



Liverpool
Cathedral

Second Sunday before

Lent (Year A) Sunday 8 February 2026

FAMILY RESOURCES

BIRDS

THE GOSPEL READING FOR THIS WEEK IS: The way of faith (Matthew 6: 25-34)

Core extract from the Gospel (Matthew 6: 25-26; for reflection throughout the week)

Jesus said, 'Do not worry about your life,
what you will eat or what you will drink,
or about your body, what you will wear.
Is not life more than food,
and the body more than clothing?
Look at the birds of the air;
they neither sow nor reap nor gather into barns,
and yet your heavenly Father feeds them.
Are you not of more value than they?'

Gospel prayer (for use throughout the week)

Heavenly Father,
you care for the birds of the air,
feeding and clothing them with your love.
Help us to know how much more
you care for us your children,
that we may place our faith in you;
we make our prayer in Jesus' name.
Amen.

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Things to think about

- What kind of birds visit your garden?
- Can you identify different birds?
- How can you encourage more birds to visit?

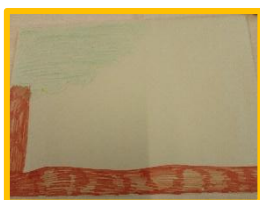
Things to do

- Make fat balls to feed garden birds.
- Try and identify the songs of different birds
- Hand print bird collage.

You will need: coloured paper, pencils, scissors, googly eyes, glue.



Draw round your hand and cut out 4 hands.



Draw and colour or collage a tree trunk, branch and leaves.



Weave two hands together to form a nest.



Stick the remaining hands in the nest and add eyes and beaks.

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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