

Colouring In



Children's Activity Sheet

The Cathedral Church of St Marie
welcomes

.....
to Mass today.

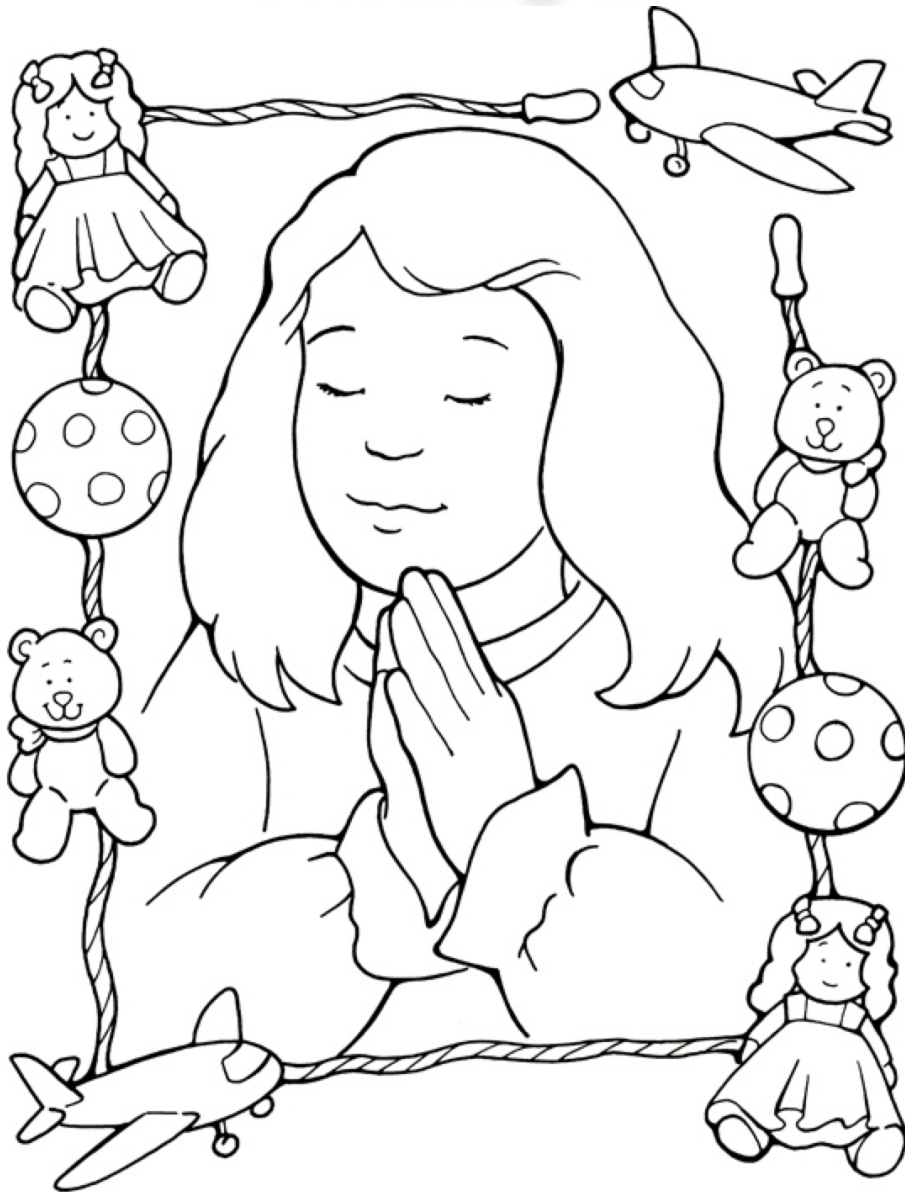
When Your Load Is Heavy...

Fourteenth Sunday in Ordinary Time. Year A.

All of us, at certain times in our life, will have some pretty heavy burdens to carry – perhaps some of you do already. Maybe you have a health problem or a disability that makes your life difficult, or perhaps something terrible has happened that makes you sad. Perhaps your family has money problems, or maybe someone in your family is seriously ill and you are worried about them. Perhaps you are worried about exam results... Although I might not know what your particular burdens are, I *do* know that there will be some that you just can't handle by yourself. Well, guess what? You don't have to!

Jesus said, "Come to me, all you who are weary and burdened and I will give you rest." There is no reason for you to struggle with burdens that are too heavy for you. God's Word is full of promises to help us in times of trouble. Here are just a few: "Don't be afraid, I am with you." (Gen.26:24) "I'll give you strength." (Psalm 28:7) "I'm with you in times of trouble." (Psalm 34:6) These words of encouragement are just what we need to face the hard times that may come our way.

Does that mean that if we will ask him, God will take all of our troubles away? No! BUT he will *help* us. In fact, some of our struggles may help us to grow and become stronger. They may also help us to learn to trust in Jesus. But remember this - when the load is too heavy, he will help us to carry it, and there is *no* burden that is too heavy for Jesus!



Give all your troubles to God - He will help you!

Decoder Puzzle

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words:

K	Z	X	M	D	B	Y	R	S	T	H	E	U
1	2	3	4	5	6	7	8	9	10	11	12	13

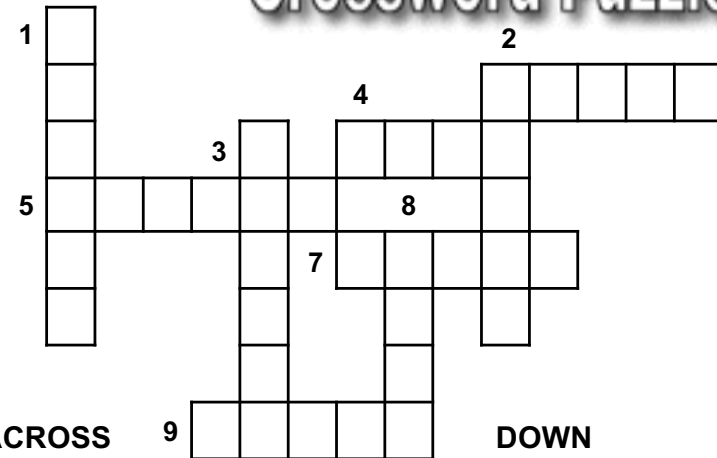
P	I	Q	A	C	N	W	V	J	O	F	L	G
14	15	16	17	18	19	20	21	22	23	24	25	26

- 25-12-17-8-19 _____
- 25-15-26-11-10 _____
- 11-13-4-6-25-12 _____
- 8-12-9-10 _____
- 20-12-17-8-7 _____
- 12-17-9-7 _____
- 26-12-19-10-25-12 _____
- 7-23-1-12 _____
- 18-23-4-12 _____
- 6-13-8-5-12-19 _____

EASY	YOKE	COME	HUMBLE	GENTLE
BURDEN	LIGHT	LEARN	WEARY	REST



Crossword Puzzle



ACROSS

- Very tired, especially after working hard for a long time
- Not heavy
- Calm, kind or soft; not violent
- The opposite of go
- A heavy load that you carry
- The place within a person where their feelings or emotions are
- The place within a person where their feelings or emotions are
- Not difficult
- Very tired, especially after working hard for a long time

DOWN

- Not proud or not believing that you are important
- To get knowledge or skill about a subject
- Calm, kind or soft; not violent
- Stop and relax to regain your strength
- Not difficult

Weary	Humble	Easy	Burden
Rest	Come	Heart	Light
Gentle	Learn		

Children's Prayer

Hello God. Thank you for helping me when I am struggling. Please also help me to remember that you are always here to share the load. In Jesus' name I pray. Amen.

