



**Fourth SUNDAY OF OT**  
**Exploring our Faith with Children**  
**Celebrating Chinese New Year**  
**Celebrating our January Saints**

**A large crowd of people had gathered to listen to Jesus who sat down and began to speak:**

“Happy are the poor, for their riches are stored in heaven.

Happy are the hungry, because God will take care of their needs.

All who weep and are sad will know only joy and laughter.

Be happy when people are cruel or unkind because you follow me, for your reward will be great in heaven.”



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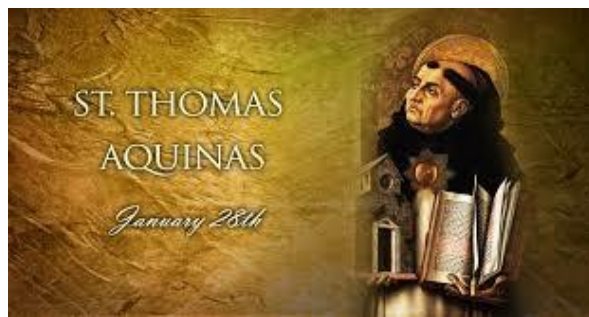
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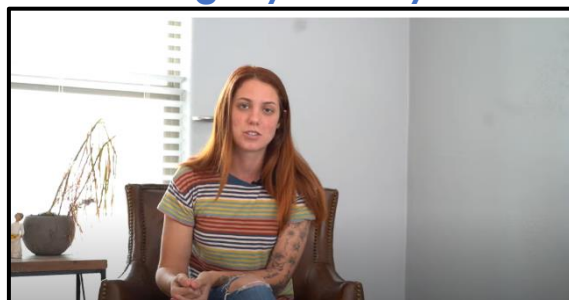
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## Who Was St. Ansgar?



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Jesus Changed My Life - Heroin addiction wasn't my issue, it was not knowing my identity in Jesus!



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## Celebrating Chinese New Year



Click on the picture and follow the link



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## Smoked Fish and Potato Filo Parcels

### Ingredients

Medium sized potatoes – 3  
Butter salted - 20 g  
Small onion, chopped - 1  
Cloves garlic, crushed - 2  
Plain flour - 20 g  
Milk - 1 cup  
Chopped parsley - 2 Tbsp  
Canned smoked fish fillets, drained - 450 g  
Salt  
Pepper  
Pieces filo pastry - 8  
Melted butter for brushing  
Frozen beans, steamed - 200 g  
Lemon, cut into wedges – 1



### Method

- Peel and cut potatoes into cubes. Cook in salted water for 10 minutes. Mash roughly with a fork. Set aside.
- Melt 20g butter in a small pot. Add onions and garlic cooking for 3 minutes until softened. Stir in flour and cook without browning for 3 minutes. Slowly add milk to make a thick sauce. Remove from heat, add parsley, smoked fish and potato. Season with salt and pepper. Set aside to cool.
- Preheat oven to 180°C.
- Divide fish and potato mixture into 4 even lots (approximately 4 cups).
- Lie one piece of filo on a bench, brush with butter, then place another one top. Place 1 cup of filling at one end, brush the edges with butter, then fold into a parcel. Repeat with the remaining filo. Bake in the oven for 20 minutes.
- Serve the filo parcels with steamed beans.

# GLUTEN FREE LEMON DRIZZLE CAKE RECIPE - BEST EVER!

## INGREDIENTS

175 g caster sugar  
175 g butter softened (or dairy free alternative)  
3 lemons used in both the cake and the drizzle!  
3 medium eggs  
100 g gluten free self raising flour  
75 g ground almonds  
100 g caster sugar

## FOR THE OPTIONAL WHITE GLACE ICING ON TOP:

120 g icing sugar  
1 large lemon or 2 smaller lemons, juiced  
lemon zest



## INSTRUCTIONS

- Line a 2lb loaf tin (standard size) with greaseproof/parchment paper.
- Pre heat the oven to 160C Fan / 180C.
- Beat together the butter (or dairy free alternative) and caster sugar.
- Add the grated lemon zest of 2 lemons and beat until light and fluffy.
- Add the eggs (add these one at a time and beat each thoroughly until combined before adding the next).
- Sift in your gluten free flour & fold it in.
- Fold in your ground almonds.
- Spoon the mixture into the prepared tin.
- Bake for about 45-50 minutes, until golden and cooked through.
- Whilst your cake is baking, grab a small bowl and thoroughly mix together the lemon zest of 1 lemon, and the juice of 2 lemons and if opting for a classic finish, use demerara sugar here. If you intend to add the optional white glaze icing on top, use caster sugar instead.
- Remove your cake from the oven and poke a skewer through it - if it comes out clean. then it's done! Then poke holes all over the top of the cake (whilst still hot) and gradually pour over the drizzle. (It seems like a lot of drizzle but the cake will absorb it quickly so keep adding a little at a time to make it super moist!)
- Allow to fully cool in the tin before removing.

# The Beatitudes

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me."

Matthew 5:11 (NIV)

Based on Matthew 5:1-12 (NIV)



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

KINGDOM  
HUNGER  
THIRST

MERCY  
HEART  
MEEK

EARTH  
SPIRIT  
PURE

FILLED  
BLESSED  
POOR

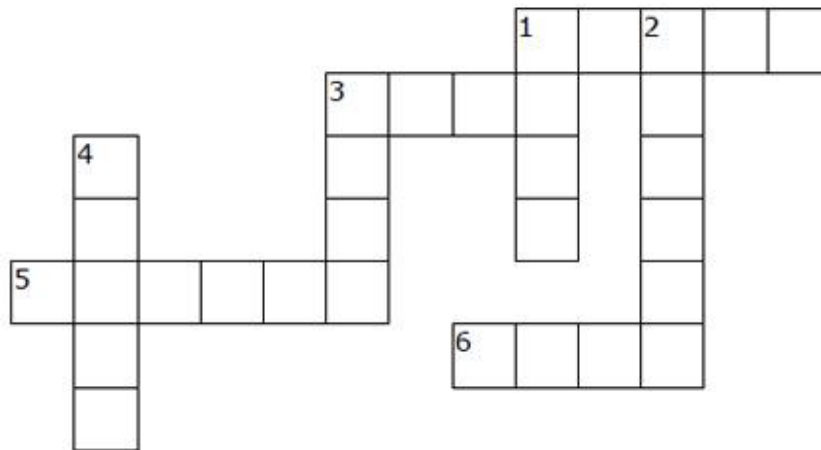
MOURN  
INHERIT  
HEAVEN

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## ACROSS

1. To show great kindness toward others
3. To be without any faults; without sin
5. A need for food
6. To feel happiness, joy and pleasure

## DOWN

1. To be humble in spirit or manner
2. A payment received in return for doing good deeds
3. Having little money or few possessions
4. To feel sadness

REWARD	POOR	MOURN	MEEK
HUNGER	PURE	GLAD	MERCY





Beatitudes

## Beatitudes Coloring Sheets

