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## Being Catholic Workshop

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### WELCOME:

(5 min)

Welcome all participants, and introduce yourself.

Explain the format of the day and any house-keeping/safety announcements.

Begin by outlining the Learning Intentions. You may like to display these so that you can refer to them throughout the session.

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## LEARNING INTENTIONS:

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We will explore what it means to be Catholic, by looking at our Creed and some of the Catholic Social Justice Principles.

We will define what being Catholic looks like in everyday life.

We will discover that living life like a Catholic is all about love and can be quite different to the messages we get from media and other outside influences.

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## INTRODUCTION:

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### INTRODUCTION:

(30 minutes)

(Material Needed: Some dictionaries, a prayer table in the centre covered in a cloth, enough chairs for everyone, a Bible, a candle, a globe or image of the earth and a tree of life/whakapapa print out)

Look up the word catholic in the dictionary. Ask some people to share what they find.

As you can see if you look up the word catholic; with a small c in the dictionary, you will find something like, all-embracing, universal and indiscriminate. Sadly, this is not always the impression that the word Catholic with a capital c is known for. However, after today I hope that we can rewrite your definition of what being Catholic means.

Mathew, Mark Luke and John Game:

To set up:

- Sit everyone around in a circle with 4 chairs at the top of the circle.
- Everyone numbers off from 1 until you get to the last 4 and they are Matthew, Mark Luke and John
- Make sure everyone knows their name or number.
- The basic action for each person in the game is:  
slap your knees then  
claps your hands together,  
then click right hand fingers,  
then click left hand fingers,  
SLAP, CLAP, RIGHT, LEFT and get a rhythm going.
- Matthew always starts and says "ready" and all start SLAP CLAP RIGHT LEFT 2 or 3 times until all are in rhythm.  
Matthew says when slapping "Mathew"  
Matthew says when clapping "to"  
Matthew says when right click "5" (or any number)  
Player 5 only has the left click to react.  
Player 5 then says when slapping "5"  
Player 5 says when clapping "to"  
Player 5 says when right click "Luke" or any number or name
- If you miss the beat you are out- stand up and move to the end next to Matthew. Everybody with a higher number than you moves up one seat.
- The number stays with the seat not the player.
- Name and number off again with new seat numbers.
- Matthew starts again.
- The aim is to end up in one of the top 4 chairs – Matthew, Mark, Luke or John.

You can mix this game up a bit by getting people to number off with animal voices, or loudly or softly or from a high voice to a low voice etc.

Once you have exhausted this game ask if anyone knows why the names Matthew Mark Luke and John were used. Hopefully someone will say they are the gospels, the first 4 books in the New Testament. Then say that Matthew and John were also part of another special

group along with, Peter, James, Andrew, Bartholomew, Judas, Thaddeus, Philip Simon and Thomas.

Does anyone know what that special group was called?

Apostles or Disciples. We talk about our Catholic Faith as being apostolic. This means that we have links all the way back to the Apostles and each generation has continued the mission of Jesus that grew from these 12.

In the Nicene Creed, our statement of beliefs that we share during mass, we say that as Catholics we are 'one, holy, catholic and apostolic Church'

### **But what does this mean??**

- One –means we believe in one God, all members are united as the Body of Christ, given life by the one Spirit. We acknowledge one Lord, one faith, one Baptism, we are one family! A symbol of our unity is even the circle we are sitting in.
- Holy – means we are focussed on God – we share in God's creation, we are Christ centred, we are Spirit filled. Today we represent this with the Bible that reveals God to us and a Candle that reminds us that Jesus is the light of the world. (Place these items into the centre of the circle on a table with a cloth)
- Catholic – means universal. The Church is for all times and all people. The Church is "the fullness of the means of salvation" (CCC 830) Remember the dictionary definition of Catholic we found at the start. Being Catholic means being inclusive, it means that we build bridges not walls. We represent this with a globe. (Place that on the table at the centre too)
- Apostolic – means the Church is linked all the way back to the Apostles. We live and share the ideas and life of Jesus as handed down through the apostles and their successors, the popes and bishops. This is represented by this tree, a whakapapa that links us with our past and back to our source – Christ at the centre of it all.

Being Catholic is more than attending Mass on Sundays and saying the creed. It is an *ongoing decision* to follow Jesus and have a personal encounter with Christ that allows us to share the love of God with others.

Each Catholic is given a mission, but it is up to us to accept it. That mission means that you are asked to have full and active participation in the life of the Church. That means just like belonging to a family you have rights and responsibilities.

We are called to live like Jesus and work for justice and peace in this world.

- Hand out the prayer cards and then finish the introduction section with this prayer:

**Leader:**

A reading from John 15:16

"You did not choose Me but I chose you, and appointed you that you would go and bear fruit, and that your fruit would remain, so that whatever you ask of the Father in My name He may give to you."

- Pray the following reflection and pause after each line so that the group can say
  - GIVE ME COURAGE TO BE MORE LIKE YOU

**Reader 1: When I see people who are hurting...**

**All:** GIVE ME COURAGE TO BE MORE LIKE YOU

**Reader 2: When I know that I can make a positive difference ...**

**All:** GIVE ME COURAGE TO BE MORE LIKE YOU

**Reader 3: When I have much more than I need ...**

**All:** GIVE ME COURAGE TO BE MORE LIKE YOU

**Reader 4: When I see the opportunity for others to be involved ...**

**All:** GIVE ME COURAGE TO BE MORE LIKE YOU

**Reader 5: When I think of my own wants before the gift of our earth and creation...**

**All:** GIVE ME COURAGE TO BE MORE LIKE YOU

**Reader 6: When I see the differences between myself and others ...**

**All:** GIVE ME COURAGE TO BE MORE LIKE YOU

**Leader:** Jesus to live like you every day takes courage. Help us to be more aware of times that we can shout our Catholic identity in the every day things we do. Give us all the courage to be more like you.  
**AMEN**



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## SONG:

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### SONG:

(15 min)

(Materials needed: computer with song and sound system, copy of words for group)

This song will be used to complete the final prayer session today. Spend some time learning it as a group and perhaps visit it again before the final prayer session.

#### GO DO SOMETHING BEAUTIFUL

Graham Kendrick

- *You may want to learn this song as a group*
- *Then break up into smaller groups to add actions to the verses.*
- *Return to the main group and sing through together with each group showing the actions they have created*

Go do something beautiful.

[https://www.youtube.com/watch?v=t5hV15UIA\\_M](https://www.youtube.com/watch?v=t5hV15UIA_M)

<https://www.youtube.com/watch?v=1jHbwGqOD8c>

GO DO SOMETHING BEAUTIFUL

We are a shining light  
City on a hill  
That can't be hidden  
A shining light  
And this shining light  
Is the life of Jesus in us  
Oh what a light  
The fire of his Spirit burns  
With justice, joy and peace  
And works through our hands and feet

*Go do something beautiful  
In the name of Jesus  
Do something beautiful  
Go do something Jesus would  
Do something beautiful  
Do something beautiful*

We are the salt of the earth  
Here to purify and flavour  
Salt of the earth  
Sent through all the earth  
To love God and love our neighbour  
Salt of the Earth  
As freely as we received  
So freely we must give  
And we are his hands and feet

Bridge:  
Let your light so shine  
Before the world  
That all may see  
The good you do  
And give their praise  
To God our Father

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## DISCUSSION:

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### DISCUSSION:

(5-10 min)

To encourage a focus on the topic of 'Being Catholic'. Move into smaller groups and share some thoughts and ideas that the group brings with them. Here are some focus questions to help discussions.

- What do you think it means to be Catholic?
- Are Catholics Christians?
- How can you tell that someone is a Catholic?
- Are most stories you hear about Catholics positive or negative? Why do you think that is?
- What do Catholics believe?
- Is the Pope Catholic?

*(Encourage an open atmosphere of sharing, this is not a time to debate, it is just a chance to share what people think about 'Being Catholic').*

*Allow time for discussion between families/groups before sharing some responses)*

To end this section, remind everyone that 'Being Catholic' can look different for everyone, but one thing that unites us is our faith in a God of love. God is the beginning of everything, and as Catholics we choose every day to commit ourselves to returning that love until we meet God again.

**Being Catholic is knowing that God is enough.**

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## ICE BREAKER GAMES:

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### ICE BREAKER GAMES:

(15 minutes)

#### Do you love your neighbour?

(Material Needed: chairs in a circle)

- This warm up games is a fun reminder that as Catholics we are called to love everyone even our enemies. (The names used in italics are just to demonstrate the game.)

To set up: Everyone sits in a circle except 1 person who stands in the middle.

- The person standing says '*John*, do you love your neighbour?'
- *John* can answer "yes" or "no"
- If he answers "yes" then the neighbours have to get up and swap seats before the person in the centre grabs their seat.
- If he answers "no" he must add "but I do love *Mary* and *Zach*"
- Now *Mary* and *Zach* have to swap seats before the person in the centre grabs a free seat.
- *John* also has the option of replying "I love all my neighbours" in this case everyone has to get up and swap seats.

## As close as you can!

(Material Needed: blindfolds and a chalk or a tape line drawn on the ground)

- This is a game that illustrates that as Catholics we are on a journey to God. We come from God and we return to God and it is with God that we are at our best.

To set up: Get everyone to stand with their backs against the wall

- Draw or tape a line on the ground about 3 meters away.
- Everyone puts their blindfold on.
- Explain that every day we are asked to turn ourselves towards God in the things we do. As Catholics we work to get closer to God and to be aware of where God is.
- Imagine that the line on the floor is your goal, for us being with God. Your task is to try and get as close as you can to the line as possible without crossing it.
- Try it a few times and see if people improve with practice.

Conclude by explaining that sometimes we get 'Being Catholic' right and sometimes we misjudge it and get it wrong. With practice we can become more familiar with what is required of us.

So what is required of us as Catholics?

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## GROUP WORK:

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### GROUP WORK:

(80 min)

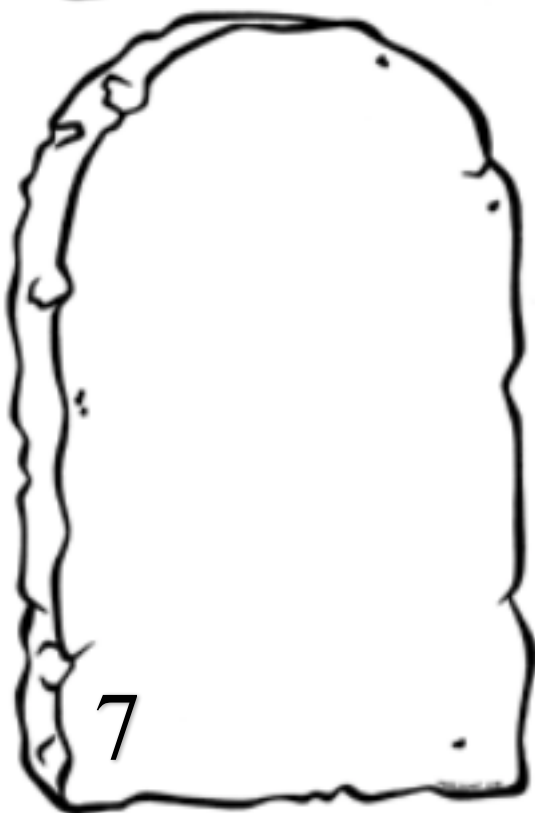
3 Stations: The groups spend 20 minutes at one, then rotate to the next.  
Give a brief explanation of each of the 3 station before starting the first round.

#### Station 1: 10 Commandments

(Material Needed: Set of tablets for each group pens/pencils to colour, scissors and laminated copy of the 10 Commandments guide sheet)

- Create a group set of Commandment Tablets (you may want to enlarge them to A3 )
- Draw or write ways that you can live out these commandments every day.
- You may like to allocate certain commandments to individuals or work on them all together.
- Make sure each group has the guide sheet that has focus questions on it to help relate the commandments to life today.
- Once complete allow the group time to present to everyone – **focus** on what living the 10 commandments looks like today.







## 10 Commandments Guide Sheet for Catholic Children:

### **1. Love God more than you love anything else.**

Have I wanted more things, making things or money more important than God?

Do I make/let sports, entertainment or other people more important than God?

### **2. Always say God's name with love and respect.**

Do I use God's name carelessly? Do I use God's name in anger?

Do I use God's name respectfully?

### **3. Honour God, by taking time to rest and going to mass on Sunday.**

Do I go willingly to Mass on Sunday? Do I take time out of my routine to see God's work?

Does my behaviour make it difficult for our family to get to church on time?

Have I remembered to talk to God every day?

### **4. Love and respect your mum and dad and other adults in your life.**

Do I respect my parents with my words and actions?

Have I done my jobs without complaining? Do I support family in my behaviour?

Have I been disrespectful to teachers, coaches and other parenting figures?

### **5. Don't hurt people through your actions or your words.**

Do I keep my patience or do I lose my temper?

Do I hold grudges and try to get even with others?

Do my choices show I care for the environment?

Have I been unfair to others, especially those who are different than I am?

### **6. Always be faithful and respectful to yourself your family and your friends.**

Do I show respect for my body, by eating well, exercising and accepting it for what it is?

Do I respect the bodies of others?

### **7. Don't take things that are not yours.**

Have I taken something that belongs to someone else?

Have I "forgotten" to return something that I borrowed?

Have I used money responsibly? Do I show respect for earth's gifts - water, fresh air, food?

### **8. Tell the truth.**

Do I play fairly or do I ever cheat at school or games?

Have I been honest with others?

Have I hurt someone by what I have said or done? Have I gossiped about someone?

### **9. Value your relationships, and don't be jealous of other people.**

Have I been jealous of the relationships/friends that someone else has?

Have I tried to be kind to others?

### **10. Be grateful for the things you have and don't wish for things that others have.**

Have I been jealous of the things that my friends have?

Have I nagged my parents into buying things because my friends have them?



## **Station 2:** Corporal and Spiritual Works of Mercy:

(Material Needed: You will need to make 2 copies of the cards, print them off and cut across the horizontal lines. Fold down the vertical lines and glue together.)

- The **Spiritual Works of Mercy** are acts of compassion where we help our neighbours with their **emotional** and **spiritual** needs. Jesus introduced these to us in his interactions with others.
- The **Corporal Works of Mercy** are kind acts where we help our neighbours with their **physical needs**. They are found in Jesus' teachings (Matt 25:31-40) and give us a model for how we should treat others.
- Use the sets of cards to play memory. You can play as individuals/family groups or teams. Once you have located 2 of the same card you need to add one more suggestion to the list before you can keep your cards. If you cannot do this turn the cards back over and return them to the table.
- Encourage discussion around the cards, and help the groups come up with real life situations that capture the idea behind the 'work of mercy'.



## CORPORAL WORKS

### FEED THE HUNGRY

1. Only buy as much food as I need.
2. Make a double amount of dinner or baking and take it to the local food bank
3. Invite someone to dinner who you know would love the company
4. Buy an extra item at the super market to donate

## CORPORAL WORKS

### GIVE WATER TO THE THIRSTY

1. Make a donation to a charity that helps people source clean water
2. Try not to waste water at home
3. Use cleaning products that do not harm the water supply and our oceans
4. Choose not to buy bottled water it is a right not a commodity

## CORPORAL WORKS

### COMFORT THE SICK

1. Donate blood
2. Get some friends together and visit a rest home. You could read or sing to them or even help with an art activity.
3. Offer to help someone you know who cares for a sick family member

## CORPORAL WORKS

### SHELTER THE HOMELESS

1. Get involved with a refugee support group
2. Donate bedding or house products to a charity
3. Consider how your lifestyle contributes to rising sea levels and the loss of people's homes



## CORPORAL WORKS

### CLOTHE THE NAKED

1. Donate washing powder to St Vincent de Paul
2. Buy good quality clothes that can be reused
3. Buy your clothes from places that support fair trade and working conditions

## CORPORAL WORKS

### VISIT THE IMPRISONED

1. Visit an elderly neighbour or relative that is not able to get out of the house often
2. Spend some time with someone who you know is depressed or struggles with anxiety
3. Get involved with advocating for people in detention centres

## CORPORAL WORKS

### BURY THE DEAD

1. Send a card to someone who has lost a relative
2. Visit the cemetery and tidy up the grave of someone you have lost

## SPIRITUAL WORKS

### INSTRUCT THE IGNORANT

1. Share with others the gospel message
2. Live a life like Jesus did and shows others that we can live differently e.g. 'instead of saving lollies during lent, I could collect rubbish at the local beach/park'



## SPIRITUAL WORKS

### COUNSEL THE DOUBTFUL

1. If someone is confused about what is right or wrong spend some time discussing the situation with them
2. Help people to listen to the voice of God  
e.g. What to do when you are having friend problems at school

## SPIRITUAL WORKS

### ADMONISH THE SINNER

1. We all get it wrong at times, but we are asked to help others work through their problems so that they can find peace and reconcile with those they have hurt  
e.g. when a friend hurts you let them know  
'When you didn't let me play I felt hurt'

## SPIRITUAL WORKS

### BEAR WRONGS PATIENTLY

1. 'Revenge' and 'payback' are not words that Jesus would have used. We are encouraged to be patient with others and work to have a forgiving heart.  
e.g. 'when someone hits you do you hit them back?'

## SPIRITUAL WORKS

### FORGIVE OFFENSES WILLINGLY

1. When someone is sorry for what they have done and asks for forgiveness we are encouraged to forgive them and replace hurt with reconciliation.  
e.g. 'I'm sorry I didn't let you have a turn on the computer.' 'I forgive you'



## SPIRITUAL WORKS

### COMFORT THE AFFLICTED

1. We are asked to have compassion for people who are suffering even when it is inconvenient for us.
2. We can ask ourselves 'what would Jesus do?'

## SPIRITUAL WORKS

### PRAY FOR THE LIVING AND THE DEAD

1. How often do we pray for ourselves? It is important to put others at the centre of our prayers.
2. When we pray for the dead we are reminded that we are all connected in faith

### **Station 3: Catholic Social Teaching:**

(Material Needed: You will need to make 1 copy of the game – laminated if you can, and a set of games cards. You will also need playing tokens and a dice)

#### **Get up and Go Game:**

There are 7 main principals that make up our understanding of Catholic Social Teaching. This game introduces some of the concepts of Human Dignity, Stewardship, Preferential Care for the Poor and Vulnerable, Participation, Solidarity and the Common Good. (Subsidiarity has not been included).

- Shuffle the CST cards and place on the game board allocate a token for each player/team and the lowest number rolled starts
- Use a dice and the cards to move through the game from start to finish, encourage discussion around the topics on the cards and at the end of the game ask the group to report back anything they found surprising or interesting about Catholic Social Teaching.



CATHOLIC SOCIAL TEACHING

# GET-UP-AND-GO



END

Place CST  
cards here





You are made in the image of God so have a dignity and worth that does not need to be earned. Move forward 5 spaces.

You tease someone for being different than you, and damage their dignity. Move back 3 spaces.

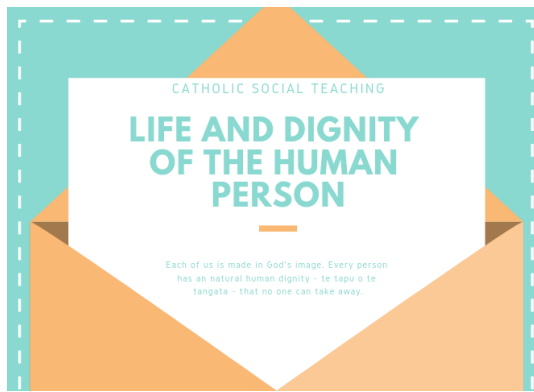
You encourage someone to share their talents and you value their dignity. Move forward 4 spaces.

I sometimes think I am better than someone else – but we are all valuable in the eyes of God.

Miss a turn while you think about how everyone is just as valuable as the next person.

Print and cut along horizontal lines, fold down vertical lines  
Then glue together.





Sometimes I push in line in front of someone else. This is showing that I don't value the dignity of that person.  
Move back 1 space.



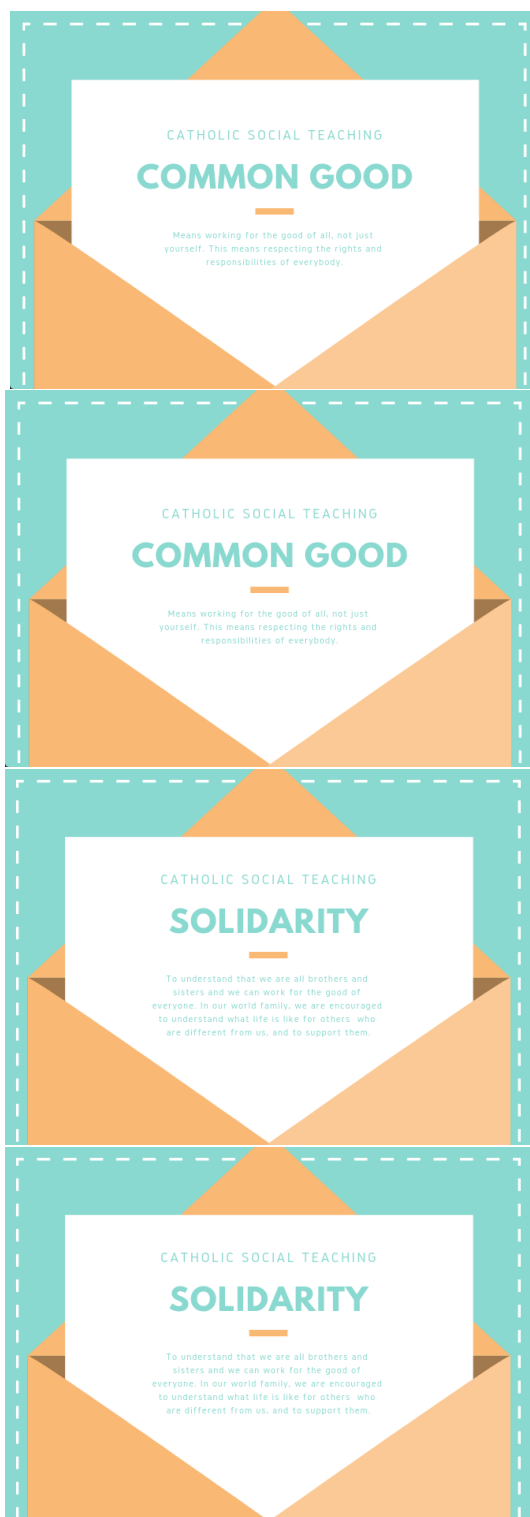
When it is mufti day at school I understand that for some people that might not be a great day. Offer one reason why.  
Move forward 1 space



You win a huge bag of lollies at assembly and instead of sharing them you eat them all yourself.  
Move back 2 spaces.



You win 1 million dollars and you donate ½ of it to charities in your community.  
Move forward 2 spaces.

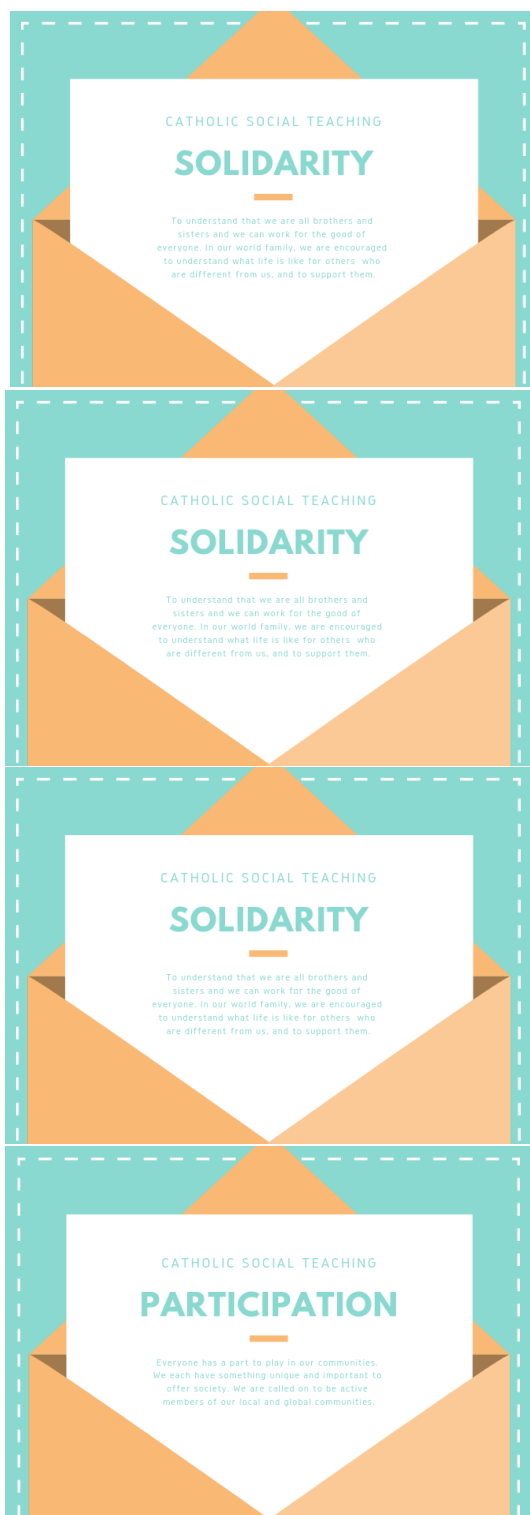


Sometimes in class I'm dying to jump and tell everyone about some exciting news, but I understand that their learning opportunities are valuable, so I wait until sharing time.  
Move forward 2 spaces.

When there is a working bee at school or church I make an effort to get there and help.  
Move ahead 3 spaces

I choose not to sit with my friend for lunch today because I could see that there was someone else who was looking lonely and sitting by themselves.  
Move ahead 2 spaces.

When the Red Cross asks for resources for the refugees in our city my family and I make sure we help out.  
Move ahead 3 spaces.

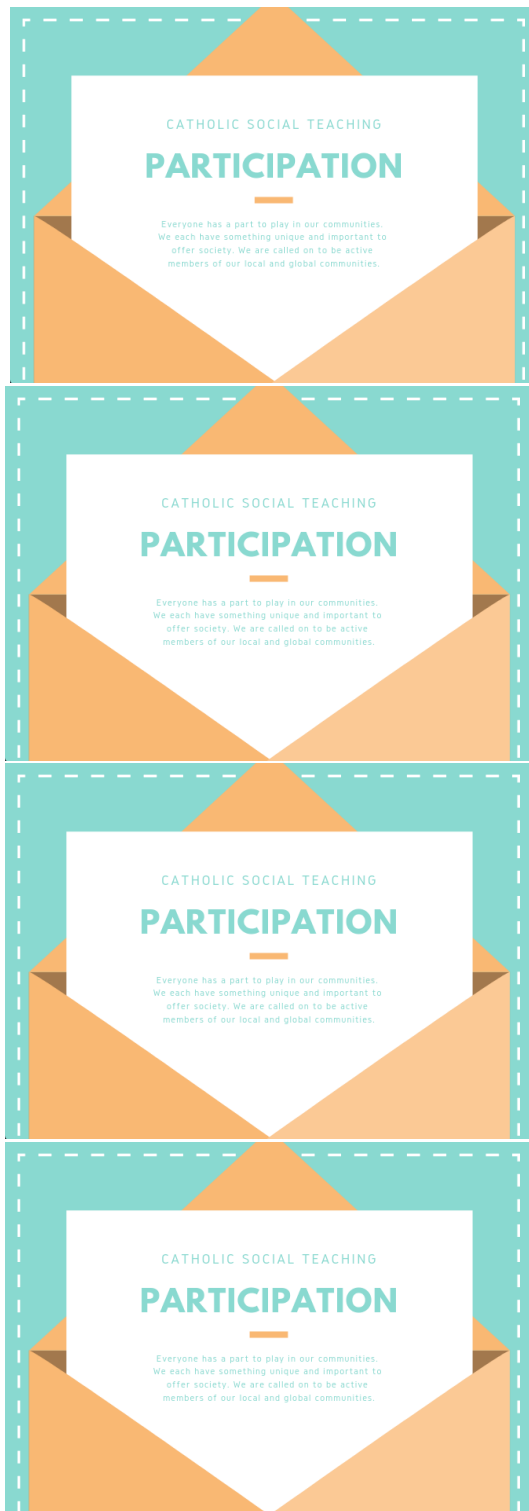


When I hear that people overseas are suffering, I understand that they are part of our world family.  
 I keep them in my prayers and I offer help if I can.  
 Move forward 2 spaces.

When I hear someone say ...'that's not fair' and it's not I want to help.  
 Move forward 2 spaces

When I saw someone being bullied today I choose to stand up for them and support them.  
 Move ahead 3 spaces

There is a really slow runner in my class and I never pick them to be in my team. God wants us to understand that everybody has the right to participate in activities like work, education and fun.  
 Move back 3 spaces

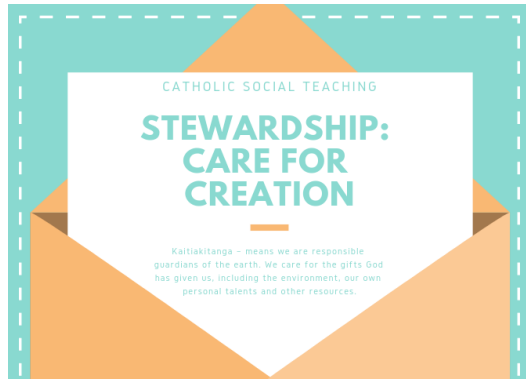


While running a race at school  
you notice someone who is  
really struggling, instead of  
running by you stop and run  
with them to encourage them.  
Move up 3 spaces.

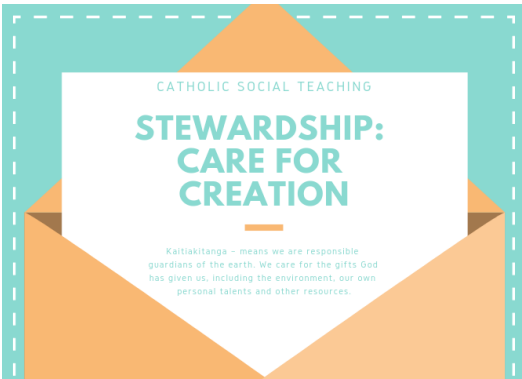
I get frustrated when people  
can't do things as well as I  
can.  
Miss a turn while you think  
about how that attitude might  
make someone feel.

We all have different gifts and  
talents. Name a gift of  
someone else in this group.  
Move ahead 2 spaces.

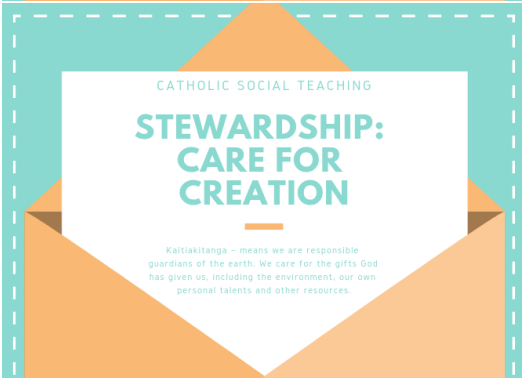
My grandad finds it really  
hard to hear me sometimes,  
so I take my time and speak  
clearly so that he doesn't miss  
out.  
Move ahead 3 spaces.



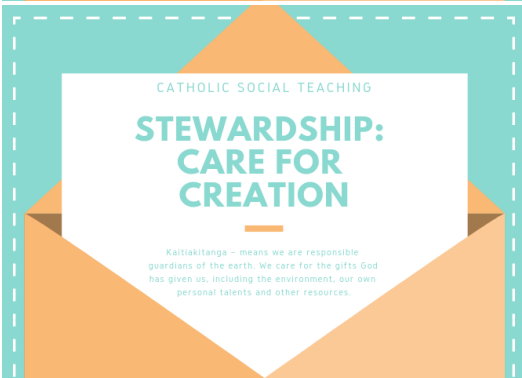
I take time to make good choices when I am shopping, so that I am not filling up our earth with rubbish.  
Move ahead 3 spaces



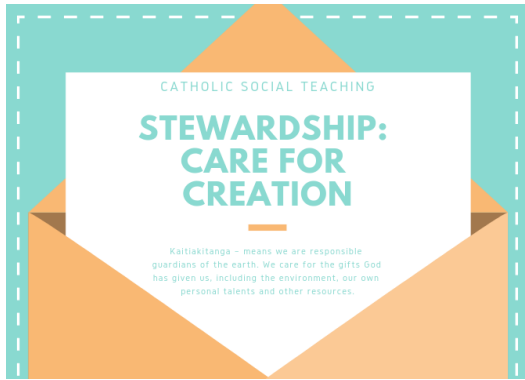
I make sure that I only take as much food as I need, and I try not to waste it. This shows I appreciate the food I have and know that there are some people who don't have enough.  
Move ahead 3 spaces.



I constantly ask for new toys from the shop instead of using the ones I have, miss a turn while you think about how many toys you already have and don't use.



I can't be bothered rinsing my plastic and recycling it. This shows I'm not caring for my environment.  
Move back 3 spaces.



I turn the tap off when I brush my teeth. This shows I am grateful for the gift of clean water.  
Move ahead 3 spaces.

### **Conclusion for Group Work:** Whole Group Game: (20min)

(Material Needed: A white board or piece of paper divided into 3, a set of scenario cards and a timer)

#### **LIVE IT LIKE JESUS DID GAME:**

Using all the information you have learned from the 3 activity stations today, we are now going to see which group can come up with the best ways to 'Be Catholic' in everyday situations.

I will read out a scenario and your group has a minute to decide on a 'follow up' action that clearly demonstrates how we are called to live as Catholics. You are rewarded points for imagination and humour.

Set up:

- Split the groups into 3 different corners of the room
- Get each group to come up with a name for themselves
- Write the names up on the board
- Depending on the abilities of the groups they either write down a 'follow up action', dramatise it or have a reporter present it.  
(You can use all of these, or just one method depending on the energy of the group)
- You can choose random scenarios or go through the list below.

You're in a shop and you see a 5 dollar note on the floor. You remember the saying "finders, keepers; losers, weepers." What do you do?

Oops you just burned popcorn in the microwave. You know your dad will be mad about the smell and the waste. Your friend Ben just left. You could say that he popped the popcorn and it will get you out of trouble. What do you do?

At school everyone was given a lollie by the teacher and was told to eat it at home not at school. You put yours in your pocket and lost it on the playground. When you get back to class, you see a lollie sitting on the desk next to you. You know he doesn't like the flavour. What would you do?

Someone sends you a birthday present in the mail and you really don't like it. What would you do?

Your job is to walk the dog but your favourite TV show is on, and if you walk the dog you'll miss part of it. You can just tell your parents you've walked the dog. They'll never know the difference; the dog can't even talk to tell on you. What would you do?

During a test in school, you see a kid copying answers from the person sitting next to him. But the cheating kid is kind of big and scary. You're not sure you want to get him in trouble by telling. He might be mean to you later. What would you do?

Your friends want to hang out in town after your sport game finished early. Your mum has told you never to do this without letting her know first where you are. Your friends are hassling you and laughing at you as they head down the road. Would what you do?

Your mum told you to clean up your toys, but you're having fun. You don't want to stop playing. Besides, the room is messy, and you don't feel like cleaning up. What will you do?

Your dad made only enough biscuits for your brother's class lunch tomorrow. He tells the family not to eat any. You really want one so you decide to take one. Mom notices a cookie is gone. What would you do?

You're playing with a child who is younger than you and they have a toy you want to play with. You could just take the toy if you wanted to or you could switch it with the toy you have. The other child might cry, but maybe you won't get in trouble if you pretend you didn't do anything. No one is looking now. What would you do?

You are invited to a party from someone who isn't popular. What would you do?

You're kicking a ball in the house and break your sister's favourite birthday cup. Mum hears the crash and comes running to see what happened. If you tell the truth, you know you will be punished. You could say you accidentally bumped the table. What would you do?

You feel like your parents have been telling you to do stuff all day. You're sick of it and you want to say, "No" and "I don't have to" and "Leave me alone." You want to walk away and do what you want to do. What would you do?

Today is Mother's Day and you forgot to buy a present. What would you do?

You got in trouble, and you're mad. Your parents punished you, but you think your sibling deserves to be punished too. You could hit, pinch or trip your brother or sister when no one's looking. You could hide or break one of your sibling's toys. What would you do?

Your friend is sick and has been home from school for a couple of days. What would you do?

You're with friends when they start teasing an unpopular kid, taking his things and calling him names. If you stick up for him, the group could turn on you. You start to slip away, but someone throws you the boy's backpack. What would you do?

You're in the middle of an intense video game. Just a few more points and you'll beat your high score. You hear Dad say it's time to turn off the game. The game's loud, so it would be easy to pretend you didn't hear. That way, you could finish the game. What would you do?



You catch your brother/sister in your room or with your stuff. What would you do?

Some of your friends have started using bad language because it makes them feel cool. Each day you hear words you know your parents don't like. Your friends even use the names of God and Jesus as if they were just bad words, and they call you a baby because you won't talk like them. What would you do?

Your mom asks you to do something and you do not want to do it. What would you do?

You're playing with two good friends. They both want to be your best friend. You think you like one friend better. That friend says, "Let's go play by ourselves." You know your other friend's feelings will be hurt if she's left out. What would you do?

You borrow something from a friend and you accidentally break it. What would you do?

There's a new kid at school who hardly talks and seems to look at the ground a lot. The other kids laugh at him, and they expect you to laugh with them. You know this child needs a friend, but if you become his friend, the other kids might not be your friends anymore. What would you do?

Your friend has invited you over for a fun afternoon doing all your favourite things. You have your parents' permission to go, but you have to get your homework done first. The assignment isn't hard, but it would take time to do well. You could just tell your parents you did the work even though you didn't. They'll never know. What would you do?

You accidentally break a window in your neighbour's car, but they don't know it was you. What would you do?

Suppose you have one test question left to answer and time is running out. You've studied hard and you know the material, but you just can't bring that answer to mind. You could copy your neighbour's answer without the teacher knowing. Besides, you know the answer is somewhere in your brain, so it only seems fair that you should get credit for it. What would you do?

You come into the house and you hear your parents talking in the next room about something that is private. What would you do?

A group of friends is saying some pretty mean things about another friend. Some of what they're saying is true, but then sometimes those things are true of you, too. "Hey," someone says, calling your name, "you haven't said anything. What do you think? You agree with us, don't you?" What would you do?

## CONCLUDING PRAYER:

### PRAYER SESSION:

**(15-20min)**

(Materials needed: computer with song and sound system, prayer table, prayer cloth, candle and matches, taper candles, Glory Be Prayer on card or poster, copies of prayer ideas.)

Set up: Print off the prayer suggestions and place them all over the floor.

- This is a little bit like musical chairs.
- Choose a piece of music, perhaps “Go do something beautiful” and encourage the group to walk around between the pieces of paper until the music stops.
- When the music stops stand by the piece of paper and pray with it.
- Continue until you have had enough.

Pop up and say one thing to praise God	Ask God to help someone who is sick	Shout out loud somewhere you can be like Jesus today (school, home, park)
Pray for a child who lives where there is war	Ask God to help you cheer up someone who is feeling sad	What makes you sad? Why? Ask God for comfort
Some children have no clean water - ask God to help them and	Pray for someone you have seen on TV	Thank God for someone who is older than you
Shout out the name of someone who helps you, and thank God for them	Pray for those kids who don't have any shoes and warm clothes	Pretend to swim around the room and pray for those people who live on islands effected by climate change
Pray for all the babies and mothers in the world	What is stopping you from helping others? Ask God to help you be brave!	What could you donate that someone else could use? Ask God to help you be more generous.

What is your favourite thing about God? Tell your friend.	Walk around the room and tell God 3 people you are thankful for	Stand like a tree and pray that we can be more careful with our environment
Think of something you have done wrong. Silently tell God you are sorry.	Make the sound of a lion or wild animal - thank God for the amazing creatures we share this planet with	Find 3 people and tell each one something you are thankful for
What scares you? Ask God to help you when you are afraid	Stop, listen to what God is saying to you now	

Sometimes prayer can be noisy and it can use your whole body, like the prayer we have just experienced. Sometimes prayer is with others and sometimes prayer is by yourself. To finish off today we are going to try a special type of prayer called the Examen. This prayer helps us to reflect on our day and be more aware of where we see/hear/feel and touch God.

There are 5 main steps in an Examen:

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow

Set up:

- The Examen is a prayer that requires you to be still.
- Ask everyone to find a place away from others and sit or lie down on the floor.
- Play some quiet reflective music, turn off the lights and perhaps light a candle. It may help to give everybody a candle to hold, sometimes this helps to settle people into a quiet space.
- Read through the Examen reflection slowly allowing time for quiet prayer.

**LEADER:**

- Relax be still, let the worries of today slip away
- Remember that God is here with you.
- Look back over your day. Were you at home or at school or somewhere else?

- What made you happy today?
- Did someone say or do something that made you feel good. A friend someone in your family or someone else.
- Did you say or do anything that made you feel good?
- Was there something that you really enjoyed?
- Whatever made you happy today thank God for those things now.
  
- Did anything today make you sad?
- Maybe something that happened or maybe someone said or did something.
- Did you do something that made you feel unhappy?
- Maybe there is something you want to say sorry for?
- Whatever made you feel sad or unhappy today remember that you are precious to God? And that nothing ever changes that.
  
- Now think about your day tomorrow.
- Is there anything that you would like to ask God to help you with or anything that you are worried about or anything that you need.
- Talk to God about it now and ask God to be with you through your day.

Conclude prayer with the Gloria:

Glory be to the Father, and to the Son, and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be, world without end.  
Amen.

Finish the session with the Song: Go do something beautiful

You may like to copy the Nicene Creed and the Examen for families to take home. Copies can be found in the Resources Section:

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## RESOURCES:

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### OUR LEARNING INTENTIONS

# BEING CATHOLIC

1. We will explore what it means to be Catholic, by looking at our creed and some of the Catholic Social Justice Principals.
2. We will define what being Catholic looks like in everyday life.
3. We will discover that living life like a Catholic is all about love and can be quite different to the messages we get from media and other outside influences.

WE LIVE OUR LIVES WITH CHRIST AT THE CENTRE

## Earth





Tree of life













## NICENE CREED

We believe in one God,  
the Father, the Almighty,  
Maker of all that is, seen and unseen.  
We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial  
of one Being with the Father.  
Through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.  
We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshipped and glorified.  
He has spoken through the Prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come.

Amen.

AA statement about our beliefs as Catholics.

## Nicene Creed:

We believe in one God,  
the Father, the Almighty,  
Maker of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial  
of one Being with the Father.

Through him all things were made.

For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.

For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.

On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.

With the Father and the Son he is worshipped and glorified.  
He has spoken through the Prophets.

We believe in **one holy catholic and apostolic** Church.  
We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,  
and the life of the world to come.

Amen.

PRAYER CARDS FOR OPENING SESSION:

- Pray the following reflection and pause after each line so that the group can say
  - GIVE ME COURAGE TO BE MORE LIKE YOU

**Reader 1: When I see people who are hurting...**

**All:** GIVE ME COURAGE TO BE MORE LIKE YOU

**Reader 2: When I know that I can make a positive difference ...**

**All:** GIVE ME COURAGE TO BE MORE LIKE YOU

**Reader 3: When I have much more than I need ...**

**All:** GIVE ME COURAGE TO BE MORE LIKE YOU

**Reader 4: When I see the opportunity for others to be involved ...**

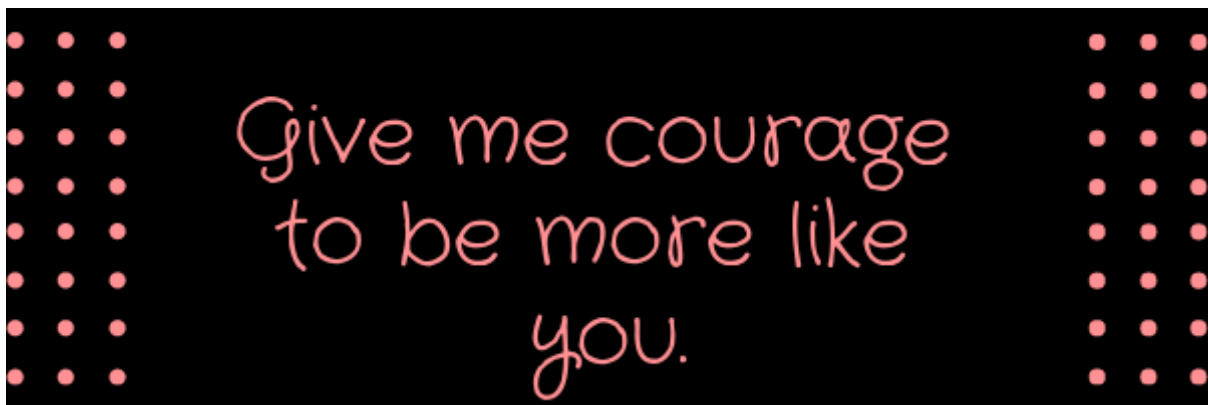
**All:** GIVE ME COURAGE TO BE MORE LIKE YOU

**Reader 5: When I think of my own wants before the gift of our earth and creation...**

**All:** GIVE ME COURAGE TO BE MORE LIKE YOU

**Reader 6: When I see the differences between myself and others ...**

**All:** GIVE ME COURAGE TO BE MORE LIKE YOU



***When I see people who are  
hurting...***

READER 1

***When I know that I can make a  
positive difference ...***

READER 2

***When I have much more than I  
need ...***

READER 3

***When I see the opportunity for  
others to be involved ...***

READER 4

***When I think of my own wants  
before the gift of our earth and  
creation...***

READER 5

***When I see the differences  
between myself and others ...***

READER 6





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## THE EXAMEN

### *1. Ask God for understanding*

*Become aware of God's presence*

*Look back on the days events in the company of the Holy Spirit.*

*"God, you have been with us all day long, since the time we woke up until now; help us to remember our day, so we can bring it to you."*

### *2. Give Thanks*

*Gratitude is the foundation of our relationship with God. The day I have just lived is a gift from God – be thankful*

*-what made you happy*

*-what happened at school*

*-what happened when you got home*

*- what gifts did you receive*

*- what work did you do*

*-who did you interact with*

*-appreciate the small things, food, sights, weather, clothes*

*GOD is in the DETAILS*

### *3. What were your emotions like today. We can be aware of God in our emotions. What is God saying to me?*

*"Was I angry? . . . Sad? . . . Happy? . . . What was beautiful? . . . What was amazing?"*

### *4. Choose 1 thing from the day and pray about it.*

*Ask for guidance from the Holy Spirit. It could have been positive, negative, significant, small. Look at it and pray.*

*"What do you think Jesus says about this today?" "What do you want to tell Jesus about what happened today?"*

### *5. Look toward tomorrow.*

*Pay attention to the feelings that surface – allow them to turn into a pray.*

*Seek God's guidance, ask for help and understanding.*

*PRAY FOR HOPE*

*Finish with the Our Father*

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## The EXAMEN:

### 1. Ask God for understanding

Become aware of God's presence

Look back on the day's events in the company of the Holy Spirit.

"God, you have been with us all day long, since the time we woke up until now; help us to remember our day, so we can bring it to you."

### 2. Give Thanks

Gratitude is the foundation of our relationship with God.

The day I have just lived is a gift from God – be thankful

-what made you happy

-what happened at school

-what happened when you got home

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- what work did you do

-who did you interact with

-appreciate the small things, food, sights, weather, clothes

## GOD is in the DETAILS

3. What were your emotions like today. We can be aware of God in our emotions. What is God saying to me?

"Was I angry? . . . Sad? . . . Happy? . . . What was beautiful? . . . What was amazing?"

### 4. Choose 1 thing from the day and pray about it.

Ask for guidance from the Holy Spirit. It could have been positive, negative, significant, small. Look at it and pray.

"What do you think Jesus says about this today?" "What do you want to tell Jesus about what happened today?"

### 5. Look toward tomorrow.

Pay attention to the feelings that surface – allow them to turn into a prayer.

Seek God's guidance, ask for help and understanding.

## PRAY FOR HOPE

Finish with the Our Father