

Thinking of YOU



MOTHERS WHO
HAVE LOST
CHILDREN



THOSE WHO HAVE
LOST MOTHERS



THOSE WITH
STRAINED MOTHER
RELATIONSHIPS



MOTHERS WITH
STRAINED CHILD
RELATIONSHIPS



THOSE WHO HAVE
CHOSEN NOT TO BE
MOTHERS



THOSE YEARNING
TO BE MOTHERS

She is
FAR
more
precious
THAN
Jewels

PROVERBS 31:10

Happy Mothering Sunday...

We're aware that 'Mother's Day' can often be difficult for many people, for a range of different reasons, (the above are just a few), hence why we are wishing all ladies a Happy Mothering Sunday instead.

Whatever your current situation, please know that you will be in our thoughts and prayers during this Mothering Sunday, when we remember and give thanks for all the women who have had (or who continue to have), a positive impact on our lives.

Blessings,

Rebecca, Karen, Rachel

and all the Chat-Tea volunteers



Sunday 14th March is

Mothering Sunday...



Mothering Sunday is the fourth Sunday of Lent. Although it's often called Mothers' Day it has no connection with the American festival of that name, which falls this year on 9th May.

Traditionally, it was a day when children, mainly daughters, who had gone to work as domestic servants were given a day off to visit their mother and family.

Today it is a day when children give presents, flowers, and home-made cards to their mothers.

Most Sundays in the year churchgoers in England worship at their nearest parish or 'daughter church'. Centuries ago it was considered important for people to return to their home or 'mother' church once a year. So each year in the middle of Lent, everyone would visit their 'mother' church - the main church or cathedral of the area.

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 10-14 years old.)

And most historians think that it was the return to the 'Mother' church which led to the tradition of children, particularly those working as domestic servants, or as apprentices, being given the day off to visit their mother and family. As they walked along the country lanes, children would pick wild flowers or violets to take to church or give to their mother as a small gift.

Mothering Sunday was also known as Refreshment Sunday because the fasting rules for Lent were relaxed that day. The food item especially associated with Mothering Sunday is the Simnel Cake

A Simnel cake is a fruit cake with two layers of almond paste, one on top and one in the middle. The cake is made with 11 balls of marzipan icing on top representing the 11 disciples. (Judas is not included.) Traditionally, sugar violets would also be added.

Simnel Cake Recipe

The name Simnel probably comes from the Latin word *simila* which means a fine wheat flour usually used for baking a cake. There's a legend that a man called Simon and his wife Nell argued over whether the cake for Mothering Sunday should be baked or boiled. In the end they did both, so the cake was named after both of them: SIM-NELL.

Method

- Put the mixed dried fruit in a bowl with the orange juice and zest and 2 tbsp water. Cover and microwave for 2 mins, then leave to cool completely. Alternatively, heat gently in a pan, stirring now and then until the liquid has been absorbed and leave to cool.

- Heat oven to 150C/130C fan/gas 2. Roll out a third of the marzipan and use the base of a deep 20cm cake tin as a template to cut out a circle. Wrap any offcuts and the remaining two-thirds of marzipan and set aside for later. Butter and line the cake tin with a double layer of parchment. Beat the butter and sugar together until creamy. Add the eggs, flour, almonds, baking powder, lemon zest, mixed spice and vanilla (all in one go) and mix until well combined. Mix in the cooled soaked dried fruit and fold in the cherries.

- Scrape half the cake mixture into the tin. Top with the disc of marzipan, then the remaining cake mixture, and level the top with a spatula. Bake for 2 hrs. Check it's cooked by inserting a skewer to the centre of the cake, if any wet mixture clings to the skewer, return to the oven for another 10 mins, then check again. Cool in the tin for 15 mins, then turn out onto a wire rack and leave to cool completely.

- Brush the top of the cake with apricot jam. Roll out half of the remaining marzipan and use the base of the cake as a template to cut out another disc. Place it on top of the cake and crimp the edges, if you like. Roll the remaining marzipan into 11 equal-sized balls for the apostles. Brush the marzipan with beaten egg and arrange the apostles in a circle on top around the outside, and brush them with a little egg too. Put under a hot grill for a minute or two until just starting to caramelise – be very careful as the marzipan will burn easily. Leave to cool and wrap a ribbon around the cake, if you like. Will keep for up to a week in a sealed tin.

[Recipe from BBC Good Food]



Ingredients

250g mixed dried fruit
1 orange , zested and juiced
500g pack marzipan
250g pack butter , softened
200g light brown soft sugar
4 eggs , plus 1 beaten to glaze
175g plain flour
100g ground almonds
1 tsp baking powder
1 lemon , zested
2 tsp mixed spice
1 tsp vanilla extract
100g glacé cherries , halved
3 tbsp apricot jam

Craft Ideas for the Kids!

Why not keep the kids entertained and at the same time, create a lovely gift for a special lady you have in your lives?

All the below craft ideas (and many, many more!) can be found by scanning the QR code to the right. Have fun!



Mother's Day Biscuits...

For a simple recipe for tasty biscuits you can bake for this Mothering Sunday, scan this code:

