

Celebrating the ASCENSION of the LORD

Exploring our Faith with Children
Celebrating Mother's Day 12th May
Celebrating Rotuman Language week 12th – 19th May
Celebrating Day of Families 15th May
Celebrating our May Saints

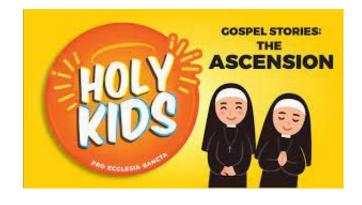
"Go out to the whole world; proclaim the Good News to all creation. Make all people children of God, baptising them in the name of the Father and of the Son and of the Holy Spirit.

Teach them to do all the things I have told you.

Know that I am with you always, yes even to the end of time."

After Jesus had spoken to them, he was taken up into heaven.







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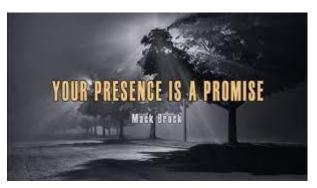
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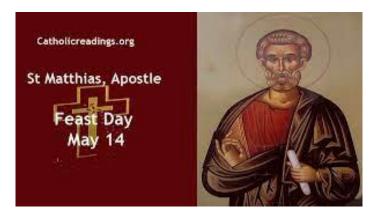




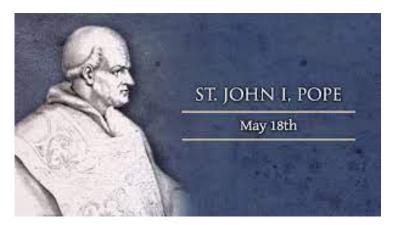
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Celebrating Mother's Day 12th May



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Celebrating Rotuman Language week 12th - 19th May





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Celebrating Day of Families 15th May



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15-Minute Sesame Chicken

Ingredients

Olive oil - 1 Tbsp

Diced chicken thigh fillets - 500 g

Minced garlic - 1 tsp

Chilli flakes

Stir fry vegetables - 600 g

Reduced-salt soy sauce - 1 Tbsp

Sesame oil - 1 tsp

Microwave brown rice - 450 g

Sesame seeds, toasted - 1 Tbsp

Lemon or lime wedges, to serve

Method

- Heat olive oil in a large frying pan or wok over medium to high heat. Add chicken and cook for 4-5 minutes until well browned. Add garlic and desired amount of chilli flakes, if using, and cook for a further minute until fragrant.
- Add vegetables to the pan and combine with chicken. Cook until vegetables are tender. Finish with soy sauce and a light drizzle of sesame oil.
- Prepare rice as per the packet instructions. Divide across four bowls and top with chicken and vegetables. Sprinkle with toasted sesame seeds and a squeeze of lime or lemon, to serve.



Whole Banana Blondies

Ingredients

Small ripe bananas - 3

Unsalted butter, coarsely chopped - 180 g

Caster sugar - 1 cup

White chocolate, coarsely chopped - 180 g

Plain flour - 3/4 cup

Self-raising flour - 1/2 cup

Almond meal - 3/4 cup

Eggs, lightly whisked - 3

Caramel sauce, warmed - 1/2 cup



Method

- Preheat an oven to 180°C (160°C fan-forced). Grease and line a 24cm (base) square cake pan with baking paper, extending paper 2cm above the edge of the pan.
- Coarsely chop 2 unpeeled bananas. Peel remaining banana, reserving peel. Place the chopped unpeeled banana and reserved peel in a food processor. Process until almost smooth.
- Cut remaining banana lengthways into 4 thin slices.
- Place butter, sugar and 180g chocolate in a heavy-based saucepan and stir over low heat for 3 minutes or until melted and combined. Remove from heat. Cool slightly.
- Add banana purée, flours, almond meal and egg. Mix well.
- Spoon banana mixture into prepared pan. Arrange banana slices, cut-side up, over top. Bake for 1 hour or until golden brown and a skewer inserted at the centre comes out almost clean. (It should still be slightly fudgy.)
- Remove from the oven and cool completely in the pan. Brush top of blondie with a little caramel sauce. Cut into pieces and serve with remaining caramel sauce.

The Ascension of Jesus

While he was blessing them, he left them and was taken up to heaven. Luke 24:51 (NIV)

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



| X 1 | W 2 | | D 4 | 100 | 1000 | R 7 | 8 | | 7770 3 3 | 70.00 | E 13 | 100 | 10000 | 1000 | 4447 | 1755 | 4.00 | 100000 | | 100 | | 22.40 | 200 |
|--------|----------------------------|-----|--------|------|------|--------|------|-------|----------|-------|---------|-----|-------|------|------|------|------|--------|--|-----|------|-------|-----|
| 1. | 25 | -14 | -20 | -25 | -8-2 | 20-2 | 20-1 | 3-4 | | | | | | | | | | | | | | | _ |
| 2. | 11 | -16 | -13 | -18 | -13 | -4 | | | | | | | | | | | | | | | | | _ |
| 3. | 22 | -8- | 18-4 | 1-10 | _ | | | | | | | | | | | | | | | | | | _ |
| 4. | 4. 10-15-7-8-16-26-14-7-13 | | | | | | | | | | _ | | | | | | | | | | | | |
| 5. | 5. 7-8-10-13 | | | | | | | | | | | | | | | | | | | | | | |
| 6. | 7- | 13- | 16-1 | 13-1 | 18-2 | 26 | | | | | | | | | | | | | | | | | _ |
| 7. | 9- | 20- | 13-1 | 10-1 | 10-8 | 3-18 | 3-21 | (legs | | | | | | | | | | | | | | | _ |
| 8. | 26 | -12 | -17 | -13 | -18 | _ | | | | | | | | | | | | | | | | | _ |
| 9. | 19 | -13 | -12 | -3- | 13-1 | 18 | | | | | | | | | | | | | | | | | |
| 10. | 2- | 11- | 7-10 |)-19 | 9-8- | 16- | 13- | 4 _ | | | | | | | | | | | | | | | _ |
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| | SCF MIN | | | | | | | | | | PEI | | | | | OR: | | | | | SSIN | | |



The Ascension of Jesus

While he was blessing them, he left them and was taken up to heaven. Luke 24:51 (NIV)

Based on Luke 24:44-53



| В | T | Q | 0 | M | D | Q | S | U | F | F | E | R | U | F |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | N | C | Q | W | 0 | P | S | A | L | М | S | T | S | A |
| G | X | N | Q | 0 | F | S | M | Z | Z | Н | N | U | C | 0 |
| В | В | Υ | C | R | 0 | Т | E | C | М | E | Т | N | R | J |
| R | A | P | R | S | R | S | P | S | P | F | E | C | I | A |
| N | I | G | Υ | Н | G | U | P | E | G | K | D | L | P | S |
| Z | F | S | F | I | I | M | R | N | Α | N | W | D | T | P |
| В | J | Z | E | P | ٧ | F | S | Т | Α | Υ | E | E | U | 0 |
| X | L | K | R | E | E | G | J | Т | Q | L | Н | J | R | Н |
| E | Т | E | U | D | N | X | S | Y | L | P | D | U | E | T |
| E | S | X | S | E | K | R | K | I | 0 | E | A | M | М | P |
| J | S | X | ٧ | S | E | W | F | R | N | D | X | I | C | Н |
| A | X | A | В | D | I | L | P | Е | U | V | V | N | 0 | R |
| D | E | C | N | K | U | N | P | L | F | J | S | D | Q | S |
| Н | R | U | I | F | Н | 0 | G | G | V | Y | K | S | L | С |

| RISE | REPENT | PROPHETS | TAKEN |
|-----------|------------------|-----------------------------------|---|
| SUFFER | PSALMS | OPENED | FORGIVE |
| HEAVEN | SCRIPTURE | FULFILLED | MOSES |
| WORSHIPED | BLESSING | UNDERSTAND | MINDS |
| | SUFFER HEAVEN | SUFFER PSALMS HEAVEN SCRIPTURE | SUFFER PSALMS OPENED HEAVEN SCRIPTURE FULFILLED |