



Stepping into Lent

A mix of 40 learning activities, reflections, stories and music for children, families and young people to take us through Lent to Easter Day.

Make a Mother's Day Posy

At the Cathedral and in many other churches we celebrate Mother's Day with a special service. At this service a small posy of flowers is often given out to all the women in the congregation. You can make your own posy to give to your Mum on Mother's Day using flowers from your garden and a few things in your home. Follow the instructions below:



You will need:

1. A flower or flowers of your choice, you can use whatever is in your garden.
2. A stem or stems of green leaves.
3. One small elastic band.
4. A small piece of kitchen paper.
5. A small piece of kitchen foil.
6. Some ribbon, wool or string.



Make your posy by:

1. Create your design.
2. Hold the stems together using the elastic band. Adjust the stems if necessary.
3. Dampen the kitchen paper and wrap under and around the bottom of the stems covering the elastic band. (This will help make your posy last for a few days.)



4. Cover the kitchen paper with the foil and scrunch it around the stems.
5. Tie a ribbon (wool or string) around the foil and make a bow.

A prayer from the Church of England

Thank you God for the love of our mothers;
thank you God for their care and concern;
thank you God for the joys they have shared with us;
thank you God for the pains they have borne for us;
thank you God for all that they give us;
through Jesus Christ our Lord.
Amen.