

Colouring In



Children's Activity Sheet

St Marie's Cathedral welcomes

.....

to Mass today.



Jesus Calms A Storm

Mark 4:39

Jesus Calms A Storm

12th Sunday in Ordinary Time. Year B.

Have you ever gone out in a boat? Was it a small boat, or a big one? Was it a fast one, or a slower moving one? Whatever type of boat you are on, it is important to know some things about boat safety and at the very top of the list is... wear your life jacket, or at least know exactly where your life-jacket is!

One day, Jesus and some of his disciples were out on a lake in a boat. Suddenly, without warning, a storm came up. The wind blew so hard, and the waves were so high, that water was coming into the boat and the boat was about to be turned over. While the winds and waves tossed the little boat about, Jesus slept peacefully at one end of the boat. Some of the disciples became upset that Jesus was sleeping. They went and woke Jesus, and asked him, "Master, don't you even care that we are about to drown?"

Jesus got up and spoke to the winds and the waves. "Peace, be still," he said. As soon as he spoke, the winds stopped blowing and the sea became calm. Jesus' disciples were amazed! They said, "Who is this man that even the winds and the waves obey him?"

We know who Jesus is, don't we? And we know that Jesus can still calm storms today. Sometimes, there are sudden storms in our life. Perhaps it is an illness, a family problem, or the death of a friend or loved one. During these times, Jesus can calm the storms of doubt and fear in our life. He doesn't always take away all of the problems, but if we will trust in him, he will give us peace in our hearts even in the middle of a storm.

Decoder Puzzle

Each number below represents a letter of the alphabet. Substitute the letters for numbers, to reveal the coded words!



I	Z	W	L	V	R	O	T	P	U	Q	J	S
1	2	3	4	5	6	7	8	9	10	11	12	13

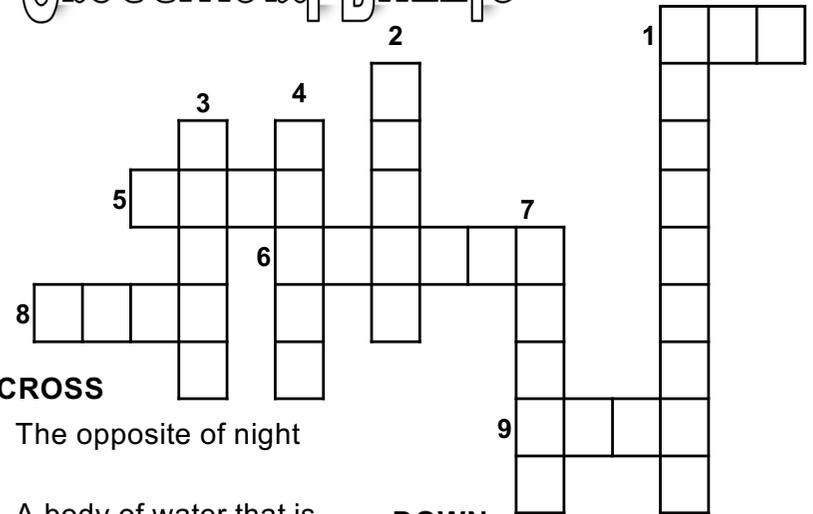
A	E	M	B	G	X	D	K	F	H	N	C	Y
14	15	16	17	18	19	20	21	22	23	24	25	26

- 4-14-21-15 _____
- 17-7-14-8 _____
- 13-8-7-6-16 _____
- 3-14-5-15-13 _____
- 13-4-15-15-9-1-24-18 _____
- 3-1-24-20 _____
- 25-14-4-16 _____
- 14-22-6-14-1-20 _____

Sleeping	Wind	Afraid	Waves
Calm	Storm	Boat	Lake



CROSSWORD PUZZLE



ACROSS

- The opposite of night
- A body of water that is surrounded by land
- A relatively small craft which travels on water
- A raised movement of water rolling across the surface of the sea

DOWN

- The original followers of Jesus
- A violent weather condition with strong winds and heavy rain
- A high degree of trust or confidence in someone
- To be calm, without much activity
- To die by being under water and unable to breathe

Day	Drown	Disciples	Storm	Wave
Afraid	Boat	Peace	Lake	Faith

Children's Prayer

Heavenly Father, we thank you for those times when you calm the storms that come up in our daily lives. We also thank you for those times when you give us peace even though we are in the middle of a storm. We ask you to watch over us and keep us safe. In Jesus' name we pray, amen.

