

## All Saints Alternative Lent Supper 2021 Week 4

### This Week's Soup: Cucumber & Potato Soup

Use this recipe from the Lent Supper Recipe Book or your own favourite recipe.

1 large cucumber	2 pts vegetable stock
1 lb potatoes	1 tspn sugar
1 small onion	salt & pepper
1 oz margarine	small carton single cream



Melt the margarine in a pan. Add roughly chopped onion, potatoes and cucumber. Stir and allow cooking without browning on a low heat with the lid on stirring from time to time for about 10 minutes.

Add stock. Bring to the boil, now simmer gently until potato is soft. Puree or liquidize soup. Add sugar, salt and pepper to taste. Add cream and re-season. Do not re-boil soup after cream is added.

### Church Family Connect

Thank someone in the Church Family who has supported or encouraged you in your Christian life – recently or in the past

### Into the World

Consider sponsoring a child through Compassion: <https://www.compassionuk.org/>  
If you already sponsor a child send them a letter this week.

### Home and Family Activity

Place a vase of flowers on the window sill, make a flower or draw a picture of some flowers. Use them as a reminder to thank God for those who have helped you to bloom and flourish as a follower of Jesus



### Prayer of the Week

A prayer for Mothering Sunday (4<sup>th</sup> Sunday in Lent) from All We Can Methodist Relief and Development website - <https://www.allwecan.org.uk/>

Loving God,

You nurture and care for all.

Today, we give thanks for our mother churches where we were encouraged and developed on our faith journey.

We lift up and thank you for the many mothers in our communities.

We remember that today is a reminder of the different ways people can mother or be mothered.

For the mothers not related by blood;

For the ones who are grieving the loss of their mother;

For the mothers, like Esther and Betty in Uganda, who parent on their own.

For those who long to mother but have not been able to have children.

For those estranged or separated from their children.

We thank you for the many people who walk alongside and support mothers, especially

All We Can's local partner COFCAWE, in Uganda, who support teenage mothers.

May the help and skills those young mothers receive there be felt for generations to come.

Gather us, Lord, as a hen gathers her chicks under her wings.

Amen.