



DURHAM
CATHEDRAL
EDUCATION

First Sunday After Trinity

Find this story in your Bible: Matthew 9. 35 – 10. 8

Sunday 14th June

Start with a discussion:

Could you do something kind for someone who may not have anyone else to help them in their home? If you could help them, how do you think it would make them feel?

Do you know of any relatives or neighbours who are shielding at the moment that you could help with jobs in their garden or could you help collect shopping for them?

The story

Today's reading is about Jesus "proclaiming" or starting to tell people the Good News with the help of the Disciples. Jesus told the Disciples to offer help to those who needed it without asking to be paid or accepting payment. He wanted the Disciples to think about those who were in greater need than them.

We can learn from this story and think about how we would feel if we needed help and someone was kind and helped us.

This week marked 'Empathy Day' in the UK. In this reading Jesus is teaching us to think about and understand other people's feelings, this is called having empathy.



Activity: Salt Dough Kind Words & Deeds

You will need:

- 1 cup of plain flour
- 1/2 cup of table salt
- 1/2 cup water
- Baking parchment (if you have it)
- Baking tray
- Mixing bowl
- Ribbon, string or strips of fabric
- Paints
- Card and pencil to make labels.



Preheat oven at its lowest setting (ours is 50C) and prepare a baking tray with parchment paper (if you have some available).

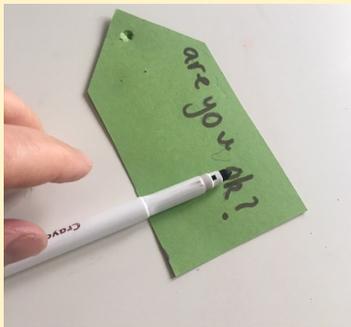
Make the dough by mixing the flour and salt together in a large bowl. Add the water and stir until it makes a ball.



Place onto a floured work surface and knead until it looks smooth. Roll out using a rolling pin until it is around 1cm thick. Either create your own shapes or use cookie cutters. Remember to add a hole so you can attach a ribbon.



Bake for 3 hours or until the shape is solid. Remove from the oven and leave to cool. Once cool, paint and leave to dry.



While you are waiting for the paint to dry, create your message label from a piece of card. Add a hole so you can attach it.

Think about who you are going to offer it to and what you want to say. Could it be for a relative who is shielding? These hanging decorations are to offer help or promise that you will help them in the future.



Attach the ribbon and tag to the dough shape. Place on someone's door handle and let them know it is there.