

WORTHING NEWS FEBRUARY 2023

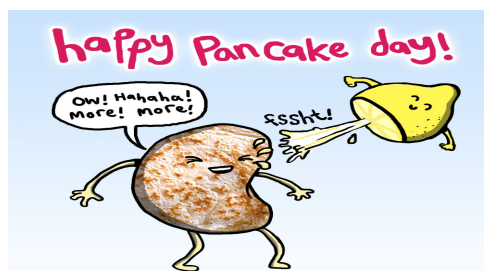
Happy New Year everyone well with Christmas Decorations now stored safely away what's next on the "agenda?" PANCAKE DAY !

Here Mums, Dads and our children will likely raid the kitchen cupboards to use up eggs, flour and milk on TUESDAY, 9th February, the day before the start of Lent.

To take part and get started, you will need:

- 125g plain flour
- 1 egg
- 300ml milk

And so the fun begins. If you've no recipe of your own, try this one below, how to make your pancakes:



- Sift flour into a bowl and make a hole in the middle. In a separate bowl, whisk together the egg and milk and pour them into the hole.
- Whisk the mix with some flour and gradually start adding the rest of the flour until you have a smooth batter. Cover the bowl and leave for 30 minutes.
- Heat a frying pan to a medium heat and spray some cooking oil. Using a ladle, pour some of the mixture into the pan and tilt the pan until it spreads out evenly.
- Cook one side of the pancake until it's golden or lightly brown and toss or flip it over, or if you are not brave enough, use a slice or palette knife will help. Cooking time will depend on the hob but it's usually about 45-60 seconds on each side.
- Make sure to spray cooking oil before each pancake and cook until the batter is finished.
- Stack all pancakes and add your favourite toppings which could be some scrummie and mouth watering layers with perhaps syrup, lemon, fruit, ice cream or even chocolate, but enjoy while you can before any fasting begins during Lent.

I wonder however, who will succeed in tossing their pancake and leaving it stuck on the ceiling?

Advance Notice:

The Christian tradition of Lent will begin on Ash Wednesday 22nd February for 40 days and ends Saturday 8th April. This is when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline. Time is set aside for reflection on Jesus Christ – his suffering and his sacrifice, his life, death, burial and resurrection. With this in mind, Worthing Church will be holding a luncheon, we hope you are able to join us.

LENT LUNCHEON ON SUNDAY 12th MARCH FROM 12 NOON

A simple luncheon of soup and rolls will be served in the church and any kind donation received will be passed on to support a new build at the hospice which is vital and necessary to increase the capacity for end of life specialised care in Norfolk & Waveney.



No booking necessary,
please drop by and visit.
St Margaret's Church
for lunch.

"RAISING FUNDS FOR THE NEW PRISCILLA BACON LODGE BUILDING."

The Bishop's Lent Diocesan Appeal 2023 has been launched and is in memory of the former Archdeacon of Lynn, The Venerable Ian Bentley who was diagnosed with cancer and died in May last year. In his final days, Ian was cared for by staff at the current Priscilla Bacon Lodge in Norwich.

Contact details for Celia Daniel on tel: 01362 668928 or email: c.daniel784@btinternet.com

FEBRUARY SUNDAY CHURCH SERVICES - St Margaret's – Worthing

12th and 26th both starting at 10.30am Refreshments will be available after each service together with an opportunity to meet up and share in some friendly banter.
We hope you can join us.

