

FAMILY RESOURCES

MOUNTAINS

THE GOSPEL READING FOR THIS WEEK IS: Transfiguration (Matthew 17: 1-9)

Core extract from the Gospel (Matthew 17: 1-2; for reflection throughout the week)

Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with them.

Gospel prayer (for use throughout the week)

Lord Jesus Christ,
your disciples saw your glory
on the mount of the transfiguration.
Change our lives by the power of your glory,
that we may see you more clearly
and follow you more closely;
for you are our God.
Amen.

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Things to think about

- Have you ever climbed to the top of a mountain or large hill?
- How far could you see?
- How did you feel?

Things to do

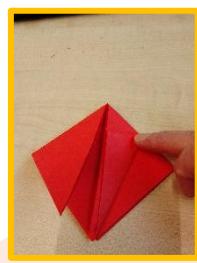
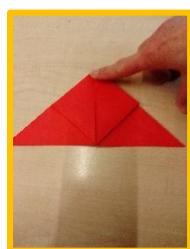
- Find out about the highest places near your home
- Paint a mountain scene in different seasons
- Origami mountain

You will need: paper squares, white paper, cotton wool



Fold the paper square in half from each point. Unfold.

Bring the sides in and crease to make a triangle.



Bring the points to the centre line on each side and crease to form a square. Repeat on the other side.

Turn round 180° and make a kite by bringing the side points to the centre, crease. Turn over and repeat.

Unfold and refold the points so they line up with the crease you have just made. Repeat with all 4 flaps.

Sunday next before Lent (Year A) Sunday 15 February 2026



Fold the top backwards and forwards to make a crease.



Balancing on the large part, pull each side out until a pyramid shape is formed.

Decorate by adding paper or cotton wool snow.
Why not make a mountain range in different sizes?

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.