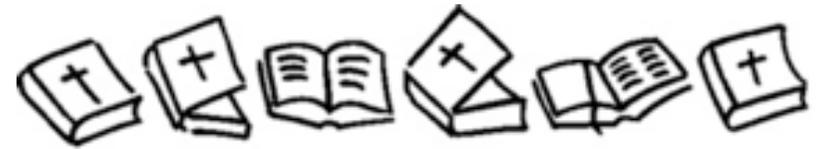
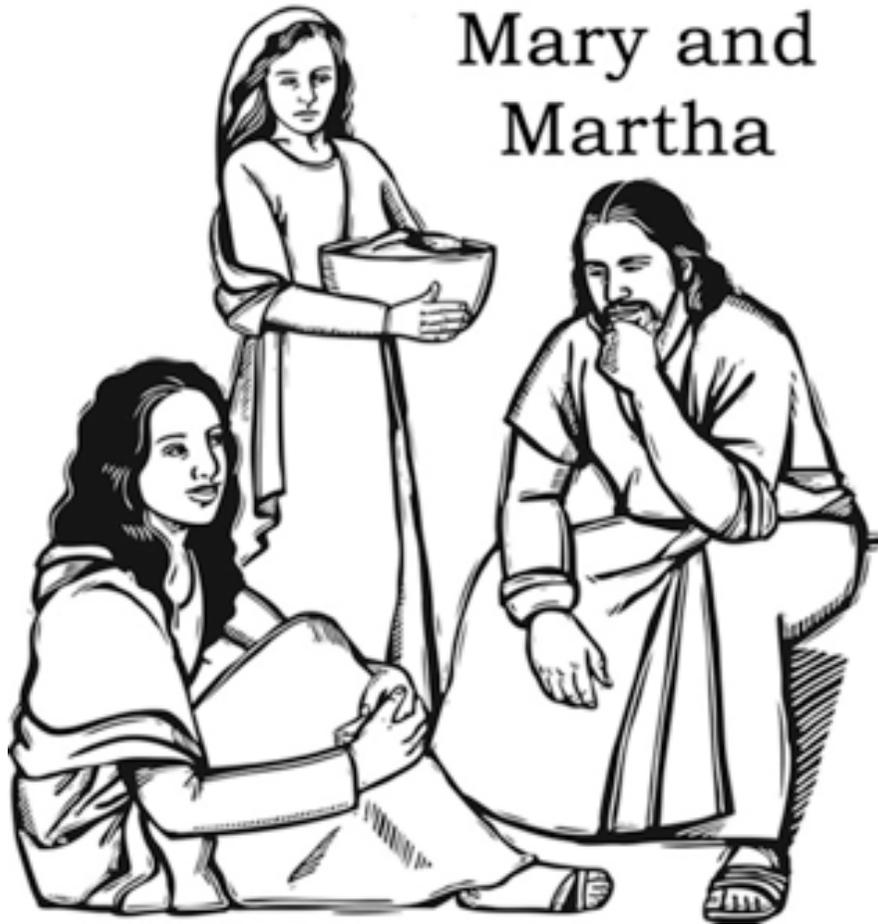


Colouring In



Children's Activity Sheet

Mary and Martha



Jesus visits in the home of Mary and Martha

Luke 10:38-42

The Cathedral Church of St Marie
welcomes

.....
to Mass today.

Set Time Aside For God

16th Sunday in Ordinary Time. Year C.

It's the school summer holidays – hooray! 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. When work and school is going on, it is easy to get distracted by all the things that we feel *need* to be done. In fact, it is very easy to get distracted from doing the important, less 'urgent' things, such as spending time getting to know Jesus and God better.

In today's Gospel, we hear how Jesus was in the village of Bethany where his friends Mary, Martha and Lazarus lived. Jesus went to their home to visit, and Martha invited him in and began to prepare dinner; her sister Mary, in the meantime, just sat at the feet of Jesus and listened to the words he had to say. After a while, Martha became upset about her sister not helping with the preparations, and went to ask Jesus to tell Mary to help her. "Martha, Martha," Jesus replied, "you are worried and upset about many things. But there is one thing that is the most important and Mary has discovered it." Whilst Martha was doing her best to make Jesus feel welcome in her home, Mary had discovered that sitting at the feet of Jesus and receiving his words into her heart was actually *more important*.

One of the most valuable things we have is 'time'. In our busy lives today, time is very precious and we are asked to squeeze lots of different things into our time. Jesus delights when we choose, like Mary, to spend time with time - to praise him, to listen or pray to him, to sing to him, or simply to be still with him. But when we do that, we show God how much we love him. So don't forget to set aside some time for God this holiday!

Decoder Puzzle

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

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

- 21-16-19-5-20 _____
- 19-9-19-20-5-18 _____
- 23-15-18-18-9-5-4 _____
- 3-8-15-19-5-14 _____
- 22-9-12-12-1-7-5 _____
- 23-15-13-1-14 _____
- 23-15-18-11 _____
- 2-5-20-20-5-18 _____

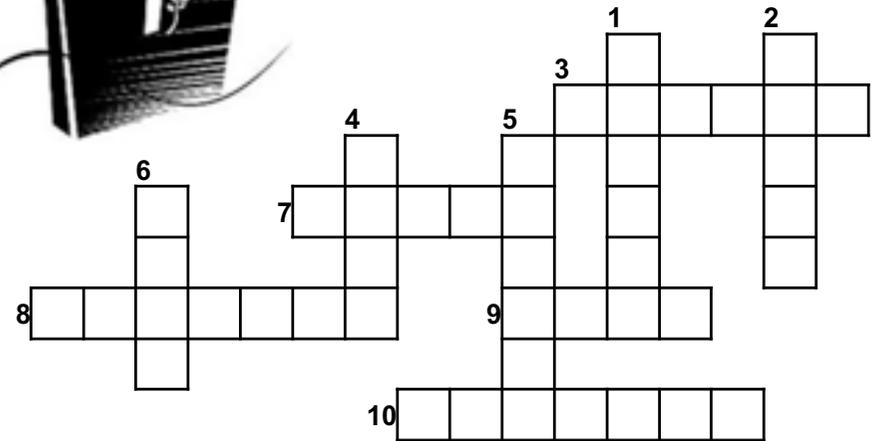
BETTER	SISTER	WORRIED	VILLAGE
WOMAN	CHOSEN	UPSET	WORK

Children's Prayer

Heavenly Father, we love you and want to serve you. Please help us to open our hearts to hear and understand your messages to us, and to live our lives in a way that pleases you. Please also help us to make the time to spend time, and not to get distracted by the less important things in our lives. Through Jesus' name we pray, amen.



Crossword Puzzle



ACROSS

- To pay attention to what someone says
- An adult female human
- A very small town
- Activity, such as a job, which a person performs; labour
- To be concerned about something; to be troubled

DOWN

- A female having the same parents as another person
- The son of God
- The place where a family lives
- A spoken or written reply to a question
- To give assistance to someone

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. Please help us to remember to spend some time with you during these quieter 'holiday' times. In Jesus' name we pray, Amen.

