

## Pancakes for Peace – 28<sup>th</sup> February 2017

### Quiz (answers on reverse):

1. How many pancakes could we make with the cost of replacing Trident, Britain's nuclear arsenal?
2. What is the fastest someone has completed a marathon whilst flipping a pancake?
3. How many words can you find using the letters in SHROVE TUESDAY?
4. Are you doing anything different for Lent this year?
5. How easy is it to write to your MP about the upcoming Nuclear Ban Treaty negotiations in March?

### *Vegan pancakes*

Makes 12

**250g plain flour**

**650ml plant milk**

**oil for frying**

1. Sift the flour into a bowl.
2. Gradually stir in the milk, whisking until smooth before adding more milk.
3. Heat a flat frying pan on a hob, and wipe with an oiled piece of kitchen paper (careful not to burn fingers).
4. When it's good and hot, ladle some batter into the pan, tilting the pan to move the mixture around for a thin and even layer (usually 1/3 to 1/2 a ladle).
5. Leave to cook, undisturbed, for about 30 seconds, or until the edges lift up and it slides about if you move the pan. Flip over and cook on the other side.
6. Re-oil the pan between pancakes.

**Send us pictures or tweet them @forpeacemaker  
using #pancakesforpeace**

**Can you get a mid-flip action shot?**

*Recipe from [cookingforvegans.co.uk](http://cookingforvegans.co.uk)*

*For the standard eggy version, see BBC Good Food*



### Grace for Shrove Tuesday

God the Redeemer, as we enter Lent,  
Bless us with courage to clear out  
What we do not need.  
Help us to share what we have  
And be grateful for it.

We give thanks for things which keep us safe:  
The NHS, our home, community, food.  
As we consider giving up luxuries  
Like coffee, bacon, or chocolate,  
Help us challenge other things which give us  
A false sense of comfort and security:  
Weapons, borders and easy answers.

Approaching Easter, we thank you  
For your gift of love, your rejection of violence  
Showing the New Way—peace, everlasting

Amen

# Activities

## Group discussion

Think about what you've given up for Lent in the past.

Has it made you think differently about anything?

Was it easy or difficult?

Did someone else suggest it?

If so, do they know you well, or just a little?

Our governments make decisions on our behalf, about what they think we need, or no longer need.

Not everyone thinks they're good decisions.

If you could choose one "fast" for the governments of the world, what would it be?

Do you think they would find it difficult, and would they want to continue after the 40 days were over?



## Help make nuclear weapons illegal

Many of us felt demoralised by the vote on Trident in July 2016, and let down by our MPs. But something is happening. In April, there will be a meeting at the UN to decide the future of nuclear weapons.

This is massive.

They will negotiate on a treaty to make nuclear weapons illegal, labelled as they should always have been as

completely immoral, like landmines, cluster bombs and chemical weapons. Around 130 countries and states have signed the treaty, but unsurprisingly this doesn't include the few nuclear weapons states such as the UK. The negotiations will go ahead regardless of whether we're at the table. We must send a clear message to the government to send a representative. The UK has been absent at international talks about the humanitarian consequences of nuclear weapons—especially worrying given that we're one of just a few countries which actually has them. Our government must make good on the promise it made in 1968 to get rid of them, when it signed the nuclear non-proliferation treaty.

## What can you do?


The easiest thing is to sign the petition at <https://petition.parliament.uk/petitions/175096> or if you've got a bit more time, write to your MP (see answer 5 below). Got half a day? Request a meeting with them on 1st March as part of the lobby of parliament (point 5 again). You can also support our work at [for.org.uk/donate](https://for.org.uk/donate)

**Answers**

1. 1,708,333,333,333 (a pancake with eggs costs around 12p to make; Trident, around £205 billion)
2. 5 hours 2 minutes 27 seconds in the USA on 24<sup>th</sup> October 1999. The course crosses Peace Bridge.
3. Answers to emma@for.org.uk. Winner receives an For goodie bag (our decision is final)
4. Would you like to write a blog post about how you're building peace this Lent? We'd love to put it on our website.
5. Very easy! Just go to <https://act.cnduk.org/lobby/globalbanlobby> (if you're not around for the lobby of parliament on 1st March, you can still use the tool to tell your MP how you feel about the Ban Treaty. There's loads of helpful information at [icanw.org](https://icanw.org) — ICAN (International Campaign to Abolish Nuclear Weapons) is leading the campaign.

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