

Lammas Resources

Agricultural Festivals Pack



The Church of England
in Essex and East London
Diocese of Chelmsford

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Lammas

Lammas Day (1st August) celebrated the first harvest of the year as the new loaves were brought into church to be blessed. Originally an Anglo Saxon festival, popular across Europe, it marked the beginning of a new season of harvests. The word Lammas is derived from Loaf Mass as the old Anglo Saxon festival was Christianised. The first grain harvested was milled and baked into bread and brought into Church to be blessed. It corresponds with the Hebrew Festival of Weeks when a sheaf from the barley harvest was offered, Leviticus 23:9; Deuteronomy 16:10-16.

In parts of Essex there continues a reference to Lammas in place names, for example in Waltham Forest and Braintree there are roads named Lammas Road. Here in Essex we are the fourth largest cereal producing county in the UK. The wheat grown here is suitable for producing flour for bread making. One way of celebrating this festival would be to include bread made from Essex wheat in the service in some way, perhaps using a small loaf baked by a member of the congregation for the Eucharist.



Lammas

Worship for Lammas

The Presentation of the Lammas Loaf

The president introduces the service with these or other suitable words

Brothers and sisters in Christ, the people of God in ancient times presented to the Lord an offering of first-fruits as a sign of their dependence upon God for their daily bread. At this Lammas-tide, we bring a newly baked loaf as our offering in thanksgiving to God for his faithfulness.

Jesus said, 'I am the bread of life; those who come to me shall never be hungry and those who believe in me shall never thirst.' *John 6.35*

The Lammas loaf is brought to the president.

Blessed are you, Lord God of all creation;
you bring forth bread from the fields
and give us the fruits of the earth in their seasons.
Accept this loaf, which we bring before you,
made from the harvest of your goodness.
Let it be for us a sign of your fatherly care.
Blessed are you, Lord our God,
worthy of our thanksgiving and praise.
Blessed be God for ever.

Prayers of Penitence

As those who know the generosity of God,
let us confess our sins,
especially the ways in which we take his good gifts for granted.

Lord, you give us this day our daily bread.
Forgive us our trespasses.
Lord, have mercy.
Lord, have mercy.

Lord, you give us this day our daily bread.
Let us not be led into temptation.
Christ, have mercy.
Christ, have mercy.

Lord, you give us this day our daily bread.
Deliver us from evil.
Lord, have mercy.
Lord, have mercy.



Lammas

Worship for Lammas

Post Communion

O God,
your Son made himself known to his disciples in
the breaking of bread:
open the eyes of our faith,
that we may see him in his redeeming work,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

Blessing

May God the Father of our Lord Jesus Christ,
who is the source of all goodness and growth,
pour his blessing upon all things created,
and upon you his children,
that you may use his gifts to his glory and the welfare of
all peoples;
and the blessing ...

Dismissal

Tend the earth, care for God's good creation,
and bring forth the fruits of righteousness.
Go in the peace of Christ.
Thanks be to God.

Common Worship: Times and Seasons, 'The Agricultural Year.'



Lammas

Lammas- Additional Resources

Resources in this pack

As this falls in August and in the school holidays we are only providing a selection of activities that could be used in Messy Church, a Holiday Club Activity day or All Age Worship.

Additional resources can be found at:

<https://www.celebrate-scotland.co.uk/articles/features/scottish-traditions-lammas-day>

An article relating to a BBC Essex 2006 feature about a local Lammas

http://www.bbc.co.uk/essex/content/articles/2006/08/09/lammas_feature.shtml

<http://www.ionabooks.com/resources-for-lammastide-pl10149.html>



All Age Resources

Lammas

Lammas falls within August and therefore all schools and many children's/youth groups have broken up for the summer. With this in mind we have put together a list of ideas/activities for Lammas that could be used as part of a Messy Church, Holiday Club or All Age Communion.

All Age Communion Service

Liturgical resources can be found in *Common Worship: Times and Seasons*, 'The Agricultural Year'

Including Children and Young People

You could easily include children and young people within the service by inviting them to present the loaf, alongside this one or more of the following activity ideas outlined over the next few pages could also be used.

Suggested Readings

You could use one or more of the following readings

Matthew 5: 13-15
John 6:35-40
Leviticus 23:10-14

John 6: 1-15
Proverbs 3:9-10

Visuals

As this service is largely about the first loaf, a nice visual could be to have some wheat in pots to accompany your service. This will serve as a reminder of where the bread comes from.

Activity Ideas

When using any of these activities it's good to be aware of any allergies present within your congregation such as those who are gluten free.

Fresh Bread

If you have access to a bread making machine you could set it up early in the church (or on a timer the night before) so that as the time of Holy Communion approaches the scent of fresh bread fills the church and you celebrate Holy Communion with a fresh loaf. You could use locally sourced flour for this loaf.

Grinding Flour

For this activity you will need some wheat and a coffee grinder. Show the children the wheat and invite them to feel and smell it. Ask them what it is. Explain that it's wheat and ask if anyone knows what it makes? Explain that from wheat we get flour and then put some in the grinder to show how it happens.



All Age/Messy Church Resources

Baking Bread

This activity involves people making their own bread rolls or flat bread as part of the service. If you're making bread rolls you'll need an oven, if you're making flat bread a portable stove with pan or portable griddle will do the job.

If you've got time during your Messy Church/church service you could invite the children to do all of the mixing (pre-measured ingredients will help speed this up). If not you could focus on the kneading stage.

Use the mixing and kneading process as a chance to invite people to reflect on the work that goes into making our food. Invite people to think about those who produce it: the farmers who grow the crops, mills that grind the wheat and the bakeries where bread is made.

Recipes

Recipe for 30 Minute Rolls - <http://www.instructables.com/id/30-Minute-Miracle-Rolls/>
Recipe for Flat Bread - http://www.bbc.co.uk/food/recipes/quick_flatbreads_43123

Saltless Bread Children's Talk

Prior to your service make a loaf of bread but miss out the salt.

At the start of your talk explain that you made some bread yesterday and you'd like some people to try it. Invite your volunteers (young and older) to try the bread and ask them to honestly tell you what they think. Does it taste like normal bread? Why not? What do they think is missing?

Read through Matthew 5:13-15 where Jesus talks about salt and light.

Explain that the tiny tea-spoon of salt that goes into the bread mix makes a huge amount of difference when you miss it out and that in a similar way when crops are grown they require the right conditions in order for us to have the ingredients to make our bread.

Jesus says we are salt and light because even though we are only individuals we, like the salt in the bread, can make a really big difference in the world when we treat people the way Jesus would.

All Age/Messy Church Resources

Thank You Lord (Song)

As we think about first fruits at Lammas it's a really good opportunity to put a different twist on a well-known song.

The song 'Thank You Lord' (by Diane Davis, Kingsway music) encourages people to echo praise to God, thanking him for all his goodness.

Sing the opening verse through and then ask the congregation what they are thankful for (one at a time) and write it down on a piece of paper and either stick it up or ask the person who suggested it to hold it up.

Then sing the song again with the new 'thank you' added in...i.e. 'Thank you Lord for bread to eat'.

Repeat this a few times incorporating all the things people are thankful for.

Dough Prayers

For this activity you'll need some pre-made dough or salt-dough. You will need enough for each person to have a small amount.

Explain that you're going to spend some time in prayer and that as you do that you would like people to be kneading their dough to remind us that sometimes we need God to mould and shape us.

A simple way to introduce these prayers could be to use sentence starters with people spending time reflecting in silence as they knead their dough.

Examples

- As we knead we bring to mind those whom we desire God be with at this time.
- We think of the situations across the world where we'd like to see God move.

Where Does It Come From Quiz

This is a simple quiz to encourage people to think about where our food comes from as we celebrate first fruits.

To run the quiz you could...

- Get people into teams
- Create some 'A' 'B' or 'C' cards that people could hold up for answers
- Have 'zones' around the building that people move to for different answers
- Hand out paper and get people to write down their answers



All Age/Messy Church Resources

Where Does It Come From Quiz (Continued)

Questions (answers are underlined)

Part 1: What's it made from?

Corn Flakes - A - Grain of corn/sweetcorn / B - Rice / C - Sweet bread

Cheese - A - A mix of oil and flour / B - Milk / C - Plant

Spaghetti - A - From the spaghetti tree / B - Wheat / C - Rice

Haribo - A - Treacle / B - Some kind of chewy fat / C - Sugar

(Some kind of fat is also an acceptable answer as gelatine is often present)

Biscuits - A - Oil / B - Flour / C - Fine Wheat

Part 2: Where does it come from?

Chocolate - A - England / B - Ghana/Africa / C - Australia

Oranges - A - America / B - Spain / C - Italy

Fish Fingers - A - Antarctica / B - North Sea / C - Rivers in Scotland



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Resources for church, youth groups and schools



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Common Worship: Times and Seasons is published by Church House Publishing and available via www.chpublishing.co.uk and is also available on the Church of England website www.churchofengland.org

Other liturgical material is adapted from resources found on www.germinate.net

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