



THE CATHOLIC PARISH OF  
**BOGNOR REGIS AND SLINDON**

.....  
We are followers of Jesus, on fire with his love,  
sharing that love with each other and with the world.

## Sunday 21<sup>st</sup> June: “Do not be afraid”

All the content below is for you to make your own, please do read through it, pick what would work best for your children and would best engage them.

Rest assured of our prayers for your family and you this coming week!

Kathryn Beaven and Katharine Amaladoss

### *We gather*

In the Gospel, St Matthew writes about a time when Jesus reassured the disciples that when they needed courage to speak up and be confident in sharing the Good News, he would always be there to support them.

Listen to the Gospel and find out some amazing things about God’s love and care for us.

### *We listen*

A reading from the Holy Gospel according to Matthew 10:26-33

Jesus said: “So do not be afraid of people.

Whatever is now covered up will be uncovered, and every secret will be made known. What I am telling you in the dark you must repeat in broad daylight, and what you have heard in private you must announce from the housetops.

Do not be afraid of those who kill the body but cannot kill the soul; rather be afraid of God, who can destroy both body and soul in hell. For only a penny you can buy two



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**sparrows, yet not one sparrow falls to the ground without your Father's consent. As for you, even the hairs of your head have all been counted. So, do not be afraid; you are worth much more than many sparrows!**

**“For those who declare publicly that they belong to me, I will do the same before my Father in heaven. But if anyone rejects me publicly, I will reject him before my Father in heaven.”**

*The Gospel of the Lord*

## ***We reflect***

✚ ***Sometimes it can be a bit scary to stand up and speak – have you ever been worried to do something as the disciples were? Talk about it and how you felt***

✚ ***What might Jesus disciples have been afraid of?***

***In the Gospel Jesus reassures his disciples that he will care for them and give them courage***

✚ ***Ask whether they know somebody was treated unfairly. Did anybody stand up for that person or do you think people were afraid?***

✚ ***What does he say we are worth more than?***

✚ ***How else does he tell us that we are special, and our value is priceless?***

***Yes – he knows how many hairs on our head!***

End this time by praying:

**For the Church throughout the world: that she may continue to follow Jesus' example of respect and love for all people. Lord, in your mercy... Lord Hear our Prayer**

**For ourselves and our families that we will have the courage and strength to proclaim God's love to the world Lord, in your mercy... Lord Hear our Prayer**



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**For those who are worried, anxious, and ill that they will be comforted by Gods abiding love and care**

**Lord, in your mercy... Lord Hear our Prayer**

*Loving Father watch over and guide us.*

*Give us the courage and faith to bear witness to your abiding love for us.*

*We ask this through Christ our Lord. Amen.*

## ***We go forth***

*The following are some activities you can try at home to respond to the Gospel:*

- **Make a brightly coloured bird with your name on and a message about Gods love and care for you to remind you that you are special and priceless ( as Kathryn has explained in her video )and see template attached and instructions below**
- Print out or draw a bird shape and cut it out of the paper- make it colourful add your name and message about God's love for you
- Cut a slit as shown on the template in the bird.
- Decorate another piece of paper and fold it paper accordion style.
- You can fold another smaller piece of paper in accordion style for the tail.
- Slide the wings into the slit and add the tail, and either tape/ staple in place

**You may like to make one for all your family members – a flock of birds to hang!**

- **Watch and join in with singing the worship action song “Every little hair” .... at:**

[www.bing.com/videos/search?q=every+little+hair+kids+taster+videos&docid=608001780729712560&mid=A5A66B4E1D04C067348BA5A66B4E1D04C067348B&view=detail&FORM=VIRE](http://www.bing.com/videos/search?q=every+little+hair+kids+taster+videos&docid=608001780729712560&mid=A5A66B4E1D04C067348BA5A66B4E1D04C067348B&view=detail&FORM=VIRE)

- **Worksheet to print can be found at:**

• [http://www.sdc.me.uk/sundayliturgy/worksheets/a-ordinary\\_time-12.PDF](http://www.sdc.me.uk/sundayliturgy/worksheets/a-ordinary_time-12.PDF)