

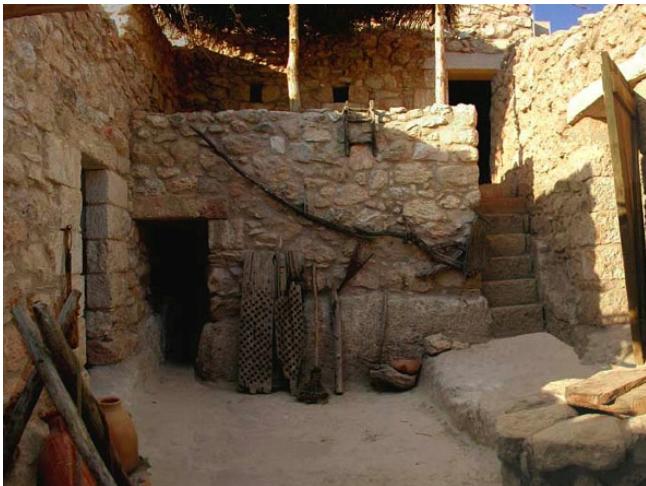
# children's Newsletter

## St Mary's

Matthew 11:25-30

14th  
Sunday

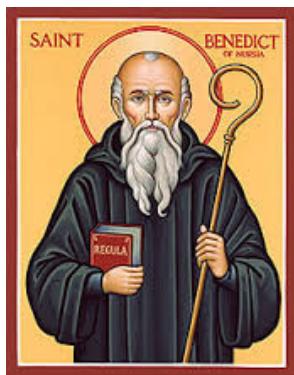
Jesus tells us that no matter how much we have to bear, He will help us.  
If we come to Jesus our troubles will be lighter and he will give us rest.



This is what Nazareth might have looked like in the time that Jesus was there.

Can you find Nazareth on the map on the right? What other places do you know?

Can you find where Jesus worked his first miracle? That was at a wedding in Cana, when Jesus turned the water into wine.



### St Benedict

St Benedict was an Italian holy man, who became the father of the monastic way of life. That means he worked out and wrote the rules that monks would live by in their monasteries.

He believed that monks should pray, work and live together in a community under one leader. While he was the leader, he helped rulers and popes but also helped the poor or those hurt by war.

His feast day is July 11th

## St Paul's letter to the Romans

Today we hear St Paul's advice to the Romans. He tells them that they must all live spiritual lives and stop doing bad things.

Paul wrote many letters to the churches. He didn't find the one in Rome. His letter to the Romans was written when he was in the Greek city of Corinth and was delivered by a Christian woman called Phoebe.



## Who did St Paul write to?

Can you write in this box the names of some of the people St Paul wrote to?

Romans

## Can you Remember?

What are the following items called?

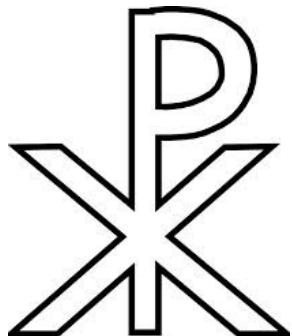
A)



B)



C)



D)



Sacrament.

D) The monstrance is the sacred vessel which contains the consecrated Host when it is exposed or carried in procession. The host is now called the Blessed

Chi (χ = ch) and Rho (ρ = r) are the first three letters of "Christ" or "Christos" in the Greek language.

C) This symbol is called the Chi Rho (said Kai Rho) and it is the oldest known symbol for Christ.

B) The Tabernacle Lamp. In all Catholic churches a special lamp burns night and day before the Tabernacle where the Blessed Sacrament is held.

The colour of the stole will be the same as the chasuble.

A) This is the priest's stole. It is a long scarf made of cloth. Fr Peter wears it around his neck, letting it hang down in front. It is a badge of office for a Priest or a Bishop.

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