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 Caraway

Jesus the Bread of Life

VINTAGE ADVENTURE

Ⓐ HOME

THE BREAD OF LIFE
(HARVEST)

Rev Canon Erica Roberts

City Chaplain for Older People
Southampton
olderpeople@highfield.church
07535 164014

Marion Hitchins

Anna Chaplain
for Older People
Southampton East
marionhitchins@yahoo.co.uk
07766 745503

Revd Margaret Hague

Anna Chaplain for Older People
Southampton West
margaret.hague@caraway.uk.com
07564 026471

Kathy Hyde

Anna Chaplain
for Older People
Southampton East
kathy.hyde@caraway.uk.com
07471 536733

www.caraway.uk.com

With our best wishes

Messy Vintage

from The Bible Reading Fellowship 

Welcome to all readers of our September Vintage Adventure @ Home pack - we hope you'll enjoy all it contains, as much as we've enjoyed gathering ideas and putting them together.

Did you know that bread is bought by 99.8% of British households and the equivalent of 11 million loaves are sold each day? We all seem to love bread, don't we, whether our choice is white, brown, multi-grain or, maybe of necessity, gluten free. Bread is as much a part of our staple diet today as it was in Jesus' day - though hardly the variety then! Jesus chose to use the symbol of bread to teach the people about their spiritual need. The theme this month is "Bread of Life" and, in Jesus' statement "I am the bread of life", He is saying He alone can satisfy the deep spiritual need inside us. This is an amazing statement. By equating Himself with bread, Jesus is saying He is essential for life - sustaining and nourishing us spiritually, giving us life in all its fullness.

I have very fond memories of my grandmother - dipping her breakfast bread and marmalade in cream – perhaps something to do with being a farmer's wife and skimming it straight from the milk churn! As a child I used to accompany her to harvest festival suppers, where the array of fruit, vegetables, breads and more were a sight to behold and later to be passed on to those in need. Perhaps these occasions were part of my early understanding of God's provision for our physical needs, and also an awakening in a young heart of the Jesus I was learning about in Sunday School who could meet my spiritual needs.

In this month's pack there is much to read and reflect on concerning how Jesus provided for people's physical needs as He feeds the 5000 with bread and fish, and how He describes Himself as the bread of life - the One who can sustain us eternally if we take what He has to offer.

As we celebrate Harvest this month we hope you will enjoy finding out about different fruits and breads and hearing about how food is provided for those who can't afford the basics, as God's people share the love of Jesus through this practical provision. I remember a time I was offered a sheet with the Lord's Prayer on it to colour and all but dismissed it as a childish thing to do. That exercise of colouring and pondering the words profoundly blessed me ... may you find the same blessing in colouring the Bread of Life verse. Whichever part of the pack you most enjoy doing, we pray that something will challenge, inspire or encourage you. Who knows, as you enjoy this Bread of Life pack, you may be having toast for breakfast, a sandwich for lunch or have already made the bread and butter pudding recipe for tea - nourishment for body and soul ... please enjoy both!

Jenny (Caraway Team)

WORSHIP

Opening scripture

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty". John 6:35

Prayer

Jesus is the Bread of Heaven for eternal life. In this time of worship, may we find his sustenance and strength, and by the leading of the Holy Spirit may we come, ready to receive from Father God. Let our hearts and minds resolve to offer him thanks and praise. Through Christ our Lord. Amen

Hymn

This hymn was written in 1877 by Mary Lathbury. Inspired by Jesus feeding the 5000, it was composed as part of a summer training course for Methodist Sunday School teachers.

Break Thou the Bread of Life dear Lord to me,
As Thou didst break the loaves beside the sea;
Beyond the sacred page I seek thee Lord,
My spirit pants for Thee, O living Word.

Bless Thou the truth, dear Lord, to me, to me,
As Thou didst bless the bread by Galilee.
Then shall all bondage cease, all fetters fall,
And I shall find my peace, my all in all.

Thou art the Bread of Life, O Lord to me;
Thy holy Word the truth that saveth me.
Give me to eat and live with Thee above;
Teach me to love Thy truth, for Thou art love.

Scripture

Jesus said: "I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh". John 6:51

Jesus answered, "It is written, ''Man shall not live by bread alone, but by every word that comes from the mouth of God''. Matthew 4:4
(Here, Jesus was quoting Deuteronomy 8:3).

And taking the five loaves and the two fish, he looked up to heaven and said a blessing over them. Then he broke the loaves and gave them to the disciples to set before the crowd. And they all ate and were satisfied. And what was left over was picked up, twelve baskets of broken pieces. Luke 9:16-17

(Taken from the story of the feeding of the 5000, as the crowds were fed and satisfied, so we can know that Jesus is sufficient for us, he supplies our needs, both spiritual and practical. In the Lord's Prayer, the prayer which Jesus gave us, he instructed us to pray, 'Give us this day our daily bread'. Matthew 6:11)

Prayer

Feed us now, Lord Jesus, as you fed your first disciples. Feed us with that soul food which nurtures enough love within us to outstrip the fears and enmity that ties the world in knots. Feed us with that spiritual bread which strengthens our hands for serving those lost and broken people who are precious to you, even if they are ignored by the world. Feed us so that we may be filled with your joy, the joy that the world cannot give. For your love's sake. Amen.

Dear Lord, when the journey is long and we hunger and thirst, Bread of Life you sustain us. When the road is hard and our bodies are weak, Bread of Life you heal us. When our spirits are low and we can't carry on, Bread of Life you revive us. When we offer our hand in love and service, Bread of Life you bless us. When the challenge is great and the workers are few, Bread of Life you empower us. When the victory is won and we see your face, Bread of Life you will rejoice with us! Amen

Harvest time

At Harvest time we particularly remember that God provides not only our spiritual bread, but our physical bread as well.

Prayer

Father, as we celebrate this harvest season, we give thanks for the blessings of food, provision and nourishment. Please grow in us a harvest for the

world. Come sow a seed of hope within our souls Lord, that we might yield goodness, patience and kindness in abundance.

Sow a seed of peace in our lives Lord, that we might bear the fruits of forgiveness, compassion and righteousness.

Come sow a seed of love in our hearts, Lord, that others would reap the blessings of family, friendship and community.

May each seed of hope, peace and love grow within us into a harvest that can be a blessing to all. Amen

Heavenly Father, for the promise of harvest contained within a seed, we thank you. For the oak tree within an acorn. The bread within a grain. The apple within a pip. The mystery of nature, gift-wrapped for us to sow, we thank you. Amen.

Scripture

When you are harvesting in your field and you overlook a sheaf, do not go back to get it. Leave it for the foreigner, the fatherless and the widow, so that the LORD your God may bless you in all the works of your hands. Deuteronomy 24:19 (God expects his people to give to those in need and in so doing, we are blessed).

The earth has yielded its produce, God, our God blesses us. Psalm 67:6

Jesus said to his disciples, "The harvest is plentiful but the labourers are few; therefore pray earnestly to the Lord of the harvest to send out labourers into his harvest". Matthew 9:37-38

God's promise

"While the earth remains, seedtime and harvest, cold and heat, summer and winter, day and night shall not cease". Genesis 8:22

A prayer for those who hunger

Lord Jesus you fed the hungry, you shared your bread with all. Your people hunger now, and we are called to share your bread. May rains fall upon the dry and broken earth and quench your people's thirst, so seeds grow tall and flourish, producing a bountiful harvest. May we share the blessings you give us

and bring comfort to those in need. May we show love through our actions so that all have enough to eat.

We ask this through Christ our Lord. Amen.

A final hymn

We close our time of worship with one of the most famous harvest hymns.

We plough the fields and scatter the good seed on the land,
but it is fed and watered by God's almighty hand;
he sends the snow in winter, the warmth to swell the grain,
the breezes and the sunshine and soft refreshing rain.

*All good gifts around us are sent from heaven above,
then thank the Lord, O thank the Lord for all his love.*

He only is the maker of all things near and far,
he paints the wayside flower, he lights the evening star.
The winds and waves obey him, by him the birds are fed;
much more to us his children he gives our daily bread. *All good gifts*

We thank you then, O Father, for all things bright and good,
the seed time and the harvest, our life, our health, our food;
accept these prayers we offer for all your love imparts,
and that which you desirest, our humble, thankful hearts. *All good gifts*

Matthias Claudius 1782. Translated into English by Jane Montgomery Campbell in 1861

A final thought:

'Judge each day not by the harvest you reap but by the seeds you plant'.

Robert Louis Stephenson, author, 1850-1894

A blessing

Lord, you are the Bread of Life, you give life to the world. You fill our emptiness with your goodness. You come to our weakness with your strength. Take us and use us to help bring in a rich harvest for your Kingdom. And now may the blessing of God Almighty, Father, Son and Holy Spirit be with us all and those whom we love,
now and for evermore. Amen

Feeding 5000 people? You said what?



It's true!

What abundance there was... God's enthusiasm to amaze is amazing!

There is a hymn that springs to mind, "What shall I give Him, poor as I am?" And the writer wonders what he could possibly give that would be significant and worthy of God.

This was a problem during the pandemic to one of our lovely Caraway writers. She wanted to be out there seeing people, speaking, encouraging, helping, but we had to stay at home and wait, wait until it was safe for everyone to come out again and meet.

However, during her prayers, it came to her to use what she had in her hands. This was the Vintage Adventure and Holiday at Home packs. She busied herself prayerfully to helping these packs to reach the people that needed them, that she would have visited. They spoke mightily to these people, and have spoken to, encouraged and helped older people isolated and fearful in lockdown.

In the bible there is a report about when Jesus was speaking to a crowd, a huge one on a mountainside by the Sea of Galilee. The disciples were concerned. Only just before this, Jesus had sent them out to do miracles in His name, and one, an evil spirit had not obeyed. They wondered why that

needed rest and food.

Well, it was getting dark, and the people needed to go home to eat and rest. But when the disciples asked Jesus about this, he told them to provide food for everyone. How do we do this, they asked, and I expect that a few quick prayers were sent up, in anxiety that they could not fulfil Jesus request.

A small boy came up to them and offered his food package. It contained 5 small barley loaves and 2 fishes. "Well that won't be enough!" they declared, but Jesus gently asked the boy to give him the food. Jesus looked up to heaven, blessed the food and broke the bread and fishes ready for sharing.

Well, you would not believe it when he went on breaking bread that wasn't there a moment ago, and so the blessing went on and on....until all 5000 people (plus their families) had been fed and 12 baskets of food were left over.

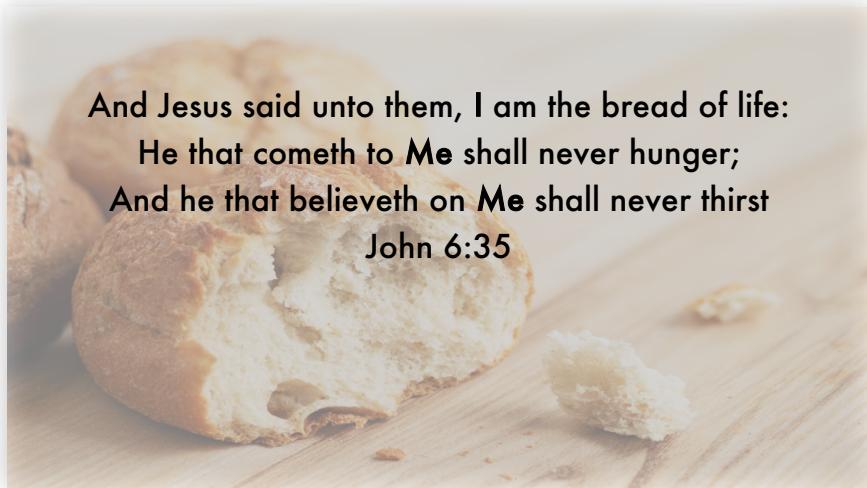
This miracle showed the disciples to believe more strongly, have faith in God's abundance, in God's compassion for his people, and in Jesus' great wish to bless, heal and mend whole people, body and soul, whole populations of people, all God's children.

And the boy whose bread and fish it was? Well he learned that you always offer what you have and it will be blessed and multiplied, as you shared and gave in faith that God would use it.

The disciples did learn a lot, but they too experienced that whatever they can do in Jesus' name, it will always be more than they could imagine. How great is the Lord almighty to bless his people.

"What shall I give Him, poor as I am?"

Give what you have but pray, ask God to bless what you have and there will be an abundant result.



And Jesus said unto them, I am the bread of life:
He that cometh to Me shall never hunger;
And he that believeth on Me shall never thirst
John 6:35

Jesus is the Bread of Life,
He's the only one to satisfy
our every spiritual need
He assures us He'll supply.

That gnawing in our souls,
the hunger and the thirst
He will fulfil them all
when we seek Him first.

Jesus is the Bread of Life,
He promises to deliver
all our spiritual desires
when to Him we surrender.

Jesus is the Bread of Life,
He is all our soul's need
when we follow Him . . .
our heart's He will feed!

Deborah Ann

BREAD

Be gentle when you touch bread
Let it not lie unwanted, uncared for.
So often bread is taken for granted.

There is such beauty in bread,
Beauty of sun and soil,
Beauty of toil.

Wind and rain have caressed it,
Christ often blessed it.

So be gentle when you touch bread.

A Celtic Poem

Bread of Life

Mixed, not in bowls
But in a body
Baked, not in oven
But on eternal flame
Paid for, not with coins
But given, costly
Cut, not on table
But on a cross-piece
Wrapped, not in paper
But in a grave cloth
Risen, not by yeast
But through Father's love

Eaten, not along
But with the Host
Tasted, not for the moment
But for ever
And ever

Bread – one of life's essentials

White

Heavily processed to obtain the colour and flavour, removing most nutrients



Whole Wheat

Made from wheat kernels that have been left intact and not processed. Healthier and more nutrient-rich than wheat bread. A type of whole grain bread.



Multigrain

NOT the same as whole grain! Simply means the bread was made with multiple grains, possibly including refined and processed grains, leading to less nutrients.



Whole grain

Made with grains left fully intact. Can contain wheat, whole barley, brown rice, and more, all high in fibre and nutrients.



Sprouted grain

Made from grains that have been exposed to warm, moist conditions. Sprouted grains help digestion and increase absorption rates of nutrients in the body.



Sourdough

Can be any bread above, but made by fermentation rather than yeast, resulting in a more sour taste.



Rye

Made from rye grain, typically denser and higher in fibre than wheat bread. Can be whole grain.



Pumpernickel

Made from coarsely ground rye grain and fermented with sourdough starter.

Looking at these pictures, reminds me of my first visit to Germany in the 1960s, when I enjoyed rye and Pumpernickel with a slice of cheese or salami on top, eaten with a knife and fork. In other countries, we would find still more kinds – baguettes, brioche and croissants in France, Pretzel in Germany, tortilla in Spain, naan, pita and chapati in India, flatbread in Israel, bagels in the United States – the list is endless as bread is a staple food all over the world.

All these varieties of bread make me think about how we are all so different from each other. Indeed, we are each quite unique, physically, psychologically, and spiritually. Created in the image of GOD, yet shaped by our different backgrounds of family, upbringing, schooling, culture, nationality, and our life experiences, we all have different personalities. This means that **there is no one else quite like us**. How amazing is that!

And more amazing still, is the fact that we are each loved, just as we are, whatever our age and circumstances. GOD's love is showered on us generously and completely free: all we have to do is receive it. We do not have to earn our acceptance by GOD – but we do have to respond to His invitation.

And having loved us, He gives each of us different gifts and abilities, especially suited to our individual personalities, so that we can live life to the full, as He intended. In John 10 verse 10, Jesus said, *I have come that you may have life and have it abundantly.* Jesus wants us to do more than simply exist, He wants us to thrive in a loving relationship with Him and to live eternally. So why not take up His offer – you will not regret it!

Basics Bank – an example of a local initiative to help combat poverty

Highfield Church has been generously supporting Basics Bank for many years. This local charity provides emergency food & clothes to those in need in Southampton and is run by Southampton City Mission from its offices and warehouse on the Millbrook Industrial Estate. Anyone referred to them receives help at their point of need.

Donations of food and good quality clothing are collected, sorted and distributed to needy clients from six locations around the city on each weekday. Currently demand for food (not clothes!) is outstripping supply. So far in 2021 Basics Bank has fed people 9,463 times, clothed 583 and has 1,499 Referral Agents.

Monetary donations are also essential to pay the overheads of a complex operation, overseen so graciously and effectively by Dave Osborne (shortly leaving for a new job in Chichester) and Jen Bell, whom you see at her computer in the photo.



Several Highfield Church Members are part of the 100+ team of volunteers, helping to collect and deliver food - you may have spotted the Basics Bank white van on its rounds, sort

hundreds of tins and packets at the warehouse, run the Clothes Bank and train and support volunteers.

Very many of the Highfield Church family regularly donate food and clothes at our collection point in the church porch and there are also trolleys for donations on the left hand side of the store as you go into the large Sainsbury's in Portswood.

Fruit grown in Kent

(as described in the AA Illustrated Guide to Britain)

Many of us enjoy eating fruit all year round but there was a time when imports were fewer and we were only able to enjoy fruit when it was in season and many were grown here in Britain. Here are a few grown in Kent, that you may recognise.



Cox's Orange Pippin England's most popular eating apple, occupying some 13,000 acres of orchards in Kent. The trees branch from 18in above the ground, and are usually planted far enough apart to allow 200-250 to the acre. The apple is crisp, very juicy and has a slightly spicy flavour.

Bramley's seedling First grown in the early 19th century and now Kent's leading cooker. The trees have broad-spreading branches and the apple is juicy and very acid.

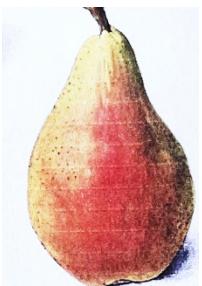


Crispin A new variety of apple, the same as Japan's Mutsu, developed from America's Golden Delicious. So far, it is too large to make an ideal dessert apple, but growers are trying to produce a smaller fruit.

Worcester Pearmain The trees are usually planted with Cox trees to act as pollinators. Nine Cox trees are planted to one Worcester. The Worcester bears fruit on the tips of long shoots, unlike the Cox which bears fruit on spurs up the shoots. The apple is sweet with crisp white flesh.



Golden Delicious About 1000 acres of Golden Delicious orchards have been planted in Kent, to meet foreign competition from the same variety. The apple has crisp, juicy flesh, and stores and travels well.



Williams' Bon Chretien First grown by a Berkshire schoolmaster c.1770. The fruit is juicy and sweet, with a slightly musky flavour. Outside Kent, it is widely used for canning.

Doyenne Du Comice It's melting, slightly cinnamon-flavoured flesh has made Comice one of Kent's two most popular pears. Kent has some 9000 acres of pears.



Conference One of the two main varieties of dessert pear grown in Kent, first introduced towards the end of the 19th century. The fruit is juicy and sweet, and stores well. Pears are grown mainly in a belt stretching from Sittingbourne to Faversham, in many cases alongside dessert apple orchards.

FOOD FOR THE HUNGRY

Working with local communities to meet physical and spiritual needs

More than two decades ago, when our oldest son John, was doing a gap year prior to going up to Cambridge, he volunteered for a Christian Charity **Food for the Hungry UK** (FH) and with a working party of young adults from the Winchester diocese, went out to Africa for several months. In fact, FH has been serving the poor for over **four** decades in more than 20 countries. Their work is inspired by the Christian belief that each person is of value, and it is a Christian's responsibility to advocate for the marginalised, without regard to race, belief, or nationality. FH serves based on need alone and as you will learn from the examples below, **respects the culture of the peoples to whom they go**.

In Uganda John volunteered in (to Western eyes) extremely large classes of children – up to fifty at a time, often in the open air, and with little, even basic, equipment.

John led crowded outdoor assemblies – here you can see the many faces of the listening children.



The next photo shows him working alongside his Ugandan hosts helping to construct brick buildings. He also helped on other projects as well as visiting and supporting churches.



Women also played a major role in heavy work as is witnessed by the ladies in the next photo.



Because Jesus had loved him so much, John sought to demonstrate love for others in both a practical way and through responding to their spiritual needs, sharing the

good news of Jesus and teaching about Christian beliefs. As FH states, 'The world is hungry, but the emptiness goes far beyond the table. The need is physical *and* spiritual.'

Mother Teresa who worked with the destitute in Calcutta, said,

The spiritual poverty of the Western World is much greater than the physical poverty of our people. You, in the West, have millions of people who suffer such terrible loneliness and emptiness. They feel unloved and unwanted. These people are not hungry in the physical sense, but they are in another way. They know they need something more than money, yet they don't know what it is.

We all have a need to belong, to have a purpose, to know that we are loved, but often we look to the wrong places to satisfy our longings for meaning. Bread is a basic dietary item. To live physically, we need bread. In fact, a person can survive a long time on only bread and water. But to satisfy the innermost yearnings of our hearts and souls, we need Jesus who said, *I am the bread of life; whoever comes to Me shall not hunger, and whoever believes in me shall never thirst.* (John 6 verse 35).

By describing Himself as bread, Jesus is telling us that He is essential for spiritual and eternal life. What is missing for many of us, is a living relationship with Him. So, FH endeavours to meet both the physical and spiritual needs of the whole person.

Doug and Jackie Wakeling, who are part of the Highfield church family, spent several years working for FH when Doug was Head of FH (UK). They explain:



The ethos of the organisation, which we loved, was helping a community and its people to move towards their God-given potential: leaders solving problems, churches reaching out and families caring for one another. With this background, and

with appropriate input of people, ideas and resources, the community would begin to have real hope and a growing ability to support itself, including assisting the orphans, widows and poor in their midst, and also in time, to reach out to help other communities around them. Here are some Kenyan friends sharing a meal outside with Doug and Jackie.

Doug continues, The main example, during our time, was Nkunga, in Kenya. Over a ten-year period, the worldview of the people changed, recognising that the new farming methods they had learned, for example, are not just Western (foreign) ideas, but scriptural and Godly. It now made sense to value women, children, education, other denominations etc, and to help the needy.

Like John, they were especially attracted by the fact that FH does not simply support communities through handouts, donating aid and then leaving. Resources like clean water, medical supplies, food, equal opportunities for both girls and boys, and vocational training are provided as part of a **holistic view of poverty**. This means that FH seeks to end all forms of poverty by **addressing a person's entire life**. The members of the receiving communities are involved in decision making and FH attempts to find **sustainable solutions which can be implemented by the local people themselves**. Importantly the aim is to work alongside communities over the medium term (as we saw with Nkunga above, typically between 10-12 years) so that they are empowered to thrive once the charity has left. This carefully managed process has five phases.



PHASE 1: DISCOVERY

Food for the Hungry (FH) enters a community and seeks to walk with, listen, learn, assess potential risks, and understand the needs and challenges of the people who live there, including how they impact **the children**.



PHASE 2: GROWTH

Along with community leaders and local governments, FH helps to develop a plan of action and begins to train and build up teachers and community members to improve the lives of children through livelihood programmes, educational structure, the provision of life-saving resources and planning for potential threats.



PHASE 3: SUPPORT

FH staff serve as mentors for the community members, helping them execute development projects, assisting where children are most impacted. FH staff walk with the community to implement solutions that tackle the community's biggest challenges in health, education, livelihoods, agriculture, spiritual development and disaster risk reduction practices.



PHASE 4: FLOURISH

FH begins to assess the success of programmes by evaluating the positive impact on the children, while also creating a sense of ownership and independence. After walking through each phase with a community, the charity celebrates graduation and starts preparations to exit the community.



After going through each phase with a community, there are celebrations before the community is left in a position to carry on successfully with the newly acquired skills.

PHASE 5: GRADUATION

Doug describes his feelings on learning about project outcomes in a remote area.

I remember when we were in Kenya, working with MAF (Mission Aviation Fellowship, another Christian charity), we had a day's retreat led by the FH country Director. He shared about a project in the desert region of Garissa, where **the community was now growing all they needed for food**. This blew me away – it had seemed to me that development projects often only worked *despite* the local people, but he made it clear that **this was the work of the community itself** (obviously with FH people walking alongside).

You can find out more by visiting the Food for the Hungry website [Food for the Hungry \(uk-fh.org\)](http://Food for the Hungry (uk-fh.org))

Something to bring a smile to your face

Some jokes about bread!!

Questions

1. Why does everyone need bread and water?
2. Why was the baker so grumpy?
3. When does bread rise?
4. What did one slice of bread say to the other slice when he saw butter on the table?
5. What did the young slice of bread say, when his mum told him to clear up?
6. Why was the baker fired from his job?
7. Why was the baker so scared?
8. What does bread do after it's finished baking?
9. What was the baker's favourite Beatles song?
10. What does the Sourdough daddy do at night?
11. Why do bread jokes stay funny?
12. What fairy story do old loaves of bread tell?
13. Which type of biscuits can fly?
14. What did the butter say to the bread?
15. What did the bag of flour say to the loaf of bread?
16. Why did the loaf of bread break up with his girlfriend?
17. How does a loaf of bread court his sweetheart?
18. What did one slice of bread say to another after a long day?
19. What does a loaf of bread say to a friend after doing them a favour?
20. How do you spot a radical baker?
21. What's the most sophisticated kind of bread?
22. Why was the loaf of bread upset?
23. What did a slice of bread say after brushing his teeth?
24. What did mama bread say to her kids?
25. Why did the two slices of bread decide to leave the bakery?

BREAD AND BUTTER PUDDING

Joke answers

1. Because loaf makes the world go round.
2. He woke up on the wrong side of the bread
3. When you yeast expect it to
4. We're toast
5. Rye do I always have to do it?
6. He was loafing around too much.
7. He was in a loaf or death situation.
8. It loafed around.
9. All you Knead is Loaf
10. Tells breadtime stories
11. Because they never get stale
12. Mouldylocks and the three bears.
13. Plain ones
14. I'm on a roll.
15. I saw you yeasterday
16. The relationship was crumbling
17. With lots of flours.
18. Don't worry—tomorrow will be butter.
19. It's the yeast I could do
20. They're always going against the grain
21. The upper crust.
22. His plans kept going a rye.
23. I'm bready for bed
24. It's way past your breadtime
25. They wanted to grow mould together.

You can't beat a traditional Bread and Butter Pudding! A good way to use leftover bread from your every day white loaf ... or perhaps try brown bread or brioche instead? Here's the simple no fuss version, followed by a few variations - you might like to try one.

Ingredients (Serves 4)

- 4 slices of white bread
- 50 grams (2 oz) butter
- 50 grams (2 oz) dried fruit
(currants, raisins or sultanas)
- 2 eggs
- 285 ml (half pint / 10 fl oz) milk
- 25 grams (1 oz) sugar
- Half teaspoon of ground nutmeg
or cinnamon (optional)
- Demerara sugar for sprinkling (optional but lovely!)



Method

1. Beat the milk, sugar and eggs together in a bowl.
2. Grease a pie dish with butter.
3. Butter the bread slices and cut each slice into four triangles.
4. Arrange a layer of triangles in the pie dish, then add some dried fruit.
5. Add another layer of bread, then another of dried fruit and continue until all the bread has been used.
6. Pour the milk and egg mixture over the layered bread (and, if used, sprinkle the spices on top).
7. Leave to soak for about 30 minutes.
8. Sprinkle the top with Demerara sugar (optional).
9. Bake at 190°C / 375°F / Gas Mark 5, for approximately 30 minutes until set and golden brown.

Serve Hot with custard or cream.

Experiment!

Jammy Spread your favourite jam on the bread too. Perhaps also add fresh fruit instead of the dried fruit to match your jam flavour.

Zing! Try a generous amount of fine lemon or orange zest for a touch of lightness and zing.

Chocoloholic? Why not melt some dark chocolate and stir through the custard.

Nuts Add some flaked almonds or crushed up whole nuts for extra crunch and texture.

Sweet treats Crush up some Maltesers and use as a topping after baking. Great for young ones visiting.

Banana and chocolate 1 ripe banana and chocolate chips/chopped chocolate – slice and sprinkle.

Strawberries and almonds Slice and layer the strawberries ... sprinkle on the nuts just before baking.

Do let us know if you tried any of these – and your taste-tested comments. Perhaps you have an even better tried and tested B&B pudding recipe – pass it on so we can give it a go!

You prepare a table for me in the presence of my enemies
My cup overflows

HE HAS TAKEN ME

Do not worry about your life - what you will eat and drink. Look at the birds - your heavenly Father feeds them.

I am feeding on the living bread

THIS IS MY BODY
GIVEN FOR YOU DO THIS
IN REMEMBRANCE OF ME

He who comes to me will never be hungry

TO THE BANQUET HALL AND HIS

I
A M
T H E
B R E A D
O F
L I F E

G I V E
U S
T H I S
D A Y
O U R
D A I L Y
B R E A D

BANNER OVER
M E I S L O V E

A L L G O O D G I F T S A R O U N D U S A R E S E N T
F R O M H E A V E N A B O V E - T H E N T H A N K
T H E L O R D , O T H A N K T H E L O R D F O R A L L H I S L O V E

Give me neither poverty nor riches but give me only my daily bread



B R E A D O F
H E A V E N
F E E D M E T I L L
I W A N T N O M O R E

Wordsearch

Feeding the 5000 - Luke 9:10-17

F	P	I	S	E	L	T	S	O	P	A	F	E	E
T	V	L	A	U	E	W	E	L	C	O	M	E	D
W	I	T	H	D	R	E	W	D	L	Y	E	I	W
E	L	O	O	B	I	R	O	L	C	C	K	N	A
L	L	G	N	R	T	A	O	D	O	T	O	E	H
V	A	E	Y	E	M	W	S	U	U	O	P	M	S
E	G	G	R	A	E	E	O	H	N	T	S	O	H
N	E	H	E	D	V	D	M	R	T	D	H	D	S
E	S	T	P	A	N	S	E	I	R	E	I	G	I
S	D	W	O	R	C	T	T	D	Y	N	B	N	F
H	U	L	R	M	F	D	H	C	S	R	M	I	G
E	F	S	T	A	E	P	I	R	I	A	V	K	G
L	I	R	E	T	U	R	N	E	D	E	N	U	T
L	U	O	D	J	G	O	G	D	E	L	A	E	H

AFTERNOON	GOD	SOMETHING	APOSTLES	HEALED
SPOKE	BETHSAIDA	JESUS	SURROUNDING	BREAD
KINGDOM	TWELVE	COUNTRYSIDE	LEARNED	TWO
CROWDS	LOAVES	VILLAGES	EAT	NEEDED
WELCOMED	FISH	REMOTE	WITHDREW	FIVE
REPORTED	FOLLOWED	RETURNED		

MEMORY CAFE

For those with memory problems,
their carers and households living with dementia

<u>When</u>	3rd Tuesday each month
<u>Time</u>	2-4pm
<u>Where</u>	Highfield Church Centre, Highfield Lane, SO17 1RL
<u>Starting</u>	Tuesday 21 September 2021

Tea, chat, activities
An Admiral nurse will be present when available

Contact for the Highfield Cafe:

Caraway@caraway.uk.com 07535 164014

