

Pancakes for Peace: preparing for Lent 2018

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 the Prime Minister asking her to support the Nuclear Ban Treaty?

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

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

Discussion points:

Think about what you've given up for Lent in the past.
Was it easy or difficult?
Has it made you think differently about anything?
Did someone else suggest it?
If so, how did you respond when they first suggested it?
What might we give up, or repent of, when trying to build peace in our community?
What could we take up in its place?
Our governments make decisions on our behalf, about what they think we need, or no longer need.
Not everyone thinks that they're good decisions.

***Is not this the kind of fasting I have chosen:
to loose the chains of injustice
and untie the cords of the yoke,
to set the oppressed free
and break every yoke?
Is it not to share your food with the hungry
and to provide the poor wanderer
with shelter—
when you see the naked, to clothe them,
and not to turn away from your own flesh
and blood?
Isaiah 58:6-7, NIV***

If you could choose one "fast" for a governments of your choosing, what would it be?
Do you think they would find it difficult, and would they want to continue after the 40 days were over?

Dates for your diary:

3rd March

Christianity & War: Reclaiming the nonviolence of Jesus

Threshold Centre, Perth PH2 8LJ

"Is Jesus' teaching compatible with waging war? What do the Gospels tell us? How do we make opposition to war central to our Christian witness? How do we end the Church's support for war?"

To find out more or register, email dmumford@phonecoop.coop

20-22 April, Leeds

Letting in the Light: Positive Steps for peace in a turbulent world

Our annual conference, open to all. Featuring Kim Leadbeater, sister of Jo Cox MP who was murdered in 2016. Speakers, worship and workshops to equip us with the next steps in practical peacebuilding.
More information at for.org.uk/positivesteps

23rd September: Peace Sunday

Resources to help get your church thinking about peace, available at for.org.uk/peacesunday
Put the date in your church calendar, invite an FoR speaker or offer to preach or lead prayers.
Other resources for using at various points in the liturgical calendar can be found at for.org.uk/resources

Supporting FoR's work: can you make a contribution to help fund our campaigns, resources and events?
Donations, small or large, regular or one-off, are gratefully received at for.org.uk/donate



Answers

1. 1,708,333,333 (a pancake with eggs costs around 12p to make; Trident, around £205 billion)
2. 5 hours 2 minutes 27 seconds in the USA on 24th October 1999. The course crosses Peace Bridge.
3. Answers to emma@for.org.uk. Winner receives an FoR goody 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 nd.eaction.org.uk/lobby/globalban. There's loads of helpful information at canw.org from the International Campaign to Abolish Nuclear Weapons, who won the Nobel Peace Prize for their work on the ban treaty.

FOR is proud to be a partner organisation of ICAN. You can sign the Citizens' Treaty at nd.eaction.org.uk/petition/1.

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