



CELEBRATING SECOND SUNDAY of EASTER
WORLD AWARENESS SARCOIDOSIS DAY April 13th
Functional Neurological Disorder (FND) April 13th
Exploring our Faith with Children
Celebrating our April Saints

Late in the evening the disciples sat huddled together feeling very sad. The doors of the room were locked to stop the people who crucified Jesus from coming in.

Suddenly, Jesus appeared in the room with them and said,
"Peace be with you."

They were amazed when they saw Him and could hardly believe their eyes. But Jesus showed them the wounds in his hands and where his side had been pierced by a sword. They were filled with joy and wonder.

A disciple called Thomas was not with the others when Jesus appeared to them. When they told Thomas that they had seen Jesus, he said,

"I will not believe you until I see for myself the wounds in his hands and side."

Several days later when Thomas was with the others, Jesus appeared to them again.

Jesus looked at Thomas and said,

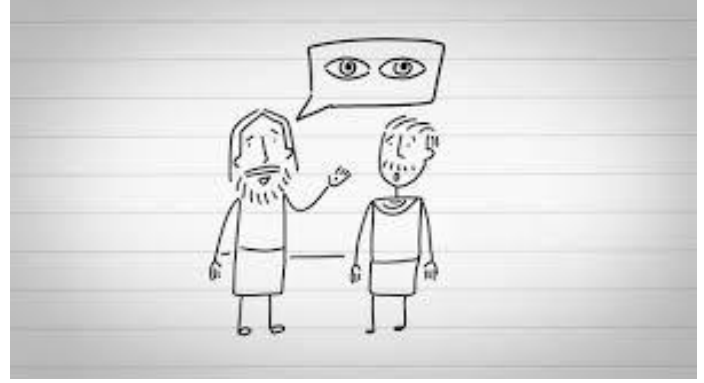
"See the wounds in my hands and feel the wound in my side and doubt no more."

"Thomas fell to the ground and said, "My Lord and my God."

Jesus said, *"Because you have seen you now believe, but blessed are those who have not seen and yet believe."*



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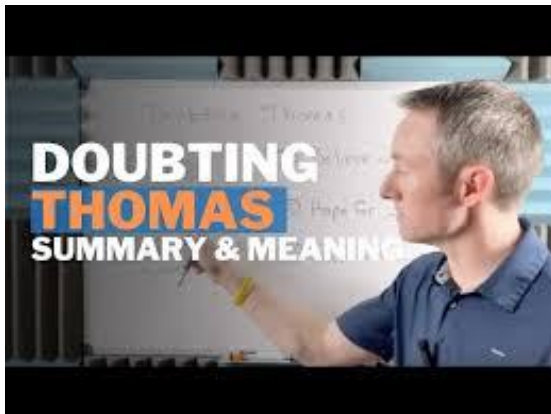
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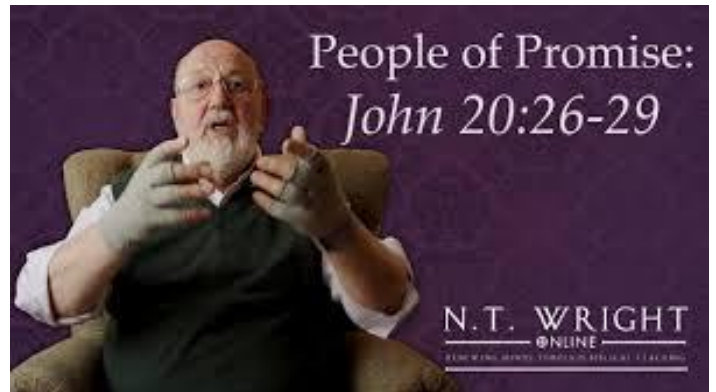
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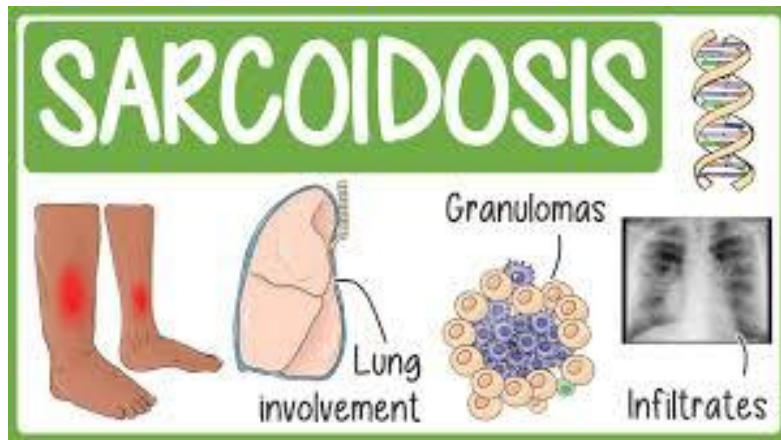


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WORLD AWARENESS SARCOIDOSIS DAY April 13th



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Functional Neurological Disorder (FND) Month April



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Courgette Pasta with Avocado and Pesto

Ingredients

- Large courgettes - 8
- Fresh basil leaves, plus 2 Tbsp to serve - 2 cups
- Cloves garlic, chopped - 2
- Pine nuts, toasted, plus 2 Tbsp extra to serve - 1/4 cup
- Finely grated Parmesan cheese, plus 2 Tbsp extra to serve - 1/2 cup
- Olive oil - 1 Tbsp
- Medium avocado, chopped - 1
- Salt, to taste
- Pepper, to taste
- Baby rocket leaves - 50 g
- Lemon zest, plus 2 Tbsp lemon juice - 1 tsp
-



Method

1. Using a spiraliser or vegetable peeler, slice the courgettes into thick noodles. Place courgette noodles in a large steamer or colander over a large pan of simmering water, ensuring the base of the steamer isn't touching the water. Cover and steam for 2 minutes, or until courgette is just tender, being careful to not overcook it.
2. In a food processor, blend basil, garlic, pine nuts, Parmesan and oil until smooth. Add avocado, then process until smooth. Season to taste.
3. Toss courgette with half the avocado pesto. Divide between four bowls and serve topped with rocket, lemon zest, juice, extra Parmesan, extra pine nuts, basil leaves and extra pesto on the side.

Tip: For an alternative to pasta try courgette. It's naturally gluten free and adds an extra vegetable to your meal.

Chocolate almond cups

Ingredients (11)

- 100g almonds, plus extra chopped almonds to serve
- 1/4 cup (70g) almond or other nut butter
- 1/3 cup (65g) coconut oil, melted
- 3/4 cup (50g) shredded coconut, plus extra to serve
- 2 tbs rice malt syrup
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 5 cups (100g) puffed rice
- 2/3 cup (160ml) maple syrup
- 140g coconut oil, melted, extra
- 2/3 cup (70g) cacao powder (from health food stores and selected supermarkets)



Method

- Grease holes of a 12-hole muffin pan and line with baking paper.
- Whiz almonds in a food processor until roughly chopped. Add nut butter, coconut oil, shredded coconut, rice malt syrup, cinnamon, vanilla and 2 tbs maple syrup, and pulse to combine.
- Divide among holes of muffin pan, using a spoon to press down. Freeze for 10 minutes or until slightly firmed.
- Meanwhile, to make topping, combine extra coconut oil, cacao powder and remaining 1/2 cup (125ml) maple syrup in a jug.
- Divide among muffin holes. Freeze for a further 30 minutes or until set. (Remove from pan and keep chilled if not serving immediately.)
- Top with extra almond and shredded coconut to serve.

Jesus Appears to His Disciples



Complete the paragraph by filling in the blanks with the correct words from the word bank at the bottom of the story.

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, _____ came and stood among them and said, "Peace be with you!" After he said this, he showed them his _____ and _____. The disciples were overjoyed when they saw the Lord.

Now _____, one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, "We have _____ the Lord!" But he said to them, "Unless I see the _____ marks in his hands and put my _____ where the nails were, and put my hand into his side, I will not _____ it."

A week later his disciples were in the house again, and Thomas was with them. Though the doors were _____, Jesus came and stood among them and said, "Peace be with you!" Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop _____ and believe."

Thomas said to him, "My Lord and my God!"

John 20:19-28 (NIV)

believe	finger	jesus	nail	side
doubting	hands	locked	seen	Thomas

Jesus' Appears His Disciples



- 1) Who took Jesus' body away for burial?
- 2) Who first met Jesus after three days?
- 3) Which two disciples did she tell?
- 4) Who did the disciples meet on the road to Emmaus?
- 5) Who didn't believe Jesus was alive until he felt his hands and feet?

John Thomas Mary Magdalene Joseph of Arimathea Jesus Peter

