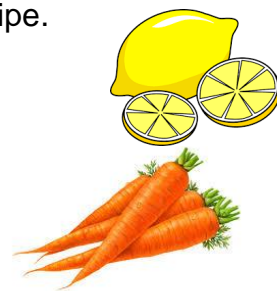


All Saints Alternative Lent Supper 2021 Week 5

This Week's Soup: Carrot and Lemon Soup

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

1 medium onion	2 sticks celery
6 medium carrots	1 oz butter
rind and juice of 1 lemon	1 bay leaf
1 ½ pints stock	salt and freshly ground pepper
chopped parsley	



Chop onion, celery and carrots fairly fine and sauté gently in the butter for 5-10 minutes until beginning to soften but not brown.

Add half the thinly pared (or grated) lemon rind, bay leaf and stock. Simmer for about 15 minutes. Liquidize or puree, add lemon juice and rest of the rind, salt and discreet grating of freshly ground pepper.

Serve with generous sprinkling of chopped parsley.

Church Family Connect

Have a Zoom Lent Supper with another member / other members of the Church Family.

Into the World

Consider making a donation to Christian Aid:

https://donate.christianaid.org.uk/Donate/Step/1?ApproachCode=CAM-000990&_ga=2.36989600.1464027239.1615403487-168023182.1614542439

Home and Family Activity

Christian Aid has its 75th anniversary this year. One aspect of its work is to support those affected by climate change. Make a list of all the things that you do at home to help reduce climate change. Is there one more thing you could still do?

Prayer of the Week

A prayer by Bob Kikuyu, Global Theology Advisor at Christian Aid from Christian Aid's 75th Anniversary Prayer Sheet found at:

<https://www.christianaid.org.uk/sites/default/files/2021-02/75th%20anniversary%20-%20Prayer%20sheet-compressed.pdf>

Lord of the Battle,
when I stand amongst many who face injustice,
and yet feel alone in resistance,
when I raise my voice in protest, and find it drowned in the hopeless cries of the suffering,
may I in discovering the path not easy,
and yet still following it,
find hope in knowing the footprints I leave behind,
deviant from the common way,
could one day be uncovered as the way by those who seek it,
and in seeking it find that we are not alone.

God is with us.

Amen.

