BIBLE

1 Corinthians 12: 12 - 20 One body joined together

## OPENING QUESTIONS

*Think about your body; what are you able to do well?*

*What other things can you think of where different bits or parts fit together?*

*What happens when bits are missing?*

*Why do you think Paul (the letter writer) talks about a human body rather than a machine? What's the difference?*

## ACTIVITIES TO EXPLORE

### **Skeleton family**

Using black card and white straws, PVA glue and scissors, create a body doing something active. <https://binged.it/2hwj2Rj>

### **Blessings jar**

Being thankful to God is a good habit to cultivate. A Blessings Jar is a good visual way of reminding the whole family of what God does and the prayers he answers.

Using a wide brimmed glass jar, some strips of coloured paper and pens, draw or write one or two blessings to thank God for and add them to the jar. Keep it in a visible place; e.g. kitchen, sitting room and encourage each other to add blessings during the week.

At the end of the week, read them through together and say thank you to God for his blessings to you as a family.

### **Watch and learn sign language for:**

The Great Big Family of God.

<http://bit.ly/2iSq7IK> or <https://binged.it/2ADq6Am>

## **Listen to The Lord's Prayer in Swahili**

<https://www.youtube.com/watch?v=vsINANZ6Riw>

## **Watch either Toy Story or Ice Age and discuss**

*How and when do they work together as a team?*

*Could they have been just as successful on their own?*

*How did they help each other?*

## **Make and Pray**

### **Gingerbread biscuits**

(See Resource Sheet A for a gingerbread recipe and an outline to use to cut out shapes if you do not have a cutter).

Follow the recipe and make gingerbread people. Decorate them to resemble specific people in your family or friends. Before eating, pray for that person! **Quick fix: decorate ready - made biscuits with faces, using cake decorations, sweets, strawberry laces or chocolate dots.**

## **Pray**

### **Prayer sticks**

Find, print off and cut round the photos of your close friends and family. Stick onto plain lolly sticks and decorate if you wish. Keep together in a pot or jar and place somewhere visible e.g. kitchen table. Take time to pray for people during the week.

<http://melissaprojects.blogspot.co.uk/2011/10/prayer-sticks.html>

## **Challenge**

*What extra help could you give somebody in your family this week?*

e.g. washing up, packing lunch boxes, polishing shoes, tidying up, lay and clear the table, encouragement to keep going with something that is difficult for them to do.

*What could you do together as a family for someone else?*

If you can't think of anything, ask God to show an opportunity to show your love for someone else or another family this week.

## **Learn this verse**

The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.

**1 Samuel 16:7 New Living Bible**

# SESSION 2: BEING A DISCIPLE

## READ THE BIBLE

Colossians 2: 6 -7 Growing in Faith

## OPENING QUESTIONS

*Have you ever grown a plant? What keeps it growing? Who looked after you as a baby? What does a baby need to grow? What kind of things does a child learn to do? What do they need to keep them growing and developing? What happens if they don't get those things? Why do you think Paul uses the idea of a plant to explain how we can grow in faith?*

## ACTIVITIES TO EXPLORE

### Collect

Do an internet search and collect words meaning 'Thank you' in as many languages as you can (including sign language).

Either make a collage or print off different words and stick them around the house to remind everyone to be thankful this week.

### Read

**The Footprints Poem** (Resource Sheet B).

*Do you understand this poem? Have you had experiences or times in your life like this? Did you feel on your own or that God was there? What can you do to help yourself if life seems hard? What encourages you?*

### Read

#### Rights of the Child

For older children and their parents

Skim read the summary of the United Nations on the Rights of the Child - found here: [http://www.unescocentre.ulster.ac.uk/pdfs/pdfs\\_uncrc/uncrc\\_summary\\_version.pdf](http://www.unescocentre.ulster.ac.uk/pdfs/pdfs_uncrc/uncrc_summary_version.pdf)

*What are the most important rights a child should have? What do you think*

*about Article 14? Why is it important to respect all faiths? Do you know anyone who might not have all these rights? Is there anything you can do as a family to help children whose rights are not properly respected?*

### **Walk**

Go for a walk in the countryside or a local park. Collect leaves, stones, feathers, pine cones and other natural objects as you travel.

At home, look very carefully at what you have collected and discuss why you kept it, the design of the object and its uniqueness.

If you have a magnifying glass or children's microscope you might want to use it to examine your objects. You might like to try to draw or paint one of your objects.

Alternatively, you may want to collect a series of images on a mobile phone of the different things that you see and then look at them together on a larger screen when you get home.

*What do the designs say about the designer?*

### **Make**

Fruit skewers using soft fruits and marshmallows threaded onto wooden (BBQ) skewers. Melt some chocolate or use a dipping sauce to go with them.

Thank God for the variety and sweetness of different foods that can be enjoyed.

### **Plant**

Depending on the time of year, plant hyacinth or narcissus bulbs or sunflower or spring onion seeds.

Think about how you need to look after what you have planted and to keep checking that they are growing and flourishing.

*Why are the roots so important to a plant? What would happen if they didn't have any?*

### **Listen**

Type Gungar, 'Beautiful Things' into a search engine and listen to the song. *Do you agree with what the songwriter is saying?*

## Pray

Being a disciple is all about learning; learning about Jesus, about others and ourselves. We need to learn to say thank you, sorry and please daily. Here are two ways to do that.

**Chatterbox prayers** <http://flamecreativekids.blogspot.co.uk/2012/11/origami-prayer-chatterbox.html>

## Pipe cleaner prayers

Shape a pipe cleaner into a T. Thank God for someone or something. Repeat with an S for Sorry and a P for Please to ask God for something.

## Discuss

*What was the Garden of Eden like? (Genesis 2: 8-15)*

*What kind of plants were there?*

*Who designed it and looked after it before Adam and Eve?*

## Read Isaiah 45 v12

*Why did God start with a garden?*

*If you could design one plant, what would it be like?*

## Challenge

*What might you do as a family this week to make sure you grow in the faith?*

- Take it in turns to say thank you for a meal you eat together.
- Read a bible story together (The Jesus Storybook: Every Story Whispers His Name is a good version to share together)
- Ask each person to share one thing that they are thinking about.

*How might you encourage someone else to grow in faith?*

*Could you send them a card or a text saying why you are thankful to God for them?*

## Learn these verses

And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

**Colossians 2: 6 - 7 New Living Bible**

# SESSION 3: BEING A LIGHT



## READ THE BIBLE

Matthew 5:13 -16 Salt and Light

## OPENING QUESTIONS

Jesus used two different things to explore how he wanted people to live; light and salt.

*What mistake do you think the people listening to Jesus were making? What does salt do when added to food?*

*Before we had fridges and freezers, why was salt so important?*

*What do you think he meant by the phrase 'You are the salt of the earth?'*

*How can you be salt for other people?*

*What happens to salt that has lost its saltiness?*

*How can we make sure our 'light shines before others?'*

*What might we need to do to make sure we are like lights?*

*What or who do we need to listen to? Who should get the glory? Why?*

## ACTIVITIES TO EXPLORE

### Make

A lighthouse using red and white paper or tape, a Pringles tube and a battery operated tealight. You may find this helpful: <https://www.pinterest.co.uk/pin/355854808030689182/>

*Why is a lighthouse so important? Why are they always situated high up?*

### Experiment

When it's dark, turn the lights off in the house. Try using a torch or camping light in different places.

*What is the difference between putting it on the floor or on a higher shelf?*

*How much more can you see? What about by a mirror? Put the light under a big mixing bowl. What can you see now? Why do you think Jesus said this to his listeners? What do you think he wanted them to be like?*

## Research

*Who was Grace Darling? Why is she famous?*

This site might help you. <https://www.bbc.co.uk/education/clips/zh6hfg8>

Think back to the bible passage.

*What do you think Jesus was talking about?*

## Pray

### Light at work

Choose 7 jobs and select one for each day of the week e.g. police officer, plumber, shop worker, teacher, nurse, vicar, builder, vet, doctor, mechanic.

Each day, pray that in each job the person might be bringing light to those they look after or work with.

## Follow Jesus

Print off one copy for each family member. Complete the 'cloud' and remember to colour in each day as you complete the task - <http://flamecreativekids.blogspot.co.uk/2013/02/fishers-of-men-verse-to-colour-and-take.html>

## Identify

On a clear night, wrap up warm and go and look at the stars in as dark a place as you can find.

See if you can find simple constellations such as Orion or the Plough (you can use a mobile phone to help you!) <http://dustbunny.com/afk/constellations/>

In the past, sailors used to navigate using the stars.

*Why do you think they were so important to them?*

## Listen

My Lighthouse by Rend Collective.

## Make

Popcorn at home using kernels and divide into three bowls. Add salt and melted butter to one, sugar or honey to another and nothing to the third.

*Which is your favourite?*

## Things to Discuss

Jesus used two different things to explore how we should live - light and salt.

*Which has more meaning for you? Imagine if Jesus was to speak to people now, what ideas do you think he might use to get his message across? What do you think he would use and why?*

## Pray

Think about something you find difficult or hurtful or are afraid of. Write or draw it on a piece of paper or card. Place a tealight on top of the card and carefully light it. Sit quietly for a few moments watching the brightness of the flame.

Remember the promise made in John 1: 5 'The light shines in the darkness, and the darkness can never extinguish it.'

*What do you think that means?*

Use this as reminder this week that God's light will always shine, even in the darkest places.

## Challenge

Think ahead to the next week - look at a calendar or diary. *When do you think you might need to be like salt...or light?* Use one of the prayer ideas to determine how you want to respond to God this week.

## Learn one of these verses

In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

[Matthew 5:16 New Living Bible](#)

The light shines in the darkness, and the darkness can never extinguish it.

[John 1: 5 New Living Bible](#)

# SESSION 4: BEING A FRIEND

## READ THE BIBLE

Matthew 25: 31 - 40 True Friendship

## OPENING QUESTIONS

*What's the difference between a sheep and a goat?* Both were animals commonly kept in bible times and were a sign of wealth to their owner.

In the bible story, all the people are called to stand before God's throne. The King has the crowd divided into two groups - both are surprised by what the king says.

*What do you think was the motivation behind the group described as sheep? What do you think this parable means?*

## ACTIVITIES TO EXPLORE

### **Create a Map**

Make a map of where you live, including your home, your friends' homes, school, doctor, shop(s), library, dentist, pub, park, hall, swimming pool or football pitch. You may like to use Google map aerial view or street view to help you draw it.

Plan a prayer walk with places where you might like to stop and pray along the way.

As you walk, give thanks to God for those who are your friends, who care for you, help you stay safe and well and look after you when you need their help.

Pray particularly for anyone who you think needs God's help; someone lonely or struggling with an injury, someone who is a carer for someone else or has a particular need.

## **Thank You Card**

Make a card to say a special 'thank you' to someone who does something for you and who might not get much thanks.

Leave it with a little treat - a bar of chocolate, or a cupcake you have made e.g. refuse collector, doctor or doctor's receptionist, pharmacist, a teacher or club organiser.

## **Listen**

You Make Me Brave(Bethel) or Oceans

'For You are for us  
You are not against us  
Champion of Heaven'

*If this is true, how might you live your life more confidently? How can you use this thought to help others?*

## **Watch**

A programme like DIY SOS or Children in Need/Comic Relief or Sports Relief.

*What difference does it make when people feel cared for? What is more important, the money or the action that goes with it? What is it that really makes a difference to people?*

## **Make**

Think about your friends and what they like to eat.

Make them something special and either give it to them or invite them round to enjoy it with you! It could be something savoury, like a pizza, or cakes or homemade sweets.

Take time to tell them why they are special to you and why you appreciate their friendship.

## **Things to Discuss**

*Who are your friends? What do you like about them? Are they similar or different? Think about some of the things a friend has done for you.*

Now think about a time when someone you don't know or don't know very well has done something nice for you. What was your reaction?

## Pray

**Button prayers** Find a packet of buttons of different colours and shapes and use them to think about the friends you have. Choose different buttons to represent different people. Think about what makes them important to you. *Are they all the same? Are they similar or different to you?*

Thread particular buttons that remind you of special people onto a pipe cleaner or piece of wool or thread. Keep this somewhere you can see it this week as a reminder (on the fridge or kitchen table?).

Thank God for those things that make the person special to you. <http://flamecreativekids.blogspot.co.uk/2017/07/button-prayers.html>

## Challenge

Do something practical to show someone that you care for them. Make a cake or offer to complete a task, something like gardening or shopping.

Consider whether you might support a Compassion Child (Type compassion into a search engine).

## Learn this verse

The King will reply, 'I tell you, whenever you did this for one of the least important of these followers of mine, you did it for me!'

[Matthew 25:40 Good News Bible](#)

## BIG Challenge

Host an event for your community where the whole family helps e.g. afternoon tea and cake, a BBQ, a picnic in a garden or local park.

*Maybe you could do this with another family or other people who are also doing the Way of Life?*

Don't get so caught up in the arrangements that you lose sight of the purpose - keep it simple!

# SESSION 5: BEING FAIR



## READ THE BIBLE

Micah 6: 8 What God wants from us.

## OPENING QUESTIONS

*Who are the people in our country who work to make sure we keep the law? Are they the only people who make sure things are fair? Who else needs to make sure things are fair? Do you think everything should be fair? Can you think of times when things didn't seem fair to you? What happened? How did it make you feel at the time? How do you feel about it looking back? What kind of person do you want to be? What values are important to you and the family?*

## ACTIVITIES TO EXPLORE

### Watch

Fair trade in East Africa

<https://binged.it/2iRM36G>

Freddy and Flora's quest for fairness (preschool children)

<https://www.youtube.com/watch?v=dFpeli-YAnM>

For older children (KS2+) One Human Family, Food for all.

<https://www.youtube.com/watch?v=qhU5JEd-XRo>

### Play

Visit <http://www.traidcraftschools.co.uk/teaching-resources> and select Activities and games. Select Interdependency Game (play in the garden or at a local playpark) or Unfair Games.

Explore the themes suggested.

Alternatively explore the chocolate production and chocolate tasting PowerPoint and enjoy learning how to recognise good quality chocolate.

## **Make**

Fair Trade Chocolate Brownies (see Resource Sheet C for a recipe).

You will need to make sure that you have bought some fairly traded ingredients first! Pack half of them up and give them to someone who you think doesn't often receive many presents or visitors.

## **Listen**

God of Justice (Tim Hughes)

*How can you 'go'?*

## **Pray**

**Prayer bracelets.** Make prayer bracelets as a reminder for this week to choose to be kind. <http://flamecreativekids.blogspot.co.uk/search/label/kindness>

**Kindness to God's creation - bird feeders.** Make these and hang up outside. Every time you notice a bird on the feeder, thank God for his wonderful creation. <http://www.messylittlemonster.com/2014/12/how-to-make-biscuit-cutter-bird-feeders.html>

## **Things to Discuss**

*What changes can you make to the way you live as a family to share some of what you enjoy?*

Could you:

*Buy more fairly traded goods?*

*Give up something for a short time (e.g.: biscuits or tea/coffee/hot chocolate/squash) and eat plain bread or drink water and give the saved money to a charity of your choice?*

*Regularly support your local foodbank or encourage the primary school to host a foodbank collecting box?*

## **Challenge. Go 'MAD' - Make A Difference!**

Foodbank:

Give a few more luxurious goods at special times of year e.g. Christmas or Easter. Consider donating fairly traded goods.

Change your shopping habits:

Commit to buying fair traded goods where possible (including Christmas cards, gifts from TEAR Fund or Traidcraft)

Change the shopping habits of your church!

Ask your PCC to consider the use of fairly traded tea/coffee/sugar if it doesn't already

Write to your local MP:

On an issue of justice e.g. Universal Credit or spending on International Development or a Disaster Relief Fund

Initiate a community project:

Reclaim a neglected area and plant bulbs or plants.

Charity Giving:

Give some time to a local charity

Regularly clear out unwanted goods and clothes and donate them to a charity. If you are a UK tax payer, sign up for Gift Aid so that the tax can be reclaimed by the charity.

### **Learn this verse**

The Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God.

[Micah 6: 8 New Living Bible](#)

# SESSION 6: BEING HOLY

## READ THE BIBLE

1 Peter 1:13 -16 Being transformed into God's likeness

## OPENING QUESTIONS

Be Holy, as I am Holy - something you are, not something you 'try to be' or act.'

*Can you think of someone who is a real friend to you? What makes them stand out in your mind? Do you look like one of your parents? Is there a strong family resemblance? Have you inherited any ways of behaving or family sayings that link you to them? How can you show God's likeness to others?*

## ACTIVITIES TO EXPLORE

**Start with prayer!**

**Finger print prayers**

Using pieces of coloured paper and a washable ink pad (available from a local toyshop or craft supplier). Take prints of the index finger of each person in the family and compare them. Each fingerprint is unique or different from each other. Every one of us is specially made.

Discuss how we can resemble each other within families if we have inherited physical characteristics e.g. eye colour but also we learn behaviour patterns and ways of doing and saying things from each other.

*Can you identify particular expressions or phrases or habits more than one person uses in the family? Why does God put us together in families? How do babies learn? Who helps children to learn? Who helps adults? Why is it important to be a part of a church family? What good things have you learned already from your church family? What do you think you might be able to show them?*

## **Pray**

Make a print of each finger/thumb. Taking each finger/thumb in turn, use the prints to pray.

Thumb (people who are close to you) close friends and family. Give thanks to God and ask his protection on your parents, brothers and sisters, friends, and classmates.

Index (pointer) Finger (people who point the way) leaders such as teachers and vicars. Thank God and ask him to help them.

Middle (tallest) Finger (people in authority). Ask God to give wisdom to our prime minister/local MP/ government, police.

Ring Finger (people who are weak). This is your weakest finger. Remember those who are sick, poor, or are struggling with life. Pray that Jesus would give them new strength.

Little Finger (your own needs). God wants to hear our needs too, especially when we put others first. Pray for your own growth in mind, body, and spirit.

## **Things to Discuss**

Walk together as a family in the woods/park/garden which has a variety of trees.

Discuss how different trees are different shapes and have different leaves.

Discuss what a healthy tree needs to flourish and grow.

Look at the branch of a healthy tree (and could compare with a diseased or lightning struck tree).

Each tree has a different size and shape. Each tree bears different flowers, leaves and fruits(seeds) and produces these at the right season. Either pick a leaf or photograph (using phone) a leaf as a reminder of each tree. As you collect different types of leaves, think about how we are all different types of people - caring, leading, creative and supportive. *What type of person would you say you are?*

Thank God for the different people in your family and the way they are unique, each with individual ways of reflecting the image of God. Celebrate the end of your walk with a picnic tea.

## Grow

Plant apple pips, conkers, acorns, mustard and cress or flower seeds such as sunflowers or plant hyacinth bulbs and /or miniature daffodils to give as Christmas presents.

Time how long it takes before you see signs of growth.

*What do they need to grow? Why is it important to keep watering them? If you didn't give the plants the right conditions, what happens? What kind of things do we need to grow in faith? How do you think we can 'water' our faith?*

## Make

Stained Glass Window Biscuits (see Resource Sheet D) - <https://www.bbcgoodfood.com/recipes/8233/orange-and-ginger-stained-glass-biscuits>

## Challenge

*Can you think of something you have had to work really hard to achieve? How did you feel when you succeeded? How can you 'become holy'? Is there something you need to do or something you need to give up? What kind of things get in the way of growing in your faith?*

Holiness is a direction of travel for us, and will always be something we work towards.

*How can you help each other with these challenges in the family?*

## Learn this verse:

I am the Lord your God, and you must keep yourselves holy, because I am holy. [Leviticus 11:44 Good News Bible](#)

# RESOURCES





# RESOURCE SHEET A - GINGERBREAD BISCUITS

## The Ingredients

- 350g/12oz plain flour (plus some extra for rolling out)
- 1 teaspoon of bicarbonate of soda
- 1 egg
- 4 tablespoons of golden syrup
- 2 teaspoons of ground ginger
- 1 teaspoon of ground cinnamon
- 125g/4½oz butter
- 175g/6oz light soft brown sugar



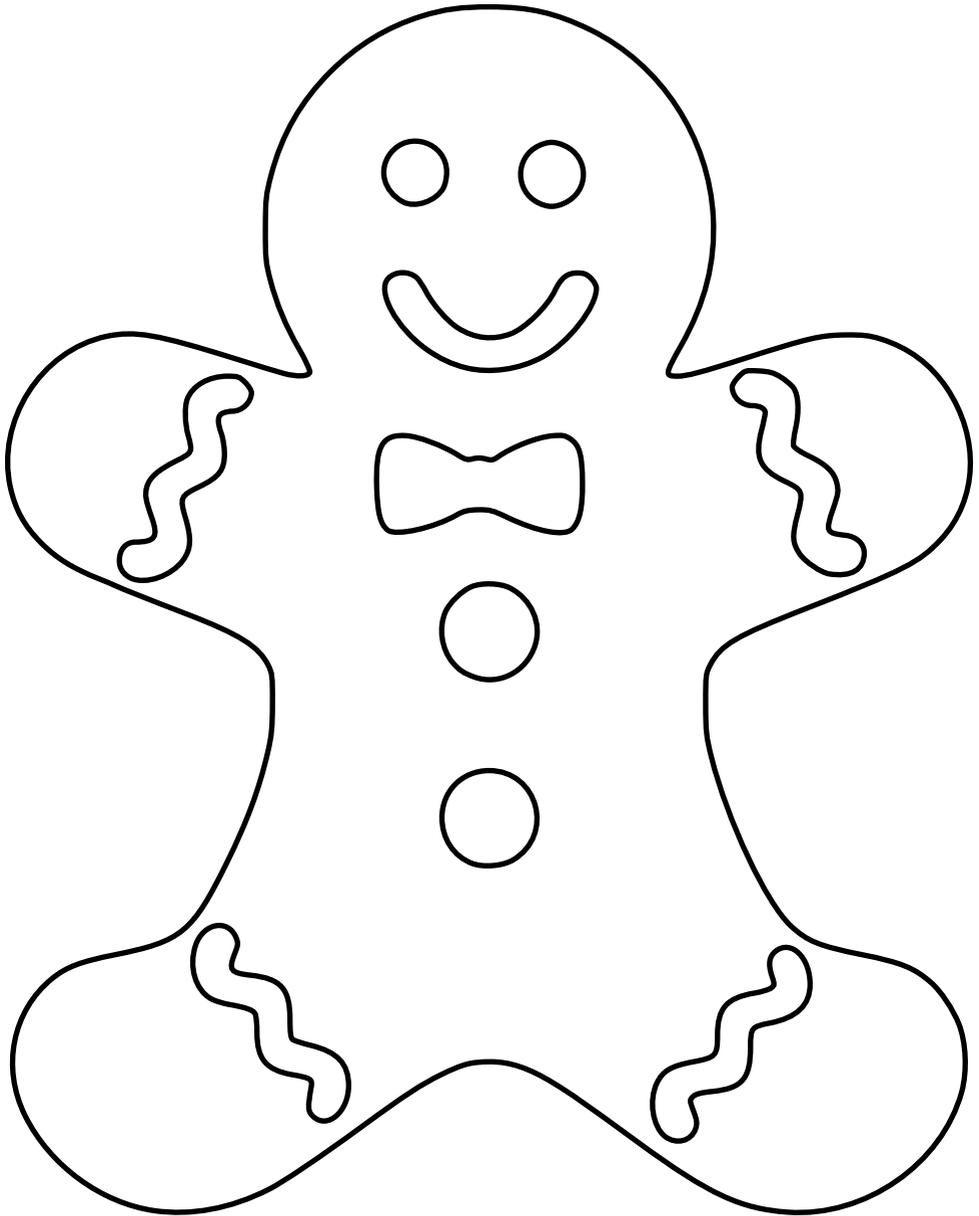
## For Decoration

Cake decoration “writing icing”

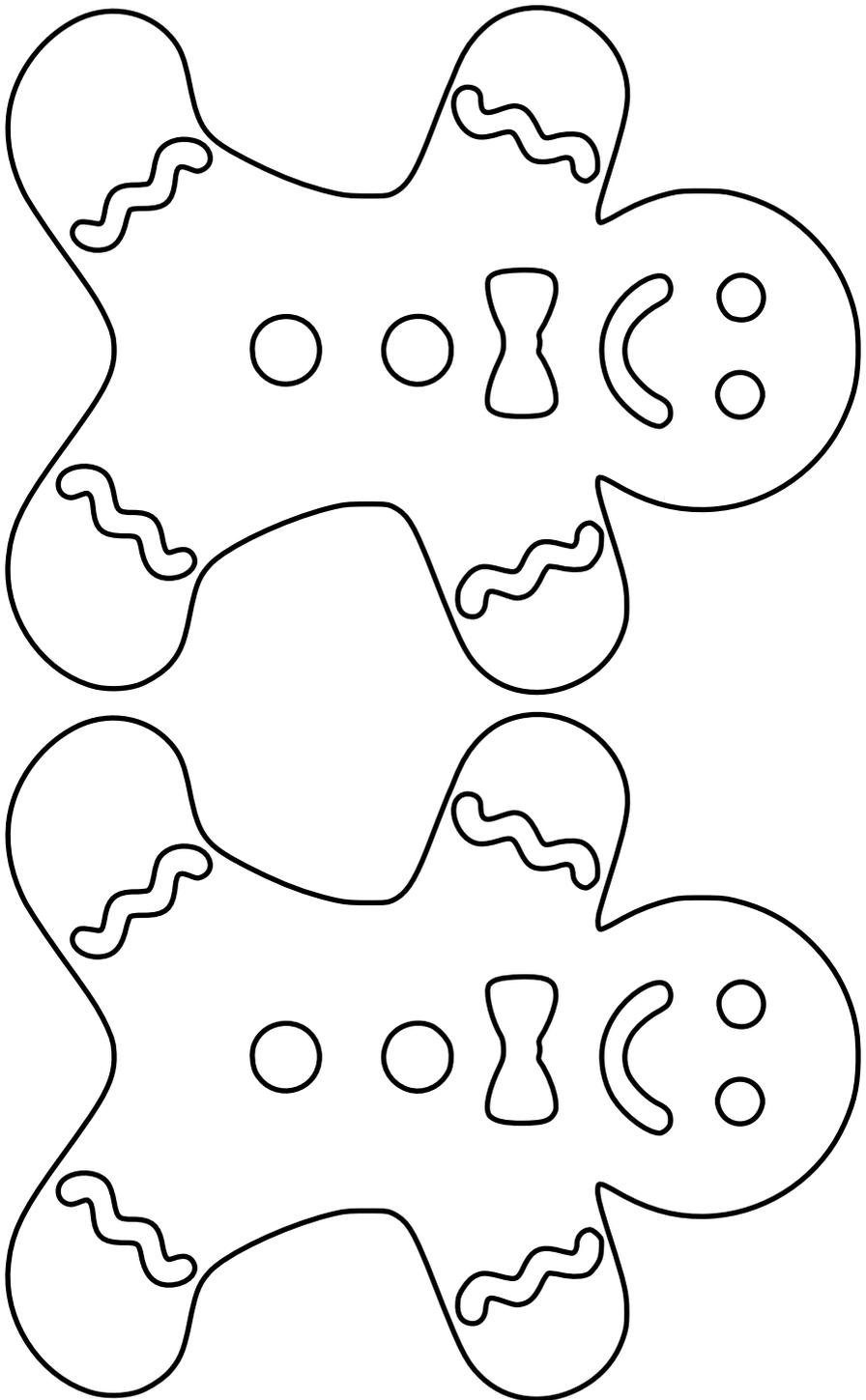
**The Process** - Preheat your oven to 180C/350F/Gas 4.

1. Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the container of a food processor. Then add the butter and blend the mix until it looks like breadcrumbs.
2. Stir in all the sugar and mix thoroughly. [If you haven't got a food processor, mix together with your hands or a wooden spoon].
3. Beat the egg and the golden syrup together to mix.
4. Blend until the mixture clumps together.
5. Put dough on a floured board and knead briefly until smooth.
6. Wrap in cling-film and leave the mix to cool in the fridge for about 15 minutes.
7. Line two baking trays with greaseproof paper.
8. Roll out the dough on a lightly floured surface to about a 0.5cm/quarter of an inch thickness.
9. Using cutters, cut out the gingerbread shapes and place on the baking tray, leaving a gap between them. The following section has some gingerbread shapes you can cut out as a template if you have not got the pre-made cutters.
10. Bake for 12 to 15 minutes or until golden brown.
11. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations.

The following pages can be cut up to give you your gingerbread shapes if you do not have a cutter.



BLANK



BLANK

# RESOURCE SHEET B - FOOTPRINTS IN THE SAND



One night I dreamed I was walking along the beach with the Lord. Many scenes from my life flashed across the sky.

In each scene I noticed footprints in the sand. Sometimes there were two sets of footprints, other times there was one only.

This bothered me because I noticed that during the low periods of my life, when I was suffering from anguish, sorrow or defeat, I could see only one set of footprints, so I said to the Lord,

*"You promised me Lord, that if I followed you, you would walk with me always. But I have noticed that during the most trying periods of my life there has only been one set of footprints in the sand. Why, when I needed you most, have you not been there for me?"*

*The Lord replied, "The years when you have seen only one set of footprints, my child, is when I carried you."*

Mary Stevenson, 1936





# RESOURCE SHEET C - FAIRTRADE BROWNIES

## The Ingredients

- 300g FairTrade dark chocolate (chopped into small pieces)
- 250g unsalted butter (chopped into small pieces)
- 4 free range eggs
- Icing Sugar (for the decorating)
- 150g FairTrade caster sugar
- 150g FairTrade dark brown soft sugar
- 80g FairTrade cocoa
- 65g plain flour
- 1 tablespoon Stem Ginger Syrup
- (1/4 tablespoon xantham gum if using Gluten Free Plain Flour)
- 2 balls stem ginger (finely chopped)



## The Process

1. Preheat the oven to 180C/Gas Mark 4 and grease and line a tin that is approximately 20x30cm.
2. In a large saucepan, melt 200g dark chocolate and all of the butter over a low heat.
3. Stir the mix frequently to make sure it doesn't burn. When it is fully melted, put it to one side.
4. In a separate bowl, whisk your eggs and sugar together and then pour this into your chocolate mixture - stir the mix to combine.
5. Sieve all your dry ingredients into the chocolate mixture and stir them together well.
6. Add the remaining 100g of chocolate, the finely chopped stem ginger and the ginger syrup and mix to combine.
7. Pour your mixture into the prepared tin - making sure it is evenly spread.
8. Bake in the preheated oven for 20 - 25 minutes or until it has started to crack on top (and is slightly firm on top).
9. Once your giant brownie has cooled, cut into 24 pieces and dust it with icing sugar.
10. Serve with cream, crème fraiche or ice cream (but perhaps not all three!)

# RESOURCE SHEET D - STAINED GLASS BISCUITS



## The Ingredients

- Sunflower oil (for greasing)
- 175g plain flour (extra also needed for dusting the work surface etc.)
- 1 teaspoon of ground ginger
- 1 tablespoon of milk
- Zest of one orange
- 100g butter (cold and cut into chunks)
- 12 fruit-flavoured boiled sweets
- Icing sugar (to dust your creation)
- About 120cm of ribbon (to hang your biscuits up – unless you eat them all immediately!)



## The Process

1. Heat the oven to 180C/fan 160C/gas 4.
2. Grease 2 large non-stick baking sheets with oil.
3. Mix the flour, ginger, orange zest and butter with half a teaspoon of salt into fine crumbs (use a food processor for ease if you have one).
4. Mix in the sugar and milk thoroughly and turn out the mix.
5. Knead lightly on a floured surface until smooth and then wrap the mix in cling film before chilling it for about 30 mins.
6. Add a dusting of flour to the work surface and roll out the dough to about 3-4mm.
7. Use 7cm cutters to cut out shapes and 4cm cutters to then cut out the middles. Re-roll the leftover pieces.
8. Make a hole in the top of each of the biscuits and then carefully lift them onto the baking sheets.
9. Crush the sweets (while still in their wrappers), then put the pieces into the middles of the biscuits, making sure the pieces are about level with the top of the dough.
10. Bake for 15 - 20 mins or until the biscuits are golden brown and the 'stain-glass' middles have melted.
11. Leave the biscuits to harden and then move them to a rack to cool.
12. Thread with the ribbon and then dust with icing sugar.

# RESOURCE SHEET E - RECORDING OF ACTIVITY

If you would like to keep a record of some of the things you did as a family, here are three ideas that might help you get started; picture frames, pinboard and scrapbooking.

For each of the sessions, it would be good to answer these questions:

- What did we do?
- How did we do it?
- What difference did it make?

## Pinboard

You will need:

- Post – Its in a variety of colours or coloured paper or card cut into different sizes
- Drawing or tack pins
- Pens/Pencils
- Printed out photographs of activity (if taken)
- Printed out photographs of each member of the family
- Narrow ribbon or cord



Variety is the key to making this look interesting! The pinboard should be displayed in a place that everyone can see e.g. kitchen or hall Encourage each person in the family to contribute and perhaps to add to it during the week as they think of new things they want to add.

- Write in a sentence what you most enjoyed.
- Draw pictures of the activities or pin up something you collected (e.g. leaf).
- Add photographs of the activity that the whole family enjoyed the most.
- Write one word that stands out to you.
- Jot down questions or thoughts.
- Use photographs of family members and link them to their post-its.
- Write down any suggested actions that were decided upon and tick when they have been completed.



## Scrapbook

You will need:

- Scrapbook (with a rigid cover)
- Pens/Pencils
- Printed out photographs of activity (if taken)
- Printed out photographs of each member of the family
- Narrow ribbon or cord
- Scissors
- Gluestick
- Flat items that have been collected e.g.: leaves
- Templates from resource pages



This activity might be enjoyed by individual members of the family and it might be that one person would enjoy completing pages on behalf of the rest of the family.

Alternatively, pages can be done together or a different member of the family each time.

- For each session, take one or two pages and ask everyone to contribute their thoughts, ideas or favourite images from the activities.
- Collect everything together first.
- Cut out or around individual items (e.g. picture frames or photograph of a gingerbread figure) to add interest.
- Arrange all items on page(s), sometimes overlapping different items to add interest. Make sure the page is covered and it looks attractive.
- Starting at one side, stick all the items down (making sure you start with the items that are 'underneath').



# RESOURCE SHEET E - RECORDING OF ACTIVITY

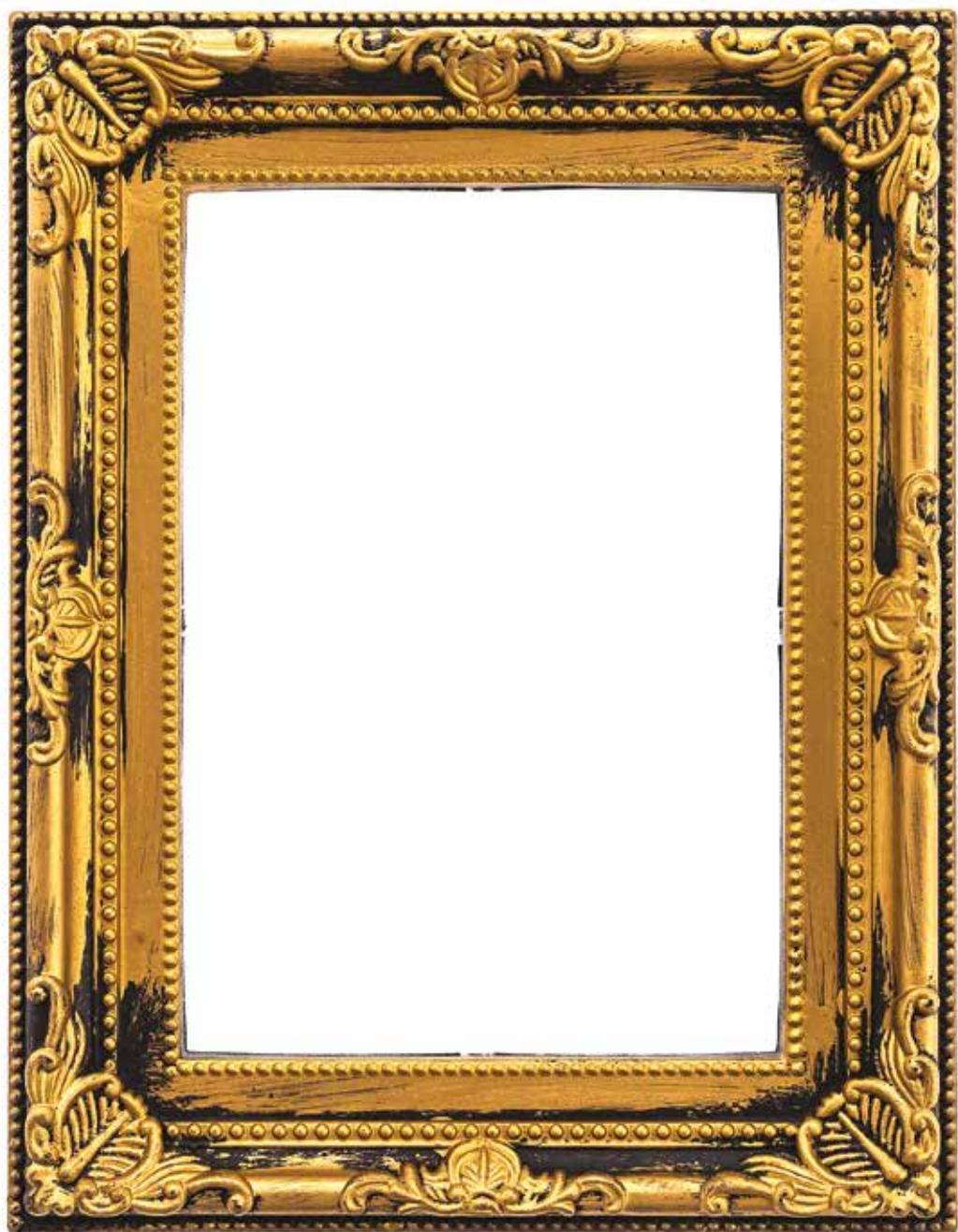
## Picture frames

You will need:

- Several photocopies of the picture frame templates from the following pages
- Scissors
- Gluestick
- Pens/Pencils
- Printed photographs (if you're using them)

Using the supplied templates on the following pages, photocopy the picture frames (either at the given size or you can enlarge on a photocopier).

- Cut them out carefully.
- Insert photographs or draw pictures of the different activities you chose.
- Stick these onto a larger sheet of coloured paper or card and display.
- Alternatively peg each frame onto a simple line in sequence which you can suspend somewhere that everyone can see



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# HELPFUL CONTACTS

## **Diocese of Ely website**

To see more of what is happening in the Diocese of Ely, including events happening near you, visit:

[www.elydiocese.org](http://www.elydiocese.org)

There are lots of resources and ideas you can follow-up at the *Way of Life* section of the Diocese of Ely's web site:

[www.elydiocese.org/way-of-life](http://www.elydiocese.org/way-of-life)

## **Way of Life email**

We'd love to hear your thoughts and feedback on *Way of Life* and to know if there is anything we can do to help you as you continue going forward.

If there is anything you would like to say or share, please email us at:

[lisa.tulfer@elydiocese.org](mailto:lisa.tulfer@elydiocese.org)

## **Acknowledgements**

The Diocese of Ely is grateful to the work done by Debbie Hill , Children's Adviser, in creating the material for The *Family Way of Life*.

Nurturing a confident people of God