



Communion is a celebration for those who have decided to follow Jesus.

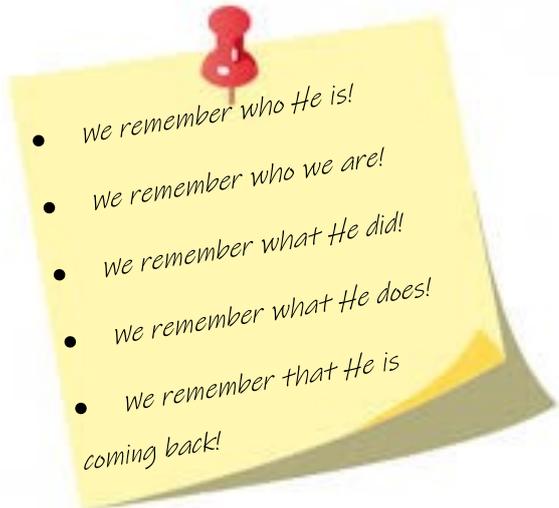
In the bible, Paul asks us to examine ourselves before taking Communion. If we feel guilty about something, we pray to God and say sorry. If we don't feel guilty about anything, we probably should do. Taking Communion is rather like going to see a doctor. We don't go to see a doctor when we are well, but when we know we need to be better and are ready to accept help.



Jesus directed his followers to join together in the celebratory supper remembering his death until he comes again in glory.

'For as often as you eat this bread and drink this cup, you proclaim the Lord's death until he comes.'

1 Corinthians 11:26



Angry Dragon Game



You will need: Treasure, such as costume jewellery, gem stones, gold bars!
Blindfold

Get all the family involved in this game. Start by choosing one person to be the dragon and sit them in the middle of the room next to (but not touching) a piece of jewellery/treasure. Blindfold the dragon. Everyone else sit in a wide circle around the dragon.

The dragon is very fierce and scary and will be very angry if anyone steals his treasure.

The aim is for one of the players to steal the treasure from the dragon. They need to creep around the outside of the circle then try to creep up on the dragon without him hearing them. If he does hear them coming, he must point in their direction and roar loudly. If the dragon is right, the would-be thief must sit down.

Take it in turns to have a go at being the dragon. How angry does your roar sound?

We all get angry. Sometimes its over just a little thing and sometimes a really major thing. Maybe we don't even know why we are angry. We just need to remember, that God can help us to get over our anger, calm down and get back in control of our emotions.

