



Dear Parents and Carers,

The more we get to know God, the more at peace and calmer we become. In this Sunday's Gospel, when the storm starts tossing the boat around, the disciples still don't seem to recognise that Jesus is in control. But, with just a few words, he shows his divine power by calming the wind and the sea.

Jesus reassures us that putting our trust in him stops us from worrying about so many unnecessary things.

Wednesday 19<sup>th</sup> June 2024

Storms, stress and upsets can sometimes be part of our lives. Yet, when they pass and we look carefully, we can often learn something about the world, about ourselves, and about how Jesus is always there to bring peace and calm.

Enjoy a very special time together this evening, listening to your child's thoughts about this Sunday's Gospel and this Wednesday's word, which is **CALM**.

*Dom Henry Wansbrough*



A Word from Pope Francis

*"Having faith means keeping your heart turned to God's love, to his Fatherly tenderness, amid the storm. Jesus wanted to teach this to the disciples, and also to us today."*

## THE GOSPEL IN CHURCH Sunday 23<sup>rd</sup> June 2024



Jesus said to his disciples, "Let us cross over to the other side of the Sea of Galilee." And leaving the crowd behind they set off. Then it began to blow a gale and the waves beat upon the boat so that it was almost filled with water. Jesus was asleep in the stern of the boat, his head on a cushion. They woke him and said to him, "Master, do you not care? We are going down!" And he woke up and rebuked the wind and said to the sea, "Quiet now! Be calm!" And the wind dropped, and all was calm again. Then he said to them, "Why are you so frightened? How is it that you have no faith?" They were filled with awe and said to one another, "Who can this be? Even the wind and the sea obey him."

Adapted from Mark 4:35-41  
The 12<sup>th</sup> Sunday of Ordinary Time, Year B

Getting to know Jesus makes life joyful.  
Learn more about this Sunday's Gospel in your local Parish Church: all are very warmly invited.

2024 The Year of Prayer: Family Time Prayer & Share ▶

### Good News for Everyone

There are times when most of us have been grateful to someone who was calm when we were in trouble. Calmness is an inner peace that is good for our well-being. Calm people can help others to keep calm too. The more we get to know and trust Jesus, the calmer and more at peace we become within ourselves.



# Good News for Families

## 10 MINUTE TOGETHER TIME



### Sunday Gospel Gallery

Imagine you are here with Jesus. What can you see? How do you feel? What does it make you think about?

### 1 READ & REFLECT! Listen & Learn with Jesus, the Word!

One evening while Jesus and his friends, the disciples, were crossing the lake, a bad storm came and soon the boat was nearly filled with water. Jesus was sleeping so the disciples woke him. Jesus commanded the wind and waves to stop, saying, "Quiet now! Be calm!" And all became calm again. The disciples were amazed at this and said, "Who is this man? Even the wind and the sea obey him!"

#### What did Jesus say to the storm?

Which word or words stood out for you in this Sunday's Gospel, and why? Spend a few relaxing moments pondering the picture together. Share any thoughts before moving on.

### 2 SHARE & CARE! Growing in Goodness & Love: This Wednesday's Word...

"One of the greatest gifts the Holy Spirit can bestow on us is to give us calm in the midst of trouble." *St Claude de la Colombiere*

# CALM



Ask your child what the word 'calm' means to them. What sometimes makes them upset or afraid? When was the last time they really needed some help? Who do they know to be a very calm person - someone who is always ready to help them when they are afraid or upset? Has your child ever asked Jesus to help them to stay calm, or asked Jesus for help when they were upset?



God wants us to bring peace and calm to others too. Whenever we are afraid or troubled, we can pray to Jesus. Just sitting quietly with Jesus can be enough to calm us. Is there anyone you know at school, at work or in the community who may be troubled, frightened or upset? What can you do to help them? Perhaps you can: tell a teacher or your parents; ask them if you can help in any way; say a prayer for them.

3 \* Dear Lord Jesus, please help me to stay calm when life is stormy \*  
\* and show me how I can help others to stay calm too. Amen. \*



**WEDNESDAY WORDSEARCH**

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER **ACROSS** OR **DOWN**

<input checked="" type="checkbox"/>	<b>STORM</b>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<b>BAD</b>	<input type="checkbox"/>
<input type="checkbox"/>	<b>OBEYED</b>	<input type="checkbox"/>
<input type="checkbox"/>	<b>JESUS</b>	<input type="checkbox"/>
<input type="checkbox"/>	<b>WIND</b>	<input type="checkbox"/>
<input type="checkbox"/>	<b>SEA</b>	<input type="checkbox"/>
<input type="checkbox"/>	<b>QUIET</b>	<input type="checkbox"/>
<input type="checkbox"/>	<b>CALM</b>	<input type="checkbox"/>

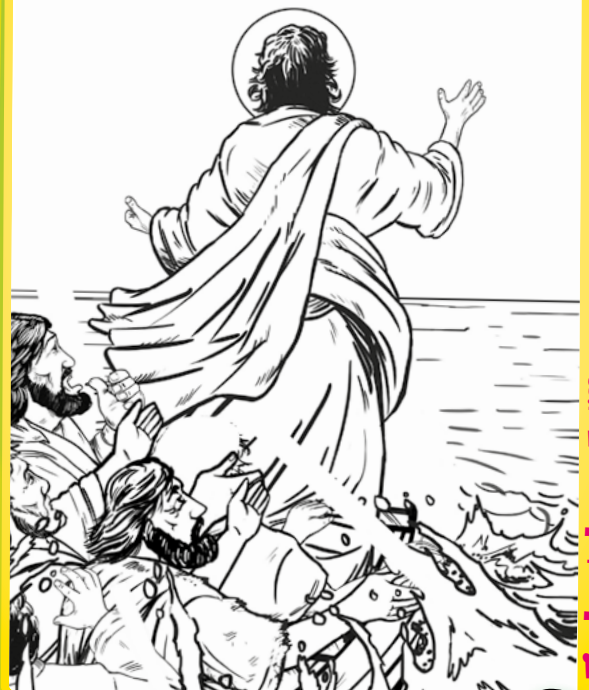
SUPERSEARCHERS FIND THE WORDS **BACKWARDS** OR **DIAGONALLY**

Cross out the letters **o h k** in the jumbled words below to find 4 real words.

**Quikeoth whiknod ochalmk woavkesh**

Jesus commanded the \_\_\_\_\_ and \_\_\_\_\_  
to stop, saying, "\_\_\_\_\_ now! Be \_\_\_\_\_!"

By calming the storm, Jesus showed who he really is - the Son of God. We can sometimes have storms and upsetting times in our own lives, when everything seems to go wrong. But, if we ask him, Jesus will always help us to be calm.



Find and draw 5 differences, then colour the picture

This week I will try my best to...



Write a promise & draw a big smile on Smiley