

Fifth Sunday of Lent (Year B) Sunday 17 March 2024

FAMILY RESOURCES

SEEDS

**THE GOSPEL READING FOR THIS WEEK IS: The grain of wheat
(John 12: 20-33)**

Extracts from the Gospel passage (John 12: 23-24; for reflection throughout the week)

John answered them,
'The hour has come for the Son of Man to be glorified.
Very truly, I tell you,
unless a grain of wheat falls into the earth and dies,
it remains just a single grain;
but if it dies, it bears much fruit.'

Gospel prayer (for use throughout the week)

Lord Jesus Christ,
you suffered death
to bring new life to the world.
Bring us to new life in you,
that we may live to your praise and glory.
now and always.
Amen.



Things to think about

- Have you ever planted seeds and watched them grow?
- Do all of the seeds grow into plants?
- How can you help seeds to grow?

Things to do

- **Plant some seeds** in small pots filled with compost. Watch them grow and when they are big enough, and the weather is warmer, you can plant them in your garden or into bigger pots.
- **Decorate plant pots** so they look colourful until the flowers have grown. If you are putting the pots outside, you will need to use acrylic paint and perhaps varnish them with diluted PVA glue.
- **Grasshead characters.**

You will need: Old tights, compost or garden soil, grass seeds, elastic band, googly eyes, plant pot



Place a generous amount of grass seeds in the foot of the tights. You will need someone to hold the tights whilst you pour the seeds in.



Then fill with the soil until you have a nice spherical shape. Again, this is best done by two people.



Twist and tie the tights cutting off any excess material.

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Make a nose by twisting a small section and tying with the elastic band.



When the soil is a little dryer, decorate by adding a face and then place on top of the pot. You might want to decorate the pot too!

Make sure the soil is kept damp but not sodden, place in a sunny spot and watch the hair grow!

Why not share your creations with us? We would love to see what you have been up to! Please email any photos to education@liverpoolcathedral.org.uk or tag @LivCathedral on social media.