

FAMILY RESOURCES

TRAVELLING LIGHT

**THE GOSPEL READING FOR THIS WEEK IS: The first missionary journey
(Mark 6:1-13)**

Core extract from the Gospel (Mark 6:7-9; for reflection throughout the week)

Jesus called the twelve and began to send them out two by two,
and gave them authority over the unclean spirits.
He ordered them to take nothing for their journey except a staff;
no bread, no bag, no money in their belts;
but to wear sandals and not to put on two tunics.

Gospel prayer (for use throughout the week)

Lord Jesus Christ,
you taught your followers
to travel light in your service.
Help us to follow in their footsteps,
that we are not weighed down
with the baggage of life;
for you are our God.
Amen.

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Things to think about

- Do you like travelling to new places?
- Where would you love to travel to?
- What's the most important thing that you take with you?

Things to do

- Play a **memory game** with your family. Start by saying “I went on holiday and I packed...” Each person has to add one new thing to the list after they have remembered the previous suggestions.
- Look on a **map/atlas/Google Maps** and find the places you have visited or would love to travel to.
- **Cardboard suitcase**

You will need: a shoe box, coloured or wrapping paper, glue, split pin paper fasteners, scissors and Velcro tape.



Cover the outside of the shoe box with two designs of paper, one for the sides and the other for the top and bottom.



Cut a small strip of cardboard and cover with the same colour as the top, add a strip of the contrast pattern in the middle.



Fold this strip in two places to make the suitcase handle.



Stick to the front of the lid and add the paper fasteners as decorative rivets.

Why not share your creations with us? We would love to see what you have been up to! Please email any photos to education@liverpoolcathedral.org.uk or tag @LivCathedral on social media.

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