

St Thomas Weston -- Sunday School

February 7, 2021 – 5th Epiphany

Recharge Jesus – Mark 1:29-39

Power Up Balls



Ingredients:

- 1 cup Peanut Butter
- ½ cup honey
- 1 ½ cup oats
- ¾ cup dark chocolate chips
- ½ cup sliced almonds
- ¾ cup shredded coconut
- ¼ cup flax seeds
- ½ cup almond flour
- 1 tsp cinnamon
- 1 tsp seas salt -- divided

Kitchen Tools:

- Cookie sheet cover in parchment paper
- Mixing Bowl
- Big spoon

Instructions:

1. Blend together the peanut butter and the honey.
2. Add the oats, chocolate chips, coconut, almonds, flax seed and ½ tsp of sea salt. Mix together till it resembles cookie dough.
3. Mix together the almond flour, remaining salt and cinnamon.
4. Roll dough into 1” balls then cover then in the cinnamon mixture. Set the balls onto the cookie sheet and chill for an hour in the fridge.
5. Once chilled store in an airtight container in your fridge for a week.

Quiet Time – Prayer Time Reminder



Materials:

- A yogurt or Margarine plastic lid
- Praying hands graphic (attached below)
- Construction paper
- String
- A Hole Puncher
- Scissors
- Markers
- White glue

Directions:

1. Trace your lid on to the construction paper then cut it out.
2. Trim your circle so it just covers the logo on the lid and not the white edge – glue it down.
3. Colour the prayer hands then cut it out.
4. Glue it to the centre of the construction paper.
5. With the sharpie write on the white edge of the lid “Quiet Time . . . Prayer Time”
6. Punch a hole in the top of the lid with the hold puncher.
7. Thread the string through the hole then hang it up somewhere to remind you to take a minute for yourself each and every day.

