



March 2021

To all our lovely families,



March's Teatime Church's theme is all about Mothering Sunday and honouring people who have helped us, cared for us, looked after us. Mothering Sunday is celebrated in churches on the fourth Sunday in Lent (14 March in 2021). Traditionally it is a day when we thank God for the love of our mothers and our church. This newsletter includes background information about this special day and contains lots of ideas for cards and gifts that you can make at home for your mum/carers.

ONLINE MARCH SERVICE

Our Teatime Church Services are remaining online for the foreseeable future. Our March service is all about Mothering Sunday, which will be released on 14 March 2021 (the day itself). It will feature a montage of images from the congregation and local community, poignant songs, music and prayers, a special poem and lots more!

For this special service, we would like to share a montage of images of mums/carers – please email me an image of your mums/carers/grandmothers/godmothers/aunts/friends by 12 March if you would like them to be included familyworker@westbury-parish-church.org.uk. This is open to all (not just children) and can include anyone that has cared for you and that you would like thanked and remembered.

Our February Service, all about Shrove Tuesday and Lent, is still available to view. It features a silly poem about pancakes, pancake flipping, poignant music, lent activities and more! You can access it at <https://www.westbury-parish-church.org.uk/youth-and-family/teatime-church/>.

Mothering Sunday Flowers – available to pick up from the office



In keeping with our lovely church tradition, we are delighted to be able to make some small bunches of flowers available for children to collect (accompanied by a parent) from outside the Parish Office (next to the church) on Thursday 11th/Friday 12th March to hand out to mums/carers on Mothering Sunday 14th March. Please just help yourself from outside the office (open 9am – 12:30pm apart from Wednesdays) or email me for more information. We hope this will go some way to making Mothering Sunday that little bit more special.

NEW FLOWER HUNT IN THE CHURCHYARD



Following the success of our churchyard bunny hunt, we have decided to organise a new flower hunt for the beginning of March to give a fun focus to an outside walk! There will be 15 different flowers to find in new, hidden locations. If you take part in the flower hunt, please ensure that the following rules are followed for the safety of all:

- Please only do the hunt if the churchyard is quiet and no other families are doing the hunt. You are welcome to come back at a quieter time.
- If you are infected, suspect you are infected, or are otherwise unwell, and all who are defined as clinically vulnerable, are asked not to participate in the hunt.
- Please maintain social distancing from others at all times.
- Please don't touch the flowers!
- Please take care of graves, monuments and other memorials and ensure that children do not climb on these.
- Please take care of the plants and trees in the churchyard and avoid damaging them.
- Please do not allow children to run around or climb in the churchyard. All parents are responsible for their child/children at all times.
- Families are not to loiter in the churchyard once the hunt has been completed.
- The flowers will only be visible in the light of day so please avoid evening visits.

A huge well done to all of our bunny hunters in January and February – here is a selection of children who received certificates for completing the hunt (shared with permission):



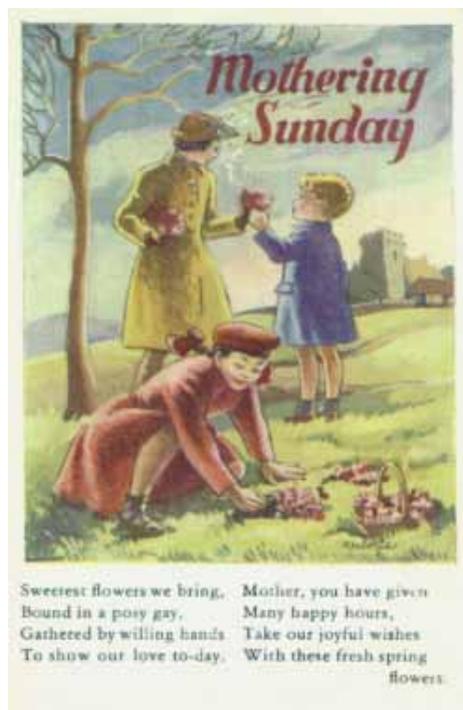
We hope you enjoy the flower hunt and we look forward to seeing more photos soon!

MOTHERING SUNDAY

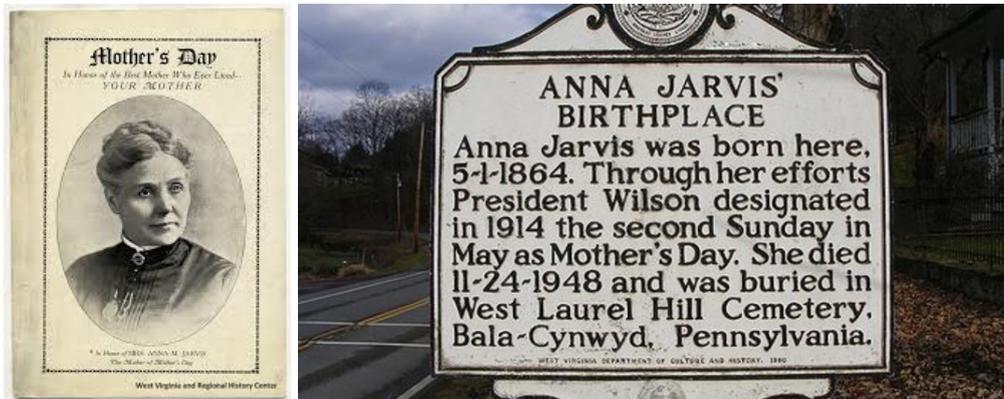


Mothering Sunday is celebrated in churches on the fourth Sunday in Lent. It is a day when we thank God for the love of our mothers and for their care for us. In the UK, the service dates back hundreds of years to the time when people were encouraged once a year, on this day, to return to their home or 'mother' church or cathedral, where they were nurtured, loved and taught about the ways of God.

Inevitably the return to the 'mother' church became an occasion for family reunions when children who were working away returned home. It was quite common in those days for children to leave home for work once they were ten years old. As they walked along the country lanes on their day off to visit their mothers and families, children would pick flowers to take to church or to give to their mother as a small gift.



There is a difference between Mothering Sunday, and 'Mother's Day', the more commercial celebration. Mother's Day was started in 1914 in the USA as a holiday on the second Sunday in May, as a result of a campaign by Anna Jarvis to recognise the important role of mothers in society.



Constance Smith, who was inspired by Anna Jarvis, campaigned for a revival of Mothering Sunday observance in Lent, writing a booklet *'The Revival of Mothering Sunday'* in 1920. This was very influential and by 1938 it was said that every parish in the UK celebrated Mothering Sunday.

"Mother's Day"

(To the Editor of the "Shields Daily News.")

Sir,—The American Mothers' Day is delightful as far as it goes—but it is superfluous. We already have our own Mothering Sunday, which from time immemorial has been kept at Mid-Lent. Let us work for the revival of the true "Day in Praise of Mothers" which is indigenous to this country. The whole is greater than its part, and Mothering Sunday gives all that the American "Day" offers, and much more besides. Literature may be had gratis from the Secretary, 25 Regent Street, Nottingham, if a stamped addressed envelope is sent.—Yours, etc.,

C. PENSWICK SMITH
(Founder of the Mothering Sunday Movement).

25 Regent Street,
Nottingham.
May 14, 1927.

Mothering Sunday has also become a tradition of thanking those who have mothered us in all the ways we can be cared for. It is usually a day of celebration, when we draw together with family and loved ones. Families across the country will be preparing little presents, cards and gestures of appreciation, and in some churches flowers are usually blessed and handed out during the main service. Simnel cakes or pretzels might be shared. Grandparents, aunties, uncles, fathers, foster parents and social services carers who all provide motherly love and care to many children are also thanked on this day. This is a day when we celebrate all who provide care to children.

On Mothering Sunday, churches around the country will be sharing their own traditions, celebrating and giving thanks for the huge impact mothers have on each of our lives. Churches will also recognise that the day may be difficult for some people and so it is common place for services to include prayers for those who don't find the day particularly easy.

Churches will also remember Mary, mother of Jesus, on this day. Mary had to release her child into God's eternal care long before his time. Like any mother, her grief was unbearable. Mary also understood the joy of motherhood – she watched her child grow to be a wonderful man. She felt the joy of being part of the making of this special son. Mothers today face all of these emotions. Today we stand with them, pray for them and the stability of family life and love, and celebrate their self-giving love.

Mums and those who care for us are special. They do so much for us and this is our time to say 'Thanks for all you do'. They help to feed us, care for us, clean up after us, share our fun times and sad times, help us. God also does these amazing things for us – we pray for his love and care on this special day.



Part of the modern-day theme of Mothering Sunday is celebrating all that women do in society. Please click on the BBC link to find out about some amazing women who have had a huge impact on the world:

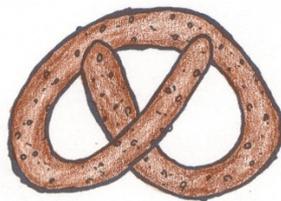


<https://www.bbc.co.uk/newsround/42872803>

Creative activities

These suggested activities are designed to encourage the family to consider today's Teatime Church theme whilst having fun together and getting creative in an easy, accessible way.

Make a pretzel for Mothering Sunday



Pretzels became popular as a Lenten food for Christians in the seventh century, when they were eaten in place of bread. The word *Pretzel* is derived from a German word that means 'little arms'. The twisted shape of pretzels is meant to resemble two arms crossed in prayer. Making Lent pretzels is a way to remember that Lent is a season of prayer.

On Mothering Sunday (March 14th) we are inviting all of the congregation to make their own pretzels and to share them at the beginning of a Zoom meeting between 11-11:30 (depending on when the service finishes). Please contact the Parish Office for the Zoom invitation code. You can click here for an easy pretzel recipe: <https://www.bbcgoodfood.com/recipes/learn-make-pretzels>.

Make flower cards, 'stained-glass' hearts, egg-box flowers/tea cup cards or a 'reasons why I love you' jar!



For lots more craft ideas for Mothering Sunday presents, please click on the following link:



<https://www.bbc.co.uk/newsround/51946570>

Lent Weekly Environment Challenge: It's not too late to start!



Caring for God's Creation



Can you earn yourself a name in our Lent Wall of Fame?!

At Holy Trinity Parish Church, we are passionate about looking after the environment. We have created weekly challenges for children to complete during Lent that all help to look after our environment around us.

Children can have a go at completing each activity (for one day or the whole week) then tick them off at the end of the week! If you manage to complete all of the Lent challenges then please email me and you will be included in our Wall of Fame in next month's Teatime Church newsletter!

Week of Lent	Lent challenge	Tick when completed
Week of 17 th February	Plant an anemone bulb – <i>please see below*</i> 	
W/B 22 nd February	Give up meat as a family or go vegan for a week.	
W/B 1 March	Children to sort the recycling every day into the correct boxes – they could also do some junk modelling with it!	
W/B 8 March	Children take responsibility for turning off all lights/electric devices, reducing water usage and paper usage in the household.	
W/B 15 March	Go litter picking as a family – remember to use gloves or litter picking tools. Alternatively, you could use your own 'rubbish' to make some beautiful art – <i>see below!</i>	
W/B 22 March	Go on a mini beast safari! You could print off the following free template to help you: https://www.highspeedtraining.co.uk/hub/wp-content/uploads/2014/12/environmental-awareness-worksheet-minibeast.pdf Build your own worm farm or bug hotel from repurposed materials and natural resources in a quiet, shady corner of your garden. Carry out a daily minibeast safari!	

**A few free Flowerpots, anemone bulbs, compost, instructions and a prayer are still available. Please email Alison at the Parish Office at office@westbury-parish-church.org.uk for details.*

Alternatively, you can come up with your own 'give up or take up' idea – *please see the back page of the newsletter.* We would love to see these too!

Children can access their very own Planet Protectors Pack in the 'take part' section at <https://friendsoftheearth.uk>. This has lots more ideas about how children can help to protect the planet – with activities for the Easter holidays. A donation is suggested for the packs.

Please email me to let me know how your Lent challenge is going!

Our monthly prayer



We give thanks for:

All mothers

All carers – fathers, grandparents, godparents, aunts, uncles, friends

God's love for us and Mary's love for her son

Our 'mother' churches

We pray for:

Those who have lost mothers or carers

Those who have strained relationships with their mothers or carers

Those who never had a mother

Mothers with strained child relationships

Mothers who have lost children

Those who long to be mothers

Mother's Union and all charities who work to support families

We recognise on this day that there are many who have chosen not to be mothers. We give thanks for love, friendship and comfort in all its forms.

Amen

Supporting family worship in the home

If you want a bit more support with engaging with family worship and prayer in the home during this time then you might find the following resources helpful: <https://www.bristol.anglican.org/covid19/continuing-to-grow-faith-at-home/>. They include a Church@home weekly resource sheet and lots of child-friendly activities.

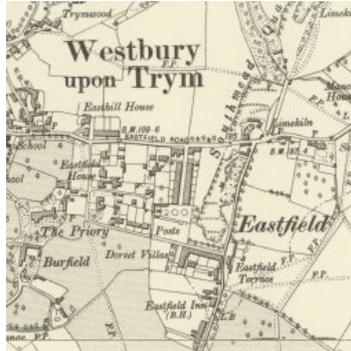
There is also a link on our Sunday Club page to this Diocese resources for families - it has a weekly sheet connected to the lectionary for the week that you might want to complete with your children <https://www.westbury-parish-church.org.uk/youth-and-family/sunday-club/>

The Children's Society has created lots of new resources for Lent and Mothering Sunday. Please click on the link to find out more https://www.childrenssociety.org.uk/how-you-can-help/support-in-church?gclid=Cj0KCQiAvbiBBhD-ARIsAGM48bxTwwxLf108enKdQI3vus63Snw6pVvYel6V-sJizz4sn3iXtKAKHBkaAkTsEALw_wcB

The Mother's Union is a Christian movement that supports families and communities around the world. It has a range of children's resources available – for Mothering Sunday and many other faith resources. Please visit <https://www.mothersunion.org>

Community announcements

A WESTBURY-ON-TRYM HISTORICAL FUN TRAIL For children and grownups alike!



Lorna from church has devised a guided walk around Westbury Village with clues to solve. It takes you on a circular tour around Westbury, giving quite a bit of historical information as well as clues. It would take around one – one and half hours to complete. It is a free trail but voluntary donations to the church are welcome via the parish office. The trail guide is available from the back of the church during opening hours, the parish office corridor or by emailing lornarenschaw@yahoo.co.uk. Lorna would welcome feedback on this trail!

Church Services at Holy Trinity

Please contact the parish office or visit the church website for up-to-date information about current services <https://www.westbury-parish-church.org.uk>. The church building continues to remain open each weekday from 10 – 12:30pm for private prayer/reflection.

If you would like to join in with the Zoom meeting after the 10am Sunday service to have a catch up with the congregation then please email vicar@westbury-parish-church.org.uk for all the details.

Mid-week Zoom Lockdown Coffee and Chat: Revd. Cheryl will be hosting a weekly mid-week zoom coffee and chat every Wednesday from 10:30am – 11:30am for anyone who would like to join (for ten minutes, the whole hour, or anything in between). Please email curate@westbury-parish-church.org.uk for an invitation.

Candlemas display at Holy Trinity

During last term, Year 5 from Westbury-on-Trym Academy created beautiful stained glass windows to remember Candlemas. I have put them up as a display in Holy Church's front entrance if you would like to see them during the church's opening hours. We have had some really lovely feedback about the art and lots of families have been in to see it already.

Georgie, Family Worker
familyworker@westbury-parish-church.org.uk