

**CELEBRATING THE FOURTEENTH SUNDAY in OT**  
**CELEBRATING MATARIKI 10<sup>th</sup> July**  
**KIRIBATI LANGUAGE WEEK- 5<sup>th</sup> July – 11<sup>th</sup> July**  
**Exploring our Faith with Children**  
**Celebrating our July Saints**

**One day Jesus said,**

**“Praise be to you Father,  
for you have not chosen  
to reveal yourself to the clever and wise,  
but to people**

**who see the world through childlike eyes.  
You have shared your wisdom with those  
filled with innocence and simplicity.”**

**Then Jesus said,**

**“Come to me with your worries and troubles,  
and I will take care of you.  
I am kind and gentle, and I will help you to find real  
peace.”**



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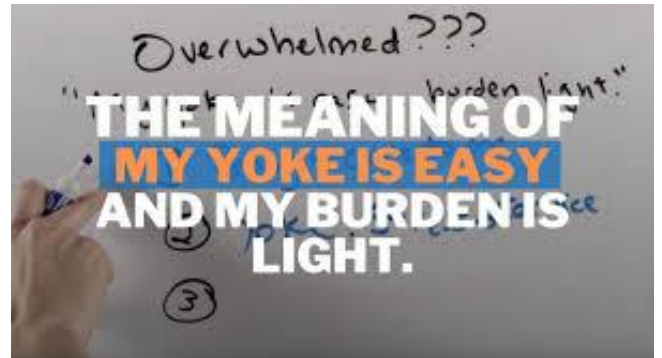
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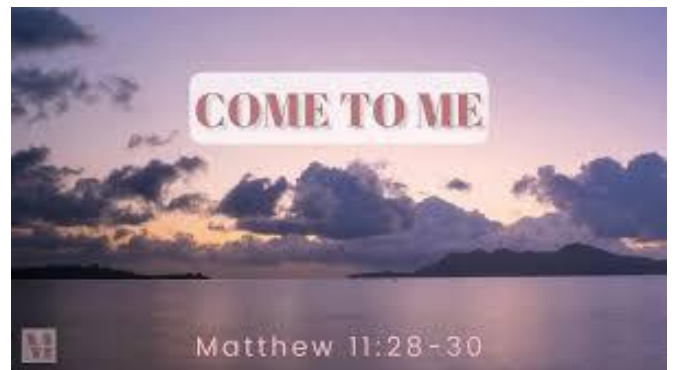
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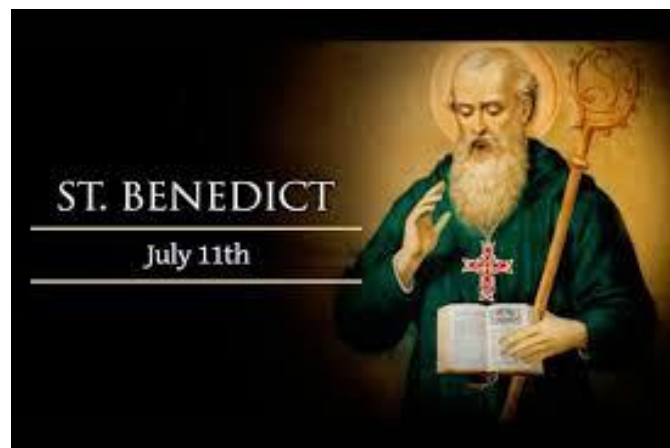
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**CELEBRATING MATARIKI 10<sup>th</sup> July**



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## KIRIBATI LANGUAGE WEEK 5<sup>th</sup> July – 11<sup>th</sup> July



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# Chicken and sweetcorn noodle soup

## Ingredients

- 2tsp sesame oil
- ½ brown onion, finely diced
- 1tsp minced ginger
- 410g tin cream style corn
- 410g tin corn kernels, drained
- 1.5L chicken stock
- 2 Tbsp soy sauce
- 400g udon or hokkien noodles
- 2 cups shredded cooked chicken
- Sliced spring onion to garnish, if desired



## Method

- Place a saucepan over a low to medium heat with the sesame oil, onion and ginger. Saute for 2-3 minutes or until the onion has softened.
- Once the onion has softened, add the creamed corn and corn kernels, then stir to combine. Add the stock and soy sauce, then stir and gently simmer for 5 minutes.
- While the soup is simmering, add the noodles along with the shredded chicken. Cook while stirring for a further 1 - 2 minutes until the noodles have softened and the chicken has heated through, then season to taste with salt and pepper.
- Serve the soup while hot, then garnish with sliced spring onion if desired and enjoy.

## TOP TIP:

If your kids love their green vegetables, add broccoli florets or frozen peas (at step two) to this soup for an extra nutritional boost!

# Simple Lemon Cake

## Ingredients

1 1/3 cups plain organic flour (I use 1 1/2 cups white spelt flour + 1/4 tsp xanthan gum added)  
1/3 cup ground almonds  
2 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp sea salt  
Zest of 2 lemons and 1 orange  
1/2 cup pure maple syrup  
2 large free-range eggs  
1/4 cup raw caster sugar  
1/2 cup melted butter or coconut oil, slightly cooled  
1/3 cup fresh lemon juice  
1/3 cup milk of choice  
2 tbsp full-fat yoghurt (*dairy or coconut – I use Greek*)  
1 tsp pure vanilla extract or paste



## Lemon Drizzle Icing

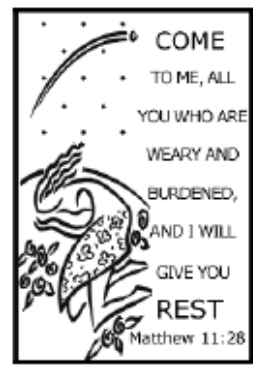
1/2 cup icing sugar  
2–3 tsp lemon juice

## To make

- Preheat the oven to 160°C regular bake. Line a 20–22cm round cake tin with baking paper.
- In a large bowl, whisk together the flour, baking powder, baking soda, and xanthan gum (if using). Stir in the ground almonds, sea salt, and citrus zest.
- In a jug or separate bowl, beat the eggs, maple syrup, and sugar until the sugar dissolves and the mixture looks creamy and light. (*A handheld beater is ideal.*)
- Add the egg mixture and all remaining wet ingredients to the dry ingredients. Fold gently until just combined — don't overmix.
- Pour into the prepared tin and smooth the top.
- Bake in the centre of the oven for about 45 minutes, or until a skewer inserted into the centre comes out clean.
- Cool in the tin for 10 minutes, then transfer to a wire rack to cool completely.

# Rest for the Weary

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



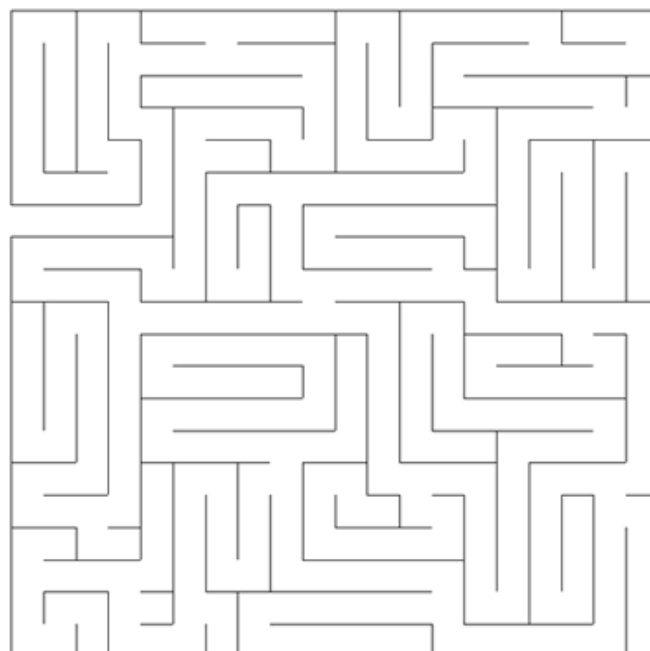
" \_\_\_\_\_ to me, all you who are \_\_\_\_\_ and \_\_\_\_\_, and I will give you \_\_\_\_\_. Take my yoke upon you and \_\_\_\_\_ from me, for I am \_\_\_\_\_ and \_\_\_\_\_ in heart, and you will find \_\_\_\_\_ for your souls. For my yoke is \_\_\_\_\_ and my burden is \_\_\_\_\_."

Matthew 11:28-30 (NIV)

burdened	easy	humble	light	rest
Come	gentle	learn	rest	weary

## "Come Unto Me"

Matthew 11:28-30



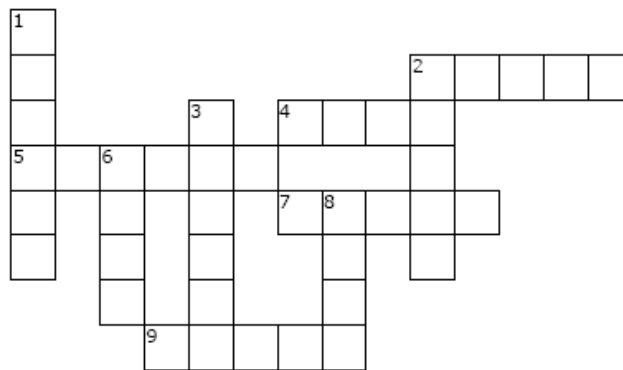
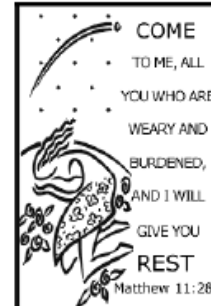
*Come*  
TO ME  
ALL WHO LABOR  
*And are*  
HEAVY LADEN  
AND I WILL  
GIVE YOU  
*Rest*  
MATTHEW 11:28

## Crossword

# Rest for the Weary

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

Based on Matthew 11:28-30 (NIV)



### ACROSS

2. Not heavy
4. The opposite of go
5. A heavy load that you carry
7. The place within a person where their feelings or emotions are
9. Very tired, especially after working hard for a long time

### DOWN

1. Not proud or not believing that you are important
2. To get knowledge or skill about a subject
3. Calm, kind or soft; not violent
6. Stop and relax to regain your strength
8. Not difficult

WEARY	HUMBLE	EASY	BURDEN	REST
COME	HEART	LIGHT	GENTLE	LEARN