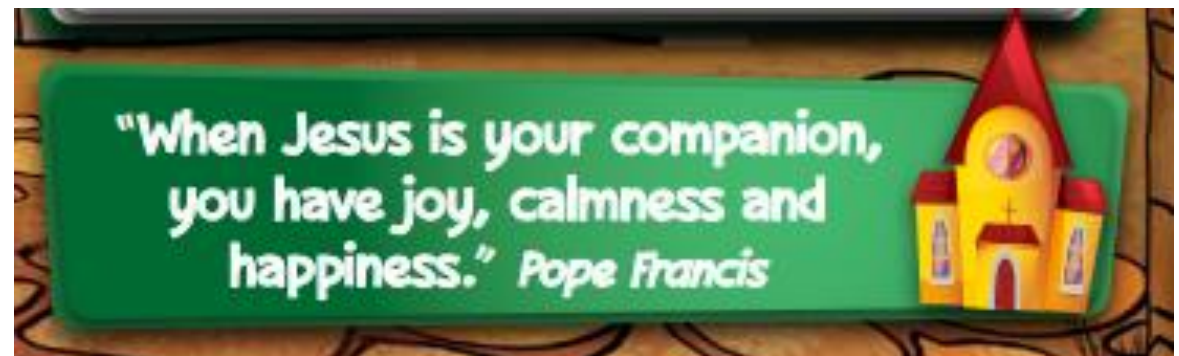


This week's Gospel

A good companion is priceless and helps us to make the best of ourselves. In this Sunday's Gospel, Jesus offers his companionship to all of us.



Activity 1 Read this week's Gospel

Good News for Families

In this Sunday's Gospel, Jesus invites us to experience the true peace and rest that his companionship brings. He wants to walk alongside us to help lighten life's load. At all times (and particularly whenever we feel overburdened, worried or afraid) Jesus calls us and our children to share, through prayer, any troubles or upsets with him.

1 Our Special Time Together

Enjoy reading the Gospel overleaf
(or below for younger children)

Jesus had been teaching his disciples about God the Father, and then started to teach and preach to the people in the towns of Galilee. He said, "Come to me, all you who work hard and are troubled or tired and I will give you rest. Learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

What did Jesus say he would give us? Which word or words stood out for you in this Sunday's Gospel, and why? What does the Gospel picture make you think about?

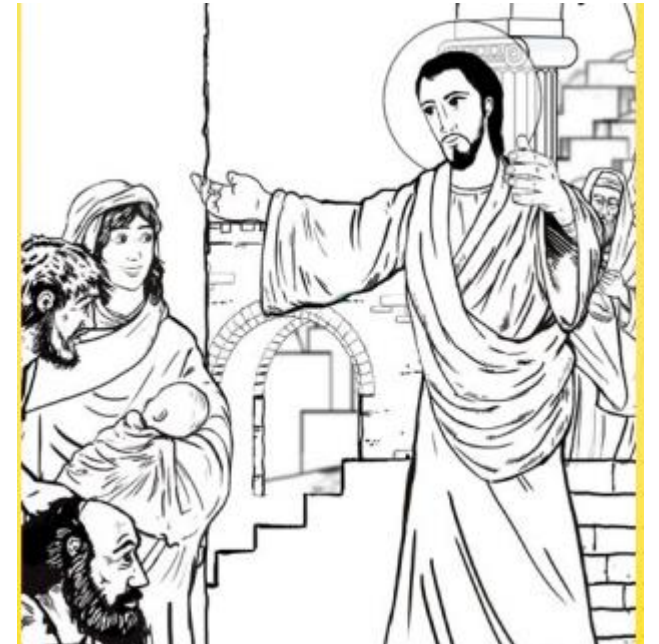
Activity 2 think about these questions and write them in your book or on some paper.



Activity 3

The **Wednesday Word** this week is '**Companion**'

- What is a companion and what does it mean to you?
- Talk with your family or friends about people who are good and helpful companions to you.
- Can you remember the last time that you were a good companion and helped or comforted someone?
- What did you do?



Activity 4

- Think about the qualities that make a good companion (e.g. trust, kindness, honesty, loyalty, etc.).
- Think about one thing that you can do to be a better companion to someone at home, at work or at school.

Perhaps it is by: always trying to treat your friends as you would wish to be treated; saying kind and encouraging words to your friends; supporting and giving, rather than taking; being reliable, faithful and loyal.

Create a recipe for being a good companion or what you would like a good companion to be like.

Look at the examples and templates to help you.

Friendship pie Recipe

INGREDIENTS:

a dash of _____

a cup of _____

a pinch of _____

a spoonful of _____

INSTRUCTIONS:



Friendship Recipe



1/2 cup of _____



1 teaspoon of _____



2 tablespoons of _____



A dash of _____



A pinch of _____



1 medium-sized bag of _____



1 cup of _____



2 tablespoons of _____

Blend ingredients together and you have created
_____, the perfect friend!

Friendship Soup

Ingredients

1 cup of _____

1 tablespoon of _____

3 spoonfuls of _____

1 spoonful of _____



♥ Love 🏠 kindness 🧑

🌟 Sharing ✨ Helping ☆

♥ Taking Turns 🍬 Listening 🍬



Directions

Stir it all together and serve warm. Enjoy with friends!

Created for P1 by Linda Niek

Ingredients

2 large spoonfuls of kindness

a pinch of happiness

100g of smiles

50g of speaking clearly

a sprinkle of understanding

150g of helpfulness

a heaped teaspoon of patience

25g of laughter

10 drops of respect

a large pinch of fun