

Reach

READ IT, LOVE IT, LIVE IT

Lent!

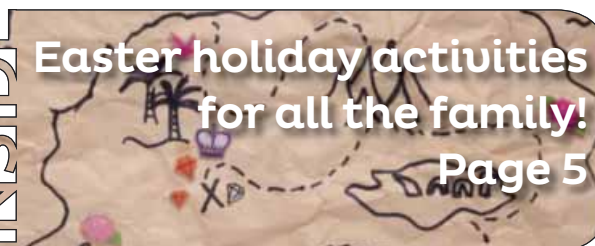
INSIDE



INSIDE



INSIDE



PRAY



FAST



GIVE

How relevant is Lent for us in today's modern world?

Dear Reader

Welcome to the Spring edition of 'Reach'! In it we celebrate all that Spring has to offer – longer days, warmer weather, Easter and much more. Alongside this, we share our suggestions for some fun-filled school Easter holidays activities and ideas to keep the children occupied over the school break. We hope you find them useful, entertaining and enjoyable. This edition also examines the meaning of the season of Lent and how relevant it is for us today.

Owen, our regular gardening guru, gives some wonderful suggestions for Spring container planting to brighten up your home and garden and with Father Mark's nature page we can all appreciate the changes that are taking place outside at this turn of the season. Thank you to them both for their appreciative outlook on nature.

Don't miss our page on school swimming lessons either! We hope this answers some of the questions you might have on this subject, and of course our regular monster twelve page 'Little Peace' section for the children.

Wishing you a grace filled Lent and Eastertide,

Julia
Editor

Contact us

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Lenten Prayer




With our eyes on Jesus, we journey through Lent trying to understand and accept what God has in store for us. Jesus did this, and he is our example. Even as he died, Jesus gave himself over to whatever God wanted of him. Help us Lord to do your will. Amen

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PLEASE RECYCLE OUR PAPER

Lent!

(Continued from Page 1)

LENT IS TRADITIONALLY a solemn religious observance in the Christian liturgical calendar that begins on Ash Wednesday and ends approximately six weeks later, before Easter Sunday.

Lent is when believers prepare for Easter through prayer, doing penance, repentance of sins, almsgiving, and self-denial and even today is observed in the Anglican, Eastern Orthodox, Lutheran, Methodist, and Roman Catholic Churches. Interestingly, many Christians would classify Lent as a time for a 'spiritual spring clean' or to coin another phrase: a time to get your 'spiritual house in order'.

The purpose of Lent is heightened in the annual commemoration of Holy Week, marking the death, burial, and resurrection of Jesus, which recalls the tradition and events of the New Testament beginning on Palm Sunday, further climaxing on Jesus' crucifixion on Good Friday. This ultimately culminates in the joyful celebration on Easter Sunday of the Resurrection of Jesus Christ.

During Lent, many Christians commit to fasting, as well as "giving up" certain luxuries in order to replicate the sacrifice of Jesus Christ's journey into the desert for 40 days. Some also add a Lenten

spiritual discipline, such as reading a daily devotional or praying through a Lenten calendar, to draw themselves near to God.

Yet in our modern, frenetic world, how relevant are these age-old disciplines?

It never fails to surprise me that many young people actually try to 'give something up for Lent' each year, and I firmly believe that whatever the motivation for this may be, denying ourselves – albeit for a limited period – can be healthy. You may ask why this is the case. Simply put, when we decline our indulgences this can benefit us both physically – less calories, less weight gain, less harmful substances – and spiritually and mentally – benefitting others who have a greater need than ourselves, and spiritual nourishment gained from a purer, simpler way of life.

Of course, our Lenten observances vary from person-to-person, and rightly so. What could be classed as a trivial sacrifice to one person, can represent a huge act to another. An enormous spiritual discipline for one individual could be classed as merely the norm for someone else. The point is that God sees all we do and understands our motivations and intentions. And everything that we try to do in his name – no matter

how great or small – is valued and never wasted, whether it occurs

during the holy season of Lent or indeed at any other time of the year.



The Cup That Cheers

– by Julia Beacroft

MUCH AS I love the season of Lent, it can be quite a relief to reach Easter at last. "Why," you may ask, "when we try to make time for extra prayer and reflection, fasting and almsgiving? Surely it's the time, when we try to get our own spiritual house in order." Well, of course this is all true. But I now regard Lent with a little more caution...

I used to find the whole idea of 'giving something up for Lent' an exciting and encouraging prospect. I had conversations with my daughters about what we thought we might be able to do without. Of course, chocolate is always a popular one: "I'm giving that up, not you" my daughters would argue in true Christian spirit. I thankfully don't smoke, so that was never a contender and I had already given up alcohol, cakes and chocolate in previous years. I could of course repeat one of these but I rather fancied the idea of a new challenge...

ADDICT

Other people's comments on the subject aren't always exactly helpful either. They have varied from "Why bother to give up anything at all?" to "Give up talking! That's a better idea!" But such comments didn't solve my problem. So a couple of years ago, after much brain-racking, I thought, "I've got it! I'll give up coffee for Lent." I ran the idea past my nearest and dearest,

whose expressions varied from sceptical to puzzled. "But you're a coffee addict," I was told. "Are you sure this is a good idea?" Yet I was determined to do it...

Never had six weeks seemed so long to me in all my life! I couldn't believe how difficult it was to manage without that lifesaving cup – or in my case, mug, throughout the day. And, tea just didn't cut it either. Apparently I became ever grumpier, bad-tempered and frazzled as Lent progressed. "For heaven's sake, have a coffee!" I was told, but I stubbornly refused.

TEMPTATION

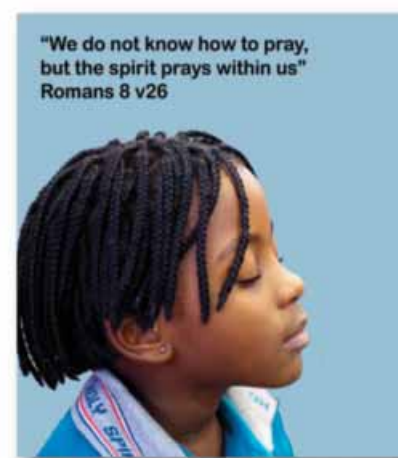
I fought my way through Lent that year without those longed-for coffee breaks of my dreams and I didn't give in to temptation once. However, I snapped, snarled and growled my way towards the celebration of our Lord's Passion and Resurrection. The giving up of coffee was not prayerful or reflective and I was too preoccupied to think about giving the money I had saved to a worthy cause. I felt fed-up and made everyone around me fed-up too.

So now, in hindsight, I don't give up anything for Lent any more – I try to do something extra instead, something that will overflow into the Easter period, if at all possible. And I enjoy my coffee, for all its worth...

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NEVER GIVE UP!

– Pope Francis

'Being happy is to thank God for every morning, for the miracle of life'

"You can have flaws, be anxious, and even angry, but do not forget that your life is the greatest enterprise in the world.

Only you can stop it from going bust. Many appreciate you, admire you and love you. Remember that to be happy is not to have a sky without a storm, a road without accidents, work without fatigue, relationships without disappointments.

To be happy is to find strength in forgiveness, hope in battles, security in the stage of fear, love in discord. It is not only to enjoy the smile, but also to reflect on the sadness. It is not only to celebrate the successes, but to learn lessons from the failures. It is not only to feel happy with the applause, but to be happy in anonymity.

Being happy is not a fatality of destiny, but an achievement for those who can travel within themselves. To be happy is to stop feeling like a victim and become your destiny's author. It is to cross deserts, yet to be able to find an oasis in the depths of our soul. It is to thank God for every morning, for the miracle of



life. Being happy is not being afraid of your own feelings. It's to be able to talk about you. It is having the courage to hear a "no". It is confidence in the face of

criticism, even when unjustified. It is to kiss your children, pamper your parents, to live poetic moments with friends, even when they hurt us.

To be happy is to let live the creature that lives in each of us, free, joyful and simple. It is to have maturity to be able to say: "I made mistakes". It is to have the courage to say, "I am sorry". It is to have the sensitivity to say, "I need you". It is to have the ability to say, "I love you". May your life become a garden of opportunities for happiness.

That in spring may it be a lover of joy. In winter, a lover of wisdom. And when you make a mistake, start all over again. For only then will you be in love with life. You will find that to be happy is not to have a perfect life. But use the tears to irrigate tolerance. Use your losses to train patience. Use your mistakes to sculptor serenity. Use pain to plaster pleasure. Use obstacles to open windows of intelligence. Never give up. Never give up on people who love you. Never give up on happiness, for life is an incredible show. "

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School Easter Holidays

– Fun activities for you and your children!

During a school break, most parents dread the moment when their children announce “I’m bored!”

So here’s a few suggestions on how to avoid this – and have some holiday fun!

During school holidays there is usually an adjustment period when the children are settling into a new routine and getting used to being around each other more. The trick to fun school holidays is to keep the kids busy with enough down-time so Mums, Dads and Carers aren’t worn out! With this in mind here are some activity ideas for both inside and outside the home:

- Bake cupcakes
- Invite friends over to play.
- Make homemade pizza
- Go on a colour hunt in your house. Collect objects of a certain colour and take a picture of your finds to make a collage
- Make an outside obstacle course.
- Blow bubbles.
- Do an outside treasure hunt
- Make fairy wings
- Face painting.
- Make photo paper dolls.
- Make a robot out of cardboard boxes.
- Make a treasure map out of brown paper.
- Make a photo book: take photos of your favourite things and collate them into a book
- Paint toe nails. (Boys like this too!)
- Make sock puppets by gluing wool on the top of an old sock and using a permanent marker to draw eyes, nose and a mouth.
- Go to see a movie
- Fly a kite
- Visit a park or playground.
- Look out for butterflies and birds for a day
- Feed ducks at a pond

- Go swimming
- Play board/card games like Monopoly, Dictionary, Pictionary, Snap, Taboo, Hungry Hippos, Scategories, The Old Maid
- Visit someone lonely
- Go on a nature hunt.
- Ice biscuits





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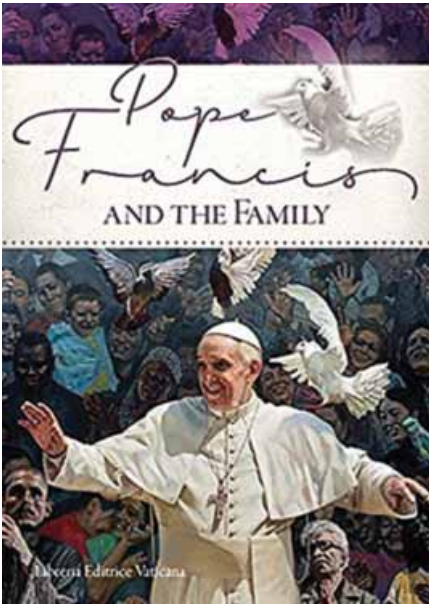

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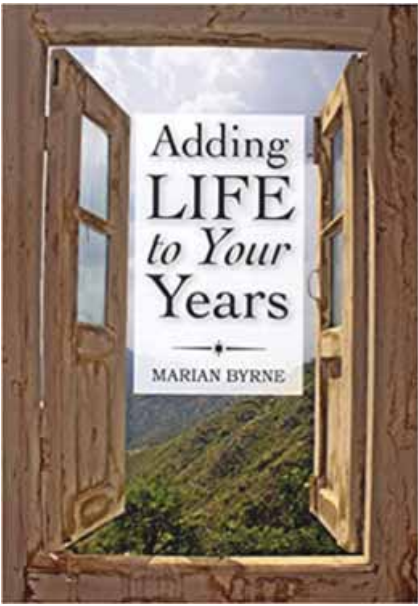
Pope Francis and the Family



During a relatively short pontificate, Pope Francis has inspired both Christians and non-Christians alike with his humility, his pragmatism and his refreshing approach to the realities of modern life.

Pope Francis and the Family is an absorbing collection of the Holy Father's reflections on family, the cornerstone of Catholicism today.

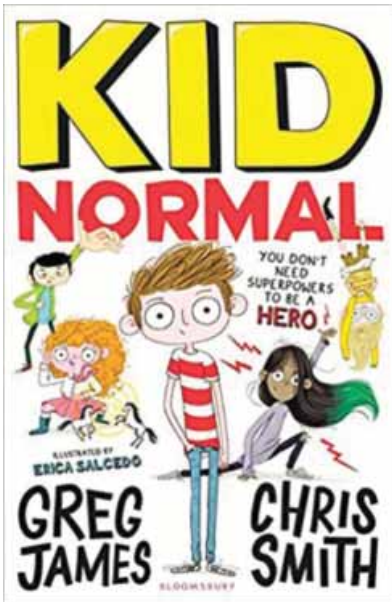
Adding Life To Your Years



Marian Byrne

If life is a journey, shouldn't we ensure that every moment, experience and relationship enhances, rather than detracts, from it? In this practical and warm-hearted guide, life coach Marian Byrne provides simple yet effective ways to change our daily routines and to combat negative thinking.

The advice presented here has worked for countless others - it really is tried and tested. By challenging ourselves to make those first small steps towards change and to embrace a new mindset, we can add life to our years and enhance our life journey immeasurably.



Kid Normal

Greg James, Chris Smith

When Murph Cooper rocks up to his new school several weeks into the beginning of term, he can't help but feel a bit out of his depth. And it's not because he's worried about where to sit, and making friends, and fitting in, or not knowing where the loos are. It's because his mum has enrolled him at a school for superheroes by mistake. And unlike his fellow students, who can all control the weather, or fly, or conjure tiny horses from thin air, Murph has no special abilities whatsoever. But just because you don't have superpowers, it doesn't mean you can't save the day. Let's hope Murph realises that, and quick - because not far away is a great big bad guy who is half man and half wasp, and his mind is abuzz with evil plans... It's time for Kid Normal to become a hero!

David Walliams Collection



Collection of made-for-TV comedy dramas adapted from David Walliams' children's books. In 'The Boy in the Dress' (2014), despite being the star striker on his school's football team, 12-year-old Dennis Sims (Billy Kennedy) feels out of place at school and still misses the mother who left him and his brother John (Oliver Barry-Brook) after divorcing their dad (Steve Speirs). When aspiring fashion designer and fellow classmate Lisa (Temi Orelaja) recruits him to model a dress for her, Dennis decides to wear it to school and adopts the guise of a French girl named Denise but is quickly found out and expelled by his strict head teacher. But with the school's football team on a downward spiral without him, Dennis and Lisa try to come up with a creative scheme to get him back in school and back on the team. In 'Mr Stink' (2012), Hugh Bonneville stars as the eponymous tramp who reunites a young girl's family. After discovering Mr Stink and his dog Duchess in a nearby park, friendless 12-year-old Chloe (Nell Tiger Free) invites him to stay in her family's garden shed. Initially horrified by the sight and smell of their new 'guest', Chloe's dysfunctional mum (Sheridan Smith) and dad (Johnny Vegas) finally relent. As news of his arrival does the rounds and his celebrity spreads, Mr Stink finds himself embarking on a journey that takes him to 10 Downing Street, before finally bringing Chloe's family together again in time for Christmas. In 'Gangsta Granny' (2013), Ben (Reece Buttery) dreads staying at his gran (Julia McKenzie)'s house when his mum and dad drop him off, expecting the usual boring games of scrabble and knitting. But on his latest visit, his gran reveals a fascinating secret - that she was once a renowned jewel thief known as the 'Black Cat' - and shatters Ben's image of his boring old relative. Together they set out on a whirlwind adventure to pull off the one robbery that always eluded her, breaking into the Tower of London and stealing the crown jewels

Easter Around the World

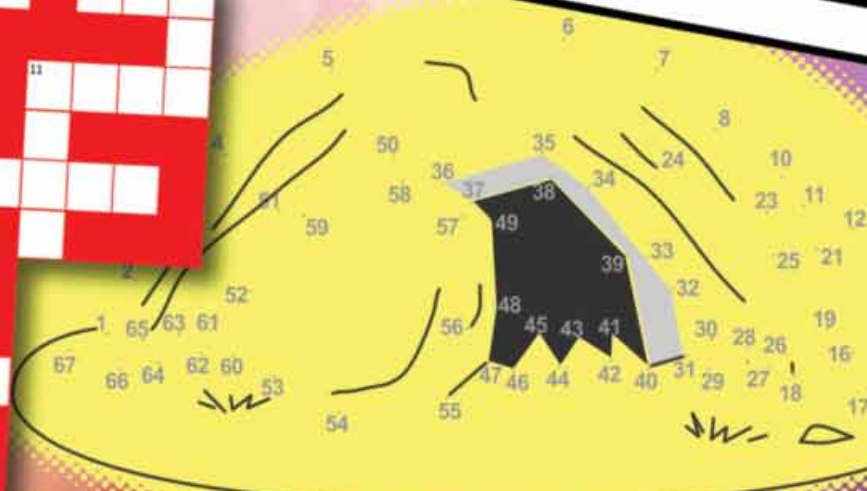
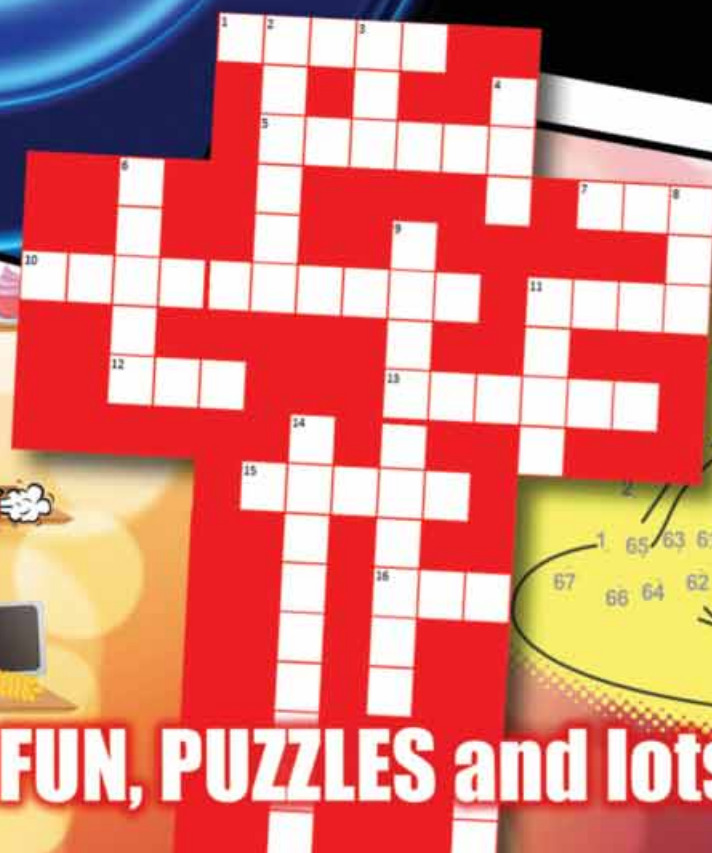
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Your Online Safety Weapon!

Page 8



Packed full of FUN, PUZZLES and lots to think about!



'What, no worms?'

A Mole's View of Lent

Reverend Septimus Mole is a stuffed animal. He is, of course, very short sighted, so wears a pair of strong glasses. Septimus LOVES telling stories.

On the rare occasions that the Reverend Septimus Mole visited his country cousins, they often asked him about the strange human habit of fasting during the season of Lent. They simply couldn't get their heads around the idea of eating less. Oh, there were times when there were fewer worms, but that wasn't their choice!

Septimus, as usual, told them a story...



A long time ago, in the desert of Judah, there lived a really old mole called Grouch. Well, that wasn't his proper name, but every animal that knew him called him Grouch because he was always fed-up – and always hungry. Grouch liked to eat regularly, and he wasn't best pleased when the supply of insects and wriggly things became small. Needless to say he was quite a well built mole, his size evidence of his eating habits.

Anyway, Grouch had noted that the food supply was getting worse, so he set off on a trek into another part of the desert.

Now, as you all know, moles avoid humans, so you can understand that Grouch was – well, grouchy – when he saw a strange young man sitting on a rock. What was really strange was that this man spoke to Grouch. The mole was startled because he understood everything that the man was saying. He said his name was Jesus, and that he had been fasting for forty days. Grouch couldn't possibly imagine what that must be like, and he asked the man why.

"To be clear in my mind, and to know what I must do," he said. Even stranger thought Grouch.

Just then Jesus suddenly turned around, and appeared to be talking to someone, although Grouch couldn't see anyone else. Jesus spoke firmly; "Man cannot live by bread alone!"

Grouch couldn't understand, and the next instant Jesus disappeared.

Puzzled, Grouch looked all around, but couldn't see anyone, and so returned to his search for food, puzzling about this strange young man.

A very short time later, quite suddenly, Jesus appeared again. "Hello Grouch!" he said.

"Err, hello!" said Grouch, now very curious to know how Jesus appeared and disappeared.

"What happened?" he asked.

"Satan has been trying to tempt me, because I am hungry after my fast;" Jesus replied.

"Then why fast at all?" Grouch responded.

"When you truly want to examine yourself, understand who you really are, and know what you should do, then a period of simple food, quiet contemplation and prayer can often bring you rewards that you never expected. I now know that I can fully confront the evil in this world, with my Father's help, and truly overcome it." Jesus said.

Grouch wasn't so sure, but Jesus' words moved something within his heart, and he decided, there and then, that he shouldn't be such a grouch, that he should be nicer to his fellow moles. And anyway, he had enough padding to survive a little fast, so he wandered off, determined to try it out.

Septimus finished telling his story and looked at his cousins. "Well, are you ready to try a period of fasting? You could try giving up some treat or other for a short while. It will make you appreciate it all the more afterwards! Grouch wasn't so grouchy after he met Jesus in the desert: perhaps we would all be a little better after a fast?"

By Martyn Pinnock

DID YOU KNOW?

Moles have kitchens in their tunnel chambers. They eat mostly earthworms, and keep them alive and stop them moving by biting them, and then store them in the chamber. As many as 470 worms have been found in one "kitchen"!

Spot the mole on each page!!

Competitions

YOU!

Spot 7 Differences



Danielle from Wigan holding Reach!
Thanks Danielle!

Answers: Ice cream replaced by vegetables; cake replaced by fruit; being grumpy replaced by being happy; watching TV replaced by helping with the washing; gaming replaced with reading parts of the Bible; fighting replaced with making up; sweets replaced with prayer.

7 things on the shelves above have been given up for Lent and replaced with 7 things on the shelves on the right. See if you can spot the 7 things that have changed and work out what they may represent.

7 Things that have been given up:

Emoji - being grumpy

7 things that have replaced them:

Emoji - being happy

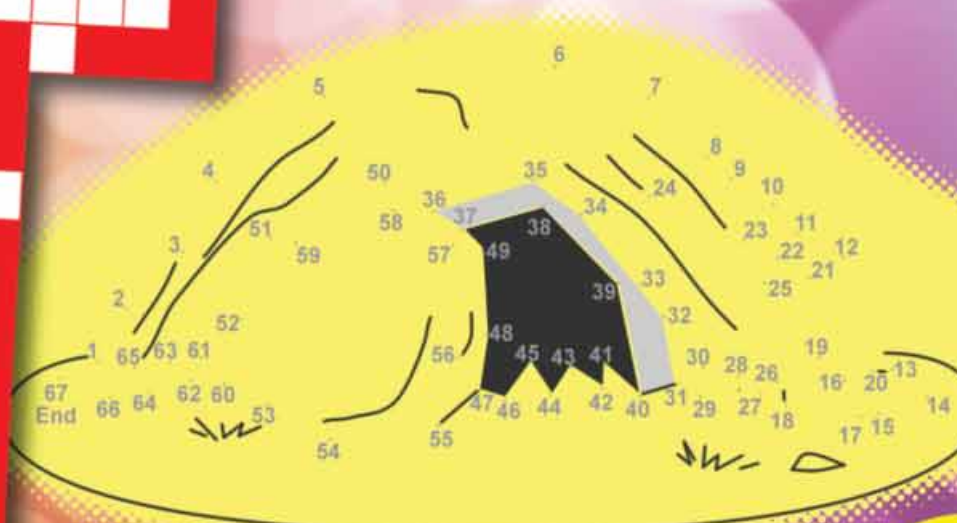
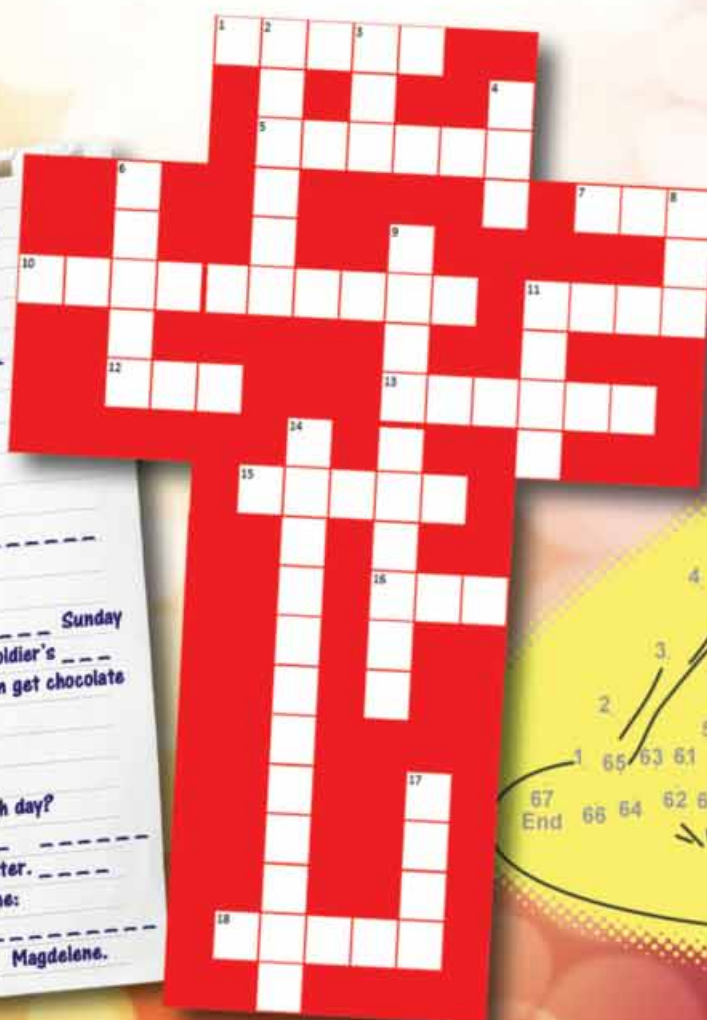
Cross-Word

Across

- Simon _____ was the disciple who said he didn't know Jesus.
- The season that follows Winter is _____
- Jesus says His Father is the one, true _____
- Jesus died on which day? _____
- Jesus died so we could have new _____
- Jesus is the _____ of God
- The Last Supper was on _____ Thursday
- Who died on the cross? _____
- Jesus rose from the dead on the third _____
- How many days did Jesus spend in the desert? _____

Down

- The day when Jesus rose from the dead: _____ Sunday
- When Jesus was arrested, Simon Peter cut off a soldier's _____
- An Easter _____ represents new life. We often get chocolate ones!
- What did Jesus die on? _____
- Jesus had to _____ on the cross.
- Jesus rode into Jerusalem on a donkey on which day? _____
- The time after Ash Wednesday and before Easter. _____
- When Jesus rose from the dead it is called the: _____
- The first person to find Jesus was _____ Magdalene.



LENT - Sort it OUT!!

Use our Lent Calendar to
tick or a cross in the c
pict

Lent Calendar

Monday	Tuesday	Wednesday	Thursday
<p>12 Make an effort to work even harder at School today.</p> <p>○</p> <p>The Son of Man will come in the clouds with great power and glory. He will send angels to gather His elect from the ends of the world. Sky and Earth will pass away, but my words will not pass away.</p>	<p>13 Include someone who is left out</p> <p>○</p> <p>It was 2 days before Passover and the chief priests and scribes were looking for a way to arrest Jesus. Judas Iscariot, one of the disciples, approached them with an offer to hand Jesus over to them.</p>	<p>14</p> <p>○</p> <p>While Jesus was in Bethany, a woman came in, broke a jar of oil to anoint Him. Some people were angry saying she had wasted the oil. Jesus said "she anointed my body beforehand for its burial".</p>	<p>15 Speak to someone who</p> <p>○</p> <p>They went to Jerusalem for t disciples to go into the city f and ask the owner of the hou should make the preparations</p>
<p>19 Do something good for someone</p> <p>○</p> <p>Jesus took the cup, gave thanks, and gave it to them saying, "this is my blood, the blood of the covenant, poured out for many."</p>	<p>20</p> <p>○</p> <p>Jesus said to Peter, "This very night, before the cock crows twice, you will have disowned me three times."</p>	<p>21 Help around the house - e.g.put away toys and books</p> <p>○</p> <p>Jesus and the disciples went to a bit of land called Gethsemane and He said to His disciples, "Stay here while I pray."</p>	<p>22 Think about the poor - pu</p> <p>○</p> <p>Jesus took Peter, James and began to feel terror and ang sorrowful to the point of dea</p>
<p>26 Say thank you to God for your family and friends</p> <p>○</p> <p>Jesus was taken to the high priest who said, "Are you the Christ, the Son of the Blessed One?". Jesus said, "I am". They decided He deserved to die for blasphemy.</p>	<p>27</p> <p>○</p> <p>Jesus was handed over to Pilate, the Roman ruler. Pilate asked the crowd if they wanted him to release Jesus, but they shouted "Crucify Him!"</p>	<p>28 Share something with someone</p> <p>○</p> <p>The soldiers led Jesus away, twisted some thorns into a crown and put it on Him. They mocked Him saying, "Hail, king of the Jews!" They struck Him and spat on Him.</p>	<p>29 The Last Supper was</p> <p>○</p> <p>Soldiers led Jesus out to a crucified Him. Above him w Jews"</p>

1. Cut around the RED line - not the green line

Bottom	2. Fold in half along this green line IMPORTANT: do this really carefully otherwise so the pointy bits at the other end line up!!	3. Fold Down	5. Turn Over	FRONT LEFT	FRONT RIGHT
		TOP	4. Fold along line to the right	6. Fold to the right	7. Turn Over

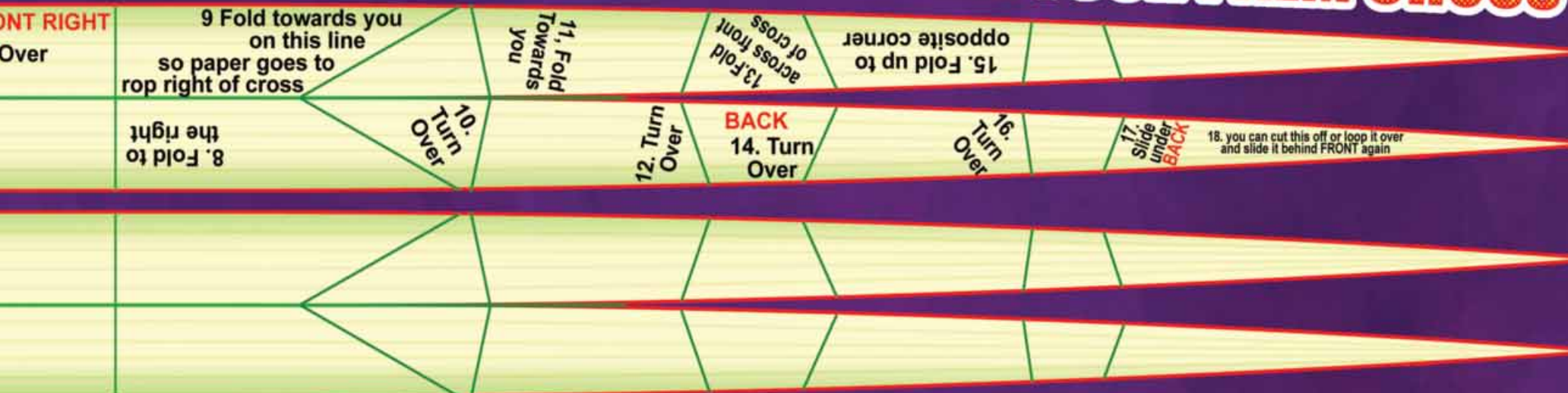
to sort out YOUR Lent! Each day has a challenge - or a space for you to put in your own challenge. Each day put a circle to say whether you did the challenge. There is also little bit of the Easter story to read each day - draw a picture in each box to go with the story - or you can draw a picture of you doing your challenge!



2018

Monday	Friday	Saturday	Sunday
<p>you don't normally speak to</p>	<p>16</p> <p>When Jesus and the disciples were eating the Passover meal, He said, "one of you is about to betray Me." The disciples were distressed and each said "Not me, surely?"</p>	<p>17 If you are worried about anything, pray to God about it</p> <p>Jesus said to the disciples "Yes, the Son of Man is going to His fate, but alas for that man by whom He is betrayed!"</p>	<p>18</p> <p>As they were eating Jesus took the bread, and when he had said the blessing he broke it and gave it to them, saying "Take it, this is My body."</p>
<p>the Passover. Jesus told 2 follow a man carrying water use for a room. Then they for Passover.</p>	<p>23</p> <p>Jesus prayed: "Abba, Father! For You everything is possible. Take this cup away from Me. But let it be as You, not I, would have it."</p>	<p>24 If someone in your class has upset or hurt you - forgive them</p> <p>He came back and found the disciples sleeping, he said, "Had you not the strength to say awake one hour? Stay awake and pray not to be put to the test."</p>	<p>25 Say a prayer for those who are poor or homeless</p> <p>Judas came up with a number of men armed with swords and clubs, sent by the chief priests and scribes. They seized Him and arrested Him.</p>
<p>John with Him. And he said, "My soul is with."</p>	<p>30 Jesus died on the cross - try to get to church - think about how he felt.</p> <p>Jesus called out "My God, My God, why have you forsaken Me?" He gave a loud cry and breathed His last.</p>	<p>31 Nearly there, ask God to help you to keep going. Jesus fell 3 times and always got up, we must do the same.</p> <p>Jesus' body was taken down from the cross, wrapped in a shroud and laid in a tomb, carved out of the rock. A stone was rolled against the entrance to the tomb.</p>	<p>1 Celebrate! Jesus is risen - go to Mass and share the good news and the joy !!</p> <p>Mary Magdalene and another Mary went to the tomb, found the stone had been rolled back, and inside was a young man in a white robe. He said, "You are looking for Jesus who was crucified: He has risen, He is not here. You must go and tell His disciples.</p>
<p>the first Mass. Try to get to Church today.</p> <p>place called Golgotha and as written "The King of the</p>			

MAKE YOUR PALM CROSS



you cut BOTH of them out and as you follow the instructions on the top one you can make one with instructions on the other and one that looks good!!

Palm Sunday

What happened?

Jesus rode into Jerusalem on a donkey and was met by cheering crowds. They waved palms and shouted Hosanna!

What does Hosanna mean?

It is a Hebrew word, only used once in the Old Testament and it kind of meant "Save us!" - but over time its meaning changed so it was not so much "Save us!" and more like "We're saved!"

How did it all change?

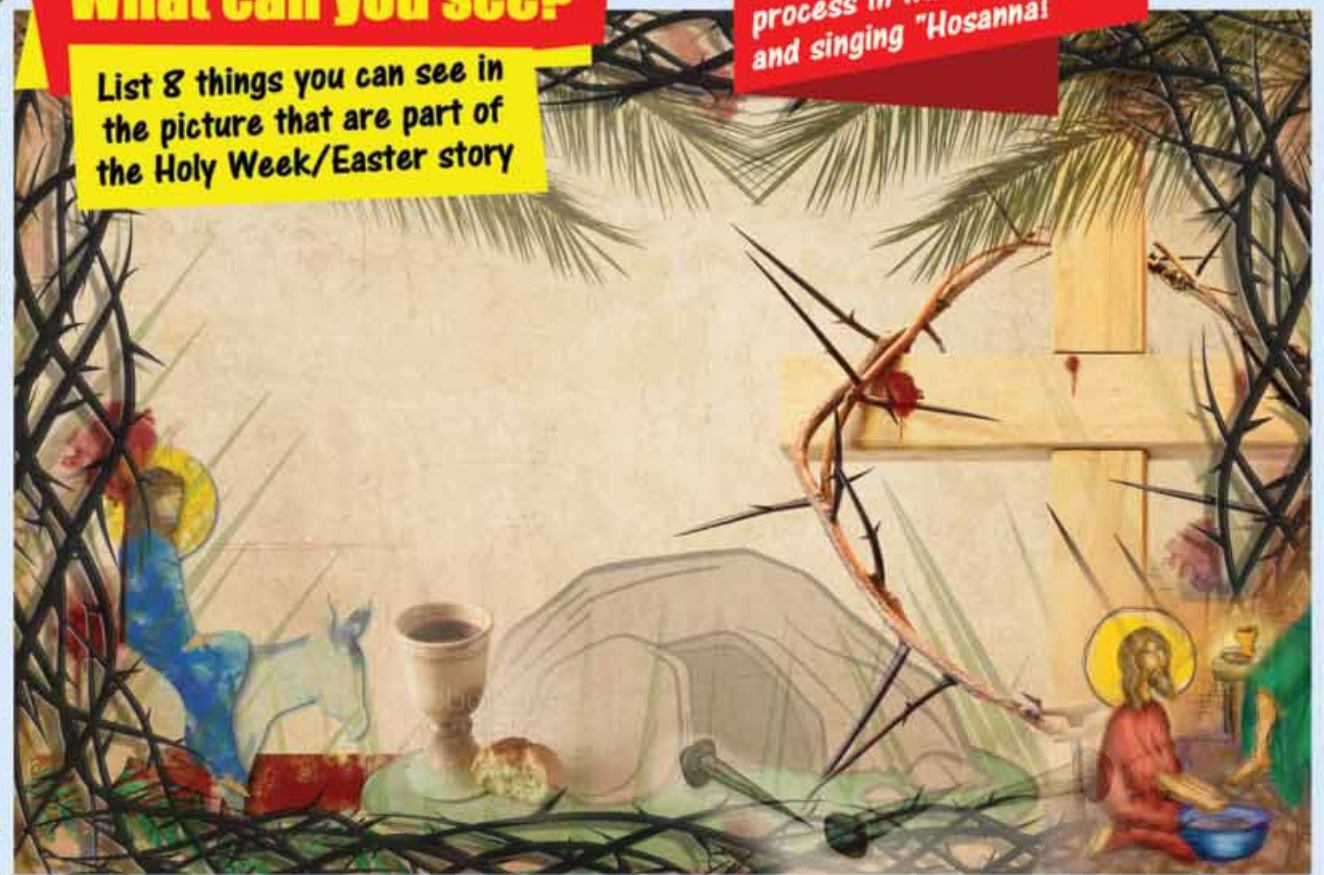
When we look back, we think of Jesus saving us by dying and rising again - but they didn't know what was about to happen. People thought Jesus had arrived in Jerusalem to get rid of the Romans that had taken over their country. When he didn't do that, many people turned against him.

Why is it important?

Jesus rode into Jerusalem to show all the crowds that he was their Messiah and the King of Israel. 500 years before that first Palm Sunday Zechariah wrote: "Rejoice greatly, O Daughter of Zion! Shout, Daughter of Jerusalem! See, your king comes to you, righteous and having salvation, gentle and riding on a donkey, on a colt, the foal of a donkey."

What can you see?

List 8 things you can see in the picture that are part of the Holy Week/Easter story



Bird Feeder Water Bottle

We at Reach are very keen to encourage the recycling of plastic to stop so much of it ending up in our environment. This is a brilliant opportunity to recycle an old bottle and feed the birds who need our help at this time of year.

Here's what you do

1. Make sure your bottle is clean and dry so that the seed keeps for as long as possible
2. Tie the string around the bottle lid leaving a long length to use as a hanging loop
3. With your adult supervising, make 2 holes opposite each other about 2cms from the bottom of the bottle
4. Poke your perch through the holes so that it sticks out about 3cms either side
5. Again with adult supervision, make another small hole 2cms directly above the perch. Now carefully enlarge the holes using scissors or a sharp knife. Be careful not to make the hole too big as otherwise the seed will fall out of it
6. Still with your adult's help, make another perch 3-4cms above the seed holes you've just made but this time, turn the bottle through 90° so that the 2nd perch crosses the 1st one (see the picture opposite). Then make more seed holes 2cms above the new perch
7. Now fill the bottle with seed, hang it in a tree and get ready to watch the birds feeding!

You will need

An adult to help you! This is a simple project but it does involve making holes in a bottle which can be tricky.

A sturdy plastic bottle - any size (although the bigger your bottle, the more bird seed you'll need to put in it)

Some string to make a loop to hang it from the tree

Something to make the perches - wooden skewers/twigs/pencils - they will need to fit through the bottle and stick out either side.

A sharp knife or scissors

A drawing pin, needle or corn on the cob handle - anything with a spike on it to make the first hole

Picture looking down at the top of the bottle showing the twigs sticking out of the sides

You will need

- 200g milk chocolate
- 85g cereal
- 36 mini-eggs

There are lots of different ways of making these timeless no-bake Easter favourites. You can use puffed wheat, corn flakes or shredded wheat cereals. We like to use shredded wheat because it looks most nest-like! See what you have in the cupboard and get busy.

Here's what you do

1. Break the chocolate into pieces and put them in a medium sized bowl
2. With the help of an adult, put the bowl with the chocolate in it on top of a pan on the hob with barely simmering water in it and let the chocolate melt
3. Measure out the cereal into another bowl which is big enough to let you stir the cereal around - if you are using shredded wheat, break up the pillows into strands
4. When it is melted, pour the chocolate over the cereal and mix well
5. Spoon the now chocolate covered cereal into little cases and make an indent in the middle for your mini-eggs
6. Put 3 mini-eggs into the middle of each nest and put into the fridge to set
7. Whilst they are setting, do the washing up and clearing away so that you are ready to sample your handiwork as soon as they are ready!

Easter Egg Nests

Easter Around the World



In our country we give Easter Eggs - but what's the connection with Eggs and Easter?

Jesus died as a sacrifice to pay for all the things we did wrong. He then defeated death. He did all of this so we could have new life. And what does an egg represent?? **NEW LIFE!!** That's why we give Easter Eggs!

Why are they made of chocolate? Because we are celebrating Jesus rising - and many people give up things like chocolate during Lent - so they celebrate the end of lent with some tasty treats!!

So...what other traditions are there around the world?

In Poland

The day before Easter, families prepare a "blessing basket." It's filled with colored eggs, sausages, bread, and other important food and taken to church to be blessed. In Polish culture, Lent isn't over until a priest blesses this basket.



In Greece

The island of Corfu gets pretty messy on the morning of Holy Saturday. Residents take part in the annual "Pot Throwing," and it's exactly what it sounds like. They throw pots, pans, and other earthenware out of windows. Since the tradition marks the beginning of spring, it's supposed to symbolize the new crops that will be gathered in new pots.



In India

There are elaborate Easter festivities, especially in the northeastern states. The western India state Goa celebrates with carnivals, complete with street plays, songs, and dances. People exchange chocolates, flowers, and colorful lanterns as gifts.



In Bermuda

On Good Friday, the locals celebrate by flying home-made kites, eating codfish cakes and hot cross buns.

The tradition is said to have begun when a local teacher from the British Army had difficulty explaining Christ's ascension to Heaven to his Sunday school class. He made a kite, traditionally shaped like a cross, to illustrate the Ascension.



In Spain

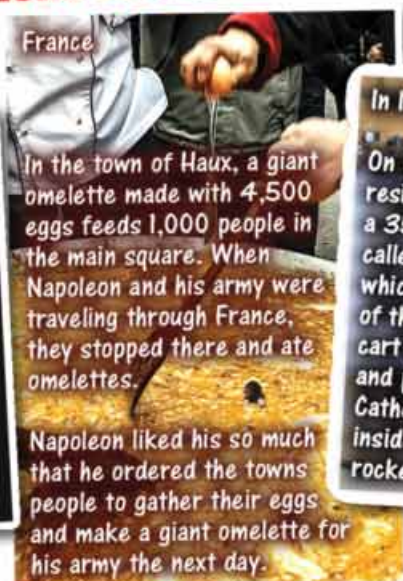
The town of Verges commemorates Holy Thursday with the Dansa de la Mort (Death Dance). During this night procession, participants dress up like skeletons and reenact scenes from the Passion. The last skeletons in the parade carry a box of ashes with them.



France

In the town of Haux, a giant omelette made with 4,500 eggs feeds 1,000 people in the main square. When Napoleon and his army were traveling through France, they stopped there and ate omelettes.

Napoleon liked his so much that he ordered the townspeople to gather their eggs and make a giant omelette for his army the next day.



In Italy

On Pasqua ("Easter" in Italian), residents of Florence celebrate a 350-year-old tradition called scoppio del carro, which means "explosion of the cart." A centuries-old cart is loaded with fireworks and pulled in front of the Cathedral, and when the Gloria is sung inside the cathedral the Archbishop sends a dove-shaped rocket into the cart, igniting a large fireworks display.



Many Latin American countries, Brazil, and certain regions of Spain participate in The Burning of Judas. Residents make an effigy (or multiple effigies) of Judas, the apostle who betrayed Jesus, and burn it in a central location. Sometimes, people make the effigy explode with fireworks.



Your Online Safety Weapon

Did you know you have a secret weapon to keep you safe online??

It's simple...IT'S THE OFF BUTTON!!!

It doesn't matter what it looks like - every gadget has got one!

If you are being bullied...



If someone threatens you...



If someone makes you feel uncomfortable...



If you think someone isn't who they say they are...



If someone you don't know says they know where you live...



If someone tries to make you do something you don't want to...



WHAT IF I'VE DONE SOMETHING ALREADY THAT I SHOULDN'T HAVE DONE?...

GUESS WHAT?!?!? TURN IT OFF!!!

**EVEN if you have already done something you shouldn't have done
Turn it off - turn it off - turn it off!**



In at the deep end!

It's that time of year again – when schools re-instate swimming lessons...

Students in primary school are required to learn to swim, which is a difficult part of the curriculum for water-shy children to float through. Be prepared by finding out what the learning targets are and how to help your child feel confident about taking the plunge.

Swimming and water safety is now a part of the National Curriculum, with the aim that by the age of 11 (the end of key stage 2) all pupils should be able to:

- Pace themselves in floating and swimming challenges related to speed, distance and personal survival
- Swim unaided for a sustained period of time over a distance of at least 25 metres
- Use recognised arm and leg actions, lying on their front and back
- Use a range of recognised strokes and personal survival skills (such as front crawl, backstroke, breaststroke, sculling, floating and surface dives)

BUT:

If your child is afraid of water here are some useful tips that may help:

- Encourage your child to get their hair and face wet at bath/shower times.
- Visit a swimming pool regularly to add to your child's swimming experience.
- Go swimming together as a family, or with a group of friends to ensure that swimming is a fun, enjoyable

and social activity.

- Sign your child up for additional swimming lessons from a local facility

And to put your mind at rest, here's a sneak peek at what teachers do when a child is reluctant to participate in a class:

- Let the student observe the lesson from the poolside.
- Involve the student in the swimming lesson by having them help the teacher.
- Speak to the student to discuss and agree the task they need to achieve, however small it is.
- Make sure swimming is fun and enjoyable by using a games-led approach to learning to swim.
- Praise each small task that is achieved

Teaching staff do a great job in helping your children to swim!

If you have any questions about your school's swimming policy, staff training and learning objectives, you can speak to your child's teacher. You can also visit the ASA website for further swimming information.

Swimming is a healthy and enjoyable hobby – so dive in and take the plunge!



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Putting a Spring in our step!

I don't know about you, but it's March and the winter doldrums have long outstayed their welcome; but I can feel a hint of warmth in the air, which gets me to thinking about all of the reasons to look forward to spring. Here are just a few of those:

1. LONGER DAYS

One of the biggest reasons to look forward to spring is the longer days. Those long days of what seems like perpetual darkness can really start to take their toll... And there's nothing better than days to come filled with brilliant sunshine.

2. WARMER WEATHER

Perhaps the next great thing about spring is the warmer weather. It's lovely to feel that touch of spring in the air with a noticeable increase in the mercury and a warmer wind blowing. Bliss.

3. SHEDDING LAYERS

Sweaters, boots, jackets, scarves, hats, gloves... enough! And in the cold weather, Mums and Dads have to bundle up the little ones too.... In the spring, it's fun to bring out the flip flops and let the children outside to play.

4. LET THERE BE LIFE!

It's so encouraging seeing the first buds pop on the trees and also the sleeping bulbs of daffodils and tulips awaken after a long winter nap. It's exciting to go to the garden centre and choose which flowers to plant



for the year. We can also see all of the birds flying back and all of the baby animals being born. Spring = life, and that's just another reason to look forward to it.

5. BARBECUES

It's so enjoyable to barbecue in the spring, when the sun is still up, the weather is warmer and all the family can sit outside and dine al fresco. Perfect!

6. OPEN WINDOWS

During the winter, it can sometimes feel like our houses are filled with stagnant air. It's wonderful to open up the windows in the spring and let that fresh air flow in. Everything smells so crisp and just feels so much better.

7. THE ICE CREAM MAN

In the springtime, the ice cream man comes back on the scene, and hearing that jolly little jingle and seeing all of the children run to the van is a lovely sight.

8. FRUITS

There are so many delicious fruits to look forward to that are in season in the spring! Mangos, cherries, guavas, watermelon, grapes and apricots are just some of the many tasty spring fruits that we can enjoy eating in the springtime.

9. SPORTS

Sports are definitely something to look forward to in the spring! What could be better than spending a lazy afternoon watching a cricket game or partaking in a friendly game of golf or tennis with friends and family?

10. EASTER

A time for remembering the life, death and resurrection of Jesus Christ. It's also a time for the school Easter holidays and yummy chocolate Easter eggs!

Ah, the spring! There's no denying the sheer beauty, peacefulness, tranquility and happiness that this season imparts each and every year. But, how about you? Why do you look forward to the spring?



We're always interested in your views. Write and tell us what you look forward to each year and in which season. Please send your stories to:

editor@reachnewspaper.com -
with a subject header of:
'Seasons'.

PROFILES...

A fascinating insight into the role of:

Hospital Chaplain...

‘A friend to anyone who needs us...’

FOR MOST OF US, hospitals are generally places which we'd rather not visit. Yet the fact remains that unless we're incredibly lucky, that is exactly what will happen at some stage during our lives. Even more importantly, we may very well end up as a patient ourselves at some point.

Today's media coverage spends a considerable amount of time examining the state of our health system, and in particular that of our hospital service, in this country. But usually very little mention is made of the work of the hospital Chaplain and his or her team, who provide an enormous support system for those who generally have the most need of it. The chaplains are available for people of all faiths or indeed, no faith at all and promise to respect the beliefs of those they are listening to, without passing any kind of judgement.

The list of duties which comprise their brief are more varied than you might suppose, but essentially cover the areas of care for patients, patients relatives and staff as follows:

Patient care:

- Bedside visits
- Someone to listen
- Someone to talk with
- Holy Communion at the bedside or in chapel
- Prayer with patient or for patient
- Anointing with oil for healing
- Spiritual support for patients relatives and visitors
- Companion towards fulfilment and meaning
- Special support and ministry at critical moments and at the end of life

- Making contact with a patient's own religious leaders or carers
- Support and advice at times of loss or bereavement

Visitor care:

- Support for the visitor's relative or friend when the visitor cannot be there
- Support for visitor at an anxious or difficult time
- Informal counselling, particularly after a difficult or traumatic time
- Special support and ministry at critical moments and at the end of a patient's life
- Holy Communion or prayer for visitors
- Support and advice at times of loss or bereavement

Staff care:

- Specialist advice on spiritual and religious matters
- A referral service if patients have specific religious or spiritual needs
- Ongoing training and education on spiritual, cultural and religious care
- Pastoral care for staff at times of crisis (work related or personal)
- Spiritual support at all times

‘At a time of illness people are looking for something’

Chaplains also spend more time than might be supposed caring for – both practically and pastorally – those who have lost a child or are going to. There still appears to be an inhibition in speaking about this, which can make what is an already difficult process, even harder. However, the chaplain's role enables them to overcome this barrier and



provide support for the parents, grandparents and the wider family circle. Furthermore, their practical help for such families appears invaluable. Information, blessing, baptism, comfort, prayer and funeral arrangements also constitute a large part of the service that is on offer.

‘And sometimes we even do religious stuff for non-religious people!’

The help and support for visitors and relatives which is provided cannot be understated. When Carol Eve the other year, a young couple who were in hospital over Christmas with their baby, were quick to explain to me how much valuable help, comfort and a listening ear they had received at the hands of the Chaplain and his team. And in speaking of the team, the volunteer chaplaincy team members also play a vital role in assisting the Chaplain in his or her work, and who co-ordinates his team to the best advantage.

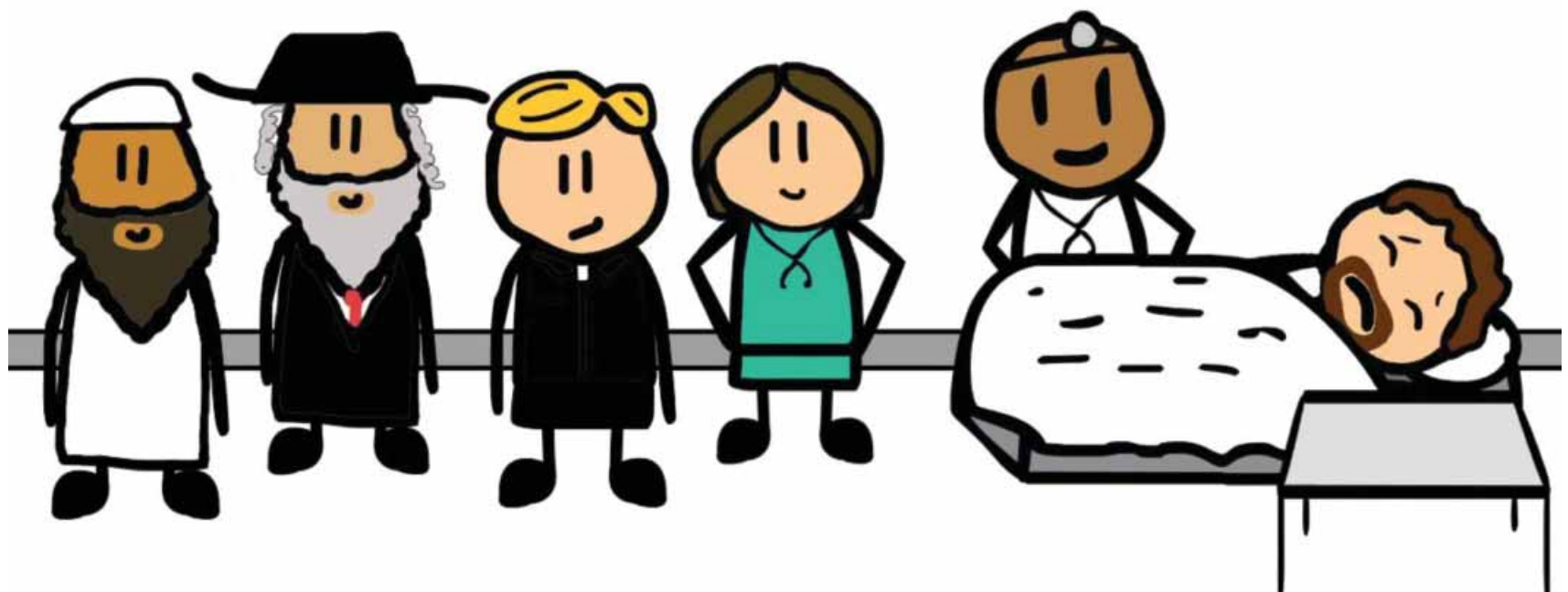
‘We bring into the room a sense of peace. There is always healing’

The Chaplains and their team also provide a vital and non-judgemental listening ear for staff that are experiencing any kind of problems or difficulties. It's an opportunity for them to clear their minds of whatever may be bothering them, so allowing them to fully concentrate on their critical work of caring and treating patients.

‘Listening is the most important part of the role’

And for the future...

We can be assured of the comfort, help and confidentiality of the Chaplains and their team if we come into contact with the hospital services. Whether we are patient, visitor or employee of the establishment, it is a comfort to know that this team of listeners and helpers are on hand. Thank you!



Spring Container Planting

By Owen Griffiths

Spring is a fantastic opportunity for trying out new gardening ideas because plants are beginning to grow again after winter, putting on fresh green leaves and beautiful new flowers. In this article, I'm going to demonstrate how you can plant up containers, for indoors, or outside, with a stunning display that will brighten up your home.

What Shall I Use for a Container?

The good news is you can use pretty much anything; old paint tins, plastic bottles, tyres, and even wellington boots! Just make sure you make drainage holes otherwise your plants will end up saturated in water and they may rot. I'm using a wooden crate as my container. I've cleaned it, painted it, and covered the inside with plastic from an empty bag of compost to stop the wood from rotting.

Choosing Plants

There are no rules about what plants you should and shouldn't use, but it's best to avoid plants that are going to get too big too quickly. I recommend using spring bedding plants such as pansies, primroses and bulbs. You can also plant herbs, young shrubs, or fruit and vegetables.

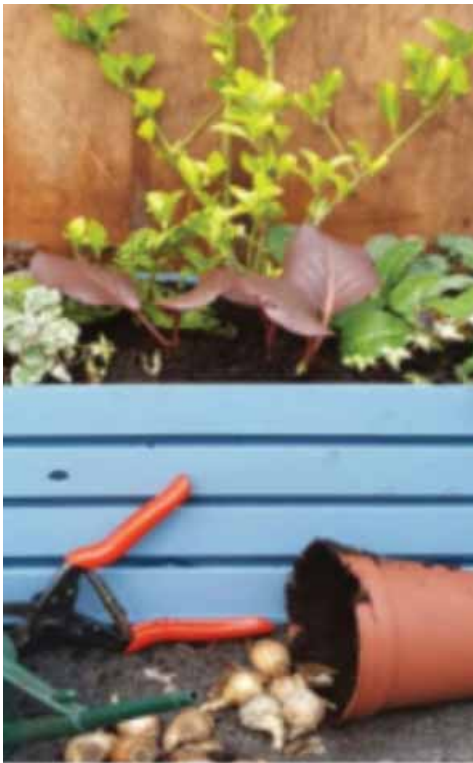
Planting

It's up to you whether you use one variety of plants, or several different plants, just think about the overall effect which you want to create. **Tip** - You can create a balanced design by choosing a plant that will act as the main focal point in the middle and by positioning plants which are either the same variety, or have similarities, on opposite sides.

- Step 1:** Fill your container with multipurpose compost but don't squash it down yet.
- Step 2:** Remove your plants from their pots and experiment with your positioning by placing them on top of the soil



Step 3: Tease out the roots and then plant your central or focal plant. Plant the four corners of your



container and work your way inwards, planting groups of plants in threes and fives. Fill in any gaps with smaller plants, like violas, but ensure that each plant has enough space to grow. Firm in the compost around your plants by pressing them down and check that the tops of the roots are level with the surface of the soil.

- Step 4:** Place your container in its final position. Raise it up on bricks to help prevent water-logging and water it thoroughly with a fine rose watering can.
- Step 5: In terms of aftercare, you'll need to water your container once a day in the morning, or the evening. Remove dead flower heads to keep your plants looking tidy and encourage more flowers to grow. Every two to four years you can change your soil to give your plants a new boost of energy.

I hope you have fun getting creative and planting up a beautiful spring container to be proud of. Good luck!





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The wonders of nature

By Fr. Mark Skelton



'My garden is a great joy and a great responsibility'

AND SO THE TURNING of the year has us heading back now towards longer days and one hopes, more fragrant and colourful ones. February – as usual, has been one of those odd months – it can lull you into a false sense of security. One moment you are sitting in the full sun with a cup of tea – although admittedly in coat, hat and scarf – and the next, without a moment's warning, come gales of epic proportions which battle with a dampness that can only be soggly endured. And so, all imagining of spring is blown away in one great cloud of anything not nailed down.

However, February and March are also the time that bulbs, planted in October, begin to encroach upon winter's domain, keeping the rumour of summer alive. Perennials which stood tall and proud with branching arches of flower and leaf back in July and August, are now dead wood cut down to the soil's surface, but here and there the shoots are returning; adding their

gentle whispers to the growing intimations that it will be colourful and fragrant again.

The huge amount of weeding which I have done this winter will begin to reap benefits and the transfer of hibernating root balls from one section to another is exciting. However, as I have dug up the root systems of one particular perennial called Canada Goldenrod, which is a beautifully elegant tall stemmed creature which is capped, as its name suggests, with lovely yellow flowers, this has involved me needing to be more brutal than I ever thought possible.

Dreaded Ground Elder roots which I have spent most of the preceding months removing, cling in sneaky disguise to the Goldenrod like the plant equivalent of the Trojan Horse, hoping by its cunning and intertwining nature, to have me plant it unwittingly back in the newly cleared area, which I am calling the Faramir Lawn. Thus they need to be extricated, sometimes by stealth and gentle persuasion, but sometimes with the force of removing plasters from grazed knees!

Into this big expanse of newly cleared ground which I have dug over many times, I have put in

rotted compost, wood ash from the wood burner, soil enhancer, and ordinary topsoil. All sorts of different things therefore, contribute to the makeup of the bed. One single ingredient would not enrich: it needs a vast array. This will hopefully give the fresh intake a good start. Angelica, Fennel, Verbena, Crocosmia, Membrysia and assorted grasses, as well as the re-planted and split Goldenrod, are now beginning to dot themselves around the area. I have broken up grasses into 7 or 8 new plants which hopefully will thrive and flourish. Faramir, the rabbit for whom the lawn is named, (although admittedly it is more an extended bed of grasses and tall flowers than a lawn) has taken keen delight in harvesting and trimming many of the aforesaid, but I live in hope that their sheer volume will prevent total extinction.

However I do all this work because I know it will pay dividends for my psyche and soul in the months and indeed years to come and I know that the plants themselves will luxuriate in their new freedom. I know that later I may well decide that I put a particular plant in the wrong place. I know I may not wholly benefit from the fruit trees I

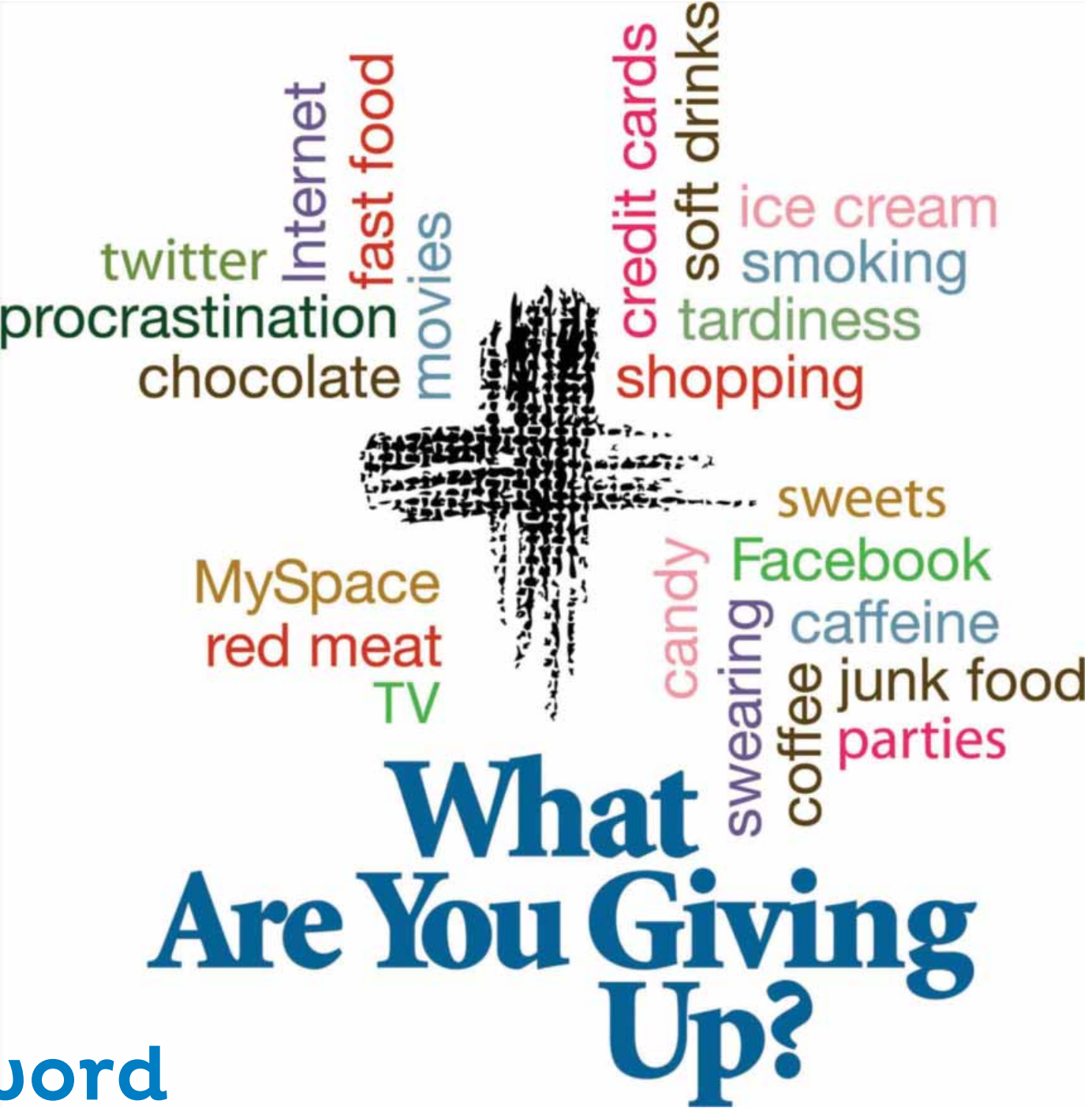
plant but others will, and I know that however long I stay in this place; the garden is not something I can completely control. I can certainly create a setting for it, and I can have in my mind an ideal, but I cannot make it grow exactly as I want it to and nor should I. Once I plant I have to let it develop in its own way. I can trim and clip and to a certain extent this involves me in moulding my idea and my vision, but in the end, once a life starts; once it sends down its own roots and sends up its own shoots, it has, quite literally, a life of its own. As long as I am around, I can assist it and encourage it. I can remove the Ground Elder and the bad influences and I can give it nourishment of varying feeds to help it on its way, but there will come a time when the plants and grasses I have placed in this area of the garden are so well established that to uproot and move just for my own delight or at my own whim, will do far more harm than good.

My garden is a great joy and a great responsibility. The wisdom is always to know when the tweaking and encouraging is more about me than the garden.

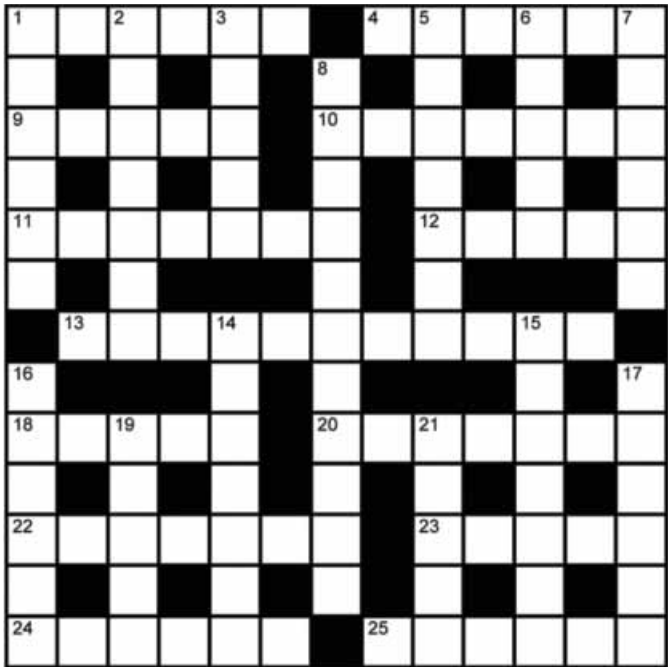
What can I give up for Lent?

It's traditional during the season of Lent to 'give something up' or make a small sacrifice. We take a light-hearted look at just what you could do...

- Don't eat the last bite of your food
- Don't use your apps
- Give up texting and call whomever you need to talk to
- Everyday do 20 (or even 100!) push-ups and offer it up for someone who's sick
- Don't straighten or curl your hair
- Cut out all screen-time (phone, TV, computer) after dinner
- Give up social media!
- Give up DVDs or Box Sets
- Limit your carbs
- No lie-Ins
- No buying books and not reading them!
- No hoarding
- Stop eating between meals
- Stop swearing
- Stop complaining!
- Give up online ordering
- No tweeting
- Don't eat crisps!
- Stop using emojis
- Stop using tiredness as an excuse!
- No wearing sunglasses indoors!
- Stop planning holidays you'll never take
- Turn your back on name/designer brands
- Quit daydreaming!



Crossword



- ACROSS**
- 1 Religious teacher, 'elder' in NT Greek (6)
4 Alternative name for Tabitha, a woman known for her good works in Acts (6)
9 Remains of burnt palm crosses which give their name to the first day of Lent (5)
10 Architecture and design movement of the 1930s (3,4)
11 Traditional Indonesian percussive orchestra, with xylophone, chimes and gongs (7)
12 Major river of Pakistan (5)
13 Route in the 1840s used by settlers crossing the Rockies to the West Coast (6,5)
18 Highlanders, for instance, and other Erse-speaking Celts (5)
20 H, H, H, H, H? (7)
22 Ste ----- of Lisieux, 1873-1897 (French spelling) (7)
23 Apocryphal book to Protestants, confirmed as canonical by Catholics at the Council of Trent (5)
24 Philistine king who twice gave David
- refuge from Saul (6)
25 Saint, 6th century British monk and historian (6)
- DOWN**
- 1 (Car) crashes, bumps (6)
2 Youngest son of Aaron and Elisheba (7)
3 Fibrous agave plant used for rope, named after a Mexican port (5)
5 Younger exposed rock formation, isolated among older rocks (7)
6 Words to live by (5)
7 Liverpudlian, and a kind of broth associated with one (6)
8 Murder One, they figured? (4,3,4)
14 The Synoptics and John in the NT (7)
15 Son of Phinehas (7)
16 Virgin martyred in Catania (6)
17 Like now (2,2,2)
19 Alternative biblical name for a son of Nineveh and the ancient Mesopotamian city of Uruk (5)
21 Piece of music for the whole orchestra (5)

