

2020	OUR LADY OF SORROWS
S A C R E D	H E A R T
<p>The Children's Liturgy.....</p> <p>@ Home!</p>	



Welcome to the Sunday July 5th edition of 'The Children's Liturgy', devoted to our children. We have included activities that would normally take place during our Church celebrations. Instead, during our time of isolation, we all celebrate together in our homes. There is a guide for parents to discuss the gospel and the readings with your children. We would love to see what you have been up to! Please send photos of your activities to : 'Loaves and Fishes ' our group on Facebook. If you don't have Facebook please send them to : shandolos@portsmouthdiocese.org.uk

Prayer

We thank you Lord,
for the food before us,
The family beside us
And the love
Between us.

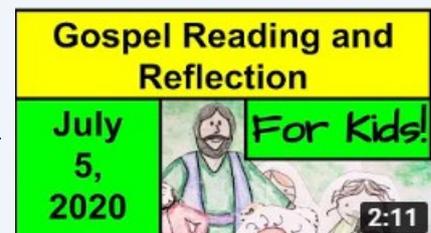
Amen



At the Movies

Gospel Reading and Reflections for Kids - Matthew 11:25-30

https://www.youtube.com/watch?v=fpvnK0Q_07U



14th Sunday in Ordinary Time

First Reading:

Zech 9:9-10

Second Reading:

1 Corinthians 10:16-17

Gospel:

Matt 11:25-30

Lots of great resources for Families at these sites:

www.catholicicing.com/

<https://ideas.brf.org.uk>

www.cafod.org.uk/Education/
(Virtual Children's Liturgy)

CHILDREN'S LITURGY 5TH JULY 2020 Guidance for Parents

Fourteenth Sunday in Ordinary Time, Year A

In the Gospel today, we hear about the people that understand Jesus the very best.

Is it important to be clever at school? Are grown-ups cleverer than children? What do you do if you are worried about something and aren't sure what to do? How do you feel about people who have all the answers all the time? In today's Gospel, Jesus tells us that it wasn't the clever people who first understood him and his message. Jesus loved children, but in Jesus' time, children were viewed the same as slaves and were powerless in society. However, today He tells everybody, children and adults, that we need to come to Him with the same trust as children have. He calls all people who are working hard, who are tired and struggling to come to Him.

Why do you think that Jesus says people who are like children can understand God's ways better than people who are more clever? **Jesus is referring to the qualities that children have which enable them to accept God. They are trusting, more innocent and often more honest about themselves and what they see and experience.**

Jesus knows that we all have times when we find life difficult. We all have times when even though we try hard, we can't do something. We all have times when we are tired, fed up and would like to give up.

Can you think of a time when you have felt like this? Did anyone help you or comfort you during this time? Who helped you? What did they do?

Jesus says his yoke is easy. He does not mean an egg yolk! This yoke is spelled differently. It is a sort of wooden bar that farmers around the world use to make it easier to pull heavy ploughs. So Jesus is saying that he will help us.

Jesus says in today's Gospel that he is always there to comfort and support us. That when we are tired or finding things difficult, we can turn to him and find rest.

What do you think that this means? **If we take our worries and the things that we find difficult to Jesus, he will be there for us.**

How do you think we can share our worries, or the things we find hard, with Jesus? **We can share our worries in prayer. And we can pray for help during the most difficult times.**

How does it make you feel to know that Jesus is there with us when things are hard?

Just knowing that we are not alone can make a big difference when we are finding life hard. God is with us always, when we are alone, but also in the people who help and support us.

How do you think that God has helped people around the world during the COVID 19 pandemic? **He has worked through us – people in our communities have helped each other doing things like making masks, doing shopping for others, making meals for those who had no food, being kind to each other when we are missing our friends from school or grandparents, clapping for the NHS/key workers on Thursday nights etc.**

So, this week, let's remember we can turn to God when things are hard. But also, let's look after others who are finding things difficult and do our best to help them. We can show them that they are not alone by the way we treat them.

There are many ways we can do this. Here are some that we've thought of:

Perhaps you could pray for all those who are affected by the coronavirus pandemic across the world.

You could take part in CAFOD's Summer of Hope to raise money so food and clean water reaches some of the poorest families in the world during this global emergency.

You could take food to your local food bank to help those in your community who are struggling to get enough to eat. You could help your grown ups with jobs around the house when they are tired. Or you could send a postcard to someone you know who is sad to help cheer them up.

What other ways to help others can you think of?

What will you do this week to help someone who is finding life difficult, who is tired or struggling?

Prayer

God, thank you for all your help with my worries. Please always stay close to me and be with me like a friend. Amen.

Craft Time



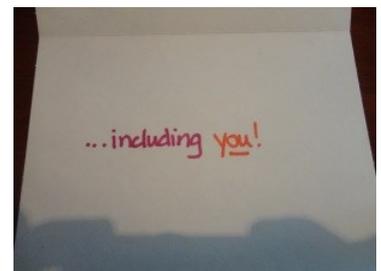
Bring new meaning to the song "Jesus Loves the Little Children" with the Jesus Loves the Little Children Fingerprint Card. This fun-to-make craft is made from cardstock, markers, and different coloured stamp pads. Afterwards, be sure to sing the popular song! A perfect addition to any lesson on how we are all uniquely made in God's image!

What you'll need:

- Different coloured stamp pads
- Markers
- White cardstock

How to make your fingerprint card craft

- Fold the paper in half to form a card. (see photos)
- Using the stamp pad, carefully press your thumb onto it until it is completely covered. Press it onto the cardstock vertically. This will be the body. Using your fingers, press them into the stamp pad and press them onto either side of the body for arms and legs. Press them on the top for a head. Repeat this process with several coloured stamp pads. (see photos)
- Wash hands and make sure the ink is dry. Using markers, give your people eyes, ears, mouths, noses, hair, and clothes. You can even give your little children names!
- On the top of the card, write "Jesus Loves the Little Children" On the inside of the card, write "including you!" (see photos)



Your card is now complete! Make sure to give it to a special friend!



Jesus said, "Let the children come to me."



Speak, Lord



Zechariah 9:9-10
Psalm 144
Romans 8:9, 11-13
Matthew 11:25-30

SUNDAY LITURGY FOR CHILDREN

Year A — 14th Sunday in Ordinary Time



Use the following key to find out what Jesus says in today's Gospel.

A	▲
E	◀
I	▼
O	▲
U	▶

C _ m _ t _ m _ .

_ _ m g _ ntl _ .

_ w _ ll g _ v _ y _ _ r _ st

Draw a picture of something good that leads you to Jesus.

