



Wednesday 1st July 2026

Dear Parents and Carers,

A good companion is priceless and helps us to make the best of ourselves. In this Sunday's Gospel, Jesus offers his companionship to us and to our children.

In this much-loved and encouraging gospel passage, Jesus invites us to go to him to rest and to be refreshed. Jesus came to take away fear and loneliness – to help people feel loved and accepted. We can experience Jesus' companionship through other people and through spending time with God in prayer.

We do not need to be clever, rich or popular for God to care for us. Regardless of our faults or weaknesses, Jesus always loves us and offers us his comfort and everlasting companionship.

Enjoy a special time together this evening, hearing your child's thoughts about this Sunday's Gospel and this Wednesday's word, which is **COMPANION**.

Dom Henry Wansbrough



A **Word** from the Saints

"You have made us for yourself, O Lord, and our hearts are restless until they rest in you." St Augustine of Hippo (Confessions, Book I)

THE GOSPEL IN CHURCH Sunday 5th July 2026



Jesus exclaimed, "I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children.

Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him. Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light."

*Adapted from Matthew 11:25-30
The 14th Sunday of Ordinary Time, Year A*

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

Family Time Prayer & Share Overleaf ▶

**Good News
for Everyone**

In this Sunday's Gospel, Jesus invites us to experience the true peace and rest that his companionship brings. He wants to walk alongside us to help lighten life's load. At all times (and particularly whenever we feel overburdened, worried or afraid) Jesus calls us and our children to share, through prayer, any troubles or upsets with him.



Good News for Families

10 MINUTES TOGETHER TIME



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

Jesus had been teaching his disciples about God the Father, and then started to teach and preach to the people in the towns of Galilee. He said, "Come to me, all you who work hard and are troubled or tired and I will give you rest. Learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

What did Jesus say he would give us?

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.



Sunday Gospel Gallery

Look at this Sunday's Gospel picture. What can you see? How do you feel? What does it make you think about?

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

"Do you want your companions to respect you? Always think well of everyone, and be ready to help others. Do this and you will be happy." *St John Bosco*

COMPANION



Good companions always want the best for us. Ask your child what the word 'companion' means to them. Parents, carers, children and friends can be good companions for each other. As a family, talk about people who are good and helpful companions to you. Can you remember the last time that you were a good companion and helped or comforted someone? What did you do?

As a family, talk about the qualities that make a good companion (e.g. trust, kindness, honesty, loyalty, etc.). Then each say one thing that you can do to be a better companion to someone at home, at work or at school. Perhaps it is by: always trying to treat your friends as you would wish to be treated; saying kind and encouraging words to your friends; supporting and giving, rather than taking; being reliable, faithful and loyal.

3 Dear Lord Jesus, you are kind and full of compassion. Thank you for offering to be our companion and sharing our concerns as we journey through life. Amen.

FINDING THREE

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

WEDNESDAY WORDSEARCH

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

☒	TROUBLED	☒
☐	TIRED	☐
☐	JESUS	☐
☐	GENTLE	☐
☐	HUMBLE	☐
☐	HEART	☐
☐	REST	☐
☐	SOUL	☐

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

Cross out the letters **a u l** in the jumbled words below to find 4 real words.

urelsat atioreld Cloumae uwolrak

_____ to me, all you who _____ hard and are
troubled or _____ and I will give you _____

Jesus never wants us to feel troubled, he wants to be our companion - to help us live peacefully in his way. We are doing this whenever we are loving and caring, trying our best to be gentle and kind - bringing calm and comfort to others.



Find and draw 3 differences, then colour the picture

This week I will try my best to...

Write a promise & draw a big smile on Smiley

