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Puzzles

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Vitamin Poster

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Pebble Art

Day 6: Animals & People

Packed full of FUN, PUZZLES and lots to think about!

Parents' Paper Inside

Puzzles



Rabbit Maze



Find My Pet

Work out which dog belongs to which child!



Sam



Emma



Billy



Rover

Chip

Fido



Animal Count

Count the number of each animal in the picture and write them down in the boxes below.



Zigzag Puzzle

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

Autumn

This is zigzag word search puzzle. Words go left, right, up, down, not diagonally, and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.

Find all the words from the word list:

BACK TO SCHOOL OCTOBER
CORN MAZE PUDDLE
FALLING LEAVES RAIN
HALLOWEEN RUBBER BOOTS
HARVEST SEASON
NOVEMBER SEPTEMBER

Cat Count

How many cats can you see?



Answers

This way up!

Animal Count
4, 4, 4, 4
2, 1, 1, 1
2, 2, 2, 2
2, 2, 2, 2

Find My Pet
Sam - Rover
Emma - Chip
Billy - Fido

Cat Count
17 Cats



Creation: Day 6

Animals and People

And God said, "Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind." And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good.

Then God said, "Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the Earth, and over every creeping thing that creeps upon the Earth."

So God created humankind in his image, in the image of God He created them; male and female He created them.

Animals & Humans are another part of God's Amazing Creation

Unbelievable Animal Facts

The heart of a shrimp is located in its head.

A snail can sleep for three years.

The fingerprints of a koala are so similar to humans that they have sometimes been confused at a crime scene.

Slugs have four noses.

A rhinoceros' horn is made of hair.

It is possible to hypnotise a frog by placing it on its back and gently stroking its stomach.

It takes a sloth two weeks to digest its food.

Nearly 3% of the ice in Antarctic glaciers is penguin wee.

A cow gives nearly 200,000 glasses of milk in a lifetime.

Bats always turn left when leaving a cave.

Baby elephants suck their trunks for comfort.

An ostrich's eye is bigger than its brain.

Around half of orangutans have fractured bones from falling out of trees on a regular basis.

A grizzly bear's bite is strong enough to crush a bowling ball.

Sea otters hold hands while they sleep so they don't drift apart.

Unbelievable Human Facts

Your fingernails grow four times as fast as your toenails

Babies are born with 300 bones – adults have 206

Eyelashes last about 150 days

The heart circulates your blood through your body about 1,000 times each day

The smallest bone in your body is in your ear

A sneeze blows air out of your nose at 100 miles per hour

You are taller in the morning than you are at night

Humans are the only animals that cry when upset

Many more boys are colour blind than girls

Children have more taste buds than adults

Our lungs are the only organs in the body that float

Food spends up to 6 hours in the stomach being digested

Your eyeballs are actually part of your brain



Bones are 4 times stronger than concrete

The largest muscle in your body is the one you are sitting on!



MEAT	SPICES	VEGETABLES	DAIRY	FRUITS
Chicken liver	Paprika	Carrot	Butter	Apricot
				
12 mg	2,46 mg	0,835 mg	0,684 mg	0,096 mg



NUTS	BEANS	MEAT	CEREALS	VEGETABLES
Pistachios	Soybean	Pork	Oatmeal	Garlic
				
1,05 mg	1 mg	0,52 mg	0,49 mg	0,2 mg



SPICES	NUTS	DAIRY	FRUITS	VEGETABLES
Parsley	Almond	Soft cheese	Banana	Asparagus
				
2,38 mg	1,01 mg	0,3 mg	0,24 mg	0,141 mg



NUTS	MEAT	CEREALS	MUSHROOMS	BEANS
Peanut	Pork bacon	Wheat bread	Champignon	Peas
				
12,06 mg	11 mg	5,933 mg	4,46 mg	2,09 mg



MEAT	CEREALS	MUSHROOMS	NUTS	FRUITS
Chicken	Sunflower seed	Champignon	Peanut	Avocado
				
7,8 mg	7,04 mg	2,1 mg	1,767 mg	1,389 mg



VEGETABLES	MEAT	NUTS	BEANS	FRUITS
Garlic	Liver	Walnut	Haricot	Pomegranate
				
1,23 mg	1,017 mg	0,8 mg	0,527 mg	0,51 mg



Reach

READ IT, LOVE IT, LIVE IT

INSIDE



Tidying the garden this autumn!
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How can we help our world? Page 9

New Beginnings

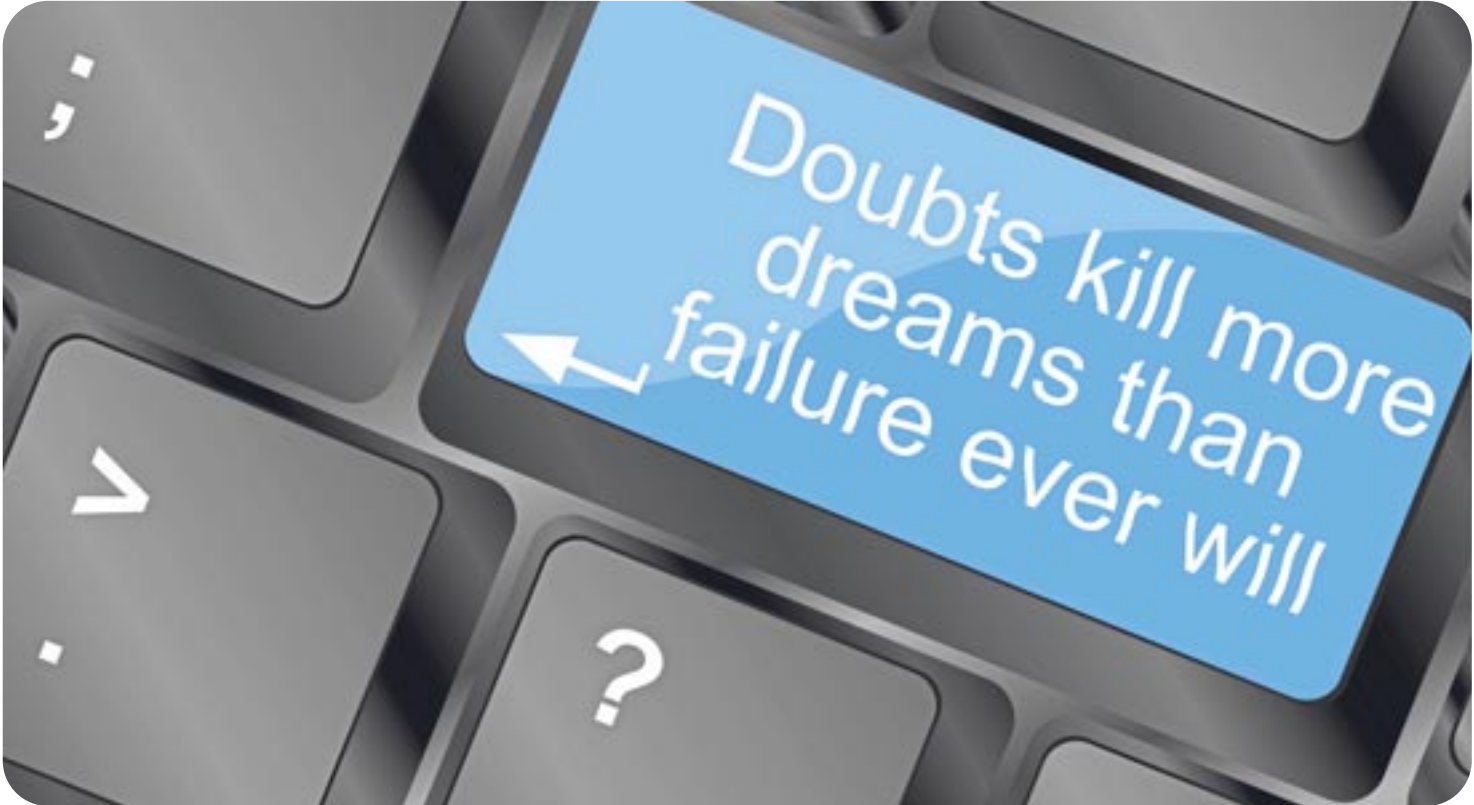


Continued on page 3

Dear Reader

This autumn edition of 'Reach' is all about new beginnings, which are all around us whether we are aware of them or not. They can take so many different forms but whether it's a new career, starting a new school, moving house or just a change of direction in one form or another, new beginnings usually signify a change for either better or worse. Either way, we have offered some tips in the form of quotes to help you cope with, or embrace, any notable changes you may be experiencing. So, what is your new beginning? On a related note, this edition also examines how we can help our world with some dialogue from Pope Francis on this matter, plus a table of practical ways in which we can begin to make that vital difference to our planet. There is also advice on how to get the best from your garden this autumn and a comprehensive section on baking goodies with your children. Why not get the kids involved! And on the subject of our offspring, 'Reach' explores what Catholic secondary schools can offer your children as they grow. And we also have further interesting articles and as always our 'Little Peace' children's section – so there really is something for everyone! With every good wish and blessing for the autumn season,

Blessings,
Julia
Editor



Contact us

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New Beginnings

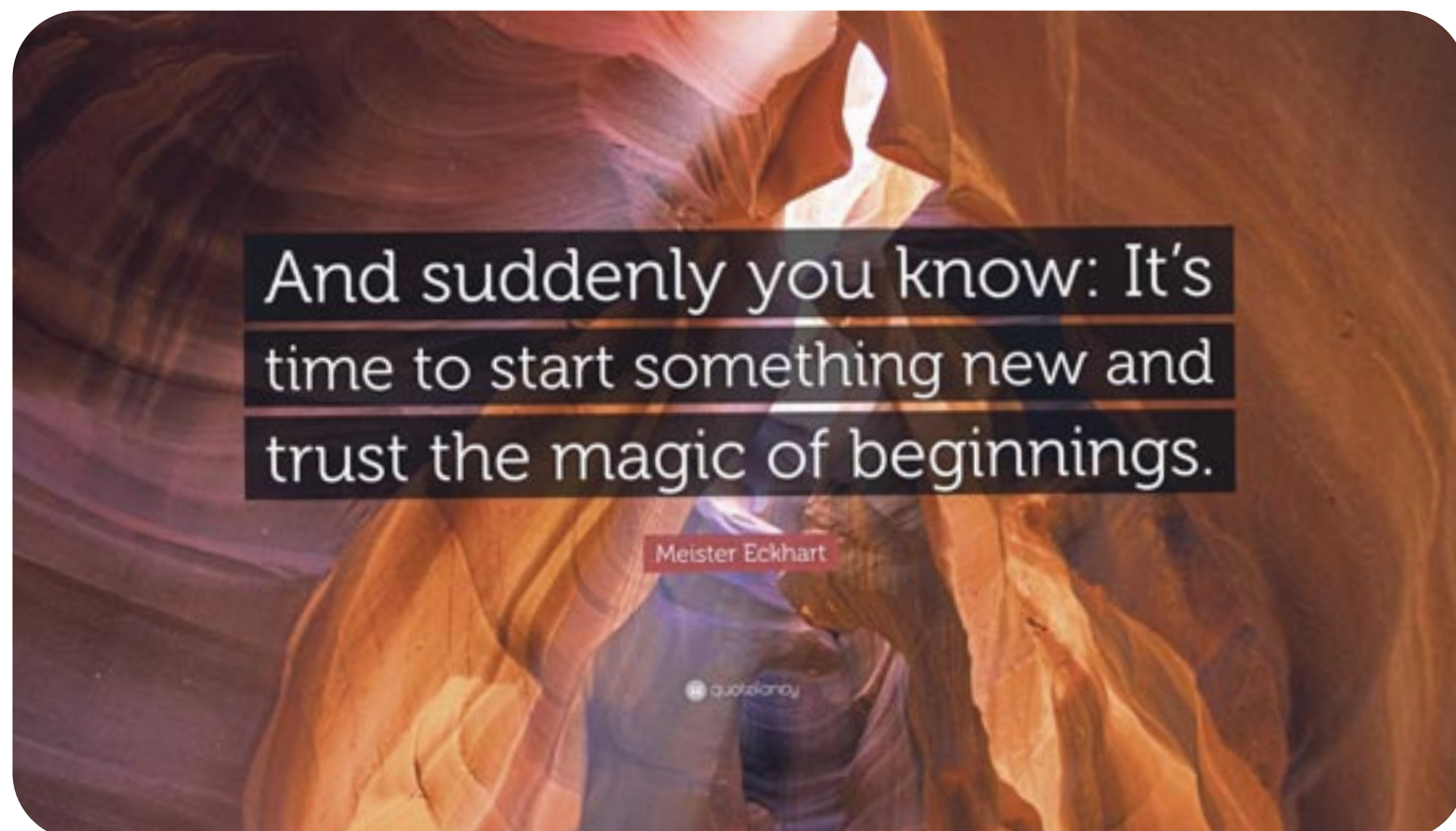
Continued from front page

THERE IS A school of thought which claims that new beginnings are, in reality, painful endings in disguise and it is possible that there is some truth in this. Because of course, after every ending there automatically follows a beginning.

New beginnings come in all shapes and sizes and are personal to each one of us. Sometimes these are welcome, at other times not.

As summer draws to a close, many of us are gearing up to return to our office, warehouse, and other place of work, school, college or university. Whether you are faced with a new office project, a new position or career, it's good to be excited about the adventure that is about to begin, or indeed about any new initiative you may be involved in. To move forward in any new direction means you will be growing personally and professionally. Here are some quotes that will help you stay excited, motivated, and inspired for your new journey, whatever it may be and wherever it may take you:

1. "It is never too late to be what you might have been." — *George Eliot*
2. "It's a terrible thing, I think, in life to wait until you're ready. I have this feeling now that actually no one is ever ready to do anything. There is almost no such thing as ready. There is only now." — *Hugh Laurie*
3. "The only impossible journey is the one you never begin." — *Tony Robbins*
4. "I am learning to love the sound of my feet walking away from things not meant for me." — *A.G.*
5. "If you can't fly, then run, if you can't walk run, then walk, if you can't walk, then crawl, but by all means keep moving." — *Martin Luther King Jr.*
6. "This was when I learned that you have to give up your life as you know it to get a new one: that sometimes you need to let go of everything you're clinging to and start over, whether because you've outgrown it or because it's not working anymore, or because it was wrong for you in the first place." — *Kelly Cutrone*
7. "A fresh start – a new day – a new month – a new year. Do you see each day as a fresh start or are you carrying yesterday into this brand new day. See the possibilities of beginning anew." — *Theodore W. Higginsworth*
8. "Change can be scary, but you know what's scarier?



Allowing fear to stop you from growing, evolving, and progressing." — *Mandy Hale*

9. "Never allow waiting to become a habit. Live your dreams and take risks. Life is happening now." — *Paulo Coelho*

10. "There comes a day when you realize turning the page is the best feeling in the world, because you realize there's so much more to the book than the page you were stuck on." — *Zayn Malik*

11. "Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense." — *Ralph Waldo Emerson*

12. "The beginning is always today." — *Mary Wollstonecraft Shelley*

13. "The first step towards getting somewhere is to decide you're not going to stay where you are." — *John Pierpont "J.P." Morgan*


14. "We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. The old skin has to be shed before the new one can come." — *Joseph Campbell*

15. "There are far, far better things ahead than any we leave behind." — *C.S. Lewis*.

New beginnings necessarily involve change and some of us find change challenging and unwelcome. As creatures of habit we dislike being taken from our comfort zone and thrust into the unknown. Yet

unless we are prepared to do this our lives can remain static. To go further, our lives have, on occasion, to be shaken up and re-ordered to take us to a better and more fulfilling destination – often

where we are meant to be. And so, in the words of the German theologian and philosopher Meister Eckhart we need to 'be willing to be a beginner every single morning'.




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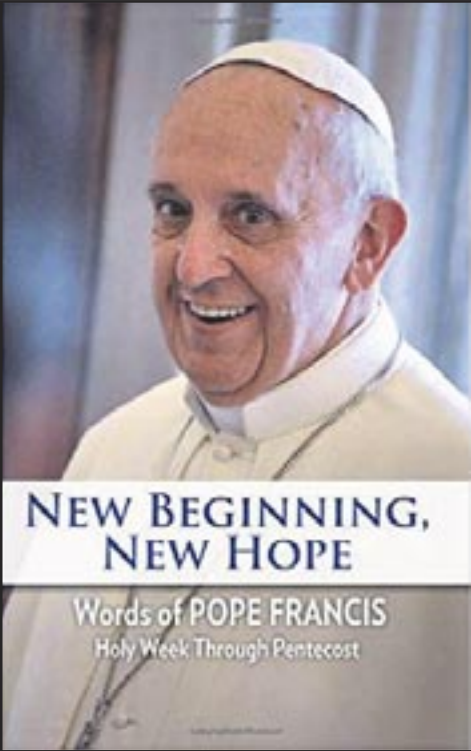
Sixth Form Open Evening: Tuesday 1st October, 6.00pm

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Pope Francis on... New Beginnings



This book by Pope Francis describes Christ's resurrection as "the principle of new life for every man and every woman, adding "true renewal always begins from the heart, from the conscience."

"Do not let yourselves be robbed of hope! Do not let hope be stolen! The hope that Jesus gives us."

The Pope notes conflict, tension and violence worldwide, saying Jesus does not abandon those who face hardship and sorrow.

"May the Risen Christ, open our hearts to the needs of the disadvantaged, the vulnerable, the poor, the unemployed, the marginalized, and all those who knock at our door in search of bread, refuge, and the recognition of their dignity."

Worldwide, he asks God to allow people to become "builders of bridges, not walls" and to end "the roar of arms."



**Pope Francis (@ Pontifex)
Twitter**

'I am beginning a new journey...to walk with you along the path of mercy and the tenderness of God



The Pope's grace-filled perspective during the most hopeful season of the Church year will inspire and encourage you. But no matter what the season, New Beginning, New Hope will engage your spirit and help you live your Catholic faith, share the Good News, and make your own profound difference in the world.

Spending time with... The Bible

For some church leaders, their jobs entail reading and studying Scripture. For others in ministry and for most of the people in the pews, they have to find extra time during the day for the Bible.

Even though we know the Bible is important, we can still struggle reading it on a consistent basis. So how can we help ourselves and others to spend time with Scripture? Here are six ways to help carve out daily time for the Bible:

1. PRAY TO STAY FOCUSED

You may stay up all night completely engrossed in a book, but find your eyes closing minutes after opening the Bible. Maybe you can easily find time to watch TV or listen to the radio, but the moment you start to read Scripture, something pops up to distract you. So, before you read, pray that God will help you stay focused on Him and His Word.

2. ADD IT ON YOUR CALENDAR

Practically speaking – put the Bible on your calendar. Literally. It helps you and the other people in your life. Set up a calendar event on your phone that sends you a reminder when it's time to start reading. This can be a way to establish reading the Bible as a priority.

If you have lots of out-of-the-office work responsibilities, having a time on the calendar lets others know not to disturb you during those moments

3. LISTEN TO IT

Maybe you are ambushed with responsibilities as soon as you wake up until you lay down your head at night and having time to read at all seems impossible! So, have you tried listening to Scripture? If you have a morning commute,

listen to audio versions of the Bible. Shorter books can be finished in one drive, while you might listen to longer books over the course of a week or more.

Maybe you like to walk or run. Instead of always listening to your workout playlist, why not mix in some Bible?

4. POST IT AROUND YOU

If we are finding ways to get as much Scripture into our lives as possible, why not take a page from Deuteronomy 6:6-9 and write God's words "on the doorposts of your house and on your city gates"? This can be in the form of permanent decorations in your home that incorporate Scripture, but it could also be a sticky note on your computer at work, or short verse written on your bathroom mirror.

5. FIND A PARTNER

Almost anything is easier with someone else to help you stay accountable. Try reading and discussing Scripture with someone else. Having a standing appointment with another person can motivate us to read over a passage.

6. WEAVE IT INTO YOUR FAMILY LIFE

What regular patterns do you have in your home? How can you make Scripture a part of those times? Does everyone eat dinner together? Read a verse and discuss it as you eat. Are you constantly in the car with your children? Ask them to share their favourite verse or something they've been reading in the Bible.

What other practical ways could you add Scripture to your daily life? Could this be the beginning of a new routine for you?



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All Saints Day

All Saints' Day is a solemn holy day of the Catholic Church celebrated annually on November 1. The day is dedicated to the saints of the Church, that is, all those who have attained heaven. It should not be confused with All Souls' Day, which is observed on November 2, and is dedicated to those who have died and not yet reached heaven. Although millions or even billions of people may already be saints, All Saints' Day observances tend to focus on known saints --that is, those recognized in the canon of the saints by the Catholic Church. All Saints' Day is also commemorated by members of the Eastern Orthodox Church as well as some protestant churches, such as Lutheran and Anglican churches.

Generally, All Saints' Day is a Catholic Holy Day of Obligation, meaning all Catholics are required to attend Mass on that day, unless they have a good reason not to, such as illness.

All Saints' Day was formally started by Pope Boniface IV, who consecrated the Pantheon at Rome to the Virgin Mary and all the Martyrs on May 13 in 609 AD. Boniface IV also established All Souls' Day, which follows All Saints Day.

Holy day customs vary around the world. In the United States, the day before is Halloween and is usually celebrated by dressing in costumes with themes of death commonly associated. Children go door-to-door in costume, trick-or-treating; that is asking for sweets from their neighbours. Unfortunately, the holiday has lost much of its connection to its religious origins. Although nearly everyone celebrates Halloween for the fun of the secular holiday, the following religious solemnity is not widely practiced or acknowledged by most Americans unless they are Catholic. Across much of Europe, the day is commemorated with offerings of flowers left on the graves of the dead. In Eastern Europe, candles are lit on graves instead of offerings of flowers. In some places, such as the Philippines, graves can be painted and repaired by family members. Perhaps inevitably some of these practices blur the distinction between All Saints' Day and All Souls' Day. All Saints' Day is a public holiday in France with government offices, banks, shops and schools closed.

Basic facts are as follows:

Halloween is a secular holiday that comes the night before All Saints' Day.



All Saints' Day is on November 1, and it is a Holy Day of Obligation.

All Souls' Day is on November 2, and it is NOT a Holy Day of Obligation.

So enjoy your holy day!

 www.catholicdirectory.org

Mobile Version

Find Mass or a Church on the go!

Nearest Church Nearest Mass Map Search

Schools Religious Orders Charities Adoration Confessions Prayers



Take a leaf out of our book and get to grips with...

Tidying the garden this autumn!

As well as clearing fallen leaves, there are lots of other simple tasks that will make a big difference to the look of your garden. It's worth putting in a little extra time and effort now, so your garden will look neat and well-tended through the winter months – it will also mean that you've got a head start next spring. Here are the areas to tackle:



Tidy your borders

Remove dying leaves and collapsed stems from herbaceous perennials, either pulling by hand or cutting at the base with secateurs. Leave any stems that have attractive seed heads for birds to enjoy. Remove weeds, then spread compost or well-rotted manure over the soil to insulate plant roots – the worms will work it in over winter.

Collect autumn leaves

A few piles of leaves in out-of-the-way places – under hedges, for example – can provide shelter for overwintering wildlife. But remove leaves from your lawn, paths (which can be slippery) and borders. Use them to make leaf mould, a great soil improver.



Clear away old crops

Clear spent plants on the veg plot before they start to rot and become host to pests and diseases. Compost everything unless it's diseased. Chop beans and peas off at ground level, leaving their nitrogen-fixing roots in the soil to feed next year's crops. You could also sow a green manure, also a soil improver.



Leave your lawn looking trim

Nothing sets off borders better than a neatly cut and edged lawn, so mow for the final time. Set your mower blades higher than usual to leave the grass slightly longer over winter, and then cut the edges with an edging tool or knife to redefine their pristine lines.

Put away plant supports – In borders and in containers

Cut down annual climbers in borders and containers and climbing beans in veg plots and remove the dead stems and foliage from their supports. With canes and other removable wooden supports, wash off any soil then treat them with preservative. Store them indoors over winter.



Make repairs

Repair damage to raised beds, sheds, compost bins, and wooden containers such as barrels or troughs and paint them with wood preservative. Replace any rotting fence posts, so they don't get blown down in winter storms. Ensure shed roofs don't leak, and replace any broken panes or faulty vents in greenhouses.

Clean out nest boxes and feeders

Take down bird boxes and empty them. Old nesting material, unfertilised eggs and other debris may carry diseases, so wash out the boxes with hot water before putting them back. Also remember to clean out feeders and bird baths, and regularly refill them.



Sort out your pond

Scoop out leaves that have blown into your pond, before they sink down and start to rot. Also cut back the foliage of marginal plants that have died down. Remove pond pumps and fountains that are no longer in use. Wash them out thoroughly, then store over winter.

Autumn/Winter care for pots and containers

Frost protection

- Protect pots with bubble plastic or bring them under temporary cover
- In very wet periods move plants under temporary cover if the compost becomes sodden, until it has dried out a little. The 'rain shadow' of walls can be sufficient
- In wet weather, raise pots up off the ground on 'feet' or similar to keep the bottom of the pot out of the water
- Remove saucers in winter

Watering

- Watering may still be necessary for conifers and other evergreens, especially if you have moved them under cover, so that they receive no rain. Check evergreens and conifers at least weekly and water if needed
- Watering is seldom necessary for deciduous or other dormant plants

Feeding

- Feeding is not necessary during the winter months

Problems

Overwatering is the most common cause of loss of container plants; watering should aim to keep the compost moist, never soggy and avoid alternating dryness and saturation.

Plants grown in containers suffer from many of the same pests and diseases as when grown in beds and borders, such as aphids, algae, liverworts and moss and scale insects. Vine weevil and fungus gnats are particularly

Why Send Your Child to a Catholic Secondary School



Director of Education JP Morrison writes that sending your child to a Catholic secondary school will be 'one of the best decisions you ever make':

As parents you are the first educators of your child and with that responsibility comes choice and decisions. In the coming weeks you will be making the very important decision as to what secondary school you will send your child to and what will help them succeed in the face of the challenges of modern life and a fast-changing world. Coupled to that decision is whether or not to send them to a Catholic secondary school. It may have been the right decision for you at primary level, but perhaps secondary offers a different set of circumstances and options. Be confident that sending your child to a Catholic secondary school will be one of the best decisions you will ever make. A Catholic secondary school is far more than its acclaimed and recognised achievement of academic standards and reputation for excellence. It is about formation. In the light of government changes to education in recent years, Catholic education has maintained its extraordinary success and offers not an alternative, but the standard to which many aspire. At the heart of Catholic education is the opportunity for any child, regardless of ability, to grow in their understanding of themselves, their relationship with others and their relationship with God. They will be in an environment where they are

actively encouraged to shape a community of faith and live out their values and yours. We are preparing them not only to cope with life, but to shape their life and that of others. Community is central to Catholic education and the need to find meaning in the age of digital media and social networks that surround them is so important and prevalent. Your child will thrive in a community that finds that meaning through prayer, liturgy and celebration. They can bring to the modern world a value-based judgement that has at its heart Gospel values and the teaching and example of Christ. Catholic education is centred on Christ as its mentor and guide. All our schools celebrate their strengths through service to communities, inspiring achievement, being witnesses to faith and recognising the diversity and equality of each one of us. By choosing Catholic secondary education you are allowing the high academic standards and attainment you seek for your child to be intertwined with a faith-based judgment system that both brings them closer to God and makes them eager to improve the world around them. Many of our schools are at the cutting edge of academic excellence and progress. Your child will flourish in that environment and bring them closer to knowing Christ and knowing themselves. That is indeed the Good News, and why Catholic schools exist.



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BIKE MORE DRIVE LESS 	 reduce REUSE recycle Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.	choose sustainable  seafood Learn how to make smart seafood choices at www.FishWatch.gov .	Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.  PLANT A TREE
 EDUCATE When you further your own education, you can help others understand the importance and value of our natural resources.	CONSERVE WATER  The less water you use, the less runoff and wastewater that eventually end up in the ocean.	 -SHOP- WISELY Buy less plastic and bring a reusable shopping bag.	 Don't send chemicals into our waterways. Choose nontoxic chemicals in the home and office.
 Volunteer! Volunteer for cleanups in your community. You can get involved in protecting your watershed too!	CONSERVE WATER 	 Long-lasting light bulbs - ARE A - BRIGHT IDEA Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!	

oceanservice.noaa.gov

How can we help our world?

"Praise be to you, my Lord, through our Sister, Mother Earth, who sustains and governs us" says Pope Francis in his encyclical letter *Laudato Si - on the care for our common home (the world)*.

He goes on to state that:

'I urgently appeal, then, for a new dialogue about how we are shaping the future of our planet. We need a conversation which includes everyone, since the environmental challenge we are undergoing, and its human roots, concern and affect us all'. He is then quick to describe the main problems which we are facing today:

Pollution, waste and the throwaway culture

Climate change

Fresh drinking water as an issue of primary importance

Earth's resources being plundered.

These in turn, culminate in decline in the quality of human life and the breakdown of society.

So here are some thoughts about what we could do...

- Anyone can change the world; all it takes is a little time, effort and dedication!

- Changing the world will change you.
- Understand the problem – what is your carbon footprint and what can you do to reduce it? Use the carbon footprint calculator on the World Wildlife Fund website to find out (type WWF Carbon Footprint Calculator into a search engine)
- The Internet is a great place to

find information about charities and causes to sponsor/support.

- It doesn't necessarily take lots of money to help make the world a better place.
- Find exciting and fun ways to change the world. Volunteering is not only a great way to help those less fortunate; you might also make new friends!

- Advertise your cause by using your talents.

- Spread the word. Get your friends involved – the more the better!

- You don't have to change the world for everyone; you can change the world for a couple of people and still leave a positive impact.

- Treat others like you would like to be treated!





The work of...

New Beginnings Charitable Foundation

NEW BEGINNINGS CHARITABLE FOUNDATION is a non-profit making organisation set up by a group of volunteers in Northern Ireland. They work closely with an experienced and carefully selected team in Africa to help bring a better quality of life to some of Uganda's most vulnerable young children.

NBCF has purchased approximately 8 acres of land beside a small rural village in the Nakasongola District in Uganda adjacent to the local school. They also plan to purchase additional land for farming in the area.

MISSION STATEMENT

'NBCF seeks to provide the resources to allow the development and maintenance of secure housing, educational and medical facilities for underprivileged and orphaned children in Uganda.

NBCF is a Christian based charity and welcomes children from all backgrounds in the hope that one day they will become responsible caring adults in their chosen communities and that all will come to know Jesus Christ as Saviour and Lord'.

WHO THEY HELP

- Domestic Violence Victims. Some communities in Africa still use harsh disciplinary methods towards children and some need to be rescued.
- Those orphaned due to war. Many children have lost both parents due to the war in Northern Uganda and need help and support.
- Abandoned babies. Babies who have simply been abandoned and who are living on the streets.

- AIDS Orphans from the Nakasongola district.
- Those sleeping rough on the streets.
- National Rehabilitation Centre; for captured street children, abandoned children and young offenders

HOW THEY HELP?

- House parents will be a mother/father figure to approx. 8 children accommodated in a traditional African style village. The development was started with the construction of 3 larger homes, cooking area and toilet facilities followed by a number of smaller traditional homes.
- Counselling offered to each child. It is hoped that some of the children, with short term problems, will eventually be reunited with their families.
- Children are encouraged in academic, vocational and basic life skills, to enable them to become productive and self-sustainable members of the community.
- Each child's medical needs to be monitored, and catered for.

REHABILITATING CHILDREN FROM DIFFERENT BACKGROUNDS

Each child that comes to New Beginnings may need to be rehabilitated as they are coming from a wide range of under-privileged backgrounds. These children are orphans and NBCF seeks to give them a secure family orientated upbringing, therefore every child will be living in a home with two house parents where they will be loved and cared for.

When new street children are homed it is particularly difficult for them to settle in as they are not used to living in a home, using the toilet, going to school, obeying the rules or being cared for. Therefore when each child comes to New Beginnings they will be given counselling from trained staff at the village, the children that come from the streets especially need a lot of counselling and this will continue throughout their time at New Beginnings. Some of these children have had a horrific start to life so this counselling is vital to their development.

Through their outreach programme they also assist by building new houses, giving livestock, school books, medicines, mattresses or mosquito nets.

In short, the charity assists with:

- Accommodation/housing
- Community development
- Counselling/support
- Disability
- Education/training
- Grant making
- Medical/health/sickness
- Relief of poverty
- Religious activities
- Rural development
- Sport/recreation
- Volunteer development

Thank you NBCF!

Let's get the kids involved...

Make these autumn goodies together!

Let's use blackberries...

Arm yourself and the children with baskets and containers and head into the wilderness (or the local country park) and pick yourself a fine blackberry feast When you get home try turning your findings into something spectacular with this child-friendly recipe - Blackberry & coconut squares are a brilliant bake for under-elevens.

Blackberry and coconut squares

Ingredients

250g self-raising flour
25g oats
280g soft brown sugar
200g butter cut into pieces
75g desiccated coconut
2 medium eggs beaten
350g blackberries

Method

1. Heat oven to 180C/160C fan/gas mark 4. Tip the flour, oats and sugar into a large bowl. Rub the butter into the flour mixture using your fingertips, until only small pea-size pieces remain. Stir through the coconut, then fill a teacup with the mixture and set this aside.
2. Stir the eggs into the bowl of mixture, and then spread over the bottom of a lined baking tin (31 x 17cm), or a 21cm square tin. Smooth the surface with the back of a spoon, and then scatter over the blackberries.



Scatter over the reserved teacup mixture and bake for 1 hr-1 hr 15 mins until golden and cooked through, (if you poke a skewer in, it should come out with moist crumbs but no wet mixture). Leave to cool, then remove from the tin and cut into squares. Serve with some extra berries, if you like. Great for teatime or to pop into a lunchbox

Or apples...

In October, the great British apple (and all its varieties) are usually celebrated up and down the country with a number of apple festivals hitting the streets, from apple bobbing to apple pressing, to live bands and cider - there are plenty of festivals around that are fun for all the family, so it is well worth checking out local activity - and of course that give us license to tuck into a toffee apple or two as well! But the apple love doesn't stop there, once you're home get your children to don a mini pinny and put them to work in the kitchen. These little toffee apple cakes have been specifically tailored for younger children to make with adult help.

Little toffee apple cake

Ingredients

3 tbsp sunflower oil plus more for the tin
1 large apple
1 egg
1 tsp vanilla extract
110g self-raising flour
50g golden caster sugar
3 soft toffees

Method

1. Children - Ask your grown-up helper to switch the oven on to 190C/170C fan/ gas mark 5. Brush a small (500g/ 1 lb) loaf tin with a little oil.
2. Peel the apple with a potato peeler, then cut it into

quarters and cut out the cores.

3. Grate the apple and put it in a large bowl.

4. Break the egg into a small bowl. If any pieces of shell fall in, lift them out with a spoon. Add to the apple, and then add 3 tbsp oil and the vanilla. Mix well.

5. Add the flour and sugar and stir together. The mixture is quite stiff so keep going until all of the flour is mixed in. Scrape into a prepared tin.

6. Push 3 toffees into the mix in a row. Ask a grown-up to put the tin in the oven for 30-40 mins or until cooked through. Cool before tipping out and slicing



Other seasonal cakes and bakes

Picking seasonal fruit and vegetables to cook will help your children recognise the different seasons, especially if you browse a local market or farm shop together, then let your kids take the reins as they make their own lunchbox treats with sticky plum flapjack bars.

Remember, getting your kids involved in cooking doesn't have to be a big project, simply giving your children easy, regular jobs like grating cheese or washing lettuce should give them confidence and most of all enthusiasm in the kitchen.

Sticky plum flapjack bars

Ingredients

450g fresh plums, halved, stoned and sliced
½ teasp mixed spice
300g light muscovado sugar
350g butter plus extra for greasing
300g rolled porridge oats
140g plain flour
50g chopped walnuts
3 tbsp golden syrup

Method

1. Heat the oven to 200C/180C fan/gas mark 6. Tip the plums into a bowl. Toss with the spice, 50g of the sugar and a small pinch of salt, and then set aside to macerate.
2. Gently melt the butter in a saucepan. In a large bowl, mix the oats, flour, walnut pieces and remaining sugar together, making sure there are no lumps of sugar, then stir in the butter and golden syrup until everything is combined into a loose flapjack mixture
3. Grease a square baking tin about 20

x 20cm. Press half the oaty mix over the base of the tin, then tip over the plums and spread to make an even layer. Press the remaining oats over the plums so they are completely covered right to the sides of the tin. Bake for 45-50 mins until dark golden and starting to crisp a little around the edges. Leave to cool completely, and then cut into 18 little bars. Will keep in an airtight container for 2 days or can be frozen for up to a month.



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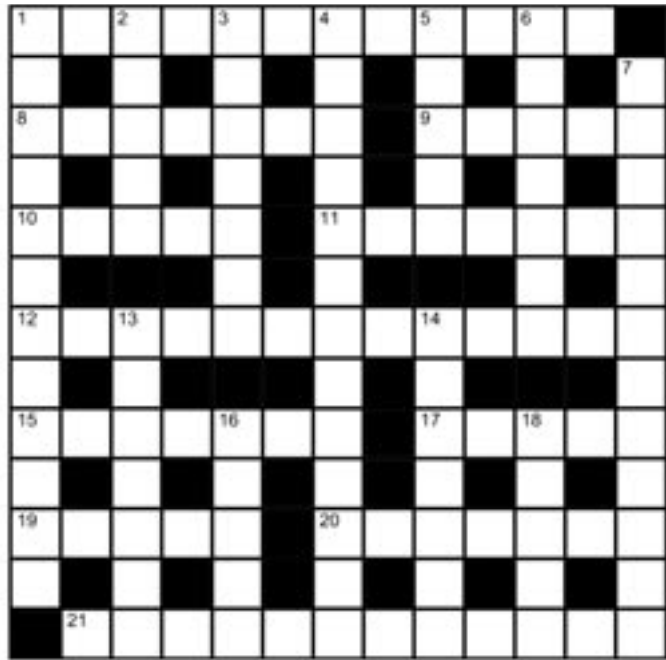
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We are never alone

Do you know the legend of the Cherokee Indian youth's rite of passage? His father takes him into the forest...blindfolded...and leaves him....alone. He is required to sit on a stump the whole night...and not take off the blindfold until the ray of sun shines through it. He is all by himself. He cannot cry out for help to anyone. Once he survives the night...he is an ADULT. He cannot tell the other children of this experience. Each child must experience it for themselves.

The boy was terrified...could hear all kinds of noise...Beasts were all around him. Maybe even some human would hurt him. The wind blew the grass and earth... and it shook his stump. But he sat stoically...never removing the blindfold. It would be the only way he could be an adult. Finally, after a horrific night...the sun appeared and he removed his blindfold. It was then that he saw his father...sitting on the stump next to him...at watch...the entire night. We are never truly alone. Even when we do not know it, our family and friends are watching out for us...sitting on a stump beside us.



- Across**
- 1 One of the OT's Wisdom Books (12)
 - 8 Focused (7)
 - 9 Weapon (5)
 - 10 Ensnares (5)
 - 11 Don't get up early from bed (3,4)
 - 12 Get wind of something; suspect (4,2,7)
 - 15 Japanese form of acupuncture (7)
 - 17 Legends of the Himalayas (5)
 - 19 Cub; pup (5)
 - 20 Sloth; passivity (7)
 - 21 Dilemma in pontoon to hold what you have or gamble by taking another card (5,2,5)
- Down**
- 1 Saying that everyone has a right to have different preferences (4,2,3,3)
 - 2 Latin American dance with dancers in single file (5)

- 3 Unbroken landmass from the Atlantic Ocean to the Pacific (7)
- 4 Christmas song anglicized as Good Christian Men, Rejoice (2,5,6)
- 5 Alley cat, for example (5)
- 6 Title of respect from the Ottoman Empire (7)
- 7 Chesty cough medicine (12)
- 13 Most conceited (7)
- 14 Resort at the southernmost tip of Florida (3,4)
- 16 Subject matter (5)
- 18 In music, 'to be performed by the entire ensemble' (5)

SOLUTION

Across: 1 Ecclesiastes, 8 Centred, 9 Rifle, 10 Traps, 11 Lay into, 12 Have an inkling, 15 Shintaro, 17 Yetis, 19 Whelp, 20 Inertia, 21 Stick or twist.

Down: 1 Each to his own, 2 Congo, 3 Eurasia, 4 In Dulci Jubilo, 5 Stray, 6 Effendi, 7 Decongestant, 13 Valnest, 14 Key West, 16 Topic, 18 Tutti.

an Body

need to keep healthy!
get them and what they do.



	Energy source		Healthy blood vessels
	Anti-aging		Normal blood formation
	Prevents arthritis		Healthy bones
	Immune system		Normal metabolism

BEANS	MEAT	NUTS	VEGETABLES	CEREALS
Mung	Beef liver	Peanut	Spinach	Wheat toasts
0,625 mg	0,246 mg	0,24 mg	0,194 mg	0,1 mg



MEAT	SEAFOOD	FISH	DAIRY	EGGS
Beef liver	Octopus	Mackerel	Hard cheese	Egg yolk
0,06 mg	0,02 mg	0,012 mg	0,003 mg	0,001 mg



BERRIES	SPICES	VEGETABLES	BERRIES	FRUITS
Rose hip	Coriander	Yellow paprika	Black currant	Kiwi
1000 mg	566,7 mg	183,5 mg	181 mg	105 mg



FISH	MUSHROOMS	EGGS	MEAT	DAIRY
Trout	Champignon	Eggs	Liver	Cheddar cheese
0,019 mg	0,013 mg	0,002 mg	0,0004 mg	0,0001 mg



OILS	NUTS	DAIRY	CEREALS	FRUITS
Sunflower oil	Almond	Butter	Pasta	Olive
41 mg	26,22 mg	2,32 mg	2,1 mg	1,65 mg



SPICES	VEGETABLES	OILS	CEREALS	DAIRY
Parsley	Spinach	Olive oil	Dried pear	Butter
1,64 mg	0,482 mg	0,062 mg	0,021 mg	0,007 mg



The Stories of Septimus Mole

A New Beginning!

The Reverend Septimus Mole sat in the burrow surrounded by an eager audience. As you know, he loves telling stories and this was a new group of listeners who wanted to hear about their ancestor Trasius from Damascus...



The road to Damascus was hot and dusty. It ran through rocky countryside, occasionally emerging into small patches of fertile land where poor farmers managed to grow a little wheat and where there was enough food to keep a few of the Syrian sheep which ranged across the land. Here and there could be found dusty mole hills where some of Septimus' ancestors also managed to find food beneath the soil.

Septimus paused in his story telling to see whether his audience of young moles was still listening. He need not have worried; they loved his stories and were eager for him to continue. Trasius was a young mole, eager to make his way in the world and always in trouble with his elders. He would wander far and wide above ground, and had sometimes narrowly escaped the shepherd's dogs when he got too close. On this particular day, Trasius was just beside the roadway, hidden by some rocks as a group of important travellers came by. He knew that they were important because they were riding on donkeys. But this was to be no ordinary day.

Just opposite where Trasius was watching, the leading rider suddenly fell to the ground as a very bright light flashed all around. Trasius nearly jumped out of his skin, and he burrowed beneath some convenient rocks to hide, and to see what happened next.

He was not ready for this. Trasius had seen many human beings but had never heard a voice so penetrating, which filled the air around him and the travellers, and held the fallen man in an attitude of fear.



The voice addressed this man as Saul, and asked why he was being so cruel. Trasius was spell-bound, and, as he watched, the man called Saul knelt in the road, flailing his arms as if he couldn't see. And Trasius watched as the man's companions helped him up and set off again on their journey. But Trasius, being Trasius, wanted to know what was happening after such a strange event, so he very quickly scuttled to the side of one of the donkeys and swung up into a basket on a piece of harness. (Moles can be very agile!)

Breathing heavily from the effort, Trasius hid among the contents of the basket, his keen hearing and sense of smell soon telling him that they were entering the big city of Damascus. Trasius, of course, had never even seen Damascus, so he was bombarded by the sounds and smells of this huge place. The travellers stopped and began to unload, their telling and retelling of the strange event on the road drowning out any noise which Trasius made, as he scrambled out of the basket and into a sweet-smelling garden. Luckily for him, there were worms here to eat.

Some days passed, and the man called Saul sat and said and did nothing. Then another man came and did something very strange. He talked to Saul and placed his hands on Saul's eyes. Trasius could see that something very special had immediately happened. Not just that the man Saul could see, but that he was filled with vigour and energy and - something else. Trasius couldn't quite think of the right word.

Trasius spent the next few days continuing to explore the garden surroundings and watching as the man, Saul, became stronger and began talking to everybody about his experience. Trasius was fascinated by the change, and was enjoying this new beginning for himself, as probably the first city-dwelling mole.

As time passed Trasius was aware that the man, Saul, was trying to persuade some people in Damascus to follow his new beginning, but they were angry with him. So angry that Saul had to be smuggled out of town. Trasius continued to live in Damascus, and often thought about that strange man Saul, and wondered what had become of him. He enjoyed his new beginning, and felt sure that Saul enjoyed his too.

DID YOU KNOW?

Moles can dig up to 18 feet in one hour.
Moles have a good sense of smell, but they don't see very well. ...
Moles don't hibernate. ...
These little animals paralyse worms and insects with poison in their saliva.



Pebble Art by Lucia - Age 10

**This is sooooo simple.
It looks brilliant,
and it's easy to find everything
you need!**

Here's what you do

Find a piece of card
Make a frame by using 2 different
pieces of card/paper
You could use a piece of cardboard
at the back and then glue a piece of
white paper in the middle

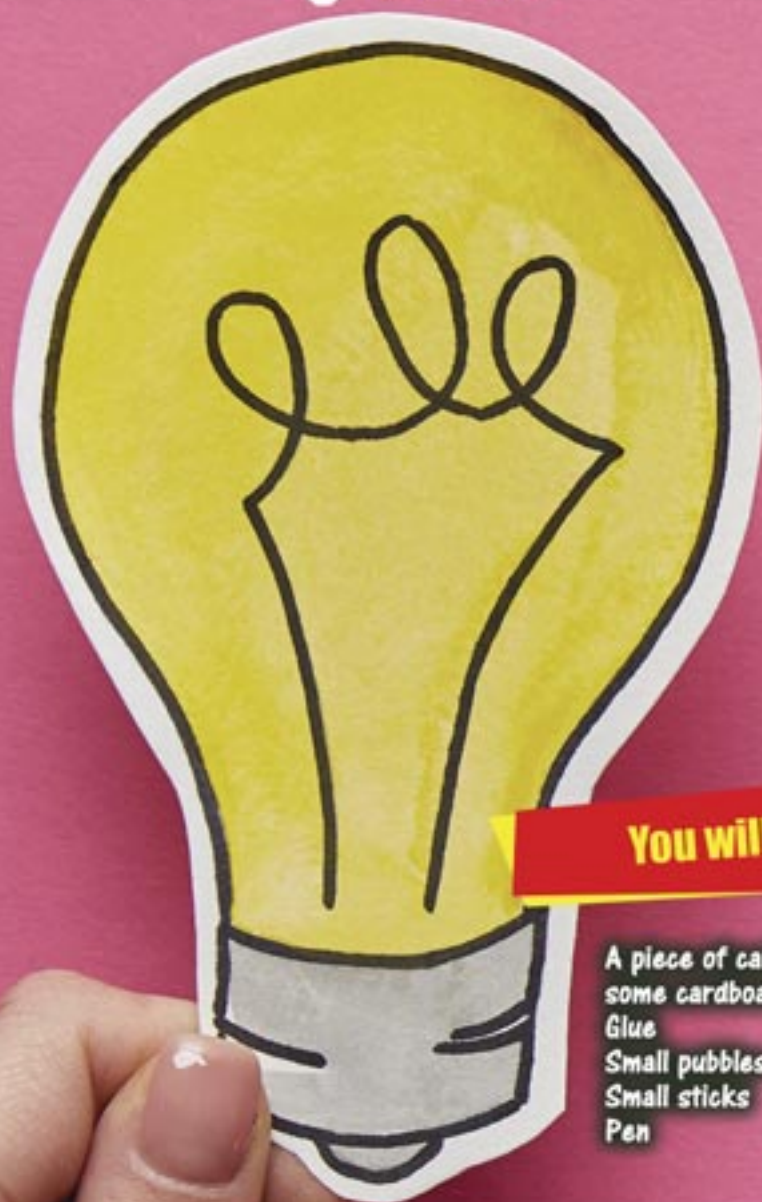
Find some small stones and twigs.
Make sure one side of the stones
are flat enough to glue it to the
card.

Play around with the
things you find until
you work out what you
can make.
People and animals are
really easy to do!
Put them on the card
to make your picture.
When you are happy,
glue them to your card.

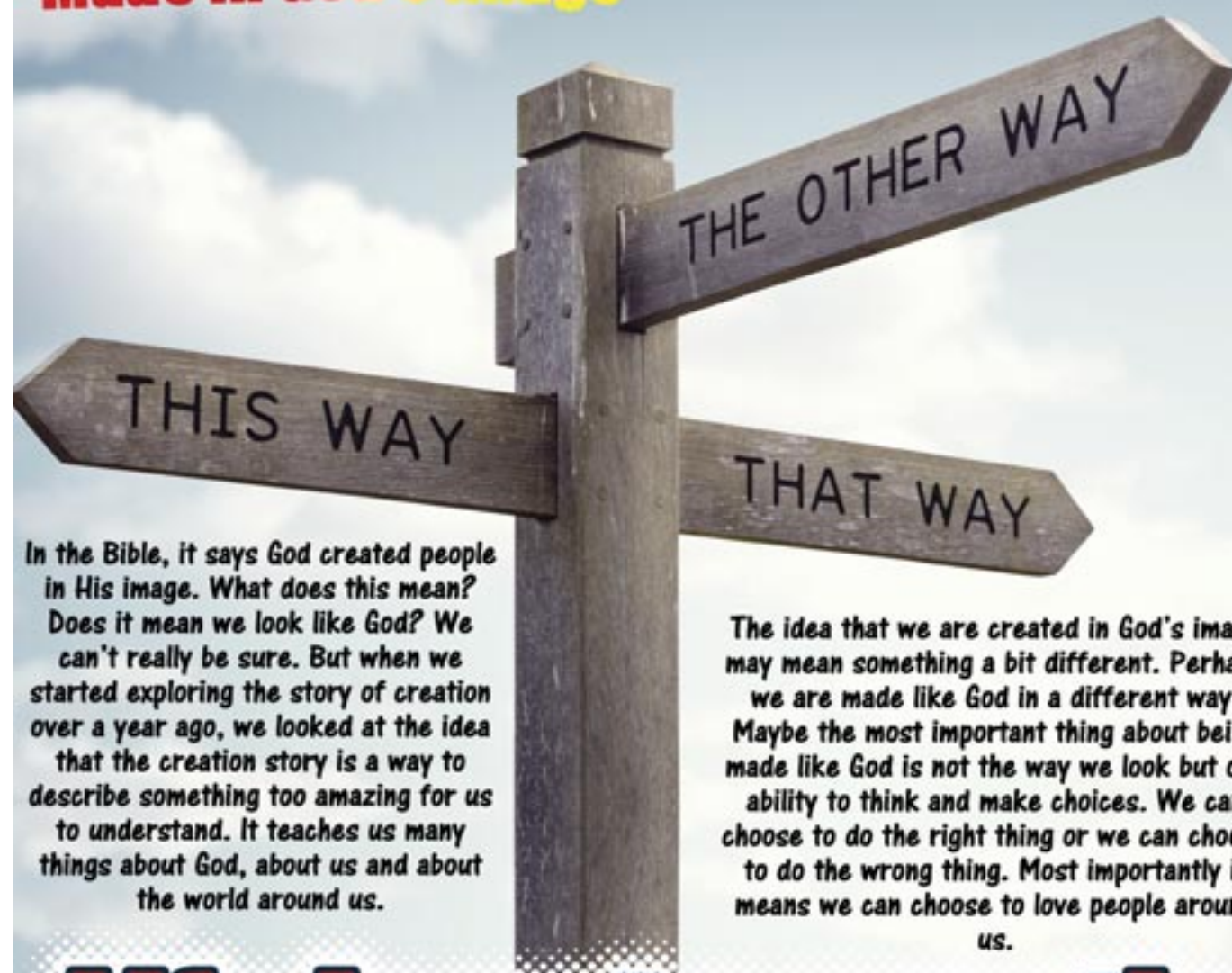
You will need

A piece of card - you can use anything -
some cardboard, cereal box etc.
Glue
Small pebbles
Small sticks
Pen

Finish your
picture by
adding
a little bit of
detail with
your pen.



Made in God's Image



In the Bible, it says God created people in His image. What does this mean? Does it mean we look like God? We can't really be sure. But when we started exploring the story of creation over a year ago, we looked at the idea that the creation story is a way to describe something too amazing for us to understand. It teaches us many things about God, about us and about the world around us.

The idea that we are created in God's image may mean something a bit different. Perhaps we are made like God in a different way. Maybe the most important thing about being made like God is not the way we look but our ability to think and make choices. We can choose to do the right thing or we can choose to do the wrong thing. Most importantly it means we can choose to love people around us.

Life is not a practice...

If God created us in His image - we can choose whether to live our lives to the MAX or not.

God calls us to live our lives to the full. Life is not a rehearsal - this is the real thing. SO...

Love God
Be brave &
Live your dream ...

Prayer

Father, help us to make the right choices in our lives.

Help us to know what is right and give us the strength to choose to love You and all those around us.

Amen

God chooses to love us, and He has made us like Him...so we can choose to love those around us, and it is our choice whether we want to love God.



Parent's Paper Inside