

**TWENTY-THIRD SUNDAY in OT**  
**Exploring our Faith with Children**  
**We support Child Safeguarding Week**  
**Celebrating our September Saints**

*“You must take up your cross daily  
if you want to be my follower.”*

Jesus said to the crowd

“If a man builds a house, he works out how much it will cost before he begins. Otherwise, he might lay the foundations, and then find that he cannot afford to finish the work.

If a king’s army of ten thousand men is preparing to fight an army of twenty thousand men, wouldn’t the king first think about whether he may win or lose? If defeat is likely, he can send out messengers to make peace with the enemy.”

Then Jesus said,

“If anyone plans to follow me, then they must count the cost of being my disciple and belonging to the kingdom of God.”

# STORIES FROM THE GOSPEL

SUNDAY OF THE HOLY CROSS

MARK 8:34-9:1



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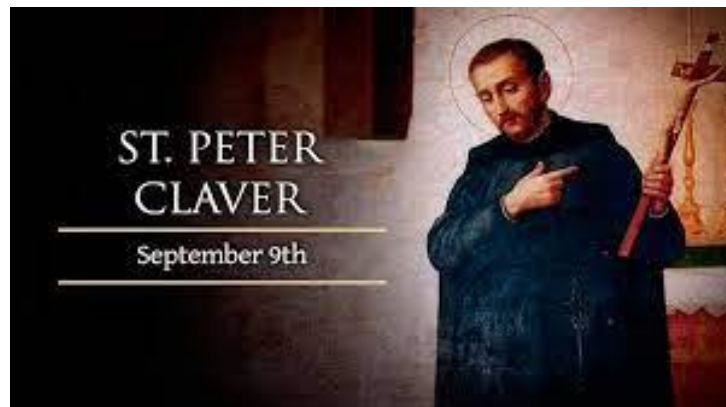
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**WE SUPPORT CHILD SAFEGUARDING WEEK** 

**4 - 10 September 2022**



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## **Part two Father's Day Special**



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# Slow Cooked Country Chicken

## Ingredients

Flour - 4 Tbsp  
Salt to season flour  
Pepper to season flour  
Chicken drumsticks - 1 kg  
Butter - 2 Tbsp  
Olive oil - 2 Tbsp  
Rashers streaky bacon, roughly chopped - 3  
Onion, peeled and diced - 1  
Cloves garlic, peeled and diced - 2  
Carrots, peeled and cut into slices - 3  
Mushrooms, roughly chopped - 150 g  
Diced tomatoes - 400 g  
Chicken stock - 1 cup  
Parsley, chopped plus extra to garnish - 1/4 cup  
Cornflour - 3 Tbsp  
Potatoes, peeled - 800 g  
Butter - 1 Tbsp  
Milk - 1/4 cup



## Method

- Turn slow cooker onto low.
- Place seasoned flour into a clean plastic bag with the chicken pieces and shake the bag so that the chicken is evenly coated. Heat butter and oil in a large frying pan. Place floured chicken into pan and brown pieces on all sides.
- Remove chicken from pan and add bacon, onion, garlic, carrots and mushrooms.
- Sauté for 2-3 minutes, remove vegetable mix and place into slow cooker. Top vegetables with chicken pieces. Add tomatoes, stock and parsley. Cook on low for 8 hours or high for 4 hours.
- Remove chicken from slow cooker and keep warm.
- Make a smooth paste from cornflour and 3 Tbsp cold water and stir into the chicken juices. Cover the slow cooker and cook for 15 minutes on high so that the juices thicken.
- For the mashed potato, boil potatoes in salted water for 15 minutes or until soft. Drain well, then mash. Stir through butter and milk then season with salt and pepper.
- Serve the chicken drizzled with the thickened sauce and mashed potato, garnished with parsley.

# Gluten Free Apple and Boysenberry Slice

## Ingredients

Sliced apples - 4 cups

Apple juice - 1/2 cup

Frozen boysenberries, defrosted and juice reserved - 2 cups

Corn flour - 4 tsp

Butter - 200 g

Caster sugar - 1 cup

Egg, lightly beaten - 1

Vanilla essence - 1 tsp

Gluten free flour - 3 cups

Gluten free baking powder - 2

1/2 tsp

Whipped cream, to serve



## Method

- Place the apples and apple juice in a saucepan on a medium heat and cook for 10 minutes, or until the apples are soft.
- Mix the reserved boysenberry juice and corn flour together to make a paste. Add the paste to the apple mixture and simmer until the mixture is thick. Stir in the boysenberries. Set aside to cool.
- Preheat oven to 180°C (160°C fan-forced). Grease and line a 30cm x 20cm slice pan.
- Cream the butter and sugar together until light and fluffy. Add the egg and vanilla essence and beat well.
- Fold in the flour and baking powder until combined. Press two-thirds of the mixture onto the base of the prepared pan and top it evenly with the boysenberry mixture. Top with the remaining one-third of the pastry mixture and press down gently.
- Bake for 40 minutes, or until a skewer inserted in the top comes out clean. Leave to cool in the pan before cutting it into squares. Serve with whipped cream.

# Take Up Your Cross

"If anyone would come after me, he must deny himself and take up his cross and follow me." Mark 8:34b (NIV)

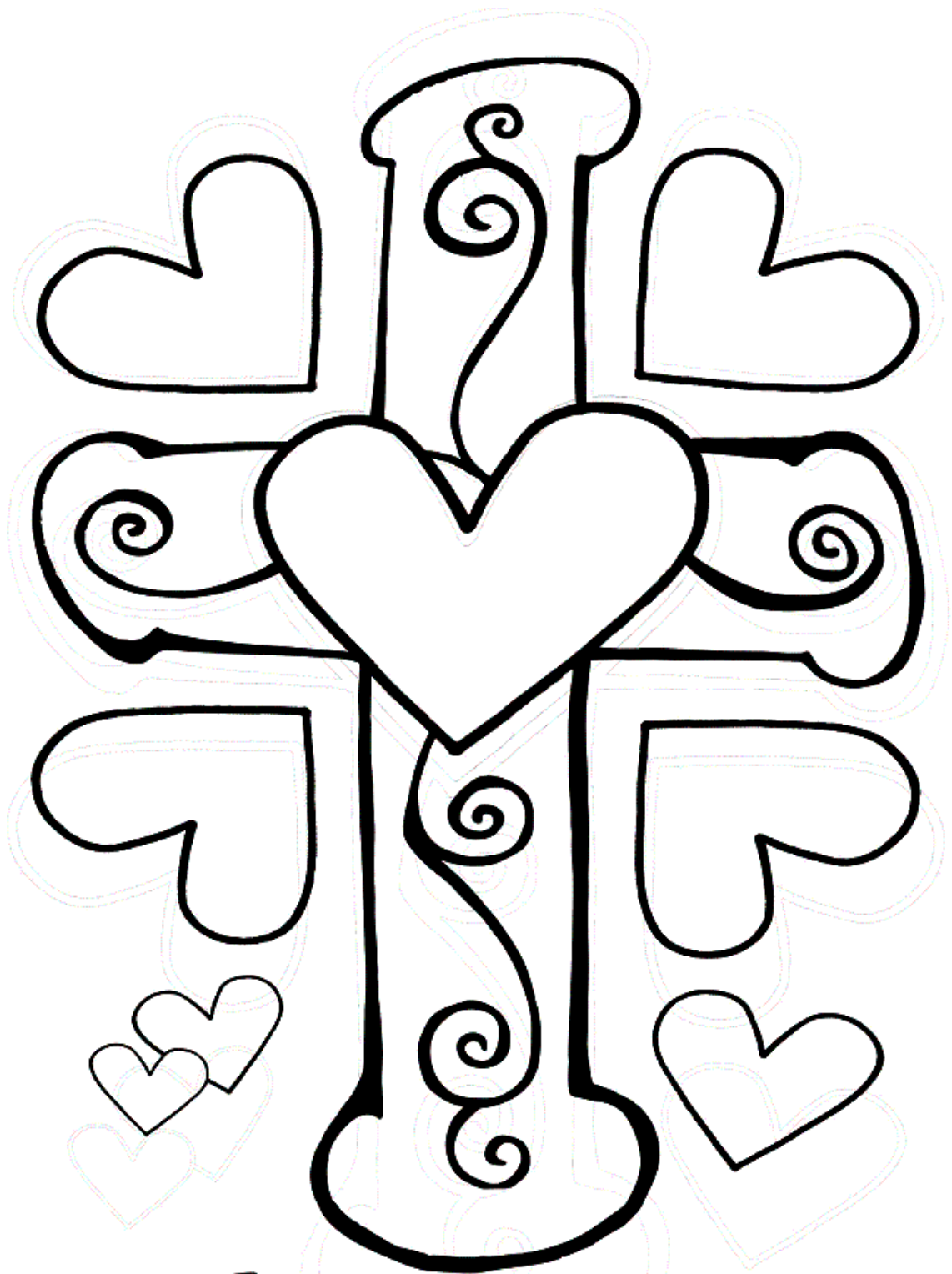
Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
T	L	R	W	C	M	H	Q	K	D	G	P	S	Z	B	E	I	U	Y	J	A	V	O	X	N	F

- 10-16-25-19 \_\_\_\_\_
- 20-16-13-18-13 \_\_\_\_\_
- 13-21-22-16 \_\_\_\_\_
- 4-23-3-2-10 \_\_\_\_\_
- 13-18-26-26-16-3 \_\_\_\_\_
- 2-17-26-16 \_\_\_\_\_
- 13-23-18-2 \_\_\_\_\_
- 11-21-17-25 \_\_\_\_\_
- 1-21-9-16 \_\_\_\_\_
- 7-17-6-13-16-2-26 \_\_\_\_\_
- 1-16-21-5-7 \_\_\_\_\_
- 5-3-23-13-13 \_\_\_\_\_
- 26-23-2-2-23-4 \_\_\_\_\_
- 2-23-13-16 \_\_\_\_\_
- 26-23-3-26-16-17-1 \_\_\_\_\_

SAVE	TAKE	SOUL	DENY	HIMSELF
WORLD	CROSS	FOLLOW	JESUS	LOSE
FORFEIT	GAIN	TEACH	LIFE	SUFFER



*Jesus Brings Salvation*



# Take Up Your Cross

"If anyone would come after me, he must deny himself and take up his cross and follow me." Mark 8:34b (NIV)

Based on Mark 8:27-38



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

WORLD	CHRIST	LIFE	TEACH	DISCIPLES
DENY	KILLED	SOUL	FOLLOW	SATAN
FORFEIT	VILLAGES	LOSE	GOSPEL	GAIN
PROPHETS	SUFFER	SAVE	RISE	CROSS