

4TH SUNDAY OF LENT

LAETARE SUNDAY



*Mary, our Mother, the Lord is
with you*

*Guide us, protect us, in all
that we do.*

MOTHER'S
DAY

IN THE CHURCH

The Fourth Sunday of Lent is also known as '*Laetare Sunday*.' *Laetare* is the Latin word for '*rejoice*' and so this Sunday is a day of joy in the middle of Lent. It reminds us that we are more than halfway through our Lenten journey and that we will soon be celebrating at Easter. Some priests wear rose pink vestments instead of the purple ones that are worn on the other Sundays of Lent.

MOTHERING SUNDAY

Mother's Day, or Mothering Sunday, is celebrated in Ireland and Europe on the Fourth Sunday of Lent. In the United States of America, and other parts of the world, they celebrate it on the second Sunday in May.

We can trace the origins of Mother's Day to a tradition that began in England more than 400 years ago when, once a year, people visited the parish church where their mother was born. This may have begun with a custom of visiting the Mother Church of the parish or the Cathedral, the Mother Church of the diocese, in earlier times. While they were visiting the church, they also visited their mothers. Travelling was not easy at that time, so this visit became a very special occasion.

This was also a day when all servants were released from their jobs to go and visit their mothers. Sometimes, the servants were allowed to bake a cake for their mother. This was a fruit cake decorated with eleven marzipan balls to represent the eleven disciples, Judas was not included. People were allowed to break their Lenten fast to eat this cake.

Nowadays, we use this day to celebrate and give thanks for mothers. On this day, the Church remembers Mary, the mother of Jesus, in a special way.

What did you learn?

- 1) What is another name for Mother's Day?
- 2) What is the name of the special cake that was given to mothers?
- 3) Can you name the other eleven disciples?

Bake a Simnel Cake for Easter

This is Mary Berry's recipe



Ingredients			
		225g	sultanas
100g	red glace cherries	100g	currants
225g	softened butter	50g	chopped candied peel
225g	light muscovado sugar		Grated rind of 2 lemons
4	large eggs	2	level teaspoons of
225g	self-raising flour		ground mixed spice

For the Filling and Topping

450g	Almond Paste
2	tablespoons of apricot jam
1	egg beaten to glaze

Essential Kit: You will need one 20cm deep round cake tin

Instructions:

1. Pre-heat the oven to 150°C/Fan 130°C/Gas 2. Grease a 20 cm (8 in) deep round cake tin then line the base and sides with baking parchment.
2. Cut the cherries into quarters, put in a sieve and rinse under running water. Drain well then dry thoroughly on kitchen paper. Measure all the cake ingredients into a large mixing bowl and beat well until thoroughly blended. Place half the mixture into the prepared tin and level the surface.
3. Take one-third of the almond paste and roll it out to a circle the size of the tin and then place on top of the cake mixture. Spoon the remaining cake mixture on top and level the surface.
4. Bake in the pre-heated oven for about 2½ hours until well risen, evenly brown and firm to the touch. Cover with foil after 1 hour if the top is browning too quickly. Leave to cool in the tin for 10 minutes then turn out, peel off the parchment and finish cooling on a wire rack.
5. When the cake is cool, brush the top with a little warmed apricot jam and roll out half the remaining almond paste to fit the top. Press firmly on the top and crimp the edges to decorate. Mark a criss-cross pattern on the almond paste with a sharp knife. Form the remaining almond paste into 11 balls.

6. Brush the almond paste with beaten egg and arrange the almond paste balls around the edge of the cake. Brush the tops of the balls with beaten egg, too, and then place the cake under a hot grill to turn the almond paste golden.

Mary Berry's Simnel Cake is just one of the recipes included in her brand-new Mary Berry Bakes app, available to buy now on the iTunes store. Along with 70 fool-proof cake and bake recipes, the app offers a shopping list, intuitive search and favourites function.



SOME THINGS THAT YOU COULD DO FOR MOTHER'S DAY THIS YEAR

- Write down ten things that you know and love about your mum or the person who cares for you at home.
- Ask your mum or the person who cares for you at home to make a list of five things that you could do to make her life easier. Then promise to do these things for her. Write them down on a promise page, decorate the page and give it to her with your card
- Write a poem
- Make a card
- Draw a picture
- Write a story and make her the hero
- Make a collage of all the ways you love your mum
- Give her some quiet time
- Pick some wildflowers for her
- Help to make her favourite breakfast
- Let her watch her favourite tv programme without interruption
- Invite her to go for a walk with you
- Tell her that you love her
- Take a picture of you and your mum together
- Help keep the house tidy today without being asked
- Write a prayer thanking God for your mum or the person who looks after you at home. Ask God to look after mothers all over the world and to keep them safe. Ask your mum to pray it with you.



It is important to remember **Grannies and Nanas** today. We might not be able to go and see them because we are trying to keep them safe and well, but, we can still tell them how much we love them by calling them, facetimeing or skypeing them, taking a picture of something that we have made for them and sending it to them by text. Write something to show them how much you love them in the heart.

