



Children's Activity Sheet

The Cathedral Church of St Marie
welcomes

.....
to Mass today.

Peace of Mind & Heart

Sixth Sunday of Easter. Year C.

What are you afraid of? I must confess that when I was a child, I was afraid of the dark. At the end of the day, when it was time to turn out the lights and go to bed, I wanted to know that I was not alone in the darkness. Luckily I had a soft, cuddly toy rabbit to keep me company, and the darkness was not so frightening with my rabbit in my arms.

We are all afraid at times, and it is nothing to be ashamed of. Even adults are sometimes afraid! Some of us may be afraid of the dark. Some may be afraid of the thunder and lightning. Lots of people are afraid of spiders. Some people are even afraid of things like peas!

When Jesus told his disciples that he was going to return to his Father, they were afraid. What would happen to them? Would the enemies recognise them as his followers and try to harm them? Jesus knew that his disciples were afraid and he offered these words to comfort them. "I am leaving you with a gift - peace of mind and heart. Don't be troubled or afraid. Remember what I have told you: 'I am going away, but I will come back to you again. I will come and get you, so that you will always be with me'."

These words were a great comfort to his disciples and they are a great comfort to us today. When Jesus returned to his Father heaven, he asked the Father to send the Holy Spirit to comfort his disciples until the day when he returned. That includes you and me!

What a wonderful gift Jesus has given us - peace of mind and heart! So we no longer have anything to fear. Whenever we find ourselves in the dark or in the storms of life, remember this: we are not alone because Jesus is with us!



Jesus is always with us!

Word Search

"I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. Remember what I told you: "I am going away, but I will come back to you again'."

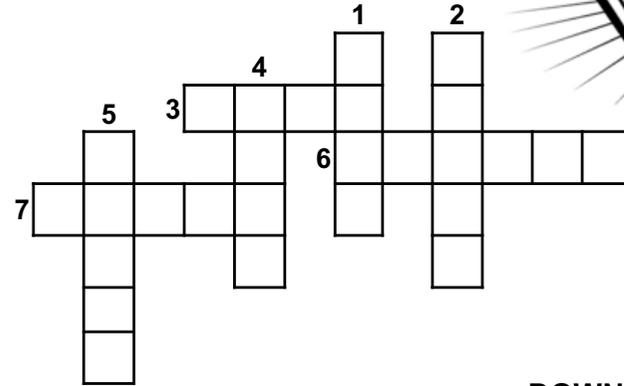
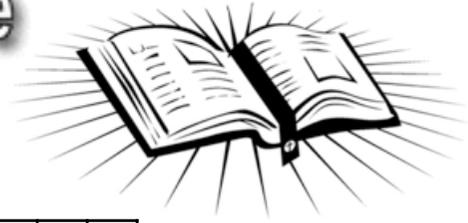


This word search is based on John 14:23-29

G	D	I	B	F	P	E	A	C	E	R	Q	S	A	W
P	S	S	B	E	S	O	Q	U	X	W	F	Y	H	S
F	V	O	G	A	L	T	X	C	A	W	A	Y	J	J
M	P	B	R	G	O	I	A	K	A	K	J	C	G	H
B	W	E	Q	U	X	C	E	U	B	I	S	N	R	A
A	A	Y	B	O	Y	K	P	V	G	L	A	D	E	A
R	A	C	S	G	Q	P	U	P	E	C	Y	X	A	M
U	T	L	K	D	I	A	N	Q	T	O	B	G	T	O
A	K	J	U	L	O	V	E	U	E	M	P	G	E	Z
Z	F	U	R	C	O	M	N	A	A	I	X	L	R	R
F	M	R	W	G	Q	I	J	W	C	N	Z	R	E	T
M	O	A	A	D	O	H	O	Z	H	G	T	H	R	F
S	Z	S	X	I	D	I	N	Y	Y	E	T	A	J	T
R	U	M	V	K	D	B	N	I	J	A	E	U	E	J
O	M	H	O	M	E	H	T	G	F	H	L	Y	A	N

AWAY	GREATER	AFRAID
HEART	TEACH	BELIEVE
PEACE	GLAD	HOME
FATHER	OBEY	BACK
COMING	GOING	LOVE

Crossword Puzzle



ACROSS

- To have a deep feeling of affection towards a person
- Have a feeling of fear
- A time when people live and work together happily without violence
- A place where someone lives; a residence

DOWN

- To receive a sound using your ears
- Parts of a language which can be spoken or written
- To carry out or fulfill a command, order or instruction
- To give instruction to others

Teach	Love	Words	Afraid
Obey	Home	Hear	Peace

Children's Prayer

Heavenly Father, we thank you for the Holy Spirit who guides us and calms our fears. We also thank you for the promise that one day we will be in Heaven with Jesus. In his name we pray, amen.

