

Hello Sunday School!

I hope you and your families are all well.

As always, if there's anything you'd like to get in touch with me or Mother Juliet about, we can be reached via the contact information on the church website or on the 'Rainbows' WhatsApp group.

Yay! Two weeks to go until the Summer holidays. Of course it will be a bit different to normal Summer holidays, and those of you who had holidays or visits to family organised might not be able to do that now, but six weeks away from school (or home learning) will make a change.

I'm not sure how it is at your house, but here Dorothy and David have had to make a huge leap in terms of taking responsibility for their own learning over the past few months. Don't get me wrong, their teachers are working so so hard making sure that they have work to do and keeping them interested in working even though they aren't with them in person, but David and Dot have had to put in a lot of effort too.

It's not just the lessons they are expected to do, but they've also had to take care of their own work spaces, make sure they find their lessons online, make sure they submit their work online and on time and organise their days so that they are working hard but also having breaks. It's a lot to think about and a lot to do – an extra load to carry. Let's face it, being a kid can be pretty tough anyway, but being a kid in lockdown can sometimes feel like an almost impossible load!

In today's gospel Jesus says:

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Oh, I love that word 'weary' – I love it because it describes how we all feel sometimes – especially at the moment. Here are the two definitions of the word 'weary' from an online dictionary:

- **tired in body or mind**
- **becoming impatient, bored, or unhappy with a particular thing**

If I had put little tick boxes next to those two definitions and asked you to put a tick next to either one you've felt recently, I bet I'd be seeing two ticks from most of you. So, I love the word **weary**, but obviously, like you, I don't actually like being **weary** – I don't like it when my body or mind is tired, and I don't like becoming impatient or bored, but it happens to me, just like I'm guessing it happens to you, and that's where Jesus comes in. If you are carrying heavy burdens that are making you weary, Jesus offers to share them with you. *Not* take them from you; he's not saying, 'Hey guys, come to me and I'll take away all of your home-learning and all of your other responsibilities so you won't have to do anything' – he knows that wouldn't be good for you! What he is saying is that if you take time to share your load with him, the load won't feel so heavy. He says that we should 'Take his yoke upon us'. There's a picture of a person carrying a yoke here:



I think I'd get pretty weary having to carry something like that around. But Jesus says by sharing our burdens with him we can carry them with his 'yoke', which is easy to carry and makes our burdens light.

When Jesus opens his arms on the cross he takes what we can't manage ourselves. Just as his arms are ready to embrace us, his shoulders are strong enough to lighten our loads. So when you are feeling weary remember to talk to Jesus – in him we can find rest.

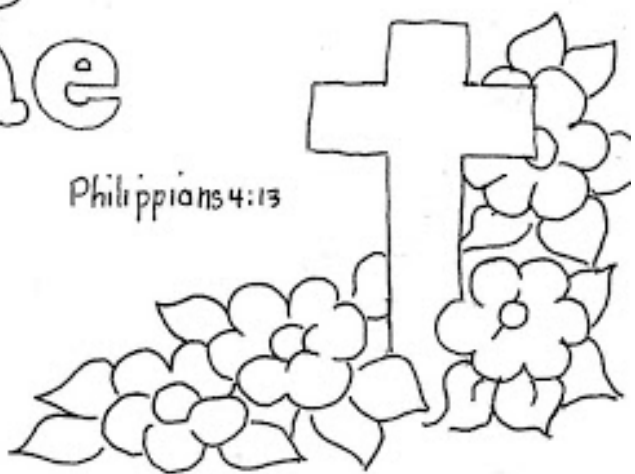
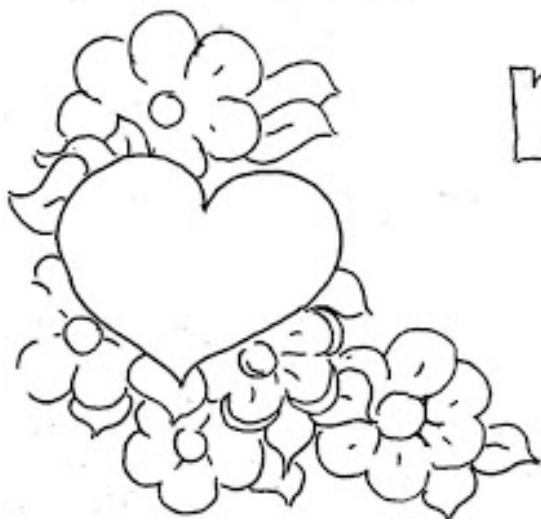
Have a lovely, relaxing Sunday everybody and may God keep you safe and healthy and happy.

Amen



I can do
all things
through
Christ who
strengthens
me

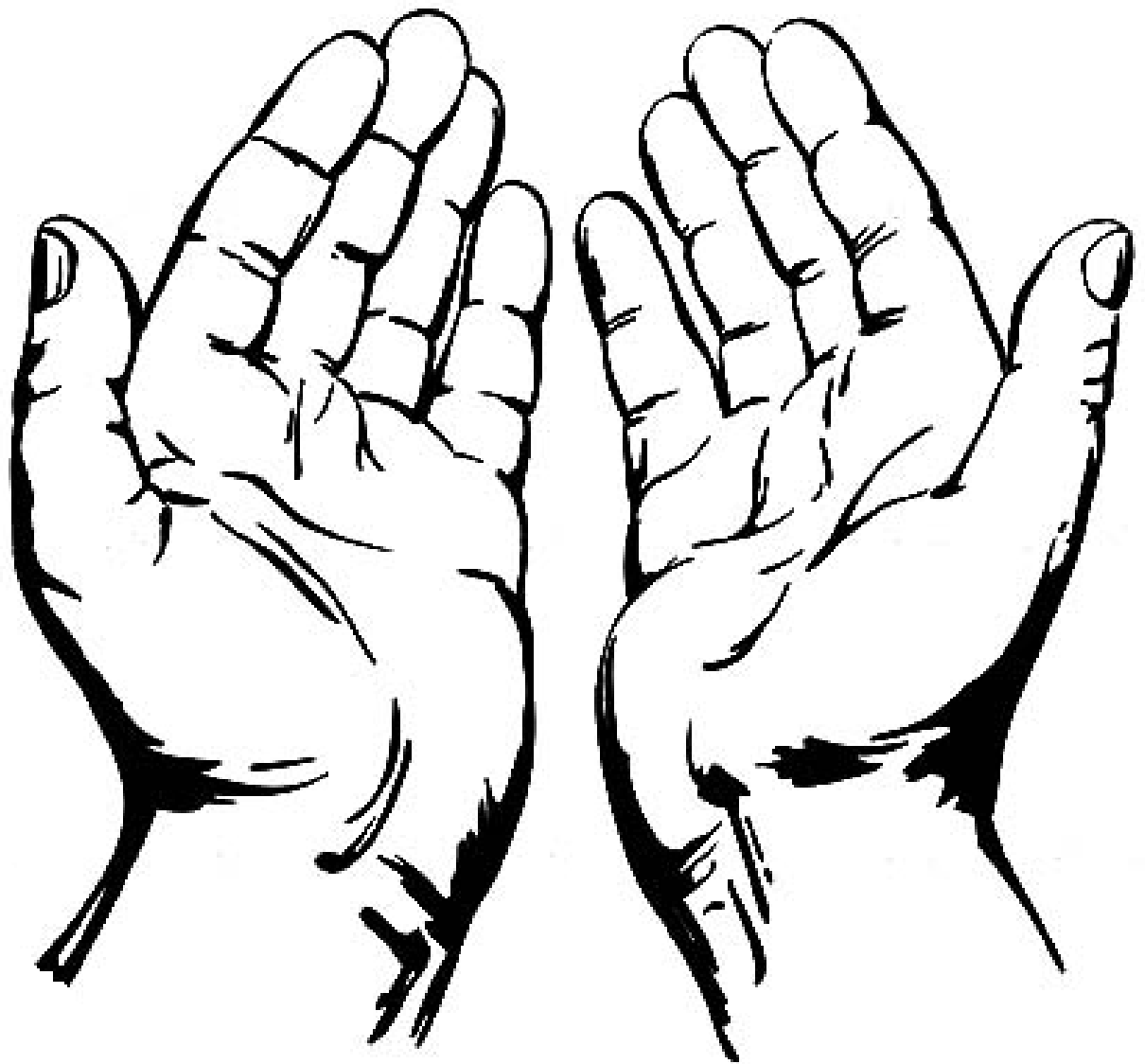
Philippians 4:13



Matthew 11:28-30



“COME UNTO me, **ALL** ye that **LABOUR** and are **HEAVY LADEN**, and I will **GIVE** you **REST. TAKE** my **YOKE UPON** you, and **LEARN** of me; for I am **MEEK** and **LOWLY** in **HEART:** and ye **SHALL FIND** rest unto your **SOULS**. For my yoke is **EASY**, and my **BURDEN** is **LIGHT**.”



Sometimes we feel overwhelmed by life, but we can place our troubles into Jesus' hands and he will lighten our load. You can write your troubles onto these hands , or imagine putting your troubles on them, and at the same time share them with Jesus.