

# "I Will Give You Rest"

Today Jesus tells us, "Come to Me, all you who labour and are burdened and I will give you rest." God understands that we get tired and worn out. He wants us to come to Him when we need to rest. He refreshes our souls and gives us the energy and strength to carry on.



Jesus, I'm so tired! Please help me!



Do you ever feel like quitting when a job gets hard? Maybe you get tired of school or helping your Mom or Dad. When you feel like giving up it's time to start

praying! Your work might seem easier when you pray, but even if it still seems hard you will be happier knowing that you are doing it for God.

Jesus tells us to take His yoke on our shoulders. A yoke is a sort of bar that is used to help carry heavy things. Jesus is saying that we should do His work. For some people that means preaching like He did, or healing the sick, or being a priest, but for most people it means just doing everything we have to do out of love for God.

Wow! This all seems easier now!

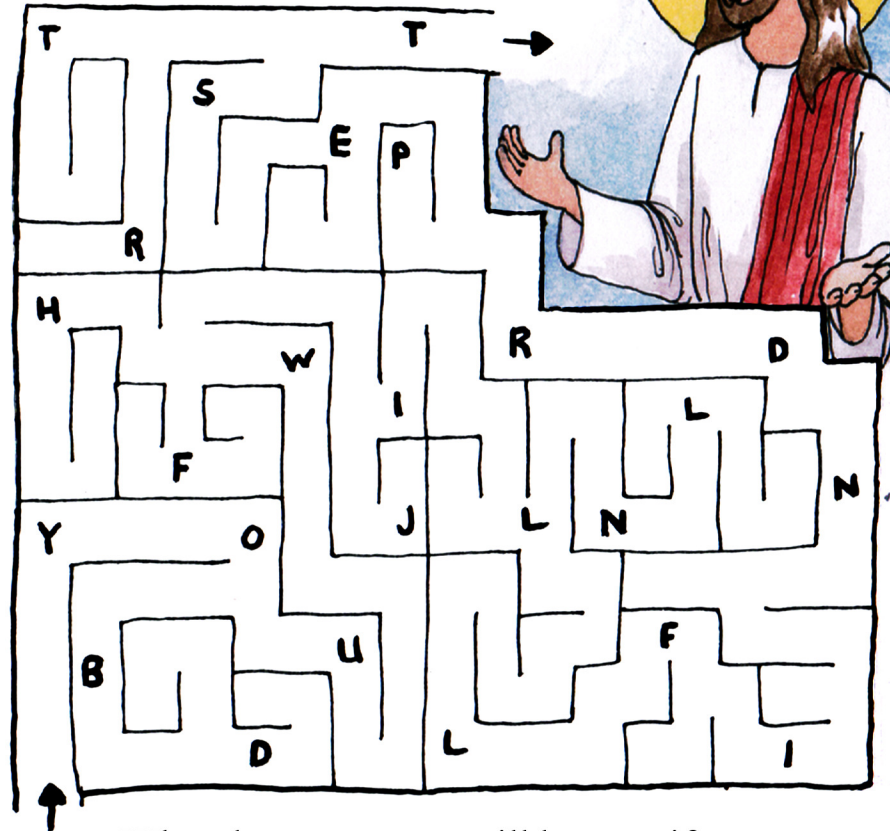


Answer to maze on front: You will find rest.  
Answer to word-find: He is compassionate.

# The Kids' Bulletin

14th Sunday in Ordinary Time  
July 5th, 2026

"Come to Me, all you who labour and are burdened..."

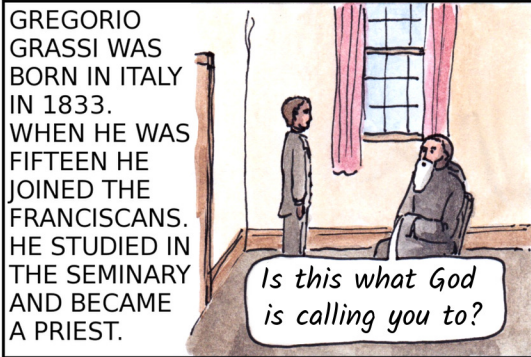


What does Jesus say will happen if you go to Him when you're tired and worn out? First find your way through the maze and then use the words from that path to fill in the blanks.

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# SAINT GREGORIO GRASSI

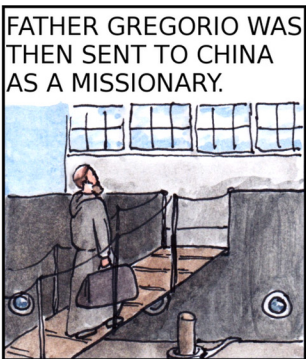
JULY 8



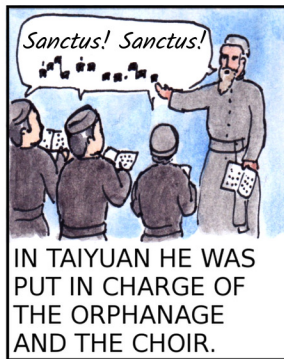
GREGORIO GRASSI WAS BORN IN ITALY IN 1833. WHEN HE WAS FIFTEEN HE JOINED THE FRANCISCANS. HE STUDIED IN THE SEMINARY AND BECAME A PRIEST.



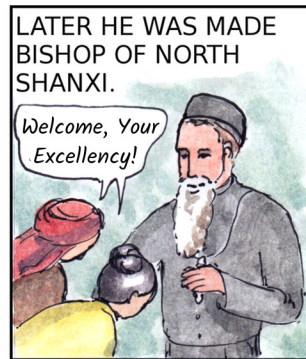
AFTER HE WAS ORDAINED HE WAS SENT TO ROME FOR TRAINING.



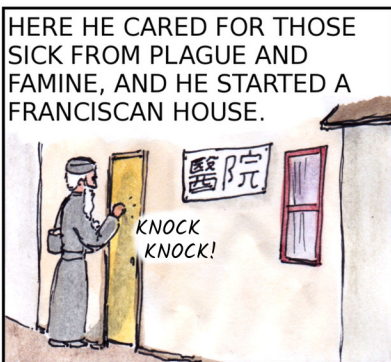
FATHER GREGORIO WAS THEN SENT TO CHINA AS A MISSIONARY.



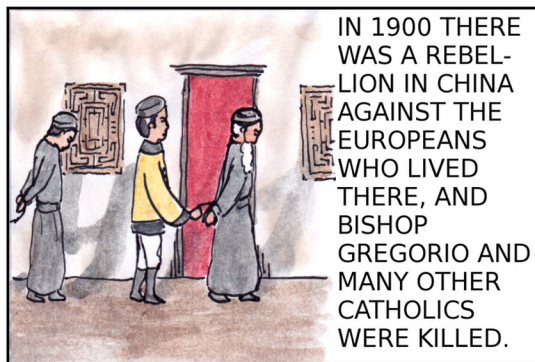
IN TAIYUAN HE WAS PUT IN CHARGE OF THE ORPHANAGE AND THE CHOIR.



LATER HE WAS MADE BISHOP OF NORTH SHANXI.



HERE HE CARED FOR THOSE SICK FROM PLAGUE AND FAMINE, AND HE STARTED A FRANCISCAN HOUSE.



IN 1900 THERE WAS A REBELLION IN CHINA AGAINST THE EUROPEANS WHO LIVED THERE, AND BISHOP GREGORIO AND MANY OTHER CATHOLICS WERE KILLED.

WHEN THE REBELLION STARTED BISHOP GREGORIO WAS WARNED TO LEAVE CHINA, BUT HE HAD LONG DESIRED TO DIE AS A MARTYR FOR CHRIST. HE CHOSE TO KEEP HELPING THE POOR AND SICK AND TO GIVE HIS LIFE FOR JESUS AND HIS CHURCH. WOULD YOU BE BRAVE ENOUGH TO DO THAT?

# Psalm 145 Word-Find

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

Find the words from today's Psalm that are in CAPITALS.

Use the letters that are left over to fill in the blanks:

What is one of the things this Psalm tells us about God?

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I will EXTOL you, O my GOD and King, and I will bless your NAME forever and ever. Every day will I bless YOU, and I will PRAISE your name FOREVER and ever.

The Lord is GRACIOUS and MERCIFUL, SLOW to ANGER and of great KINDNESS. The Lord is GOOD to all and compassionate toward all his works.

Let all your works give you THANKS, O Lord, and let your faithful ones BLESS you. Let them discourse of the GLORY of your KINGDOM and SPEAK of your MIGHT.

The Lord is FAITHFUL in all his WORDS and holy in all his WORKS. The LORD lifts up all who are FALLING and RAISES up the bowed down.