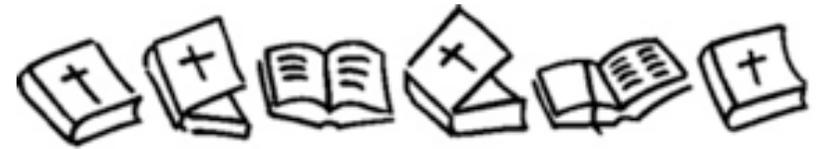


Colouring In



Children's Activity Sheet

The Cathedral Church of St Marie
welcomes

.....

to Mass today.

Trust Jesus - He Can Help!

16th Sunday in Ordinary Time. Year B.

It's the school summer holidays – yay! We all need to have some time off from work and school, don't we? It's a chance for us to catch up on our rest, and have some quieter days. Having a good summer break helps us to rest and prepare to do more great work in the autumn when we get back!

In today's Gospel, we hear that Jesus also recognised the need to take some time off and catch with his rest. There were many people in Jesus' day who needed healing from all sorts of diseases. They followed Jesus everywhere he went. There were so many people following them that Jesus and his disciples seldom even had time to stop and rest. So one day, they got into a boat and sailed across to the other side of the lake to find some peace and quiet, and to have a break. But people followed them around the lake, and before they knew it, there was another crowd of people, all bringing their sick family members and friends to see him. Why? Well, because they trusted Jesus! They knew that in their time of need, Jesus was the one they could trust to help them. In fact, for some of them, they trusted Jesus so much that they knew all they needed to do was to touch the hem of his robe to be healed.

We often also find ourselves facing difficult situations today. We have tough questions to answer and difficult choices to make. We often ask ourselves, "Who can I trust?" and the answer is, "Jesus." Just as the people in Jesus' day knew that they could trust Jesus to make them well, you and I can trust Jesus to meet our needs in every situation today too.



**“We will go somewhere quiet and spend some time alone,
and they crossed the lake in a boat to a quiet place.”**

Mark 6:30-34

Decoder Puzzle

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

N	A	O	E	I	H	F	D	R	J	Q	B	W
1	2	3	4	5	6	7	8	9	10	11	12	13

Z	S	L	P	T	V	M	Y	K	X	G	C	U
14	15	16	17	18	19	20	21	22	23	24	25	26

- 4-2-18 _____
- 11-26-5-4-18 _____
- 9-4-15-18 _____
- 12-3-2-18 _____
- 15-3-16-5-18-2-9-21 _____
- 25-9-3-13-8 _____
- 17-4-3-17-16-4 _____
- 18-4-2-25-6 _____

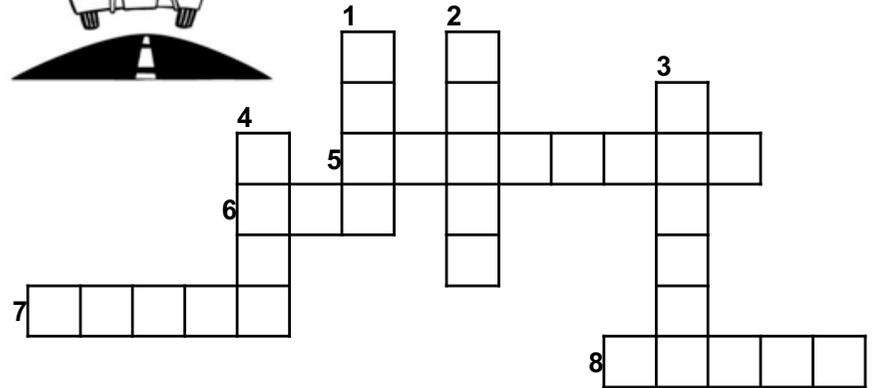
People	Quiet	Crowd	Rest
Boat	Solitary	Teach	Eat

Children's Prayer

Dear Jesus. We are looking for someone in whom we can trust - please help us to put our trust in you! Amen.



Crossword Puzzle



ACROSS

- The early followers of Jesus
- To take solid food through the mouth
- Without noise or activity
- To give knowledge or skills to others

DOWN

- A small vessel for traveling on water
- A large group of people
- Any group of men, women and children
- To take a break from activity

Eat	Teach	Boat	Apostles
People	Quiet	Rest	Crowd

Children's Prayer

Dear Father. We thank you for work, for play and for school. We also thank you for those times when we can get away from it all and get some rest. In Jesus' name we pray, Amen.

