



Registered Charity No 251394

# JULY 2020



By the time you are reading this, I hope that more of you will be getting back to school and meeting up with your friends again.

It's been a strange time trying to keep our distance from those we love, and a very difficult time for those who have had the job of caring for us all in so many ways, healthcare workers, shop assistants keeping the stores open so we can buy our food, and all front line workers keeping us safe. We've clapped for the NHS – and others - to show our appreciation of all they are doing.

Doctors have been very important in history, one even wrote two books that are in our Bible. His name is Luke and he came from Greece. He became a friend of a man called Paul, who travelled many miles around the Mediterranean telling people about Jesus. He was often ill and Luke travelled with him to look after him.

Besides being a good doctor, Luke had a way with words. He began to write an account for his Greek friends of the extraordinary things he saw happen with Paul and his companions. There was a lot to write about, arrests, shipwrecks, miracles of healing, earthquakes, and many people becoming believers in Jesus. You can find all this in a book in the Bible called the Acts of the Apostles. Luke also gathered first-hand information about Jesus' life, death and resurrection from those who had known him. That is in the book called The Gospel of St Luke. The picture is a painting of St Luke writing down the words of Paul while on their travels.



Luke would have carried his medicines around in some sort of cloth bag. I'm sure that not only did his medicines help Paul, but he would have spoken kind words to encourage him as well.

**Make yourself a Kind Words Medicine Bag** like the one in the picture. Take a sheet of card and fold it in half. Draw the handles at the top of the open end then cut them out. Add a large red Cross, a symbol of hospitals and first aid kits. Copy the words "God's Words are First Aid for the Soul".

Then if you can find any old sticking plasters you could write some words of comfort on them that might help someone feeling sad or lonely, such as "God cares", "You are loved", "Feel God's Peace". I'm sure you can think of more. Keep them inside your medicine bag to share when needed.

You might soon be able to travel a bit further than of late. Perhaps to visit family or even to get away on a holiday. There is a story of someone who helped travellers and in doing so helped Jesus himself.



Saint Christopher was a man of great size and strength who devoted himself to Jesus by helping travellers cross a dangerous river. One day a child asked to ride on Christopher's shoulders across the river, but the infant seemed to grow heavier and heavier with every step. When they arrived on the opposite shore, the child identified himself as Christ, telling the holy man that he had just carried the weight of the world. Saint Christopher became one of the most popular patron saints for travellers in the Middle Ages.



A few months ago we made rainbow pictures for our windows to show support for all the frontline workers. Rainbows are also a sign of hope and a promise, a promise made by God after the flood (Noah's Ark).

**Make a special beaded rainbow** and make a promise to remember how so many people helped others and to promise to carry on helping whenever you can.

You will need 6 pipe cleaners and pony beads in the rainbow colours – red, orange, yellow, green, blue, and purple in place of the indigo and violet – plus a piece of card, blue if possible.

Take your first pipe cleaner and thread the red beads onto it. Stick it onto the card in an arch (lots of glue!). Then follow with the other colours. The arches will of course get smaller. Finish off with some cotton wool clouds.



Look out for Dragon Flies if you are out and about near a river or stream. One may fly over your garden if there is a pond nearby.

Make your own **Dragon Fly** with a pipe cleaner (or a thin twig), some pony beads for the body and paper or long leaves for the wings.

To begin curl up one end of the pipe cleaner, or wrap string round the end of the twig. Thread on about 6 pony beads, then a slightly larger bead if you have one, then another pony bead. Next cut out the paper wings and bind them onto the body before adding another larger bead for the head. To finish curl the end of the pipe cleaner to hold beads in place, or wrap string round the twig.



**Word Search**

S	T	I	U	S	M	I	W	S	O	E	B	I	R
U	A	M	O	C	E	A	N	X	Y	E	O	H	V
R	D	N	C	Y	D	O	N	U	S	F	A	G	O
C	R	E	D	F	Z	J	B	U	H	I	T	L	L
F	A	M	A	S	G	A	O	A	L	C	L	Y	L
A	U	R	E	R	H	R	Y	O	U	A	S	E	
L	G	K	R	C	T	A	O	B	G	P	U	E	Y
L	E	O	G	H	A	S	S	A	N	R	W	E	B
E	F	C	G	C	L	H	E	H	F	N	A	E	A
R	I	I	R	E	S	S	Y	E	E	D	V	A	L
B	L	U	G	I	S	I	R	A	M	L	E	T	E
M	Z	L	F	L	E	W	O	T	P	A	S	O	N
U	L	O	T	I	O	N	O	S	L	L	E	H	S
E	K	Y	A	C	O	A	S	T	R	I	E	R	I

SHELLS SAND WAVES LIGHTHOUSE  
 LOTION TOWEL SUN SURF SWIMSUIT  
 SEAGULL UMBRELLA CRAB  
 OCEAN COAST LIFEGUARD  
 BEACH BOAT

