

Celebrating SIXTH SUNDAY of EASTER
Exploring our Faith with Children
International Day of UN Peacekeepers 29th May
WORLD MULTIPLE SCLEROSIS DAY | MAY 30
Celebrating our May Saints

Jesus knew that His disciples were afraid.

He offered these words to comfort them.

"I am leaving you with a gift—peace of mind and heart.

Don't be troubled or afraid.

He asked God to send the Holy Spirit to comfort His disciples until the day when He returned.

We no longer have anything to fear.

Whenever we find ourselves in the dark or in the storms of life.

Jesus is with us.

Remember what I have told you:

'I am going away, but I will come back to you again.

I will come and get you, so that you will always be with Me.' "



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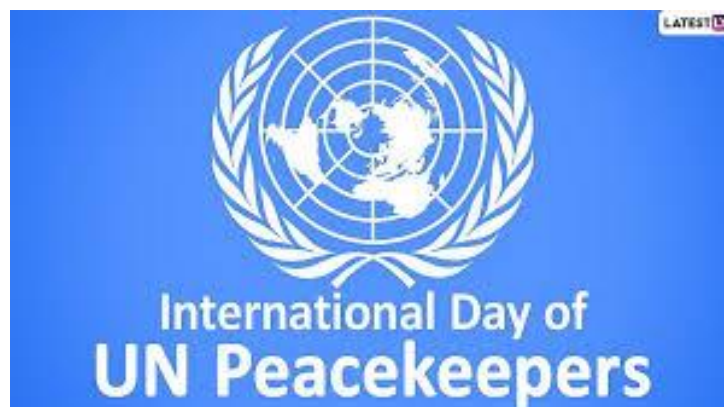
[International Day of UN Peacekeepers 29th May](#)



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WORLD MULTIPLE SCLEROSIS DAY | MAY 30



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Cheat's Sausage Pot Pies

Ingredients

Beef sausages - 6

Can Wattie's devilled sausage simmer sauce - 550 g

Potatoes, peeled & cut into even pieces - 700 g

Butter - 1 Tbsp

Milk - 3 Tbsp

Frozen mixed vegetables - 1
1/2 cups

Olive oil - 1 1/2 Tbsp



Method

- In a large pot of salted water, boil the potatoes until tender. Drain water. Add butter and milk, and mash. Season well and set aside.
- While the potatoes are boiling, heat 1 Tbsp oil in a large frying pan over medium-high heat. Cook sausages, turning, for 8-10 minutes or until browned. Transfer to a chopping board and thinly slice sausages diagonally.
- Add sauce and vegetables to pan. Reduce heat to medium, then simmer for 5 minutes or until sauce slightly thickens. Add sausage to sauce, stirring to combine.
- Preheat oven grill on medium-high. Spoon sausage mixture among 4 x 1½-cup capacity ramekins, then top with a spoonful of mash. Drizzle with remaining oil and season. Grill for 5 minutes or until golden. Serve.

Super Moist Chocolate Cupcakes

Ingredients

$\frac{3}{4}$ cup + 2 Tbsp Standard Grade Flour (131g)
 $\frac{1}{4}$ cup + 2 Tbsp cocoa powder (38g)
 $\frac{3}{4}$ tsp Baking Soda
 $\frac{3}{4}$ tsp Baking Powder
 $\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ cup Soft Brown Sugar (100g)
 $\frac{1}{2}$ cup White Sugar (113g)
1 egg
 $\frac{1}{2}$ cup Milk (125ml)
 $\frac{1}{4}$ cup Pure Olive Oil (60ml)
1 tsp vanilla
 $\frac{1}{2}$ cup boiling water (125ml)

Berry Icing

2 $\frac{1}{2}$ cups Icing Sugar (375g)
2-3 Tbsp boiling water
50g butter, softened
A few drops of pink food colouring and raspberry or strawberry essence



Method

- Preheat oven to 180°C conventional or 160°C fan-forced. Line a 12-hole muffin tray with paper cases.
- Sift the dry ingredients into a large bowl, then add the sugars and stir in. Add the egg, Milk, Pure Olive Oil and vanilla then beat with a mixer until combined. Scrape the sides of the bowl then add the boiling water and mix until just combined (the batter will be runny).
- Pour the batter into a measuring cup or jug (it's easier and cleaner than using a spoon) and pour evenly into each paper case until $\frac{3}{4}$ filled (don't over fill or the mixture will overflow).
- Place in the oven and bake for 20-22 minutes or until a tester inserted in the centre comes out clean.
- **Berry Icing**
Mix icing sugar with hot water. Add Butter and beat until light and fluffy. Pipe or spread onto muffins.

Jesus Promises the Holy Spirit

"And I will ask the Father, and he will give you another Counselor to be with you forever." John 14:16 (NIV)
Unscramble the letters and write the word correctly in the space provided.



John 14:16

1. OBYE _____
2. LVOE _____
3. ISPTRI _____
4. SWHO _____
5. UESSJ _____
6. OWRDL _____
7. TRUHT _____
8. RTAFEH _____

FATHER	OBEY	JESUS	TRUTH
WORLD	SHOW	SPIRIT	LOVE

Jesus Promises the Holy Spirit

"And I will ask the Father, and he will give you another Counselor to be with you forever." John 14:16 (NIV)

The puzzle is based on John 14:15-21 (NIV).



John 14:16

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

FATHER	WORLD	OBEY	COUNSELOR	SHOW
ASK	COMMAND	LIVE	SPIRIT	LOVE
FOREVER	ORPHANS	MYSELF	TRUTH	ACCEPT

IF YOU LOVE
ME, KEEP MY
Commandments.

John 14:15