

Celebrating Twenty-Ninth SUNDAY of OT
World Osteoporosis Day October 20th
Foundation of IHC in NZ 1949 October 25th
Exploring our Faith with Children
Celebrating our October Saints

The two disciples, James and John,
came to Jesus and asked him:

“Teacher, can we sit on either side of
your throne in the kingdom of heaven?”

Jesus answered,

“Only my heavenly Father can decide this.”

When the other disciples heard what James
and John had asked, they were angry and began
to argue with them.

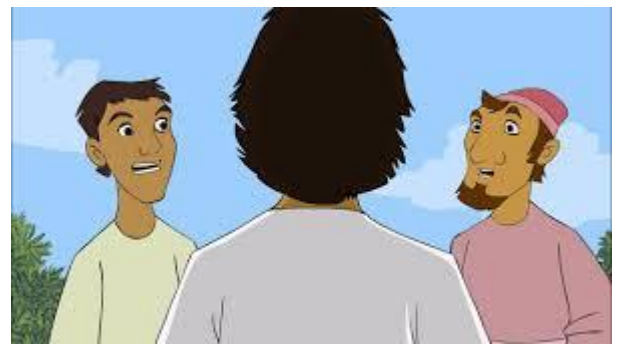
Jesus said to them:

“You must not quarrel with each other about which of you
is the greatest! I have come as a servant and not as a
king!

Whoever thinks of others before themselves will be
rewarded

for their goodness, and they will have a place with me in
the

kingdom of heaven.”



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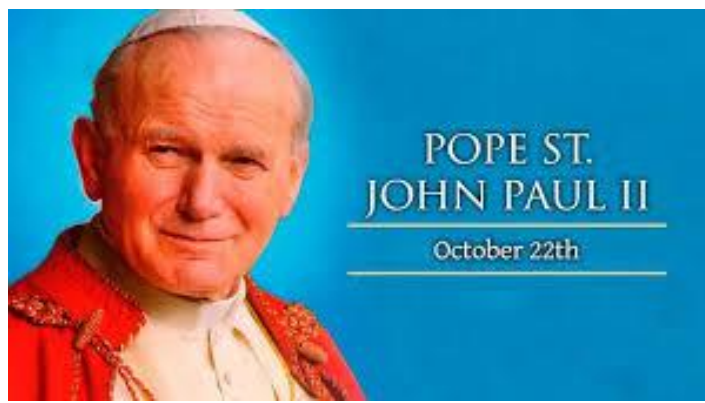
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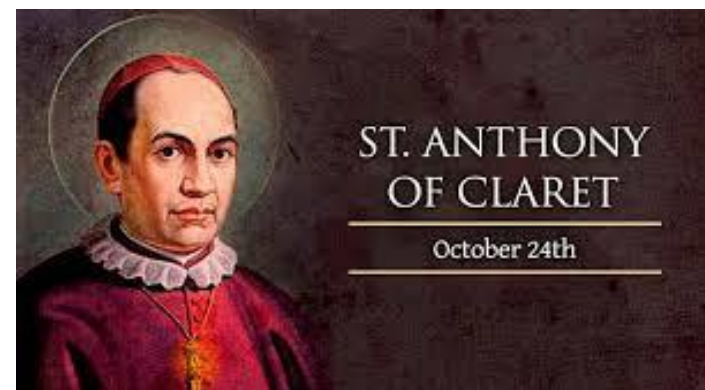
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Foundation of IHC in NZ 1949 October 25th



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Slow-Cooker Tomato and Chickpea Soup

Ingredients

Can diced tomatoes - 3 x 400 g

Brown onion, chopped coarsely - 1

Garlic, chopped coarsely - 3 cloves

Celery, trimmed and sliced thickly - 1 stalk

Can chickpeas, drained and rinsed - 3 x 400 g

Chicken stock - 1 3/4 cup

Smoked paprika - 2 tsp

Caster sugar - 1 Tbsp

Sour cream - 1/3 cup



Method

- Place tomatoes, onion, garlic, celery, chickpeas, stock, paprika and sugar in a 4.5-litre (18-cup) slow cooker. Cook, covered, on low, for 8 hours.
- Using a slotted spoon, transfer 2 cups of chickpeas to a medium bowl; reserve. Stand remaining soup 10 minutes, then process soup until smooth. Stir in reserved chickpeas. Season to taste.
- Serve soup topped with sour cream and crusty bread.

Tip: Switch the chicken stock to a vegetable stock, or chicken-style vegetable stock to make this soup vegetarian friendly.

Tropical Cookies

Ingredients

- Almonds - 2 Tbsp
- shredded coconut - 2 Tbsp
- Plain flour - 1 cup
- Baking powder - 1 tsp
- Rolled oats - 1 cup
- Banana, overripe, mashed - 2
- Free range egg, lightly beaten - 1
- Honey - 1/4 cup
- Ffrozen mango, finely chopped - 1/2 cup



Method

1. Preheat the oven to 200°C (180°C fan-forced). Line 2 large baking trays with baking paper.
2. Place almonds in a small food processor. Process until finely chopped.
3. Reserve 1 Tbsp almonds and coconut. Place flour, baking powder, oats and remaining almonds and coconut in a large bowl. Stir to combine.
4. In a separate bowl, combine banana, egg and honey. Add banana mixture and mango to flour mixture, and gently stir until well combined.
5. Working with 1 Tbsp of mixture at a time, spoon mixture onto baking trays 3 cm apart. Press with a fork to slightly flatten. Sprinkle with reserved almond and coconut.
6. Bake for 15 minutes or until golden. Cool on trays for 5 minutes before transferring to a wire rack to cool completely. Serve.

Winning the Prize

"And whoever wants to be first among you must be the slave of everyone else. For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many." Mark 10:44-45 (NLT)

Based on Mark 10:35-45



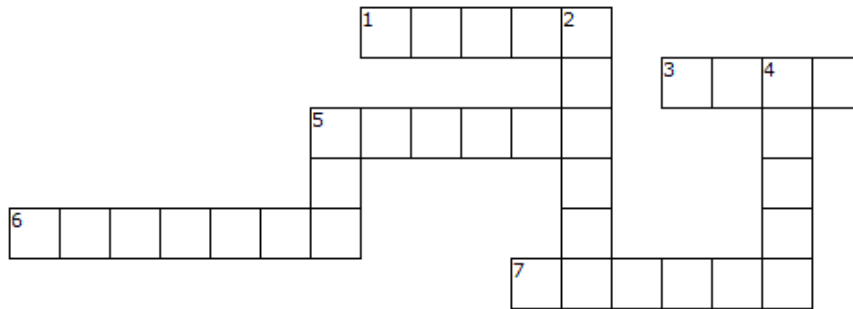
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 A U T H O R I T Y J K F P A O

JOHN	LEFT	RULER	FIRST	ZEBEDEE
HONOR	SERVANT	JAMES	LEADER	PLACE
SUFFER	RIGHT	THRONE	REQUEST	FAVOR
AUTHORITY	SLAVE	SIT	WORLD	SONS

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ACROSS

1. The direction that is the opposite of left
3. The direction that is the opposite of right
5. To feel physical or mental pain
6. A person who works for another person
7. to be in front; to be first

DOWN

2. A special chair used by a king or queen
4. To do something to help someone, often after they ask you to do it
5. To occupy a chair

RIGHT	LEFT	SERVANT	LEADER
THRONE	FAVOR	SUFFER	SIT

