

## FAMILY RESOURCES

# HANDS

### THE GOSPEL READING FOR THIS WEEK IS Mark 4: 35-41

#### *This week's theme*

This week's theme is 'hands'. We are asked to think about how hands are used to give blessings and offer support and calm in difficult situations.

#### *Core extract from the Gospel (Mark 4: 37-39; for reflection throughout the week)*

A great gale arose, and the waves beat into the boat,  
so that the boat was already being swamped.  
But he was in the stern, asleep on the cushion;  
and they woke him up and said to him,  
'Teacher, do you not care that we are perishing?'  
He woke up and rebuked the wind, and said to the sea,  
'Peace! Be still!'  
Then the wind ceased, and there was a dead calm.

#### *Gospel prayer (for use throughout the week)*

Lord Jesus Christ,  
you brought peace to the storm.  
Teach us to turn to you  
when our lives are stormy and rough,  
that we may hear your words of peace  
and experience your calm in our hearts;  
today and every day.  
Amen.



*Things to think about*

- List some actions using your hands that may hurt or upset others. Now think about ways of using your hands in a positive or helpful way.
- Do you use your hand when you are talking?
- Do other people understand what you mean when you use your hands like this?
- How would you feel if you couldn't hear what other people were saying?

*Things to do*

- Make a handprint rainbow or tree.
- Why not try learning some British Sign Language or Makaton signs?
- “I love you” sign.

You will need: Red card or paper, another colour paper, glue, pencil and scissors



Draw round your hand on the paper.

Cut around the hand shape.



Draw a heart shape on the red card large enough for the hand to fit inside and cut out.

Fold over the middle two fingers on the hand and stick them down. Now stick the hand in the middle of the heart.



Write the message “I Love you” on the heart or on the hand.

Proper 7 (Year B) Sunday 20 June 2021

*Different ways to show the message:*

Make two hands, fold the fingers over as above and put each hand at the end of a concertina folded paper strip. Write "this much" on the paper strip. It can then be pulled out to show how much you love someone.

Research how to sign each word "I love you" and make a hand with folded over fingers for each word. These can then be stuck to a card or paper strip. Write the words under each hand.

Why not make a similar message to the one shown above but using a hand making a blessing.

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](mailto:education@liverpoolcathedral.org.uk) or tag @LivCathedral on social media.