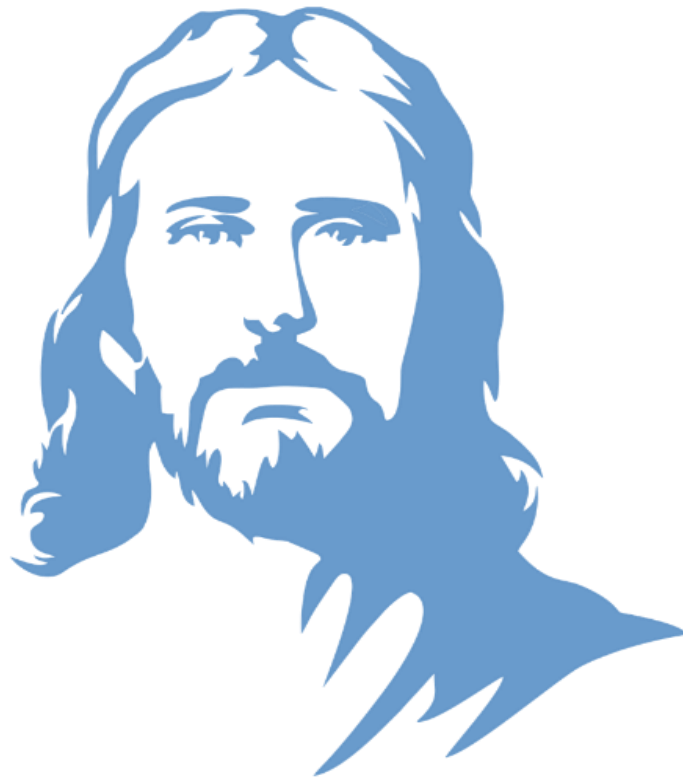




*Something Beautiful for God*



# FAITH FEST 2021



SOMETHING

*Beautiful for  
God*



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## Syro-Malabar Eparchy of St Thomas the Apostle

6 Greenock Court, Greenvale, VIC, 3059,



Dear Fr. Mathew Areeplackal,

I am happy to send this Message to the *Someth* forthcoming Faith Fest 2021 of the Syro-Malabar Eparchy of St Thomas the Apostle, Australia. This document is a very useful Activity guidebook for three days of intense and interesting faith formation for children and youth for the summer 2020-2021.

I congratulate Fr. Mathew Areeplackal, Director of the Eparchial Department of Catechesis and his team of resource persons involved in producing this impressive and user-friendly work-book.

I humbly exhort the parish priests to work out Faith Fest in December 2020-January 2021 in their respective communities.

I encourage our Catechism teachers to take this book as a challenge to improve and enhance themselves in the modern engaging techniques of faith formation.

I invite the parents to make use of this opportunity for their child to play and learn their faith.

When an eight-year-old boy once asked Pope Francis the question, "What did God do before he made the world?" After reflecting on it he answered: "Before God made anything, he loved. God loves always".

Yes, Dear Friends, God loves us, loves us always. Faith formation is to help us to understand God's love, experience it deeply and share it with others.

On day one of Faith Fest, we try to experience God's love in Jesus Christ our Redeemer, on the second day in the Church our Mother and on the third day in our Family a gift of God.

Following the example of the saintly bishop Richard of Chichester, let us pray that we may see Jesus Christ more clearly, love him more dearly, and follow him more nearly.

+Bosco Puthur



## VICAR GENERAL SPEAKS



Rev. Fr. Mathew Areeplackal  
Director of Catechesis  
The Syro-Malabar Eparchy, Melbourne



I am excited to learn that you and your team have come out with a fantastic working book for the upcoming FAITH FEST 2021- **'Something Beautiful for God'**. As I understand, this Activity Book is an interactive program for Catechism students for three days Faith Fest 2021 during the school/college holidays. This is a great initiative that your department has taken up to help our Children grow in Faith, love of God and love of neighbours. Thus to be a Great Christian!

Today our Children's lives are a bustling schedule of constant activities and social events. The Catholic parents are challenged to create a meaningful faith formation for their Children, competing with a world filled with distraction of sports, clubs, television, Internet and video games.

In this chaotic world, 'Faith Fest 2021' is an occasion for our Children to love the Lord deeply and love the neighbour sincerely. Children of Catholic faith begin their journey at baptism, their first sacrament. As Catholics, we are invested in faith and sacraments to keep us strong. It is our duty as parents, catechists, and community members to encourage our Children to continue their faith formation.

Congratulations to you Fr. Mathew and your resource team for taking the trouble to bring out this practical document to empower our Children in their Catholic faith journey.

I wish the entire Eparchy Catechism teachers and Children a great time during 'Faith Fest 2021' to experience Jesus our Saviour. God Bless!

Fr. Francis Kolencherry





## DIRECTORS MESSAGE

Fr Mathew Areepackal

Dear Parish Priests, Catechism Principals, teachers and children,

It is with great joy that the Dept of Catechesis, Syro-Malabar Eparchy of Melbourne releases its Activity Guide for the upcoming Faith Fest 2021, named "Something Beautiful for God!"

This Activity Guide is an easy to follow route map which takes the teachers and students on a journey through the themes of the day.

It is written with love and leads to fun, joy and spiritual empowerment.

It is an intricate blueprint for the teacher to understand how the faith formation of the Syro-Malabar Church in Australia can become a great celebration for our young people as it guides them in igniting the hearts and minds of our youngsters. During Faith Fest, children are provided a new perspective on how loving Jesus and being a part of our Church can be exciting and fruitful. Interpersonal skills and basic faith-moral formation are also simultaneously developed through the activities to help children harness their talents and unlock their personal best potential.

As for teachers, their point of focus should be equally placed on delivering the activity as well as the explanation of the activity from a Gospel point of view. Unless explained appropriately with biblical or theological references, the activities reduce to become nothing more than mere games to engage students. If instead a focus is placed on the underlying theoretical and theological explanations, each activity becomes a great learning lesson; etched into the students minds forever.

Faith Fest 2021 is centred on 3 themes for 3 days. (1) Jesus our Redeemer, (2) Church our Mother with a specific reference to the Syro-Malabar Church and (3) Family a Gift.

The resource team who have been involved in the development of this activity guide have attempted to constitute each activity according to appropriate age groups by breaking the activity guide into different age categories. Each category is named according to the children's progression in age as a reflection of the progression in Jesus' Ministry. Thus, students from Years 1-3 are referred to as Bethlehem, 4-6 as Galilee, 7 and 8 as Judea, and Years 9-12 as Jerusalem. Hints are provided after each activity for the imaginative sharing of the theme to further assist the teacher. The team of teachers chosen to deliver activities can be enhanced by adding parents of students from the same age group or utilising our SMYM smart guys.

I encourage each parish priest and principal to go through the Activity Book- Something Beautiful for God- and compliment what is lacking in the text by providing feedback to your team. The Department of Catechesis and the Syro-Malabar Eparchy of Melbourne express their gratitude to the Resource Team for this great initiative and invite each Catechism Centre to utilise it for the greater glory of God. I thank Anthony Kuriakose, our Department Secretary and gratefully acknowledge the blessing of Bishop Bosco and encouragement from Fr Francis Kolencherry, our Vicar General and the support of Fr Ajith from Adelaide, Fr Anish from Perth and Fr Mathew Kochupurackal from Melbourne.





## RESOURCE CO-ORDINATION TEAM



**Fr. Mathew Areeplackal**  
(Director Catechism)



**Antony Kuriakose**  
(Diocesan Secretary Catechism)



**Johny kutty Thomas**  
(Coordinator Resource Team)

SOMETHING

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## Bethlehem Team



Anju Stani



Bobby Shine



Jeena Sherin



Neetha Geo Lima



Serene Joby



Sheeja Job



Thressiamma Joseph

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## Galilee Team



Anu Paul



Jesby Thomas



Princy Benny



Rani Thomas



Sherin Jose



Nisha Francis

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## Judea Team



Beedha Joseph



Joseph Thomas



Presy Tom

## Jerusalem Team



Grace Puthumana



Lyju Edassery



Noby Joseph



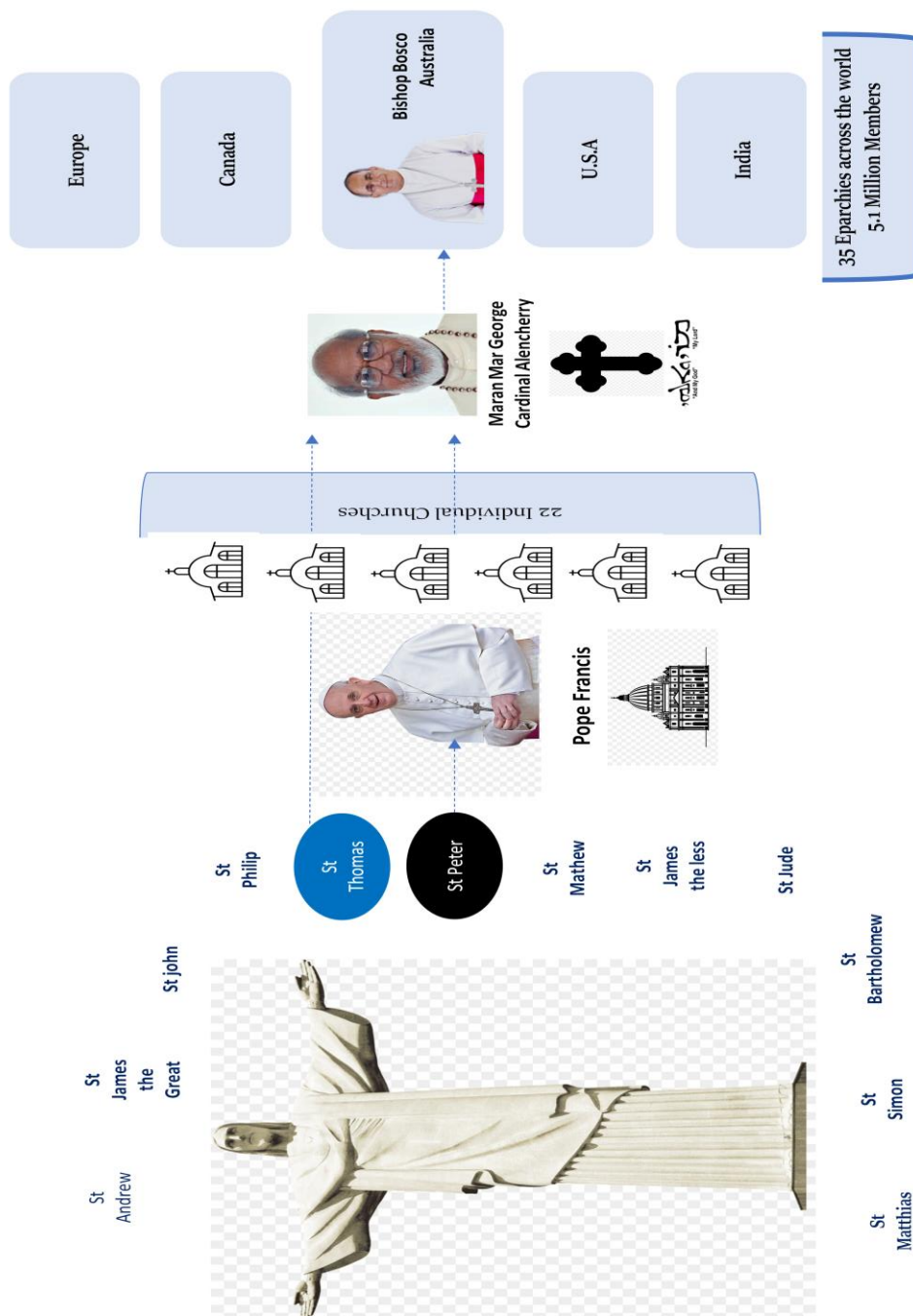
Sherly Thomas

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*Beautiful for  
God*





## How Syro-Malabar Church is identified in the Catholic World



Facilitators must ensure learners understand this section.



## Interesting facts about Syro-Malabar Church



The Syro-Malabar Catholic Church is one of the 22 Eastern (Oriental) Catholic Churches in full communion with Rome.



It is the largest Eastern Catholic Church after the Ukrainian Church and the largest of the Saint Thomas Christian (Nazrani) denominations with 5 million believers.

It is a sui juris Church governed by the Synod of Bishops headed by the Major Archbishop.



There are 64 Bishops, 8547 priests (3,556 diocesan and 4,991 religious), and 32,114 women religious and 1214 major seminarians.

Many Bishops, priests, religious and laity of the Syro-Malabar Church are present all over the world and share in missionary and pastoral life of the sister Churches



The Syro-Malabar Church is an Apostolic Church which traces its origin to the St. Thomas, the Apostle, who landed at Cranganore (Muziris) in 52 AD and founded seven Christian communities in Kerala,



The Syro-Malabar Church, with its deep-rooted spirituality and high rate of vocations to priesthood and religious life, can be considered as the most vibrant Catholic community in the world.



## IDENTITY OF SYRO-MALABAR CHRISTIAN



## FAITH & SPIRITUALITY

Catholic & Apostolic  
Faith Experience shared by St Thomas  
Strong family Prayer  
Ascetical Practices like fasting



## LITURGY

East Syriac liturgy  
Liturgy facing the altar  
Anaphoras of Addai & Mari, Theodore



## THEOLOGY

Different theological perspectives



## CHURCH DISCIPLINE

Catholic & Apostolic  
Canon law, Traditions & Customs



മാർ വാലാൻ



## SAINTS OF OUR CHURCH



**St. Alphonsa**  
Muttathupadathu (1910-1946)



**St. Euphrasia CMC**  
Elavathunkel (1877-1952)



**St. Kuriakose Elias**  
Chavara (1805-1871)



**St. Mariam Thresia**  
Chiramel (1876-1926)

## BLESSEDS OF OUR CHURCH



**Blessed Kunjachan**  
Thevarparampil Augustine  
(1891-1973)







**Blessed Martyr Rani Maria**  
(1954-1995)



# BETHLEHEM



	6 Greenock Court GREENVALE VIC 3059
	0478784295
	<a href="mailto:catechism.eparchy@syromalabar.org.au">catechism.eparchy@syromalabar.org.au</a> <a href="https://syromalabar.org.au">https://syromalabar.org.au</a>
	<a href="https://www.facebook.com/catechesismelbournediocese/">https://www.facebook.com/catechesismelbournediocese/</a>







*Something Beautiful for God*



# Year 1, 2 & 3

## WELCOME



- Welcome all Children
- Introduce the teachers and other resource personnel
- General safety/COVID restriction rules if any
- Children to report any concerns to the teachers  
housekeeping requirements
- Explanation on the agenda for the day - show the Run Sheet



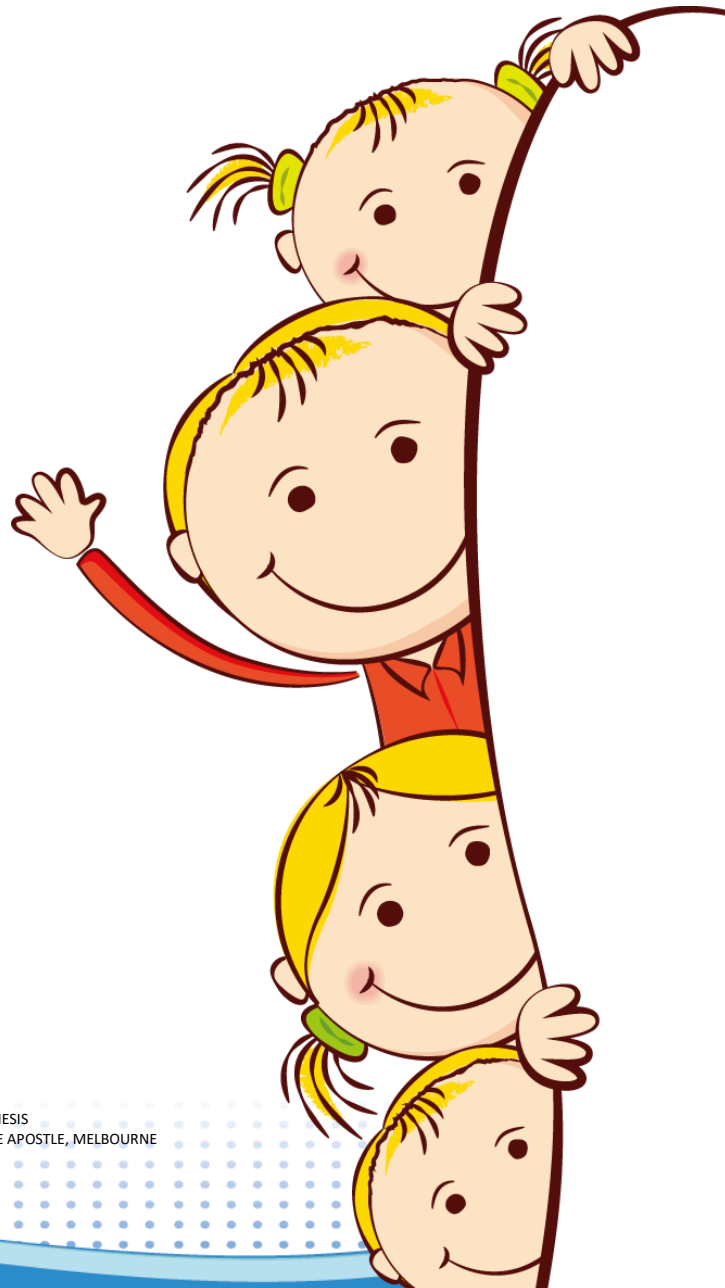


## PROGRAM SUMMARY

### Day One: Jesus Our Redeemer



### Day Two: Church our Mother





Day Three: Family a Blessing

# Day One



## DAY 1 - JESUS THE REDEEMER

### Theme:

Through Jesus Christ, we are redeemed, blessed, forgiven, free and restored to God's family

### Reflection points:

- ✚ When people sinned and disobeyed God, God was very sad, but Satan was happy because we cannot go to heaven and be with God.
- ✚ God loves us so much, So God sent his only Son Jesus to redeem us or save us from the clutches of Satan by teaching us about the kingdom of God and to repent for our sins and be forgiven so we become one with God and have eternal life.
- ✚ Jesus had to be crucified on the cross and shed his blood required for our forgiveness. Romans 3-4 and Galatians 3.
- ✚ By rising again, he defeated death and gave us hope for our salvation and eternal life.
- ✚ So, if we repent for our sins, and keep God's commandments and follow Jesus's teachings and remain holy, we can defeat death and reach heaven and be with our heavenly Father in eternal glory



### Slogan:

**"Fear not for I am with you"**

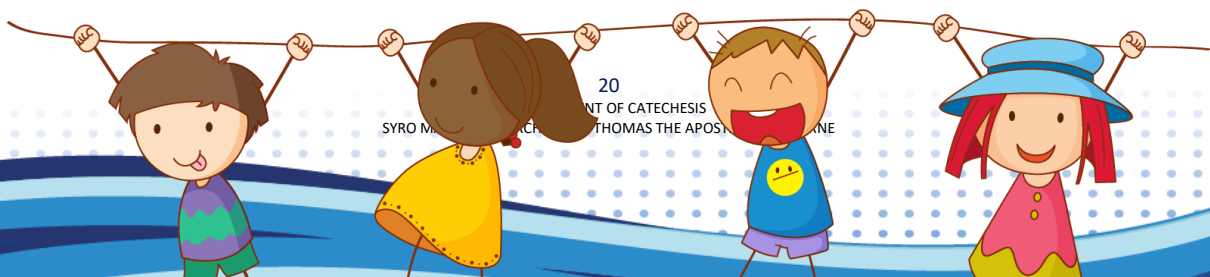
Isaiah 41:10





## RUN SHEET

	Item	Duration	Points
1	Welcome + Prayer + Kids unique prayer ball + Ice breaker introduction game [get to know your neighbour]	20 mins	
2	Action Song + Slogan time	25 mins	250
3	Story Scribblers-Main activity + Slogan	1 hour	250
4	Break	20 mins	
5	Mini game + Slogan time	15 mins	250
6	Packed for heaven- Mini activity + Slogan	30 mins	250
7	Conclusion/Feedback/give away	10 mins	
8	Action song can be revised if extra time available.	20-30 min	
	Total	3 hrs	1000





### What is expected of the children?

- ✦ We are a family bonded in Christ's Love
- ✦ A group can have approximately 40 students with 4 teachers. For games and slogan competitions, groups can be subdivided into smaller groups of 10 or 20 each.
- ✦ Each group to choose a group [saint] name and a leader if required.
- ✦ Need to repeat a chosen bible verse as slogan after each activity and points given to the teams.
- ✦ Each group needs to use a poster to write what they understood from each section using diagrams or bullet points.
- ✦ Everyone in the group is expected to participate
- ✦ There will be points for games, activities & poster making
- ✦ Team which gets the highest point will receive a prize at the end of the day





## Prayer

**Time:** 5 mins

Teachers to start with prayer +Esho mishihayiki sthuthi ayeerikette [explain to kids to “see Jesus in others and give peace”].



## Prayer Ball

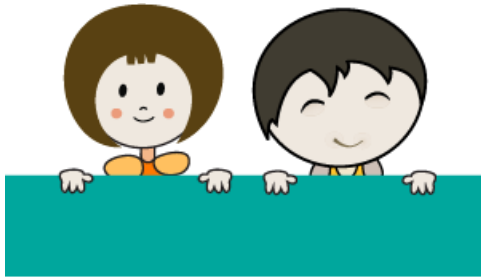
**Time:** 10 mins

**Resources needed-** Resources needed- A beach ball stuck with different prayer intention slips



### How to Play –

Beach ball stuck with different prayer intentions are thrown to random kids. Kid reads the intention they get. Everyone else says “Lord, hear our prayer”



**Time:** 5 mins

Kids turns to the neighbour and says Jesus loves you and finds out the favourite food of their neighbours both from left and right.





## Action Song + Slogan

**Time:** 25 mins

**Resources needed-** YouTube video, Lyrics of action song on chart, Slogan on chart

- **My Redeemer action song [3 mins]**

<https://www.youtube.com/watch?v=oPYsE2DstUQ>



- **Slogan time with action**



***Fear not for I am with you. Isaiah 41:10***

Teacher says-Fear not,

kids say-for I am with you,



Teacher says – Isaiah

Kids say – 41:10

[Repeat it few times]

The subgroups are encouraged to compete with each other to say it loud and with actions to gain maximum points.



### Story Scribblers

#### MAIN ACTIVITY ON REDEMPTION

**Time:** 1 hr

**Resources needed-** Chart on John 3:16, Super book Video, Chart with main theme points - Content from super book, Papers/pencils

#### Theme Statement:

*For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” John 3:16*



## Who is a saviour? - class discussion

A saviour is defined as someone who saves someone or something from danger or difficulty. Jesus Christ is the redeemer of sins and saver of souls. Thus, Jesus is the ultimate and complete Saviour. Jesus's death and resurrection proves to us

that he is the Saviour God promised and the path to salvation. Through Christ's death on the cross, we are saved from sin and are given the hope of salvation.

- Show video [24 mins] {pause the video in between if necessary to get their attention on the main themes and ask questions}

<https://www.youtube.com/watch?v=3F0rt2AiqJY&t=218s>



- Students to draw/ write down what touched them, what they understood from the story on papers. Teachers ask them to explain their scribbles and discusses the theme.





- 
- 
- **Slogan time with action**



### Mini game

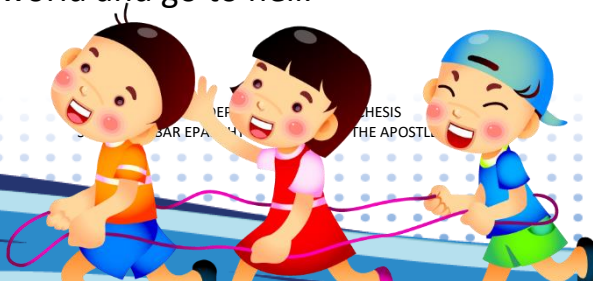
#### HEAVEN/EARTH/HELL

**Time:** 15 mins

**Resources needed-** Paper tape

Draw a line in the middle of the floor with paper tape. Teacher can call out Heaven, earth or hell. When teacher says earth, kids to stay on the line, for heaven kids to jump right of the line, [the right side represents heaven] and for hell, kids to jump to left of line [the left side represents hell]. The one who does it correctly and stays till last wins. Winner gets a prize.

Message: You are standing on earth [the line represents the earth], you have two choices, follow Jesus and his teachings and you can go to heaven or you can follow the material world and go to hell.





- Slogan time with action

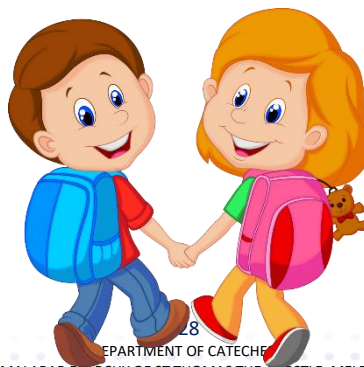


### Mini Activity

**PACKED FOR HEAVEN** - Now that we have been saved are we keeping ourselves holy? Tips to remain holy

**Time:** 30 mins

**Resources needed-** Backpack, school items, each virtue printed separately on a big chart with images, Worksheet with a picture of backpack and stationeries, mini paper bags to give away with some stationeries inside, each stationary will have virtue labels attached.





**Eraser** - represents forgiveness [ Talk about what Jesus said about forgiveness]

**Correction tape**-represents repentance [ Unless we repent, we cannot enter the kingdom of God]

**Pencils/Crayons** - good work [You can do kind and good deeds and make life beautiful]

**Book** - Word of God -Godliness [ Reading Bible and following the word of God helps us to reach heaven]

**Sharpener** - the pencil gets cut but at the end comes out with a shining, sharp and useful lead. How God gives us trials to sharpen us and make us more faithful and graceful.

**Apple/any fruit** - discuss about the fruits of the Holy Spirit

**Ruler** - discipline and obedience [the pencil obeys the Ruler and helps us to draw the line straight, sometimes we need discipline and obedience to live a holy and faithful life.

**Class discussion: Teachers could ask them what the other things are we could do to remain holy in our everyday life. Distribute the mini paper bags with stationary.**

## Slogan time with action





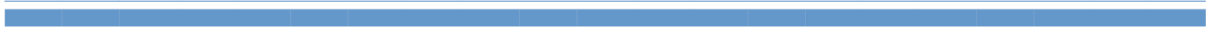




**Resources needed-** Themed bookmark, prizes for winning team

**Time:** 20 min

- Discuss the main points of the theme through class discussion. Use the prepared charts from the day
- The Winning team can be given a prize.
- Best 2 things/activities they liked from the day
- What they like to do more in the next days?
- Give away- bookmark
- Homework for next day -Children to find out and memorise their baptism names, Godparents names and date of baptism.





*Something Beautiful for God*



# Day Two



## DAY 2 - CHURCH OUR MOTHER

### Theme/Reflection points:

- ✙ Church is our Mother- Just like a baby gets a new life from its mother, we get new life from our church through Baptism.
- ✙ Church is the body of Christ and we are its members, so all members should work together in peace and harmony to reach salvation. We pray “Our Father “ and not “My Father” in the Lord’s prayer to signify we all belong to one big family of God.
- ✙ Christ experience of Syro Malabar Church and St Thomas the Apostle - his influence in Kerala and taking pride in our ancient Christian traditions dating back to St Thomas. Keeping traditions are important to pass the values and moral to the next generation.



Slogan:

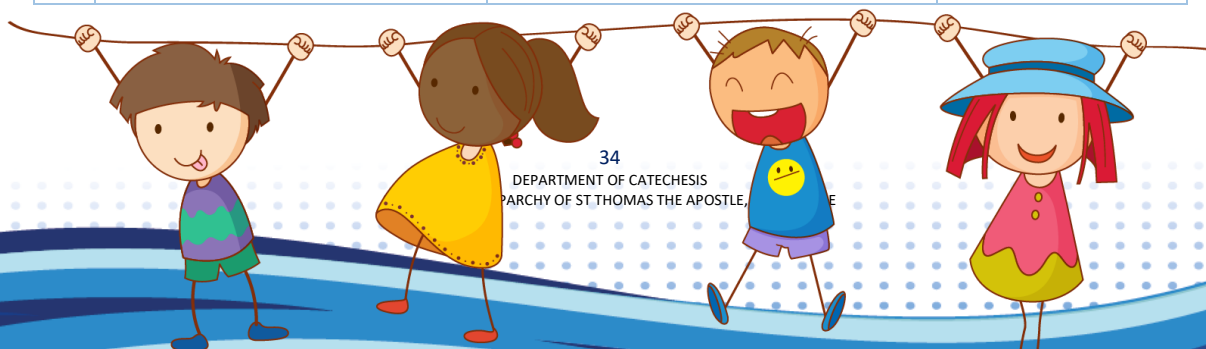
“My Lord and my God”

John 20:28



## RUN SHEET

	Item	Duration	Points
1	Welcome + Prayer + Kids unique prayer ball + Ice breaker introduction game [get to know your neighbour]	20 mins	
2	Action Song + Slogan time	25 mins	100
3	Videos of St Thomas + Quiz time + Slogan time	30 mins	250
4	Break	20 mins	
5	Mini game + Slogan time [with action]	25 mins	150
6	Videos on Church + Quiz time + Slogan time	30 mins	250
7	Mini Activity/craft	20 mins	250
8	Conclusion/Feedback	10 min	
9	Action song can be revised if extra time available.		
	Total	3 hrs	1000







## What is expected of the children?

- ✦ We are a family bonded in Christ's Love
- ✦ A group can have approximately 40 students with 4 teachers. For games and slogan competitions, groups can be subdivided into smaller groups of 10 or 20 each.
- ✦ Each group to choose a group [saint] name and a leader if required.
- ✦ Need to repeat a chosen bible verse as slogan after each activity and points given to the teams.
- ✦ Each group needs to use a poster to write what they understood from each section using diagrams or bullet points.
- ✦ Everyone in the group is expected to participate
- ✦ There will be points for games, activities & poster making
- ✦ Team which gets the highest point will receive a prize at the end of the day





## Prayer

**Time:** 5 mins

Teachers to start with prayer +Esho mishihayiki sthuthi ayeerikette [explain to kids to “see Jesus in others and give peace”].



## Prayer Ball

**Time:** 10 mins

**Resources needed-** Beach Ball stuck with various intentions like - God bless Mum and Dad, God bless my friends, God bless my siblings, to learn God’s word etc for each group.

### How to Play –



- Children divided into groups
- Teacher randomly throws the ball to a child
- Child catching the ball reads one of the intentions stuck on the ball
- Then throws the ball back to the teacher
- This is repeated 10 times.



## Ice breaker game

**Time:** 5 mins

Kids turn to the neighbour and say Jesus loves you and find out the baptism name of their neighbours from left and right.





**Time:** 25 mins

**Resources needed-** YouTube video, Lyrics of action song on chart, Slogan on chart

**You tube video link -☞ You are the body of Christ [2mins]**

<https://www.youtube.com/watch?v=Th7yEV0qLF4>

[song length – 2mins] Repeat 3-4 times



**Slogan time with action**



“My Lord and my God” John 20:28

Teacher says “My Lord”

Students: “and my God”

Teacher: “John”

Students: “20:28”

Repeat 10 times

***Group reciting the slogan the best gets 100 pts, second group 50 pts and so on.***



**Time:** 30 mins

**Resources needed-** YouTube Videos (2), Chart to show St Thomas Feast day and his life story especially in Kerala- start of Syro Malabar Church and the reasons to be proud of being part of Syro Malabar, Quiz conducted with Prayer Man game.

- Play video from the below link - \*Video on St Thomas the Apostle [Saint stories for kids] [13 mins] <https://www.youtube.com/watch?v=fOsA5MT09AQ>
- Explain on the chart St Thomas life story in Kerala and also the start of Syro Malabar Church
- Play video from the below link -St Thomas arrival in Kerala video [5 mins] <https://www.youtube.com/watch?v=jbUPiQhO7Fs>
- Playing Prayer Man Game (Words based on the videos and the chart)
- Prayer Man is similar to Hangman, a word game where the goal is to find the missing word or words.
- You will be presented with several blank spaces representing the missing letters you need to find.
- Use the keyboard to guess a letter.
- If your chosen letter exists in the answer, then all places in the answer where that letter appear will be revealed.
- After you've revealed several letters, you may be able to guess what the answer is and fill in the remaining letters.
- Be warned, every time you guess a letter wrong you lose a life and the prayerman begins to appear, piece by piece.
- Solve the puzzle before the prayer man picture is completed.

**Group winning the game gets 250 pts, second group 200 pts and so on.**

**Slogan time with action**







## Mini game

### Run for the Fruits + Slogan time with action

**Time:** 25 mins

#### How to Play -

- Run for the fruits/gifts of the spirit - There will be a bag in the middle that contains items that represent the gifts/ fruits.
- There will be two teams and they will line up opposite each other.
- Each team member will have a number - The Leader will call out a number and a fruit/gift
- Member from each group with the same number need to run to the middle to collect the fruit/gift and take it back to their team
- The team with the most fruits/gifts wins



**Question time:** Ask both teams how they would practice the gifts they've collected in their life and how does it help us become one in church. Working together as a team win. In the same way all members of church should work together to reach salvation.



## Slogan time with action



Slogan with action – “My Lord and my God” John 20:28

Teacher says “My Lord”

Students: “and my God”

Teacher: “John”

Students: “20:28”

Repeat 10 times

*Group reciting the slogan the best gets 150 pts, second group 100 pts and so on.*





**Time:** 30 mins

**Resources needed** - video, Chart - Content from EWTN-The Church is our Mother, papers/pencils, quiz questions.

❖ **Play video from the below link** - Video on Syro Malabar church, its significance, its cultural speciality. [19 mins]

<https://www.youtube.com/watch?v=TftMPOg0P1s&t=757s>

- Pause the video in between to explain and ensure that the children are still engaged

❖ **Quiz questions/prayer man game.**

Playing Prayer Man Game (Words based on the videos and the chart)

- Prayer Man is similar to Hangman, a word game where the goal is to find the missing word or words.
- You will be presented with several blank spaces representing the missing letters you need to find.
- Use the keyboard to guess a letter.
- If your chosen letter exists in the answer, then all places in the answer where that letter appear will be revealed.
- After you've revealed several letters, you may be able to guess what the answer is and fill in the remaining letters.
- Be warned, every time you guess a letter wrong you lose a life and the hangman begins to appear, piece by piece.
- Solve the puzzle before the prayer man picture is completed.

**Group winning this game gets 250 pts, second group 200 pts and so on.**





❖ **Teach Kandeesh song**

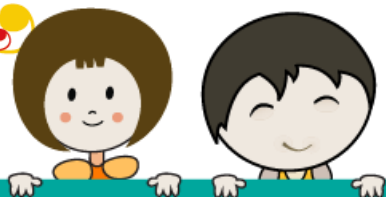
- Kandeesh Alaha - Holy God (Teachers)
- Kandeesh Hyalsanna - Holy Mighty One (1st Group)
- Kandeesh la mayusa - Holy Immortal One (2nd Group)
- Esaram aleyn - Have mercy on us (All together)

❖ **Play video from the below link** -- Video on church the body of Christ [2 mins] + Prayer man quiz

<https://www.youtube.com/watch?v=xBPquepg2jE>







## Mini Activity/craft

**Time:** 20 mins

**Activity 1 - Church-body of Christ chart** – On a big chart Jesus face/cross and below a church is drawn. Every kid from a group writes their names neatly inside representing we are members of church with Jesus as the head. The group which writes neatly and finishes first will be the winners.



**Reflection:** All members of the church should work together to reach salvation.

## Slogan time with action

Slogan with action – “My Lord and my God” John 20:28

Teacher says “My Lord”

Students: “and my God”

Teacher: “John”

Students: “20:28”

Repeat 10 times



**Group reciting the slogan the best gets 250 pts, second group 200 pts and so on.**





**Resources needed-** Themed bookmark, prizes for winning team

**Time:** 10 min

- Discuss the main points of the theme through class discussion. Use the prepared charts from the day
- The Winning team can be given a prize.
- Best 2 things/activities they liked from the day
- What they like to do more in the next days?
- Give away- bookmark
- Homework for next day - Ask the name of their saint and story of the saint from their parents.



# Day Three



## DAY 3 - FAMILY A BLESSING

### Theme/Reflection points:

- ✙ Family is a gift from God, everything we have in our life is a gift from God. So be grateful to God always.
- ✙ To stay together as a loving family, we need to pray together. And always pray before you do anything to have a constant relationship with Jesus and everything you do will be blessed.
- ✙ Importance of Holy Mass as a family- remembering Jesus's sacrifice on the cross for the forgiveness of our sins. Importance of offering our intentions with reverence to God for every mass.



### Slogan:

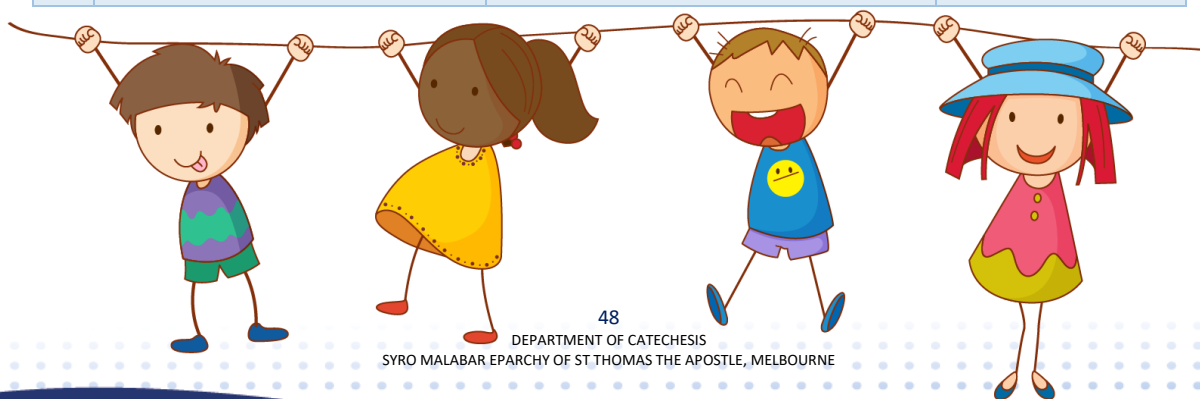
**"As for me and my house we will serve the Lord"**

**Joshua 24:15**



## RUN SHEET

	Item	Duration	Points
1	Welcome + Prayer + Kids unique prayer ball + Ice breaker introduction game [get to know your neighbour]	20 mins	
2	Action Song + Slogan time	25 mins	250
3	Worthy Worship Collage +Slogan time	50 mins	250
4	Break	20 mins	
5	Mini game + Slogan time	25 mins	250
6	Mini Activity- Holy Family colouring and decorating +slogan time	30 mins	250
7	Conclusion/Feedback	10 mins	
8	Action song can be revised if extra time available.		
	<b>Total</b>	<b>3 hrs</b>	<b>1000</b>





## What is expected of the children?

- ✦ We are a family bonded in Christ's Love
- ✦ A group can have approximately 40 students with 4 teachers. For games and slogan competitions, groups can be subdivided into smaller groups of 10 or 20 each.
- ✦ Each group to choose a group [saint] name and a leader if required.
- ✦ Need to repeat a chosen bible verse as slogan after each activity and points given to the teams.
- ✦ Each group needs to use a poster to write what they understood from each section using diagrams or bullet points.
- ✦ Everyone in the group is expected to participate
- ✦ There will be points for games, activities & poster making
- ✦ Team which gets the highest point will receive a prize at the end of the day







## Prayer

**Time:** 5 mins

Teachers to start with prayer +Esho mishihayiki sthuthi ayeerikette [explain to kids to “see Jesus in others and give peace”].



## Prayer Ball

**Time:** 10 mins

**Resources needed-** Beach Ball stuck with various intentions like - God bless Mum and Dad, God bless my friends, God bless my siblings, To learn God’s word etc for each group.



### How to Play –

Teacher randomly throws the ball to a child

Child catching the ball reads one of the intentions stuck on the ball

Then throws the ball back to the teacher

This is repeated 10 times.



## Ice breaker game

**Time:** 5 mins

Kids turn to the neighbour and says, “Jesus loves you” and finds out the favourite saint of their neighbours, left and right.





**Time:** 25 mins

**Resources needed-** YouTube video, Lyrics of action song on chart, Slogan on chart

**You tube video link - One Family together with Jesus [2mins]**

<https://www.youtube.com/watch?v=b62Da8KQGzk>

[song length – 4mins] Repeat 2-3 times





### Slogan time with action



Teacher says “As for me and my house”

Students: “we will serve the Lord”

Teacher: “Joshua”

Students: “24:15”

Repeat 10 times

*Group reciting the slogan the best gets 250 pts, second group 200 pts and so on.*

---







## Worthy Worship Collage

**Time:** 50 mins

**Resources needed-** Ideal theme chart (Prepared by teacher ), Chart , glue , paper cut-outs of the following (Jesus, family, siblings, kindness, holymass, forgiveness, expressing love , family prayer, sports, food, toys, tv, media, super hero, cartoon character etc) for each team.

### How to Play –

- Divide into smaller groups[approx. 10]- They have to prepare collage from a variety of things (faith related things eg Jesus, family, siblings, kindness, holy mass, forgiveness, expressing love, family prayer etc) (non-faith related things eg sports, food, toys, tv, media, superhero, cartoon characters etc)
- Then we pick the collage that is close to our theme and discuss as a class.
- Then we show them the ideal chart- Jesus in the centre, surrounded by family, prayers, holy mass, church etc and explain how we are tempted to worship worldly things and talk about ways to stay focussed on worshipping the one who is worthy.







**Reflection:** To stay focussed on worshipping the one who is worthy amid worldly things.

*Group reciting the slogan the best gets 250 pts, second group 200 pts and so on.*

### Slogan time with action





## Mini Game + slogan

**Time:** 25 mins

**Resources needed-** Balls for each team with words stuck on it like obey, love, family, listen, pray, be good etc.

### How to Play –

- Students are divided into groups [Approx. 10]
- Students in each group are then asked to stand in line with a small gap between them and legs open wide
- Front person rolls ball through legs which is quickly passed by the rest of the team
- Last person collects ball and runs to front
- The game continues until all players have had a turn and the fastest team wins.
- Check to see if the children are able to recollect any words written on the ball.
- Discuss the words on the ball and the below reflection





**Reflection** - Tunnel Ball (why following rules in family and traditions in church are important?)

*Group reciting the slogan the best gets 250 pts, second group 200 pts and so on.*

### Slogan time with action



*“As for me and my house we will serve the Lord” Joshua 24:15*

Teacher says “As for me and my house”

Students: “we will serve the Lord”

Teacher: “Joshua”

Students: “24:15”

Repeat 10 times

*Group reciting the slogan the best gets 250 pts, second group 200 pts and so on.*





## Colouring activity

**Time:** 30 mins

**Resources needed-** Holy Family colouring sheet with verse, colour pencils.

**How to Play –**

Holy Family worksheet colouring and decorating activity.



**Slogan time**





**Resources needed-** Themed bookmark, prizes for winning team

**Time:** 10 min

- Discuss the main points of the theme through class discussion.
- Best 2 things/activities they liked from the day
- Prize distributions for winners
- End with prayer





## Bethlehem Team



Anju Stani



Bobby Shine



Jeena Sherin



Neetha Geo Lima



Serene Joby



Sheeja Job



Thressiamma Joseph

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**FAITH FEST  
2021**

**Know Jesus, Live Jesus,  
and Give Jesus**






## FAITH FEST 2021

Know Jesus, Live Jesus,  
and Give Jesus



# GALILEE

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# Year 4, 5 & 6



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### DAY1 – JESUS OUR REDEEMER



### DAY 2 – CHURCH OUR MOTHER



### DAY 3 – FAMILY A PRECIOUS GIFT





# Day One



## AGENDA FOR DAY 1

No	Item	Duration	Points
1	Introduction	10 mins	
2	Icebreaker – Know each other	15 mins	
3	Entry into the topic – Jesus our redeemer	15 mins	
4	Activity – Throw away your sins	15 mins	250
5	Activity – Lamb of God who takes away the sins	20 mins	250
6	Topic – Eternal life	15 mins	
7	Activity – Eternal life -Treasure Hunt	30 mins	250
8	Activity – Hope of Eternal Life-Poster	15 mins	250
9	Topic – Jesus redeems us from suffering	15 mins	
10	Summary	15 mins	
11	Homework	10 mins	





## Introduction

- Welcome all Children
- Introduce the teachers and other resource personnel
- General safety/COVID restriction rules if any
- Children to report any concerns to the teachers Housekeeping requirements
- Explanation of the agenda for the day
- Start with Solemn Cross – check how many knows to do it and teach those who don't.

## Icebreaker – Know each other

### **Materials Required:**

- Small sticky notes or plain paper
  - Pencils
  - Chocolate eggs / Candy
  - A basket
  - Some music
- 
- Give each child a sticky note, pencil, and a chocolate egg.
  - Ask each child to write something in the sticky note about what they are wearing (ex: blue watch, red shoes)
  - Ask the children to cover the egg or candy with the paper and put the eggs in a basket.
  - Mix up the eggs, play some music, and make children sit in a circle.
  - Pass the basket around.
  - When the music stops, have the child who's holding the basket pull out one egg.
  - Let him/her open the note and read it and try to guess the person correctly.
  - If the child guesses correctly, have the note-writer stand-up and share his or her name and a fun personal fact.
  - If the guess is incorrect, the egg goes back in the basket and play continues. Continue until everyone has a turn.



## Entry into the Topic – Jesus the redeemer

At the end of the game mention that now we know few things about each other. Let's learn more about a very important person.

Show a power point presentation about Jesus the redeemer.

- Jesus in Hebrew means "God saves"
- Jesus snatches us from the power of sin.
- Jesus chose to redeem us on the cross of the whole places
- The cross was a place of utmost degradation and abandonment
- He chose to bear the guilt of the world and to suffer the pain of the world
- Thus, he brought back world to God by perfect love.
- Jesus is the sole redeemer of all mankind, he alone is the way, truth, and life.



*Who is a redeemer?*

**Idea:** *Through his death and Resurrection, Jesus redeems us – restores our "reputation."*

*Show them a trophy you have and talk about what a trophy symbolizes (victory)*

*Show them a crucifix and explain that today, we're going to learn how the Cross of Jesus is a symbol of victory*

*Ask what it means to REDEEM. (to restore one's reputation, value, worth)*

*Explain that we call Jesus our Redeemer. Ask children to explain what it means to call Jesus our Redeemer (he restores our reputation, value, worth, etc. after we sin)*

*Explain that we'll learn how Jesus redeems us and how his Cross is a symbol of victory for us.*





Aspirational Prayer for the day “Jesus I trust in You”

When teacher says “Jesus”, children have to repeat “I trust in You”

### Activity: THROW AWAY YOUR SINS

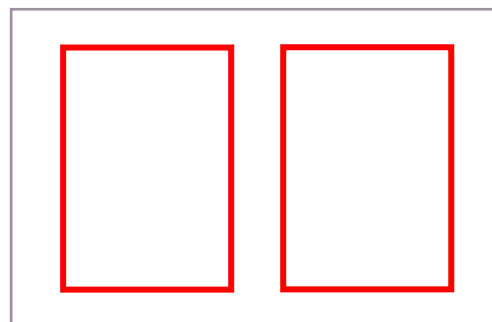
#### Materials Required:

- Sheets of paper one for each child
- Masking tape



#### PREPARATION:

Crumple the sheets of paper into balls according to the number of children in the room. Then divide the children in to two teams and have them stand at opposite sides of the room. Mark the area for each team, we can use a tape to mark the boundary. centre of the floor with masking tape to separate each team. Then have each child pick up one paper ball.





### **WHAT YOU WILL DO:**

*In this game, the paper balls represent sin, and the kids will pretend to throw these sins away. However, as they throw them away, the teachers or kids on the other side of the room might throw more back. Each team will throw the balls (sins) from their side and keep throwing any that come back. After about 30 seconds of throwing, the team that has the least number of balls on their side will be the winner.*

### **WHAT YOU WILL SAY:**

*When we accept Jesus in our lives, he gives us the strength and help we need to get rid of all our sins. However, being a Christian does not mean we are completely free of sins. Sometimes there are temptations, such as envy, anger, disobedience, and other garbage of which we need to be aware. These come in different forms and ways, to turn our eyes away from Jesus. We know what these sins are and when they come our way, we need to throw them away.*

Recite the aspirational Prayer for the day “**Jesus I trust in You**”

### **Activity: LAMB OF GOD WHO TAKES AWAY THE SINS**

#### **Materials Required:**

- 24 Index Cards
- Tape or ropes to tie/stick these cards
- Bible





### **PREPARATION:**

Before class, prepare 12 index cards with verses and 12 index cards with a description of a sin as follows:

Psalms 81:15	Hate
Proverbs 10:4	Laziness
Proverbs 14:30	Envy
Mark 3:29	Blasphemy
Luke 12:15	Greed
1 Corinthians 10:7	Idolatry
2 Corinthians 12:21	Impurity
Ephesians 5:18	Drunkenness
Philippians 2:3	Selfish Ambition
Colossians 3:8	Anger, Rage, and Malice
Colossians 3:9	Lying
James 5:12	Swearing

### **WHAT YOU WILL DO:**

*If time permits, begin this activity by reading Mark 5:1-20 (The healing of a demon-possessed man). Have one child pass out an index card with a verse to each child. Have another volunteer stand in the center of the room and tape the index cards displaying a sin on his or her clothing in various places. The volunteer will have the appearance of one covered in sin. You can instruct the rest of the children to begin looking up their verse and read it several times. Then one at a time, have the children read their verse aloud, find the referenced sin on the child standing in the center of the room, and rip it off. Relate to the kids how Jesus the Lamb of God can remove all our sins, no matter how many we have.*





Recite the aspirational Prayer for the day “Jesus I trust in You”

### Activity: CLEAN HEART

#### **Materials Required:**

- Tape
- Different shape and size boxes
- Light

#### **PREPARATION:**

*Before class, Designate a large playing area. If possible, mark the play area into the shape of a heart. Fill the heart with items of various sizes and shapes to represent sin (ie. cones, scarves, cups, rolled up newspaper, boxes, etc.).*

*Establish a start line 15'-30' away from the "point of the heart."*



#### **~~WHAT YOU WILL DO:~~**

*Part 1: Divide players into teams. (No more than 5 players per team) Tell the players the playing area represents a heart (a life) filled with sin. Have the teams line up at the start line. At the go the first player on each team must run into the heart and remove one item. Then run back to his or her team line to rid the item "a sin," then tag off to the next player in line. Next player in line takes his or her turn. Play continues like this until all the "sins" are removed. The team with the most sins removed from the heart is the winning team*



### WHAT YOU WILL SAY:

*All those items we collected represented the sins in our lives. Some were big "sins" and some were small "sins." We sometimes look at our own sins as big and small sins too. Telling a lie or being unkind, we might consider to be a small sin, versus stealing something or killing someone. Those we think of as big sins. However, God doesn't measure sin like that. God tells us that ALL sin is wrong and that ALL sins, big and small, separate us from his holy presence. All sin must be punished. The only way we can rid ourselves of sin is to trust in Jesus to save us and forgive us. Jesus died in our place to take the punishment that we deserve for sinning. When we believe Jesus did that for us, and we ask him to forgive us, we are forgiven, and our hearts are cleansed.*

*Part 2: Fill the empty heart now with light, Eucharist Picture, Mother Mary Statue or picture, Rosary etc. and explain to the kids that a clean heart will be filled with love and all these symbolic items help us to achieve that.*

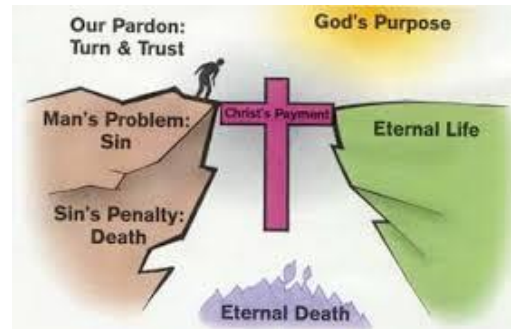


Recite the aspirational Prayer for the day “Jesus I trust in You”





## Entry into the Topic – Eternal Life



God desires that all of us go to Heaven.

Heaven is our greatest hope.

Heaven is the place of perfect happiness with God forever because we will be with Him and see Him face-to-face.

God promises He will take us to Heaven if we love and serve Him in this world.

We do not know exactly what Heaven will be like, but we do know that it will be more beautiful than what we could ever imagine.

God tells us this in the Holy Bible.

Parable – Raising Lazarus from the dead



## Activity: ETERNAL LIFE – TREASURE HUNT

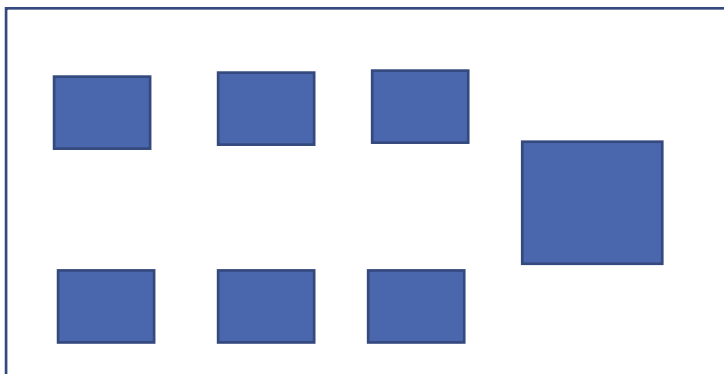
### Materials Required:

- One poster for each group
- Pictures of Bible, Holy Mass, Eucharist, Confession / Repentance, Acts of Mercy / Charity, spiritually living together in Christ, Eternal life
- Glue Stick

### PREPARATION:

*This game is played in groups.*

*Each team will be given a poster as below.*



*First clue will be given to the leaders of each group.*

*Once they found out the correct answer, they will be given a picture of the answer and they will stick on in one of the boxes above.*

*Then the next set of clues will be given.*

*The final clue should give them the answer as “ETERNAL LIFE”*

*That will be stuck in the bigger box.*

*The team who completes the poster will win the game.*



**Clues for Holy Mass:**

*Heaven and Earth comes together when this happens.*

*It is a feast.*

It is a sacrifice.

It is an act of LOVE.

There is fellowship here.

It was established in Mathew 26



**WHAT YOU WILL SAY:**

All those items we found help us to find the biggest treasure “THE ETERNAL LIFE”

**Activity: HOPE OF ETERNAL LIFE POSTER**

**Materials Required:**

- Paper
- Sketch Pens

**PREPARATION:**

Ask children to create a poster with the word “HOPE”



They can include anything which gives them the hope of eternal life.

Recite the aspirational Prayer for the day “Jesus I trust in You”

### Entry into the Topic – Jesus redeems us from Suffering



A story about St. Patrick and the Prince on pain and suffering.

Does someone in your house have to have a penicillin shot, or boosters for all those things you get booster shots for?

Or is there one who is chronically ill and has frequent pain, perhaps every day?

Here is a story to help the fearful grow stout of heart and the stout-hearted to endure even when they grow weary of offering up.

It is told of the time when St. Patrick baptized Aengus, prince of Munster, at Cashel. As you know, St. Patrick was a bishop and in addition to mitres and copes and rings, bishops always appear for ceremonies bearing their staves, or croziers.

Apparently, St. Patrick's crozier was sharply spiked.

On the day he was baptizing Aengus, he reached that part of the ceremony where he needed the use of both hands, so he stuck his crozier firmly into the ground — or so he thought.



Unknowingly he had stuck it through Aengus' foot!

The prince said not a word. The baptism continued and only when the final words and the pouring on of water was done and the birth of the new Christian was completed, did St. Patrick discover what he had done.

He was horrified! Full of concern and pity for the suffering prince, he asked why he had not cried out? Aengus replied simply. "But is this not part of the ceremony? I thought it was, and since Christ whose feet were pierced by nails shed His blood for me, I am glad to suffer pain at Baptism to be like Him."

Oh glory — what a wonderful thing to do with shots and all our suffering! In pain and suffering we can be like Him!

Pray for those who are suffering.



Recite the aspirational Prayer for the day **"Jesus I trust in You"**

### **Conclusion:**

Ask few volunteers to describe what they understood from the day's activity.





Conclude with below points:

- Jesus is our redeemer.
- He loves us unconditionally.
- What is required from us is complete trust in God and abandoning our sinful ways.
- Heaven is the greatest hope he gave us.
- Let's be so thankful for this greatest gift from God.

Recite the aspirational Prayer for the day “Jesus I trust in You”

### **Homework:**

Discuss with Parents about their Pesaha traditions. Ask about few interesting memories your parents had when they were your age.

Share the memories with all of us in a poster format tomorrow.



*Something Beautiful for God*



# Day Two



## AGENDA FOR DAY 2

No	Item	Duration	Points
1	Introduction	5mins	
2	Icebreaker	20 mins	
3	Entry into the topic – The Syro Malabar Church	10 mins	
4	Activity – Word search	15 mins	200
5	Activity - Church building	25 mins	200
6	Topic: Syro Malabar Catholic Church and Syriac	5 mins	
6	Activity: Learning a Syriac song	15 mins	
7	Topic: Some of the Cultural Specialties of Syro Malabar Church	15 mins	
10	Activity : Decorating Pindi	15 mins	
10	Topic : St Thomas Cross	10 mins	
11	Activity : Making a St Thomas Cross	10 mins	200
12	Activity :Treasure Hunt	40 mins	400
12	Activity: Saints from the Syro Malabar Church	Extras	
13	Activity: Make a church	Extras	



## Introduction

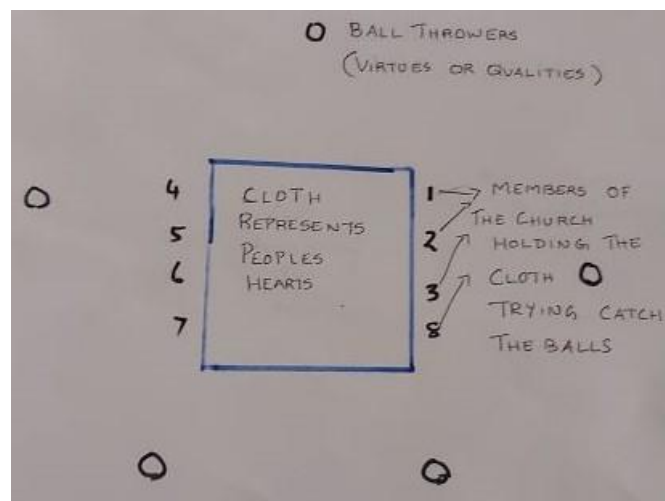
- Welcome all Children
- Introduce the teachers and other resource personnel
- General safety/COVID restriction rules if any
- Children to report any concerns to the teachers Housekeeping requirements
- Explanation of the agenda for the day
- Start with Solemn Cross – check how many knows to do it and teach those who don't.

## Icebreaker – Catch and hold

### Materials Required:

- a square piece of cloth of dimension 2m x 2 m.
- 10 plastic/paper balls
- Some music

In this game based on the number of students attending, the class is divided into groups of 6 to 10. They are asked to hold a square piece of cloth of dimension 2m x 2 m. The group spreads out the towel holds the towel and stands in the centre of the oval. 5 Ball throwers with 2 ball each stand at about 5m on the outside surrounding the ball catching team.





### How to Play

Balls will be thrown at random in various ways and speeds, the ball catching group should be able to catch the ball being thrown. The ball catchers need to be alert, for the ball can come from any direction.

Each ball represents a particular virtue or quality

Love	Peace	Joy	Generosity	Forgiving
Happiness	Sacrifice	Family	Church building	Suffering

The group that catches the greatest number of balls is the winner. The ability of the group to catch more balls shows the coordination and willingness of the members of the group to be successful as a group.

**Biblical Reflection:** Each group represents body of Jesus Christ, the ball catchers are members of the church, and the cloth represents the hearts of the members of the church. When members are able to follow the above virtues or qualities, then the church is a vibrant growing community in faith.





## **Entry into the Topic – The Church our Mother**

First of all a mother generates life, she carries her child in her womb for 9 months and then delivers him to life, giving birth to him. The Church is like this: she bears us in the faith, through the work of the Holy Spirit who makes her fertile, like the Virgin Mary! Certainly, faith is a personal act: “I believe”, I personally respond to God who makes himself known and wants to enter into friendship with me. But the faith I receive from others, within a family, within a community that teaches me to say “I believe”, “we believe”.

A Christian is not an island! We do not become Christians in a laboratory, we do not become Christians alone and by our own effort, since the faith is a gift, it is a gift from God given to us in the Church and through the Church.

This makes us understand something important: our taking part in the Church is not an exterior or formal fact, it is not filling out a form they give us; it is an interior and vital act; one does not belong to the Church as one belongs to a society, to a party or to any other organization. The bond is vital, like the bond you have with your mother, because, as St Augustine says, “The Church is truly the mother of Christians”.

Kids as a class watch the YouTube video

[https://www.youtube.com/watch?v=9sQ\\_oe7EHc](https://www.youtube.com/watch?v=9sQ_oe7EHc)

Or

[https://www.youtube.com/watch?v=DveA\\_ocr5JI](https://www.youtube.com/watch?v=DveA_ocr5JI)



Discuss as a class about the St Thomas and the seven and half churches he built.

### **Activity: Crossword St Thomas the Apostle and the Seven and half churches**

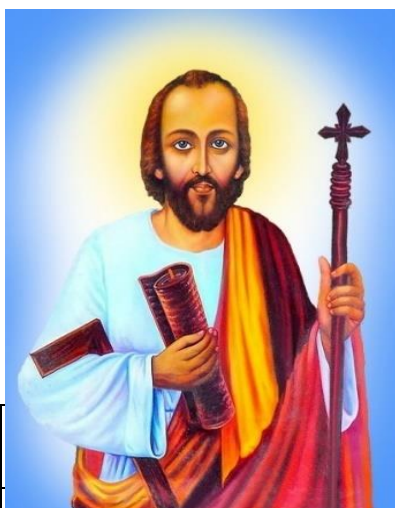
**MATERIALS REQUIRED: Printouts of the puzzle, pencils**

- Students are given a word search with the names of the first 7 and half churches built by St. Thomas and the Church where he was buried.
- Students to solve the crossword





**St Thomas and**



**his churches**

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

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

THIRUVITHAMCODE  
NILACKAL  
NIRANAM

KOTTACKAVU  
PARAVUR  
PALAYUR

MALIANKARA  
SANTHOME  
KOLLAM







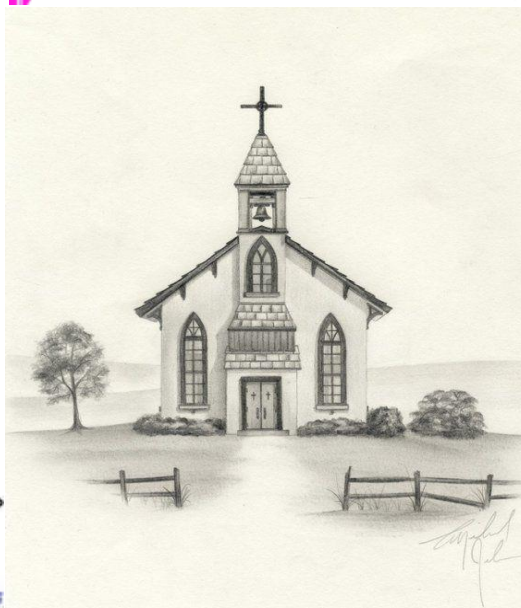
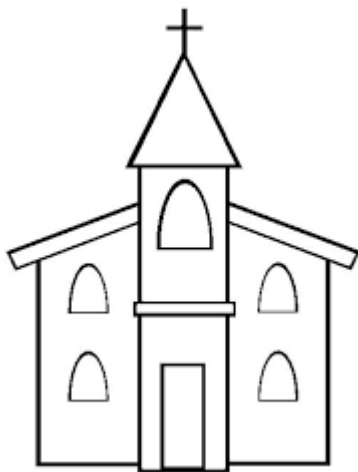
## Activity - Church building - St Thomas and his churches – (25 minutes)

Divide the class into 9 groups to represent 7.5 churches and Santhome church. The church will be of card board all remodelled and brought to class, for easy fix for the children.

In this activity the churches to be assembled and placed on a map.

Church making technique:

Cut the templates to desired size and stick it on a thick cardboard paper, colour as required and cut into shape.



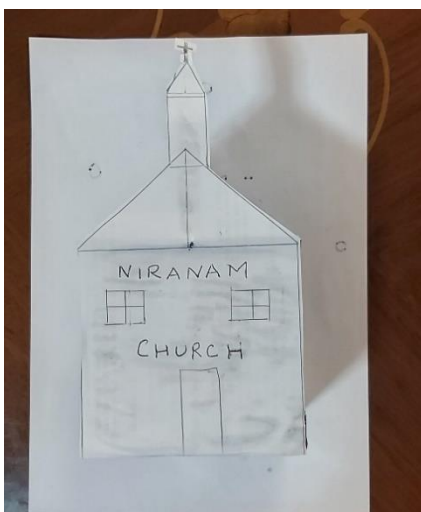


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The use small sized cardboard box as the background and stick the coloured church template to the box.





Write the name of the church as shown

Draw a map of south India on a 3m-by-3m black cloth and place the churches in locations. Please also mark Santhome church and place the church

The journey of St Thomas from Jerusalem to India to be explained.

Explain why he is important to us and why it is important to safe guard our unique heritage as St Thomas Christians.

**Biblical Reflection:** By physically getting a group of students involved in the church building activity, we are telling them that the church of God is also formed by its members and working together to become faith building members of the church.

### Topic: Syro Malabar Catholic Church and Syriac

The Syro-Malabar Catholic Church is also known as the Church of Malabar Syrian Catholics. Syro-Malabar is a prefix coined from the words Syriac as the church employs the East Syriac Rite liturgy, and Malabar which is the historical name for modern Kerala. The name has been in usage in official Vatican documents since the nineteenth century. As such Syro Malabar Church is a part of Syriac Christianity by liturgy and heritage. Catholicism within the Syro-Malabar Church is unique in that it has enculturated with traditional Hindu customs that form an integral part of traditional Indian culture. Scholar and theologian Placid Podipara describes the Church as "Hindu (Indian) in Culture, Christian (Catholic) in Religion, and Oriental (East Syriac Rite) in Worship.

### Activity: Learning a Syriac song

Teach the chorus – with English translation (printed cards will be given to children with Syro Malabar cross for children to learn). The class will be divided into 3 groups representing each step around the pindi. Each circle of students



will raise hands up into the sky and will take turns in repeating each line. Print the lines in a paper and give it to the children.

All students will sing the last line together with bowing down.

Ask all the children to sing loudly.

Kandeesha Alaha - Holy God ( 1st Group)

Kandeesha Hyalsanna - Holy Mighty One (2nd Group)

Kandeesha la mayusa - Holy Immortal One (3rd Group)

Esaram aleyn - Have mercy on us (All together)

Ref audio from nasrani.org or youtube <https://www.youtube.com/watch?v=bJ0ri1IULOM>

**Biblical Reflection:** To provide the children with firsthand experience of singing and praising God in the language used by our forefathers for 2000 years.

## Topic : Some of the Cultural Specialities of Syro Malabar Church

### 1. Pindi kuthi Perunal - (20 minutes)

Pindikuthi Perunnal (Malayalam: പിണ്ടികുത്തി പെരുന്നാൾ) or Rakkuli Perunnal (Malayalam: രാക്കുളി പെരുന്നാൾ) is an ancient and important festival of Saint Thomas Christians celebrated on January 6th. Pindikuthi Perunnal is the Saint Thomas Christian counterpart of Denha (Baptism of Jesus) in Eastern church and Epiphany in Western Church.[2] The liturgical season Denha Kaalam (Epiphany season) begins with the Sunday nearest to Pindikuthi Perunnal. A specially decorated plantain trunk is erected in front of houses with many torches attached to it. On the previous night of Denha celebration, family members used to go around it singing a Syriac hymn "El Payya", which means "God is radiant". Special dishes are prepared during this time, especially meat dishes. Some parishes organise competitions for the best decorated plantain. There are special prayers conducted in certain churches.

<https://www.youtube.com/watch?v=Fb07Pa8DehE>





## 2. **Margamkali/ Parichumuttukali /chattu mundu - 20 minutes**

Margamkali (Malayalam:മാർഗ്ഗംകളി )

is an ancient Indian round dance of the St. Thomas Christians community based

in Kerala state. The dance retells the life and missionary work of St. Thomas the Apostle, based on the third century apocryphal Acts of Thomas.

"Margam" means path or way or solution in Malayalam, but in the religious context it is known as the path to attain salvation. The process of conversion to Christianity was known as "Margam Koodal" until recently in Kerala.[citation needed] Much of this folk art is woven around the mission of St. Thomas, the Apostle. The original Margam Kali describes the arrival of St. Thomas in Malabar, the miracles he performed, the friendship as well as the hostility of the people among whom he worked, the persecution he suffered, the churches and crosses he put up in various places, etc. These details are incorporated in the various stanzas of the Margam Kali songs. Kerala's Margam Kali is an important element in the age-old and hallowed tradition of St Thomas among the Syrian Christians of Malabar Coast.

<https://www.youtube.com/watch?v=XpqJZ2nLoS0>







Parichamuttu Kali ([Malayalam]: പരിചമുട്ടുകളി ) is an Indian martial-arts dance form of Kerala practiced by the Nazrani Christians who trace their origins to the evangelistic activity of Thomas the Apostle in the 1st century. The dancers are usually dressed in a white loin cloth with red wrist bands and sing in chorus as they dance. The performers dance with sword and shield on their hands. The dance used to be performed as a religious offering but is nowadays gaining popularity as a Syrian Christian entertainment art.



<https://www.youtube.com/watch?v=uSziFSvb3OY>

### Activity : Decorating Pindi

Set up a pindi in the oval; decorate with flags with names of children and a message of Jesus. Explain the meaning of the feast; sing aloud GOD IS LIGHT by going around in circles around the pindi in opposite directions.

**Biblical Reflection:** Providing a physical experience for the children to understand the importance of unique tradition of the pindikuthi perunal to be practiced.

Recite the aspirational Prayer for the day

Kandeesha Alaha - Holy God ( 1st Group)

Kandeesha Hyalsanna - Holy Mighty One (2nd Group)

Kandeesha la mayusa - Holy Immortal One (3rd Group)



Esaram aleya - Have mercy on us (All together)

## Topic: St Thomas Cross - (20 minutes)

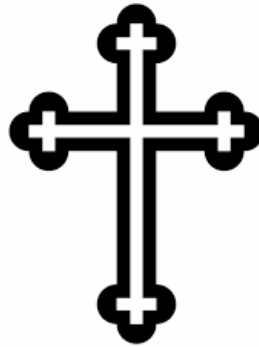
Students are shown different types of cross.

**Materials needed: 3 different types of Cross or their posters**

### *Jerusalem cross*



### *Catholic Cross*



### *St Thomas Cross*



Explain the different parts of the Syro Malabar cross (bring actual cross or print them in A3 colour for children to see,

Unlike crosses in other traditions, the St. Thomas Cross does not carry the effigy of the Christ. In addition to this unique quality, each of its elements carry symbolic meanings. Generally, the Cross symbolizes life rather than death and suffering.

- *Lacking the effigy of Jesus, the St. Thomas Cross presages the discovery of the empty tomb, glorifying the Resurrection of Jesus.*
- *The four edges of the cross are floral in shape, symbolizing fruition and life from the tree of life.*
- *The lotus flower beneath the cross is a symbol of Buddhism and India. A cultural adaptation of local imagery, the cross fixed on the lotus would symbolize Christianity in India in the first century. The lotus is also a Puranic holy flower, an offering to God in the Hindu tradition; anything offered on the leaves of lotus is considered to be auspicious.*



- The three steps below the Cross represent Golgotha, symbolically referring to the death of Jesus, also the three decks of the Ark and the ascent to Mt. Sinai.
- Finally, the dove above the cross represents the Holy Spirit, the third person of the Holy Trinity according to the Christian tradition. It is this spirit that raised Jesus from the dead and bestows gifts upon the Church's faithful.

Explain the meaning of the Pahlavi /Syriac writing in them.

*May I never boast except in the cross of our Lord Jesus Christ.*

*The beautiful bird of Nineveh has come to this land.*

### Activity: Making a St Thomas Cross

**Materials needed:** Playdough, playdough mat or plastic sheets

Children to create a model of the St Thomas cross with playdough and explain to their partner what each part of the cross signifies.

**Biblical Reflection:** Children get a better understanding of the St Thomas Cross.

Recite the aspirational Prayer for the day

Kandeesha Alaha - Holy God ( 1st Group)

Kandeesha Hyalsanna - Holy Mighty One (2nd Group)

Kandeesha la mayusa - Holy Immortal One (3rd Group)

Esaram aleya - Have mercy on us (All together)



## Topic: Syro Malabar liturgy - (40 minutes)

Treasure hunt to find the historical background of the our Syro Malabar mass liturgy.

Place a big book on the table (A3 or A4 with red or black colour)

the first page - Title - **The Legend of Osrene**

Second Page - The photo of Agbar



Third page print or write the following matter, the leader of the group needs to read aloud to all children.





*a long long Time Ago there was a king named acBar  
who Lived in the kingdom of osrenE , he was very wise  
and rich and had everything he wanted in life, But  
there was onE thing his power and weaLth could not  
buy gOod health. he was desperately seeking the  
doctors from all over the WOrld to cure his sickness  
and then he heard of.....*

The next pages all blank

The clue for finding the next page is in the capital letters which makes 2 words

## *TABLE BELOW*

Place a card box below the table with 20 or 30 balls of squeezed paper all blank except one which has writing in it with the following. The leader of the group needs to read aloud to all children.

*Great healer. Greeting to you. I have heard the  
reports of you and of your cures as performed by  
you without medicines or herbs. For it is said that  
you make the blind to see and the lame to walk, that  
you cleanse lepers and cast out impure spirits and*





*demons, and that you heal those afflicted with lingering disease, and raise the dead. And having heard all these things concerning you, I have concluded that one of two things must be true: either you are God, and having come down from heaven you do these things, or else you, who does these things, are the son of God. I have therefore written to you to ask you if you would take the trouble to come to me and heal all the ill which I suffer. For I have heard that the Jews are murmuring against you and are plotting to injure you. But I have a very small yet noble city which is great enough for us both. . . . . I have hidden myself at the foot of St Michael.*

Any statues or photos can be used it can St Michael or Jesus or Mary any statue. Discuss where there is statue of St Michael, it can be in the room or the church or outside the room and look or it. Place a paper with the content mentioned below in a box or in front of the statue or behind the statue close



to the foot or bury it in ground in a box (use your imagination based on your circumstances) The leader of the group needs to read aloud to all children.



*And he said, Blessed are you who have believed in me without having seen me. For it is written concerning me, that they who have seen me will not believe in me, and that they who have not seen me will believe and be saved. But in regard to what you have written me, that I should come to you, it is necessary for me to fulfill all things here for which I have been sent, and after I have fulfilled them thus to be taken up again to him that sent me.*



*But after I have been taken up I will send to you one of my disciples, that he may heal your disease and give life to you and yours. ̣*

*I'm one among the <sup>12</sup> and my names first letter starts with a <sup>t</sup> and you know me.*

Place the next clue with the content mentioned below stuck behind the photo of St Thomas either in the room or in the church. The photos can be printed on a A3 or A4 paper and or hang photos in the room (use your imagination) The leader of the group needs to read aloud to all children.



*I'm Thomas, one of the twelve apostles, under divine impulse sent Thaddeus, who was also numbered among the seventy disciples of Christ, to Osrene, as a preacher and evangelist of the teaching of Christ.....*



*I'm named the Harp of the Holy Spirit and you will find me  
in 20 8 1 4 4 21 5 19*

Place the next clue with the content mentioned below stuck behind the photo of St THADDUES either in the room or in the church (use your imagination) The photos can be printed on a A3 or A4 paper and or hang photos in the room. The students need to crack code, tell them as if your think it could be the name of someone, so probably will try the alphabets to form a name. The leader of the group needs to read aloud to all children.



*I was healed by Thaddeus' and his evangelizing  
efforts resulted in the growing of Christian  
communities in southern Armenia, northern  
Mesopotamia and in Syria east of Antioch.  
Thaddeus' story is embodied in the Syriac*





document, Doctrine of Addai,<sup>[9]</sup> which recounts the role of Addai and makes him one of the 72 Apostles sent out to spread the Christian faith.<sup>[10]</sup> By the time the legend had returned to Syria, the purported site of the miraculous image, it had been embroidered into a tissue of miraculous happenings.<sup>[11]</sup> The story was retold in elaborated form by Ephrem the Syrian.....

You know me and you came to India through a country which has 4 alphabets starting with I and ends in N

Place the next clue with the content mentioned below stuck behind the photo of St Ephrem either in the room or in the church. The photos can be printed on a A3 or A4 paper and or hang photos in the room ( use your imagination) The leader of the group needs to read aloud to all children.





*the solar ray from the great orb; thy  
grateful dawn India's painful darkness doth dispel.  
'Thou the great lamp, one among the Twelve, with oil from the  
Cross replenished, India's dark night floodest with light.  
Blessed art thou, O Thrice-Blessed City! that hast acquired  
this pearl, none greater doth India yield;  
'Blessed art thou, worthy to possess the priceless gem! Praise to  
thee, O Gracious Son, Who thus Thy adorers dost enrich!'  
In the first women from among you who has been made a saint.*

Place the next clue with the content mentioned below stuck behind the photo of St Alphonsama either in the room or in the church. The photos can be printed on a A3 or A4 paper and or hang photos in the room ( use your imagination) The leader of the group needs to read aloud to all children.



### *The third commandment*

*Ask the children what does the third commandment mean?*

**Biblical Reflection:** The third commandment is to keep the day of Sabbath holy, which means you're supposed to attend mass. If we attend mass regularly, we will understand the Syro Malabar mass which is the form of worship which we as community have been following for 1700 years starting from Osrene to India till today.

Through this activity we have taken the journey off how the Syro Malabar liturgy was initiated, took form, who were instrumental in making it, travelled through many nations and finally reached our nation, and today we still worship our God through this liturgy.

Recite the aspirational Prayer for the day

Kandeesha Alaha - Holy God ( 1st Group)

Kandeesha Hyalsanna - Holy Mighty One (2nd Group)

Kandeesha la mayusa - Holy Immortal One (3rd Group)



Esaram aleyn - Have mercy on us (All together)

### Topic: Saints from the Syro Malabar Church

- Saints of Syro Malabar Church
- [http://www.syromalabarchurch.in/syro-malabar\\_saints.php](http://www.syromalabarchurch.in/syro-malabar_saints.php)

St Alphonsa: [https://www.catholic.org/saints/saint.php?saint\\_id=6993](https://www.catholic.org/saints/saint.php?saint_id=6993)

St Euphrasia: <http://www.sainteuphrasia.com/home/inner/10>

St Kuriakose Elias: [https://www.catholic.org/saints/saint.php?saint\\_id=46075](https://www.catholic.org/saints/saint.php?saint_id=46075)

St Mariam Thresia: [https://www.catholic.org/saints/saint.php?saint\\_id=7463](https://www.catholic.org/saints/saint.php?saint_id=7463)

### Activity: Saints from the Syro Malabar Church

Materials Required: Information report of the saint and laminated cut-outs.

Students are given an information text about the four saints (Teachers to make it from the below given links). One person from the group to read it out aloud and others to listen

Each group is given a mixed cut out of different saints once they figure out the correct information about the saint they have and put the pieces together they get the picture of the saint they have read about on the other side of the sheet .



Recite the aspirational Prayer for the day

Kandeesha Alaha - Holy God (1st Group)

Kandeesha Hyalsanna - Holy Mighty One (2nd Group)

Kandeesha la mayusa - Holy Immortal One (3rd Group)

Esaram aleya - Have mercy on us (All together)



**Biblical Reflection:** Students become familiar about the saints from Syro Malabar church

### Activity: Make a church

Materials needed: Plastic cups of the same size, rubber bands and strings





Make a Church - See reference image above - Need rubber band, 6 pieces of 30cm string and 6 sturdy plastic cups - Students will be given 2 minutes to make a cup tower by stacking the cups on top of each other using the rubber band and string. - Team then needs to explain the six foundations of the church (what each cup represents) Alternatively, each cup can be labelled a different Syro-Malabar word/theme. First team to flip all cups wins. Can ask to explain what each item means to them.

**Biblical Reflection:** Ephesians 4:3 "Make every effort to keep the unity of the Spirit through the bond of peace."

Recite the aspirational Prayer for the day

Kandeesha Alaha - Holy God ( 1st Group)

Kandeesha Hyalsanna - Holy Mighty One (2nd Group)

Kandeesha la mayusa - Holy Immortal One (3rd Group)

Esaram aleya - Have mercy on us (All together)

### **Conclusion:**

Ask few volunteers to describe what they understood from the day's activity.

Conclude with below points:

- Church our Mother
- St Thomas and the seven and half churches.
- Significance of Syriac in Syro Malabar Church history
- Cultural heritage of Syro Malabar Christians
- St Thomas Cross





Recite the aspirational Prayer for the day

Kandeesha Alaha - Holy God ( 1st Group)

Kandeesha Hyalsanna - Holy Mighty One (2nd Group)

Kandeesha la mayusa - Holy Immortal One (3rd Group)

Esaram aleya - Have mercy on us (All together)

**Homework:**

Write and draw any stories about Christmas which your grandparents have passed onto your parents.



*Something Beautiful for God*



# Day Three



### AGENDA FOR DAY 3

No	Item	Duration	Points
1	Introduction	10 mins	
2	Icebreaker – Last one standing	10 mins	200
3	Entry into the topic – Family a gift from God	15 mins	
4	Topic – Family Prayer	10 min	
5	Activity – Skittles Experiment	10 mins	
6	Topic: Honour your father and your mother	5min	
7	Activity –Blindfolded Obstacle Course	20 mins	300
8	Activity – Action Song	10 mins	
9	Topic – Together as a family	5min	
10	Activity –Longest line	20 mins	500
11	Topic : Why is it important to speak kind words often in our family?	5 mins	
12	Activity: How kind words build relationships and improve self-worth?	10 mins	
13	Topic: The importance of attending Holy Mass as a family.	5min	
14	Summary		



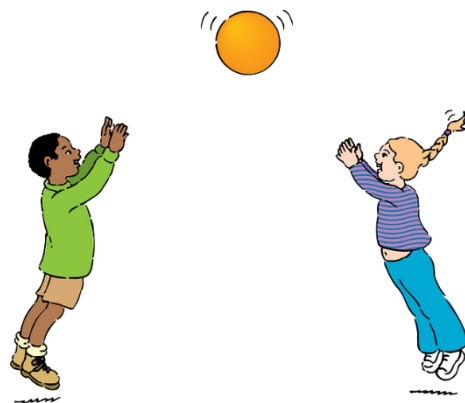
## Introduction

- Welcome all Children
- Introduce the teachers and other resource personnel
- General safety/COVID restriction rules if any
- Children to report any concerns to the teachers Housekeeping requirements
- Explanation of the agenda for the day
- Start with Solemn Cross – check how many knows to do it and teach those who don't.

## Icebreaker – Last One Standing

### **Materials Required: A soft ball**

You will need a large ball to play this game. Begin by saying the title of a family member and throwing the ball to a student. As soon as he catches it, that student must say a different title of a family member, and then immediately throw the ball to another student. That student in turn must throw to another who gives yet another family member title. This continues until a student catches the ball and cannot immediately think of a family member title, and that student is then “out.” He must leave the circle. This continues at a rapid pace until there is just one student left. That student is the winner. Students of all ages enjoy this fast-paced game.



Increase the difficulty by changing rules by saying hot potato, clap twice before saying the name.



## Entry into the Topic – Family a gift from God

At the end of the game kids to share names of at least 10 people that they have met / made friends with during Faith Fest.

Introduce the term  
Family.

Brainstorm kids on their  
idea about family.



Kids to sing this song

[https://www.youtube.com/watch?v=J\\_g76phMf5E](https://www.youtube.com/watch?v=J_g76phMf5E)

Aspirational prayer for the day “Jesus I thank you for my family”

When teacher says “Jesus”, children have to repeat “I thank you for my family”





### Activity: Skittles experiment

Teacher to discuss the importance of Family prayer - time taken and the times of prayer, prayer is the bonding between family members, togetherness, sharing mentality and love expressed.

**Materials Required: Plastic plates and skittles**



- Arrange the skittles in the plate



- Pour some hot water onto the plate to cover its surface. Pour it carefully so that the skittles stay in place. Wait and the skittles will gradually release their colour



**Biblical Reflection :** Praying together as a family is beautiful in the eyes of God. Remembering the quote from the bible “Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them.” Therefore, in addition to both our individual prayer life and our worship with our parish communities, we gather together for family prayer each and every day.

Aspirational prayer for the day “**Jesus I thank you for my family**”

When teacher says “Jesus”, children have to repeat “**I thank you for my family**”

### **Topic: Honour your father and your mother**

Honor your father and your mother, that your days may be long in the land which the Lord your God gives you.

He was obedient to them.

The Lord Jesus himself recalled the force of this "commandment of God The Apostle teaches: "Children, obey your parents in the Lord, for this is right. 'Honor your father and mother,' (This is the first commandment with a promise.) 'that it may be well with you and that you may live long on the earth.'"

The fourth commandment is addressed expressly to children in their relationship to their father and mother, because this relationship is the most universal. It likewise concerns the ties of kinship between



members of the extended family. It requires honor, affection, and gratitude toward elders and ancestors.


Respecting this commandment provides, along with spiritual fruits, temporal fruits of peace and prosperity. Conversely, failure to observe it brings great harm to communities and to individuals.

### **Activity: Blind Folded Obstacle Course**

This activity focuses on the virtue of obedience .



Setup an obstacle course in the playground and divide your class into teams of 4 or 5. Every member of each team will get a chance to complete the obstacle course while blindfolded while their teammates verbally lead them through the course. You can do this just for fun, or you can set a timer to see which team is more efficient with providing verbal instructions.



**Biblical Reflection:** Blindfolded person represents us as a family member and the teammates are our family members. The message is "Children, obey your parents in the Lord, for this is right. 'Honour your father and mother' (this is the first commandment with a

promise), 'that it may go well with you and that you may live long in the land. ... Children, listen to your parents, just as Jesus followed the word of God, his father.

Aspirational prayer for the day "Jesus I thank you for my family "

When teacher says "Jesus", children have to repeat "I thank you for my family"

### Activity - Action song for kids to perform

[https://www.youtube.com/watch?v=nCalxS5qv\\_Y](https://www.youtube.com/watch?v=nCalxS5qv_Y)







## Topic: Together as a family

Teacher to give a message on the bible verse “ How good and pleasant it is when God's people live together in unity!”

If we want to serve God as a family, we need to take the time to identify our talents and interests and work on developing them as a family, regardless of age or degree of ability. Take some time today to look for common interests and talents among your family members..

## Activity : Longest line

This game emphasises on staying together as a family.

1. First you must divide the players into four or five groups.
2. We need someone to check on the teams, or what we call a GUIDE.
3. The guide will then give a signal on when to start. The players are gonna take off whatever is attached to their body...they may take off anything they want if necessary...and then make it a line like this-----  
attaching/connecting it so that you may have a long line. You can even







lay down on the ground connecting or attaching yourself to the things you made a line...to make it longer.

examples:

- bracelets
- watch
- shirt
- necklace

-pants

-cap

-headband

-bag

-yourself

-etc.

(whatever they would like to take off except what inside the shirt and pants to keep your dignity)

4. When the players have nothing left to attach the guide would signal an OFF to the game and he/she would announce who has the longest line...

(the group with the longest line...WINS!)

**Biblical Reflection:** “ How good and pleasant it is when God's people live together in unity”

Aspirational prayer for the day “Jesus I thank you for my family”

When teacher says “Jesus”, children have to repeat “I thank you for my family”

**Topic:** Why is it important to speak kind words often in our family?

Why is it important to speak kind words often? Bible says



Proverbs 15:1 “A soft answer turns away wrath: but a harsh word stirs up anger.”

Proverbs 15:23 “To make an apt answer is a joy to anyone, and a word in season, how good it is!”

Proverbs 12:25 “Anxiety weighs down the human heart, but a good word cheers it up.”

Kind words can diffuse an argument and bring peace. Think of a time when someone has said something to you in anger. Does it ever help to yell and fight back with more unkindness? That typically makes the argument escalate. Instead of answering with anger, try using kindness. Soft words and love can deflate irritation.

Speaking kind words *at the right time* is good. There are certain times when a positive comment or a phrase of praise is required to help someone in need. Look for opportunities to encourage and build up your friends and family when they need it most.

Good positive words can make someone feel better when they are sad. We have been commanded to mourn with those that mourn and comfort those in need of comfort. Uplifting conversation can bring joy and gladness.

Bring the spirit into your home by singing the hymn Let Us Oft Speak Kind Words as a family.

<https://www.churchofjesuschrist.org/music/library/hymns/let-us-oft-speak-kind-words?lang=eng& r=1>



**Activity: How kind words build relationships and improve self-worth.**

First, download the free printable activity sheet given below. You will need one sheet per person.

<https://app.box.com/s/5ac57wc2uwazssd3a4kw1umdqg1ok8zv>

Sit around a table. Each person will need something to write with. A pen or marker works great. Hand out one paper to each person in your group and have them write their names on the top.



To start, each person should give their paper to the groupmember sitting to his or her left. Everyone should have a paper that does not have their own name at the top. Then, write a nice comment about



that pers  
person o  
When ev

[illegible]

Aspirational prayer for the day “Jesus I thank you for my family”



When teacher says “Jesus”, children have to repeat “I thank you for my family”



**Topic:** The importance of attending Holy Mass as a family.

<https://www.youtube.com/watch?v=7QFQiFuACKQ>

<https://www.youtube.com/watch?v=xJEX-7LzU6E>

[https://www.youtube.com/watch?v=-C\\_pZULhNbl](https://www.youtube.com/watch?v=-C_pZULhNbl)

**Biblical Reflection:** How important it is to attend Holy Mass as a family .

Aspirational prayer for the day “Jesus I thank you for my family”

When teacher says “Jesus”, children have to repeat “I thank you for my family”

**Conclusion:**

Ask few volunteers to describe what they understood from the day’s activity.

Conclude with below points:





- Family and Prayer
- Obedience
- Togetherness in Family.
- Importance of attending Mass as a family

## Galilee Team



**Anu Paul**



**Jesby Thomas**



**Princy Benny**



**Rani Thomas**



**Sherin Jose**



**Nisha Francis**

*Designed by*



Something Beautiful for God



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SYRO MALABAR EPARCHY OF ST THOMAS THE APOSTLE, MELBOURNE

**FAITH FEST**

**2021**









Something Beautiful for God



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	<a href="https://www.facebook.com/catechesismelbournediocese/">https://www.facebook.com/catechesismelbournediocese/</a>



SOMETHING

# Beautiful for God



## TEAM JUDEA

Each category is named according to the children's progression in age as a reflection of the progression in Jesus' Ministry.

**The students from years 7 and 8 are referred to as Judea.**



# WELCOME

- Welcome all Children
  - Introduce the teachers and other resource personnel
  - General safety/COVID restriction rules if any
  - Children to report any concerns to the teachers
  - Housekeeping requirements
  - Explanation on the agenda for the day - show the Run Sheet
- 





## PROGRAM SUMMARY

### Day One: Jesus Our Redeemer

- Jesus redeems us from Sin - What we need – Repentance
- Jesus redeems us from Death - What we need - hope of eternal life
- Jesus redeems us from Suffering - Jesus has authority and power. But sometimes sufferings are permitted.

### Day Two: Church our Mother

- We belong to Syro Malabar Church
- Christ Experience of Syro Malabar Church and St Thomas the Apostle
- Cultural specialty of Syro Malabar Church
- We are the people of God and therefore we are the Church
- Church is the body of Christ and we are its members

### Day Three: Family a Blessing

- Importance of Family prayer - time taken and the times of prayer, prayer is the bonding between family members, togetherness, sharing mentality and love expressed





*Something Beautiful for God*



# Day One



## **Jesus Our Redeemer**

**A saviour is defined as someone who saves someone or something from danger or difficulty. Jesus Christ is the redeemer of sins and saver of souls. Thus, Jesus is the ultimate and complete Saviour. Jesus's death and resurrection proves to us that he is the Saviour God promised and the path to salvation. Through Christ's death on the cross, we are saved from sin and are given the hope of salvation.**

---





### What is expected of the children?

- ✦ We are a family bonded in Christ's Love
- ✦ There will be groups of 10
- ✦ Each group to choose a group name a slogan and a leader.
- ✦ Need to repeat a chosen bible verse and slogan after each activity.
- ✦ Each group needs to use a poster to write what they understood from each section using diagrams or bullet points.
- ✦ Everyone in the group is expected to participate
- ✦ There will be points for games, activities & poster making
- ✦ Team which gets the highest point will receive a prize at the end of the day







*"For God so loved the world that he gave his one and only Son,  
that whoever believes in him shall not perish  
but have eternal life." John 3:16*





## RUN SHEET

	Item	Duration	Points
1	Introduction	5mins	
2	Icebreaker Jerusalem – Jericho	10mins	
3	Team formation and slogan making	10mins	100
4	Theme presentation	10mins	
5	Activity Role play	60mins Rules/procedure: 5mins Planning Time: 15mins Practice: 15mins Presentation: 5 X 3 = 15mins Reflection: 5mins Group poster: 5mins	250
6	Break	10mins	
7	Game -2 Treasure hunt Additional game: Dog & Bone	60min	500
8	Final Team Presentation & Poster Display	20mins Planning: 5mins Presentation: 5 X 3 = 15mins	150
9	Summary and Homework	20-30 min	
10	Prize Distribution	10min	
	Total	3hour 30 minutes	1000





### Who is the Saviour?

Brainstorm students' ideas and teacher concludes.

Jesus Christ is the redeemer of our sins and saviour of our souls. Thus, Jesus is the ultimate, complete and one and only saviour. Those who believe in Jesus and obey His words obtain divine life. They are able to produce good fruits.

- ✦ Jesus in Hebrew means "God saves"
  - ✦ Jesus snatches us from the power of sin.
  - ✦ Jesus chose to redeem us on the cross of the whole places
  - ✦ The cross was a place of utmost degradation and abandonment
  - ✦ He chose to bear the guilt of the world and to suffer the pain of the world
  - ✦ Thus, he brought back world to God by perfect love.
  - ✦ Jesus is the sole redeemer of all mankind, he alone is the way, truth, and life
- 





*I am the vine, and you are the branches.*

*Those who abide in me and I in them bear much fruit'*

*(John 15:5).*



Sacraments are the channels that bring us divine life. These channels flow from Jesus, the source. Sacraments are the visible symbols, instituted by Jesus and administered by the Church, that purify and empower us by giving us the divine life.



## Jerusalem - Jericho:

**Time (10 MIN)** An elimination game in which players need to quickly respond to commands.

### How to Play

Some divider is chosen by the leader. This can be a string on the ground.

The leader explains that one side of the line is the "Jerusalem" and the other side of the line is the "Jericho". It is essential to be at the right spot at the right time

Players then line up, shoulder-to-shoulder, on the Jericho. The facilitator then shouts out one of two commands - "Jerusalem" or "Jericho".

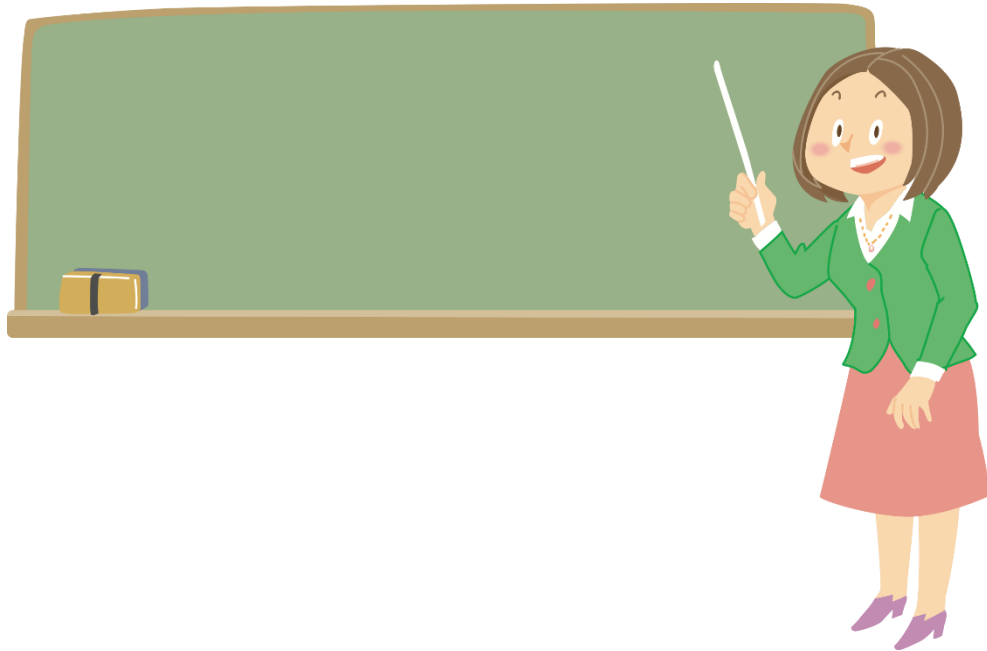
If the facilitator calls "Jerusalem", players must jump forward across the boundary line into the "Jerusalem". If the facilitator calls "Jericho", players must jump back to the "Jericho". The facilitator can call the Jerusalem or the Jericho multiple times in a row.

If a player jumps when they are not supposed to (or fails to jump in an adequate amount of time), they are eliminated from the game. (it can be helpful for the leader to have them come help judge who should be out so as to keep them engaged.)

***After the game, settle the children by reciting the slogans that they have created.***

---





Jerusalem was a sacred city for the Jewish people as it was the city of the Jerusalem Temple. After His resurrection, Jesus instructed His disciples not to leave Jerusalem until they are filled with the Holy Spirit. We read this in Acts 1:4.

So, Let's say Jerusalem represents good and Jericho represents evil. The separation between good and evil is very thin. As in the game, we need to be very vigilant, so as to choose good (God's ways) in our daily lives.

Let's lead a life which is pleasing to Jesus.

***"Therefore, you too must stand ready because  
the Son of man is coming at an hour you do not expect.***

***" Mathew 24:44***



**TIME: 10 min Materials required: poster, glue tac, color pens**



Students are divided into groups.



They should select a name for their group and a leader and a slogan. Posters are given and specific area to put the poster is assigned.



They can choose a name from the list.



Team has to update the poster throughout the day after each session using diagrams or bullet points (Paper and marker to be given for displaying Team names/ places in the Bible) Best poster will be awarded a prize.

***After every activity they need to write a group reflection on the poster***





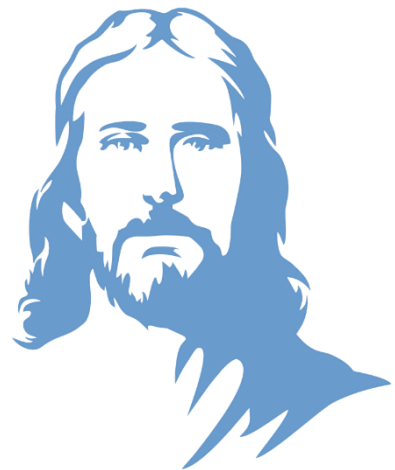
**TIME: 10 min**

All students sit together and watch the presentation from the Department of Catechesis

Or

The teacher will play the below link.

[https://www.youtube.com/watch?v=w5GXnM\\_TxSQ](https://www.youtube.com/watch?v=w5GXnM_TxSQ)





### ACTIVITY- ROLE PLAY ACTIVITY

**TIME: 1 HR Materials required: printed parables**

- ✦ Rules explained (5min)-Teams get planning time (15min Practice time (15min) Presentation time (5min) x3 Active participation of all members is required Once all teams are finished with their presentation, they are given 5min to write a reflection of the activity on their poster.
- ✦ Teacher explains aim of the game (5min): Jesus is the only saviour who can save us from death



## 1. Lazarus Raised from the Dead: John 11: 32-55

<sup>32</sup> Then, when Mary came where Jesus was, and saw Him, she fell down at His feet, saying to Him, “Lord, if You had been here, my brother would not have died.”

<sup>33</sup> Therefore, when Jesus saw her weeping, and the Jews who came with her weeping, He groaned in the spirit and was troubled. <sup>34</sup> And He said, “Where have you laid him?”

They said to Him, “Lord, come and see.”

<sup>35</sup> Jesus wept. <sup>36</sup> Then the Jews said, “See how He loved him!”

<sup>37</sup> And some of them said, “Could not this Man, who opened the eyes of the blind, also have kept this man from dying?”

<sup>38</sup> Then Jesus, again groaning in Himself, came to the tomb. It was a cave, and a stone lay against it. <sup>39</sup> Jesus said, “Take away the stone.”

Martha, the sister of him who was dead, said to Him, “Lord, by this time there is a stench, for he has been *dead* four days.”

<sup>40</sup> Jesus said to her, “Did I not say to you that if you would believe you would see the glory of God?” <sup>41</sup> Then they took away the stone <sup>[a]</sup> *from the place* where the dead man was lying. And Jesus lifted up *His* eyes and said, “Father, I thank You that You have heard Me. <sup>42</sup> And I know that You always hear Me, but because of the people who are standing by I said *this*, that they may believe that You sent Me.” <sup>43</sup> Now when He had said these things, He cried with a loud voice, “Lazarus, come forth!” <sup>44</sup> And he who had died came out bound hand and foot with graveclothes, and his face was wrapped with a cloth. Jesus said to them, “Loose him, and let him go.”

***After the game, settle the children by reciting the slogans that they have created. Teacher to give a biblical reflection based on the game.***



## 2. Jesus Heals a Man Born Blind: John 9:1- 12

<sup>9</sup> As he went along, he saw a man blind from birth. <sup>2</sup> His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?”

<sup>3</sup> “Neither this man nor his parents sinned,” said Jesus, “but this happened so that the works of God might be displayed in him. <sup>4</sup> As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work. <sup>5</sup> While I am in the world, I am the light of the world.”

<sup>6</sup> After saying this, he spit on the ground, made some mud with the saliva, and put it on the man’s eyes. <sup>7</sup> “Go,” he told him, “wash in the Pool of Siloam” (this word means “Sent”). So the man went and washed, and came home seeing.

<sup>8</sup> His neighbors and those who had formerly seen him begging asked, “Isn’t this the same man who used to sit and beg?” <sup>9</sup> Some claimed that he was.

Others said, “No, he only looks like him.”

But he himself insisted, “I am the man.”

<sup>10</sup> “How then were your eyes opened?” they asked.

<sup>11</sup> He replied, “The man they call Jesus made some mud and put it on my eyes. He told me to go to Siloam and wash. So I went and washed, and then I could see.”

<sup>12</sup> “Where is this man?” they asked him. I don’t know,” he said.

*After the game, settle the children by reciting the slogans that they have created.  
Teacher to give a biblical reflection based on the game.*

### 3. The Parable of the Prodigal Son: Luke 15:11-32

<sup>11</sup> And he said, "There was a man who had two sons. <sup>12</sup> And the younger of them said to his father, 'Father, give me the share of property that is coming to me.' And he divided his property between them. <sup>13</sup> Not many days later, the younger son gathered all he had and took a journey into a far country, and there he squandered his property in reckless living. <sup>14</sup> And when he had spent everything, a severe famine arose in that country, and he began to be in need. <sup>15</sup> So he went and hired himself out to <sup>[a]</sup> one of the citizens of that country, who sent him into his fields to feed pigs. <sup>16</sup> And he was longing to be fed with the pods that the pigs ate, and no one gave him anything.

<sup>17</sup> "But when he came to himself, he said, 'How many of my father's hired servants have more than enough bread, but I perish here with hunger! <sup>18</sup> I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you. <sup>19</sup> I am no longer worthy to be called your son. Treat me as one of your hired servants."' <sup>20</sup> And he arose and came to his father. But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him. <sup>21</sup> And the son said to him, 'Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.'<sup>[b]</sup> <sup>22</sup> But the father said to his servants, <sup>[c]</sup> 'Bring quickly the best robe, and put it on him, and put a ring on his hand, and shoes on his feet. <sup>23</sup> And bring the fattened calf and kill it, and let us eat and celebrate. <sup>24</sup> For this my son was dead, and is alive again; he was lost, and is found.' And they began to celebrate.

<sup>25</sup> "Now his older son was in the field, and as he came and drew near to the house, he heard music and dancing. <sup>26</sup> And he called one of the servants and asked what these things meant. <sup>27</sup> And he said to him, 'Your brother has come, and your father has killed the fattened calf, because he has received him back safe and sound.' <sup>28</sup> But he was angry and refused to go in. His father came out and entreated him, <sup>29</sup> but he answered his father, 'Look, these many years I have served you, and I never disobeyed your command, yet you never gave me a young goat, that I might celebrate with my friends. <sup>30</sup> But when this son of yours came, who has devoured your property with prostitutes, you killed the fattened calf for him!' <sup>31</sup> And he said to him, 'Son, you are always with me, and all that is mine is yours. <sup>32</sup> It was fitting to celebrate and be glad, for this your brother was dead, and is alive; he was lost, and is found.'"



## Teachers Reflection on Role play:

God created each of us with a specific purpose, Each of us have an unique role to play on this earth. In Ephesians 2:10 we read, “ We are Gods work of art, created in Christ Jesus for the good works which God has already designated to make up our way of life,”

So we need to ask our Lord every day, Lord what do you want me to do today? Give me the grace to fulfil your will today.

In the miracle of healing the blind man, Jesus Christ the light of the world gives light to a blind man and reveals that our Lord is loving and merciful.

In the miracle of raising Lazarus from death , we get the powerful message that Jesus Christ has power over death and those who believe in him receives eternal life. Only Jesus can save us.

In the parable of the prodigal son, the father forgives his son when he returns and welcomes him home even though he destroyed all his wealth. In the same way, God waits for all of us to realise our mistakes, repent and ask for his forgiveness as he welcomes us back when we say sorry. Jesus Christ is our redeemer.

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**BREAK (10 MIN)**

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## **(FINDING THE 7 SACRAMENTS) Time (30 MIN)**

### **Introduction:**

Explanation of the 7 sacraments (importance, relevance to the days topic)

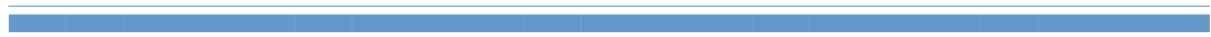
Using the clues given, students work in teams to find the treasure.

### **Rules of the Game:**

Each team receives a starting clue which will give them a hint as to where the next clue is. This process is repeated with 8 clues.

The final clue will be a hint about the final location and the first team to reach the final location wins. There will be a teacher at the final location to determine the winner.

The first seven clues will describe seven different locations where symbols of the seven sacraments will be hidden. By the time a team reaches the eighth clue, they would have found each of the seven sacraments.

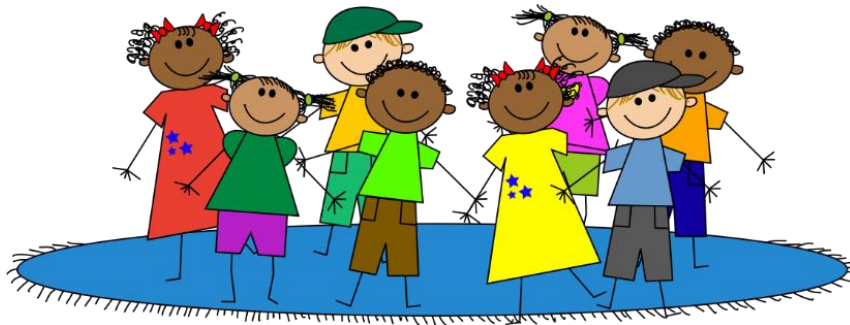




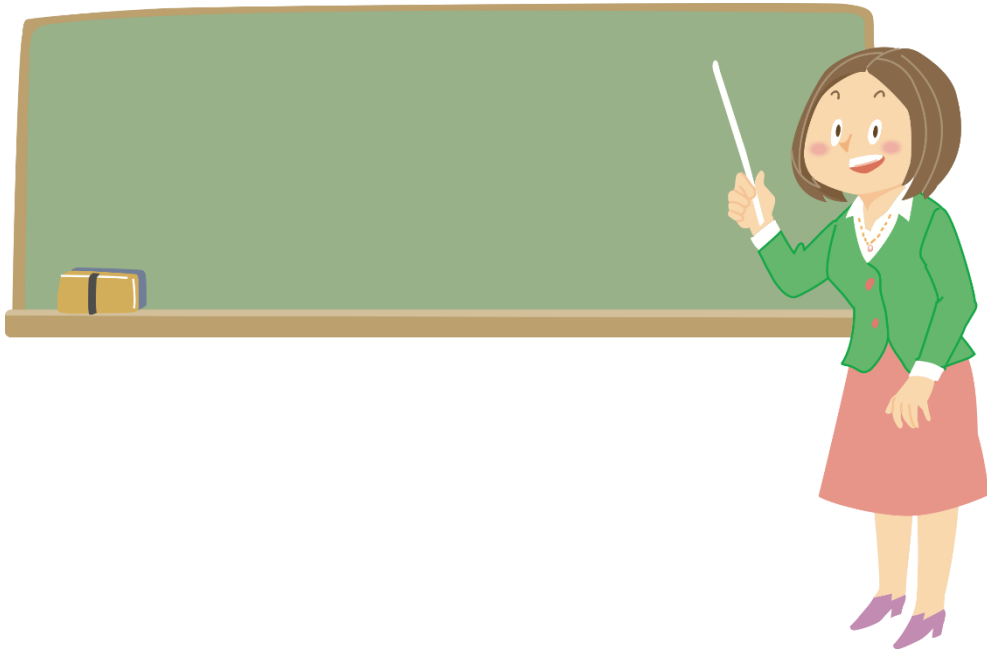
**Time (30 MIN) Materials Required:** Small throw-able (hand sized) bean-bag or some other small unbreakable object.

Divide students into two teams of equal numbers and let them stand on either side of the playing area along two lines. Each team must be numbered 1 to 10 (change this depending on group size). Draw a circle in the middle of the playing area and place the bean-bag(bone) in the centre. Each team should be at equal distances from the circle. The instructor shouts a number ( Eg: number 3) and the two people with that number (on opposite teams) run towards the bean bag(bone) and stand outside the circle . The objective is to grab the bag and get it back to their team before being tagged/touched by the player from the opposing team. If players are tagged, they must immediately drop the object and the opposing player then must then try to get it back to their line without being tagged in return. Players must have the bag in their hand to win.

The bone is returned to the centre and another number is called out and the game continues until everyone gets a turn. No kicking or pushing allowed, if it happens, the team loses 50 points. Scores: The team that gets the bone scores 100 points







Let's consider the two teams as Jesus' team and Satan's team; and the bean bag is our soul.

Our God created us with a soul, and he wants our souls to be in love with him always. But there are times in our lives when we fall; or we can say that Satan grabs our soul. But we have the sacrament of confession and other sacraments to repent and return back to Jesus so that we can have eternal life.

***“For what will it profit a man if he gains  
the whole world and forfeits his soul?  
Or what shall a man give in return for his soul?”  
Mathew 16:26***



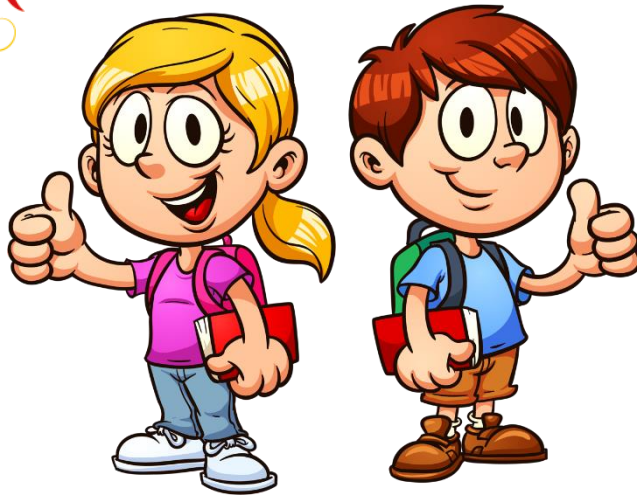
**Time: 1 hr**

**Time (10 MIN)** The children would be preparing a poster using post it notes as a team after each activity. At this time, they will be reflecting and sharing their reflection “How Jesus is a redeemer to them” using poster presentation.



### TEACHERS SUMMARY OF THE DAY

Jesus Christ is our redeemer. He loves us unconditionally. He saves us from our sins, helps us to live a divine life and attain heaven. Our aim of this life is to attain eternal life. For this we need to obey the commandments of God, precepts of the Church and receive the Sacraments worthily. Our lives should be examples to everyone around us. Let us all live with a thankful heart for all the great blessings and love Jesus our redeemer.



## HOME WORK

Children to ask their parents how to make Pesaha appam and also how did the parents celebrate Pesaha during their childhood. Write on a paper the details and bring the next day.

## PRIZE DISTRIBUTION





*Something Beautiful for God*



# Day Two



## Church Our Mother

The deep-rooted spirituality and high rate of vocations to the priesthood and religious life, of the Syro Malabar Church is inspiring and it is perhaps the most vibrant Catholic Church in the world, with over four million believers and a rich and fascinating history. The contribution of the religious, charitable and educational institutions managed by the different dioceses of the Church, to the welfare of Kerala and other states of India, is immense.







### What is expected of the children?

- ✦ We are a family bonded in Christ's Love
- ✦ There will be groups of 10
- ✦ Each group to choose a group name a slogan and a leader.
- ✦ Need to repeat a chosen bible verse and slogan after each activity.
- ✦ Each group needs to use a poster to write what they understood from each section using diagrams or bullet points.
- ✦ Everyone in the group is expected to participate
- ✦ There will be points for games, activities & poster making
- ✦ Team which gets the highest point will receive a prize at the end of the day





*“And I tell you, you are Peter, and on this rock,  
I shall build my church, and the gates of hell shall not prevail against it”*

*Mathew 16:18*





## RUN SHEET

	Item	Duration	Points
1	Introduction	5mins	
2	Icebreaker -Fruit Salad	10mins	
3	Team formation and slogan making	10mins	100
4	Theme presentation	10mins	
5	Game Paper Chain	30mins	250
6	Break	10mins	
7	Tableau	60min Group reflection at the end: 5 mins	500
8	Final Team Presentation	20mins Planning: 5mins Presentation: 5 X 3 = 15mins	150
9	Summary and Homework	10min	
10	Prize Distribution	10min	
	Total	2hour 55 minutes	1000



## Brain Storming

**Ask the children why do you think that the Church is called as our mother?**

Teacher Concludes with: The Greek word for church is ekklesia meaning those who have been called forth. All of us who are baptised are called forth by the Lord. Christ is the head of the church and we are his body. God wants to redeem us not individually but together through the Church like a mother loves her children unconditionally.

Church is the worshipping community of the New Testament by uniting us with Jesus. The Church, by participating in the holy Qurbana - a commemoration and celebration of the sacrifice of Jesus, the celebration of the sacraments, the liturgical year, the sacramentals, the divine office etc., is undertaking this duty. The worshipping community who offers sacrifice with Christ participates in the salvific experience.

### **Syro Malabar Church:**

The Christian community formed by the proclamation of the Gospel by St. Thomas grew strong in Kerala. They are known as 'St. Thomas Nazranis'. They are fully aware of the apostolic origin of the Church. This is the only Church known by the name of the founder apostle. Other apostolic Churches are known by the name of the place of their origin.

**It is the duty of every Christian to unite with the Church and worship God. The highest form of worship is the HOLY MASS**

Since the Church is missionary by nature, all the people of God are missionaries. The duty of proclaiming the Gospel to others is done by the sons and daughters of the Church. If each of the faithful becomes a living witness to the gospel through one's life and activities, the presence of the Church will become salvific to the world. The Church fulfils her missionary



Task by proclaiming the gospel and living as a loving community centred on the Holy Eucharist.



### ICE BREAKER ACTIVITY - FRUIT SALAD

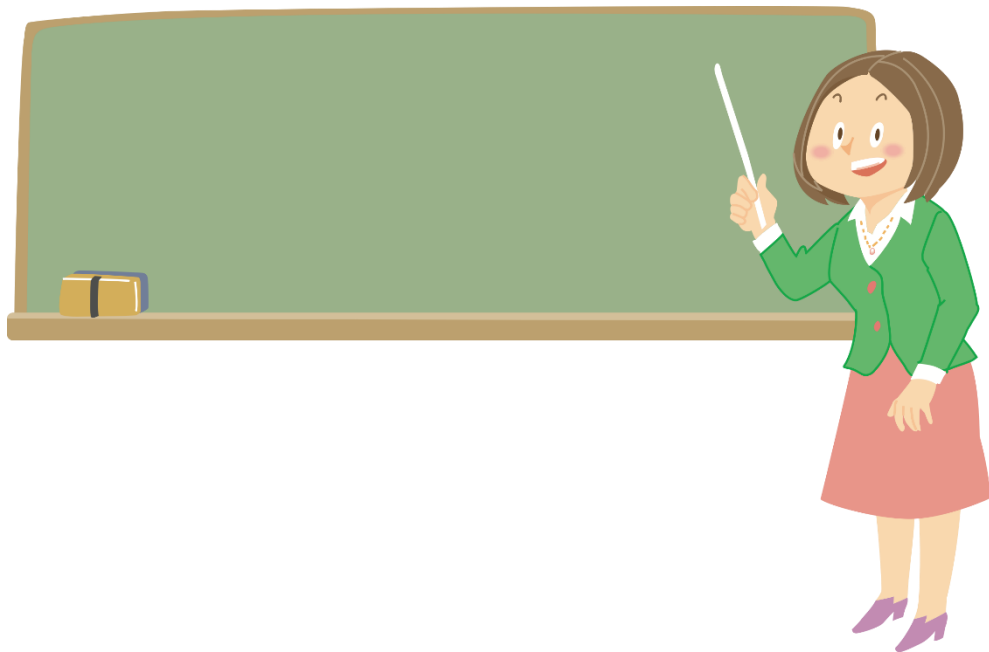
**Time: 10 min**

**No materials required**

Divide all players into three groups of fruit by going around the circle and naming them either apple, orange or pear. The facilitator calls the name of a fruit. If he calls out apples, everyone who is that fruit must get up quickly and change places. Players who are not apples remain seated. The last person to change place is out and sits in the centre of the circle







Jesus called his disciples from different walks of life, there were tax collectors and fishermen. Similarly, Jesus invites each and every one of us to follow him. It does not matter who we are. It is important to listen carefully to his voice and follow him without any haste. "And he said to them come after me and I will make you fishers of people. And at once they left their nets and followed him Mathew 4:19-20.

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### THEME PRESENTATION: 10 MIN

All students sit together and watch the presentation from the Department of Catechism.

[https://www.youtube.com/watch?v=9Avf-YFyECs&feature=emb\\_logo](https://www.youtube.com/watch?v=9Avf-YFyECs&feature=emb_logo)

**Movie: Veil Removed:**

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





**Time: 30min**

**Materials Required:** Paper, sticky tape, measuring tape, whistle

Participants are allowed to use only one hand. No cutting accessories are allowed. No talking is allowed.

**How to Play:**

Students are divided into different groups of maximum 10.

Each group should select a leader.

The group leaders are called aside, and the teacher gives the following instructions to them.

Each group will be given 10 A4 size paper and a sticky tape.

The aim of the game is to make a long paper chain in 20 minutes.

Each group member is allowed to use only one hand and no talking is allowed during the game.

The group leaders are given 5 minutes to communicate and discuss these with their group then decide the strategy to make the paper chain.

The team members decide who would hold the paper, who would tear it, who would hold it in the form of chain and who would sticky tape them.

After 5 minutes the teacher blows the whistle to start the game; they will get 20 minutes to make the paper chain. From this moment till the end of the game participants are not

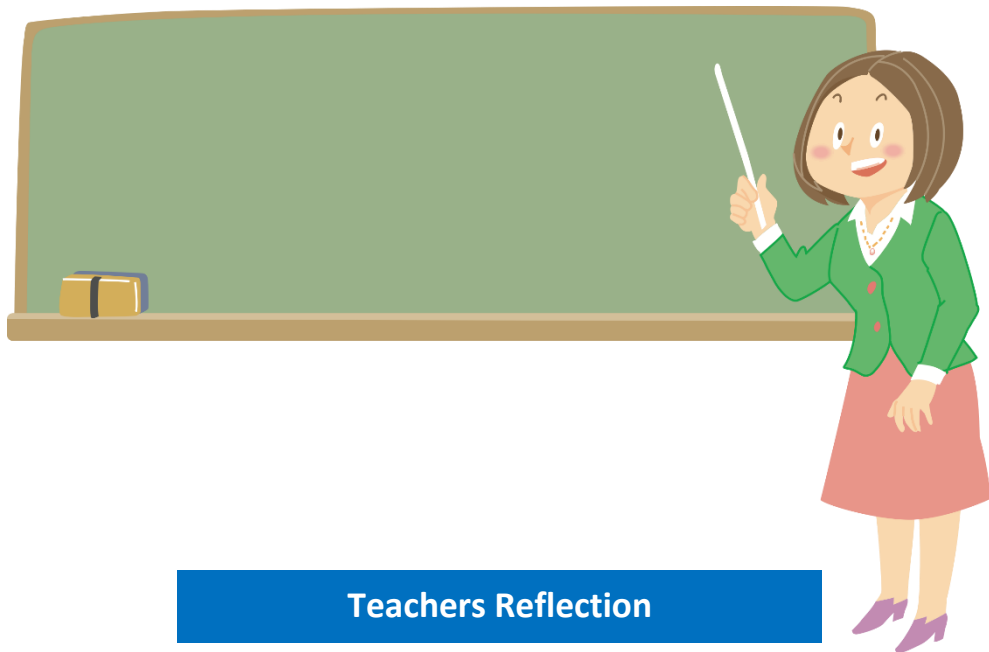


allowed to talk. When the time is up, the teacher blows the whistle. Then the length of the paper chains are measured.

*After the game, settle the children by reciting the slogans that they have created. Teacher to give a biblical reflection based on the game*

***“For as in our body we have many members, and all the members do not have the same function, so we, though many, are one body in Christ and individually members one of another”.***

***Romans 12:4-5***



### Teachers Reflection

Each of us are different and have various abilities; but we are part of the same body, the Church. When we work together, accepting others with their weaknesses, we can achieve many things in our church.





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**BREAK (10 MIN)**

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**Time: 60min**

**Materials Provided:** cloth, cardboard box, bottle, newspaper

- ⊕ Rules explained (5min)
- ⊕ Teams get planning time (15min Practice time)
- ⊕ Presentation time (5min) x3
- ⊕ Active participation of all members is required Once all teams are finished with their presentation, they are given 5min to write a reflection of the activity on their poster.





## 1. The Wedding at Cana: John 2:1-12

2 On the third day a wedding took place at Cana in Galilee. Jesus' mother was there,<sup>2</sup> and Jesus and his disciples had also been invited to the wedding.<sup>3</sup> When the wine was gone, Jesus' mother said to him, "They have no more wine."

<sup>4</sup> "Woman,<sup>[a]</sup> why do you involve me?" Jesus replied. "My hour has not yet come."

<sup>5</sup> His mother said to the servants, "Do whatever he tells you."

<sup>6</sup> Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons.<sup>[b]</sup><sup>7</sup> Jesus said to the servants, "Fill the jars with water"; so they filled them to the brim.<sup>8</sup> Then he told them, "Now draw some out and take it to the master of the banquet."

They did so,<sup>9</sup> and the master of the banquet tasted the water that had been turned into wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside<sup>10</sup> and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now."

<sup>11</sup> What Jesus did here in Cana of Galilee was the first of the signs through which he revealed his glory; and his disciples believed in him.

<sup>12</sup> After this he went down to Capernaum with his mother and brothers and his disciples





## 2. Jesus Feeds the Five Thousand: Mathew:14:13-21

<sup>13</sup> When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. <sup>14</sup> When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

<sup>15</sup> As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves some food."

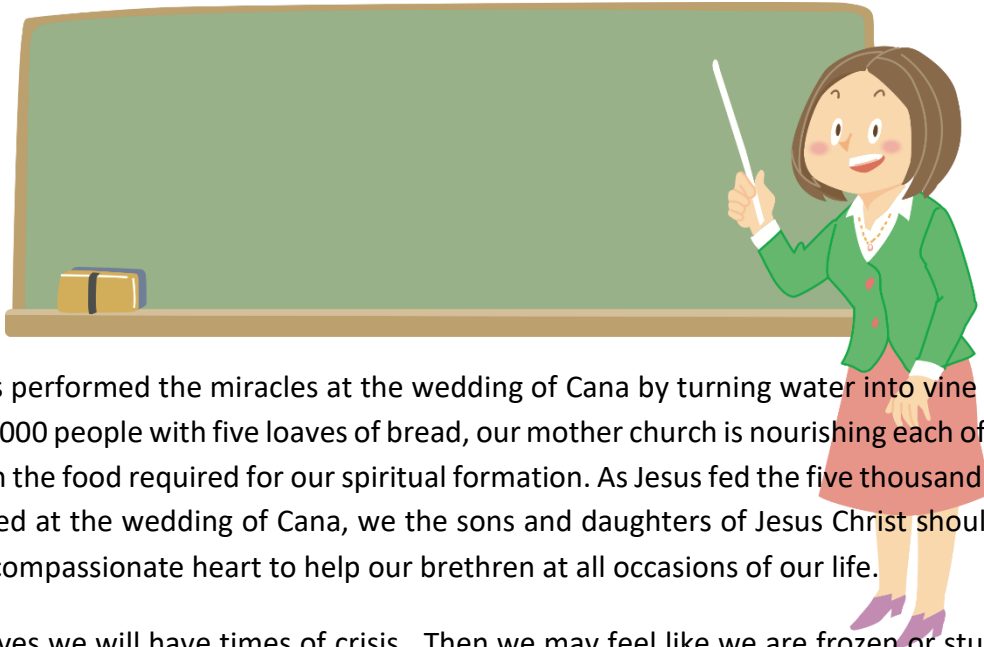
<sup>16</sup> Jesus replied, "They do not need to go away. You give them something to eat."

<sup>17</sup> "We have here only five loaves of bread and two fish," they answered.

<sup>18</sup> "Bring them here to me," he said. <sup>19</sup> And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. <sup>20</sup> They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. <sup>21</sup> The number of those who ate was about five thousand men, besides women and children.

*After the game, settle the children by reciting the slogans that they have created.*





As Jesus performed the miracles at the wedding of Cana by turning water into wine and how he fed 5000 people with five loaves of bread, our mother church is nourishing each of us every day with the food required for our spiritual formation. As Jesus fed the five thousand and how he helped at the wedding of Cana, we the sons and daughters of Jesus Christ should always have a compassionate heart to help our brethren at all occasions of our life.

In our lives we will have times of crisis. Then we may feel like we are frozen or stuck. What we should do is to offer to Jesus whatever we have; then He can do wonders for us. That's what we have seen in both the events in the Tableau. Jesus asks for the co-operation of people in crisis.; (bread from the boy, help from the servants. Always remember, we have a God who is willing to help us if we surrender ourselves to Him).

***“Have no anxiety at all, but in everything, by prayer and petition,  
with thanksgiving, make your requests known to God.***

***Then the peace of God that surpasses all understanding will guard your  
hearts and minds in Christ Jesus”***

***Philippians 4:6-7***

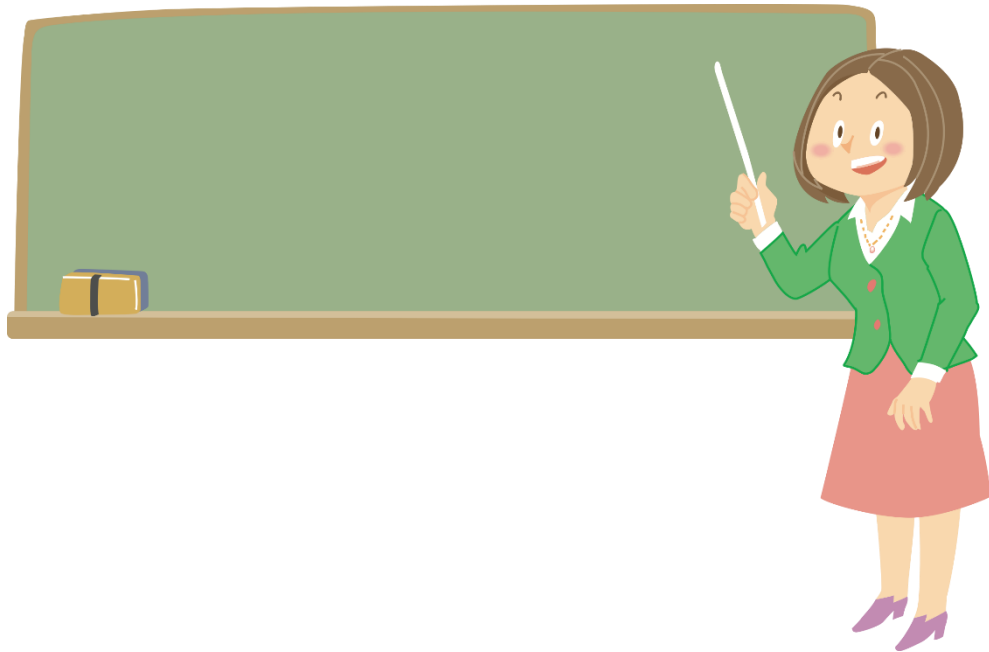


**Time: 30min**

**Materials required:** Spoon (one per player), small plastic ball (one per team)

Divide children into two teams and each child is given a spoon. Two lines must be drawn for the start and end. The groups must form a line each and stand at the drawn start point. The first person in the line must hold the ball in the spoon, run to the end and return to the line, passing the ball to the next person. They cannot touch the ball with their hands once it is in the spoon. They can't swap spoons, only the ball. If the ball is dropped during the lap, they must go again from the start point. This repeats until the number of players is exhausted. If the numbers are odd, the team with one less player must have their first player complete the lap once more at the end. The first team to complete the relay wins.





Our Syro Malabar Church has an apostolic tradition that should be preserved. Our forefathers tried their best to hand down the faith that they received from St Thomas. Now it's our turn to hand it down to the next generation.

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## TEAM REFLECTION AND POSTER

Time: 1 hr

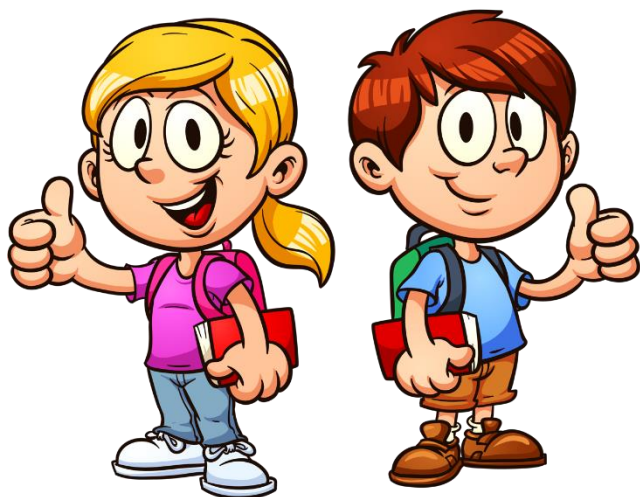
Time: 20min

The children would be preparing a poster using post it notes as a team after each activity. At this time they will be reflecting and sharing their reflection “How can you illustrate church a mother” using poster presentation.



## TEACHERS SUMMARY OF THE DAY

The Church is our mother because she cares for her children and guides us on the path of salvation. She nourishes and sustains us with the sacraments; she illuminates us with the light of the Gospel, orients us to the good, encourages us in moments of darkness and defends us from the snares of evil, encouraging us to become missionaries of Jesus Christ.



## HOMEWORK

Children to ask their parents how they celebrated perunnals back in India when they were younger. Children to also ask their parents about their relationship with their grandparents. Write on a paper the details and bring the next day.

## PRIZE DISTRIBUTION





# Day Three



## Family A Blessing

God created man out of love, and therefore calls families to share this love. A family is to be a temple of God through mutual love among the members of the family and family prayer in which every member participates.

Family is:

- ✦ institution of God
- ✦ missionary community
- ✦ platform for evangelisations
- ✦ school of faith formation

Institution of God:

- ✦ Marriage is not just a human institution: but it is an institution God formed as the foundation of human society.

Missionary community

- ✦ The essence of a mission is to be a witness of the love of God. Second Vatican Council teaches us about the divine mission of the family as the basis and living factor of the Church and society.

Platform for Evangelisation

- ✦ Families growing in faith become the models of Christian life in society. Salvation of the world accomplished by the Church is to be made effective in each family. Like the Church, each Christian family should be the platform where the Gospel is lived.

School of faith formation

- ✦ Family is the primary school of Christian life and the School of noble human nature. It is parents who have to teach children faith for the first time and proclaim faith to them. In this sense, parents are the first principal teachers of their children. They form the faith and missionary life of their children through their own example and advice. Parents have the right and responsibility to give their children proper Christian education.





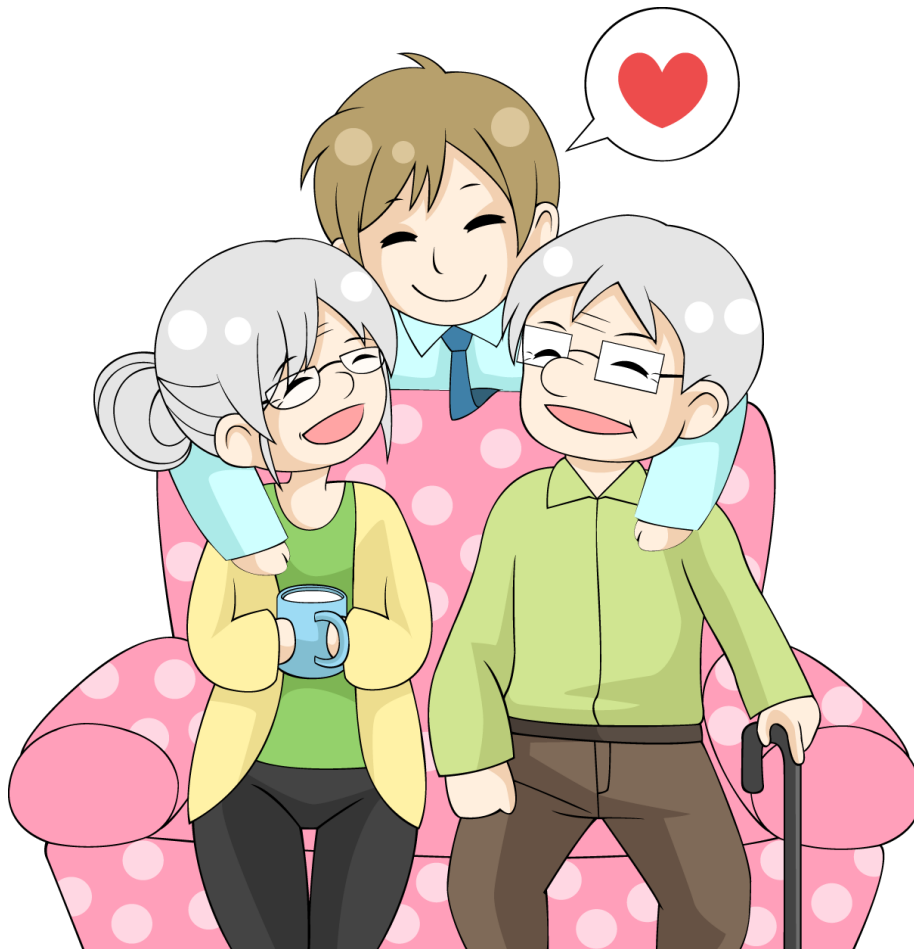
### What is expected of the children?

- ✦ We are a family bonded in Christ's Love
- ✦ There will be groups of 10
- ✦ Each group to choose a group name a slogan and a leader.
- ✦ Need to repeat a chosen bible verse and slogan after each activity.
- ✦ Each group needs to use a poster to write what they understood from each section using diagrams or bullet points.
- ✦ Everyone in the group is expected to participate
- ✦ There will be points for games, activities & poster making
- ✦ Team which gets the highest point will receive a prize at the end of the day





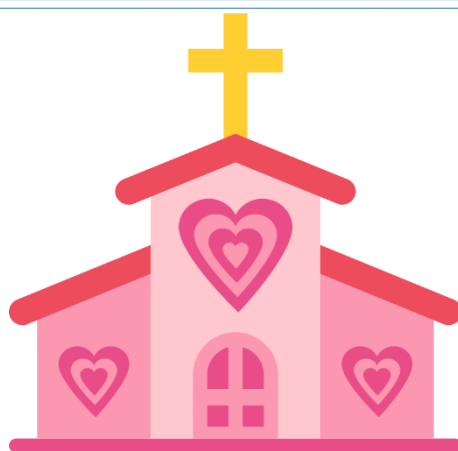
*“Honour your father and your mother,  
so that you may live long in the land the LORD your God is giving you.  
Exodus 20:12*





## RUN SHEET

	Item	Duration	Points
1	Introduction	5mins	
2	Icebreaker-Follow the leader	10mins	
3	Team formation and slogan making	10mins	100
4	Theme presentation	10mins	
5	Choreography (Children are given 1-minute song clips of few Rex band songs to Choreograph a group performance)	60mins Rules/procedure: 5mins Planning Time: 15mins Practice: 15mins Presentation: 5 X 3 = 15mins Reflection: 5mins Group poster: 5mins	250
6	Break	10mins	
7	Game -Bible Charades	30min	500
8	Final Team Presentation	20mins Planning: 5mins Presentation: 5 X 3 = 15mins	150
9	Evaluation/Feedback	10min	
10	Prize Distribution	10min	
	Total	2hour 55 minutes	1000





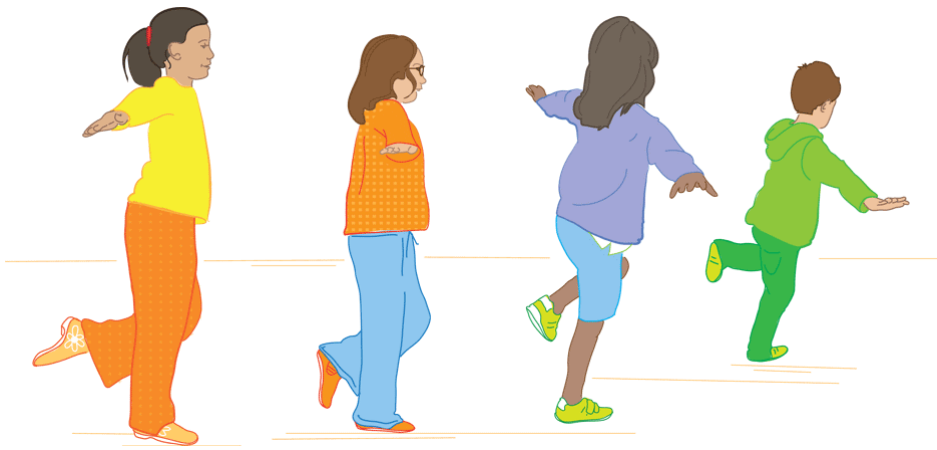
## Brain Storming

Ask the children why do you think that Family is a blessing. Ask about the homework.

## Teacher concludes with

The most precious gift from the GOD for a human is his family. God created man out of love, and therefore calls families to share this love. A family is to be a temple of God through mutual love among the members of the family and family prayer in which every member participates.

- ✠ Family is the primary school of Christian life and the School of noble human nature. It is parents who have to teach children faith for the first time and proclaim faith to them. In this sense, parents are the first principal teachers of their children. They form the faith and missionary life of their children through their own example and advice.
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### ICE BREAKER ACTIVITY - Follow the leader

**Time: 10min**

**No materials required**

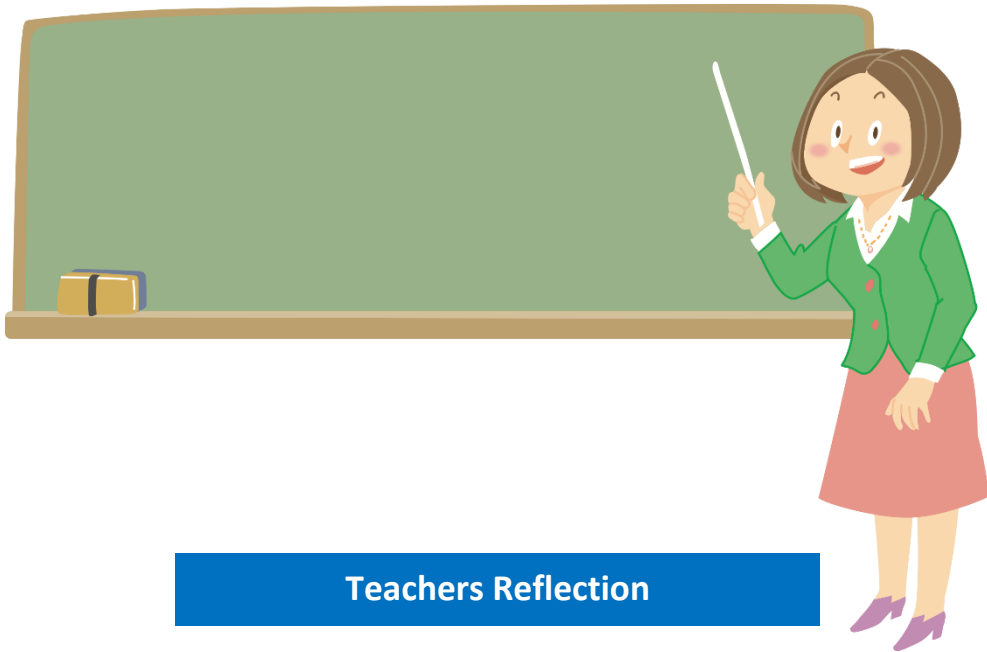
The children must all stand in a circle facing in. One person must be picked to go outside the room/to a place where they can't see or hear the circle of children.

Once the chosen person has left the room, the remaining children must choose a leader and everyone in the circle should know who this leader is.

The leader must start doing a repeated action (example clapping) and everyone else in the circle needs to copy him/her. At this point, the child who was sent out of the room can be brought back in. And his task is to find the leader.

The leader must keep changing his actions (eg a wave, a dance move) and the kids must follow without making it obvious who the leader is.





### Teachers Reflection

It is always good to have the right choices. If the choice is wrong, we may fail. We may fall into wrong influences of the people around us. We should always have a close watch of what Jesus the true leader wants us to do instead of falling into the bad influences. God has given us parents who always will guide us to the right path.





**TIME: 10 min**

**Materials required: Poster, Glue Tac, Colour Pens**

- ✦ Students are divided into groups.
- ✦ They should select a name for their group and a leader and a slogan. Posters are given and specific area to put the poster is assigned.
- ✦ They can choose a name from the list.
- ✦ Team has to update the poster throughout the day after each session using diagrams or bullet points (Paper and marker to be given for displaying Team names/ places in the Bible) Best poster will be awarded a prize.

***After every activity they need to write a group reflection on the poster.***





**TIME: 10 min**

All students sit together and watch the presentation from the Department of Catechism.

[https://www.youtube.com/watch?v=R\\_jEwoI9RCs&t=100s](https://www.youtube.com/watch?v=R_jEwoI9RCs&t=100s)





**Time: 60 min**

**Materials required:** 1-minute audio clips of rex band songs & speaker

As we are almost at the end of our Faith fest, let us all accept the fact that It's by God's mercy that we are here, not by our own merits. We are healthy; we can walk, run and jump. Our bodies are a gift from God. We need to worship Jesus with our body. So, let us praise, worship and thank our Lord.

*"I urge you, then, brothers, remembering the mercies of God,  
to offer your bodies as a living sacrifice, dedicated and acceptable to God;  
that is the kind of worship for you, as sensible people."*

**Romans 12:1**

Children are given 1-minute song clips of few Rex band worship songs to Choreograph a group performance

Planning Time: 15mins, Practice: 15mins

Presentation: 5 X 3 = 15mins, Reflection: 5mins





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**BREAK (10 MIN)**

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**Time: 30 min**

**Materials required:** List of events in Jesus life or parables

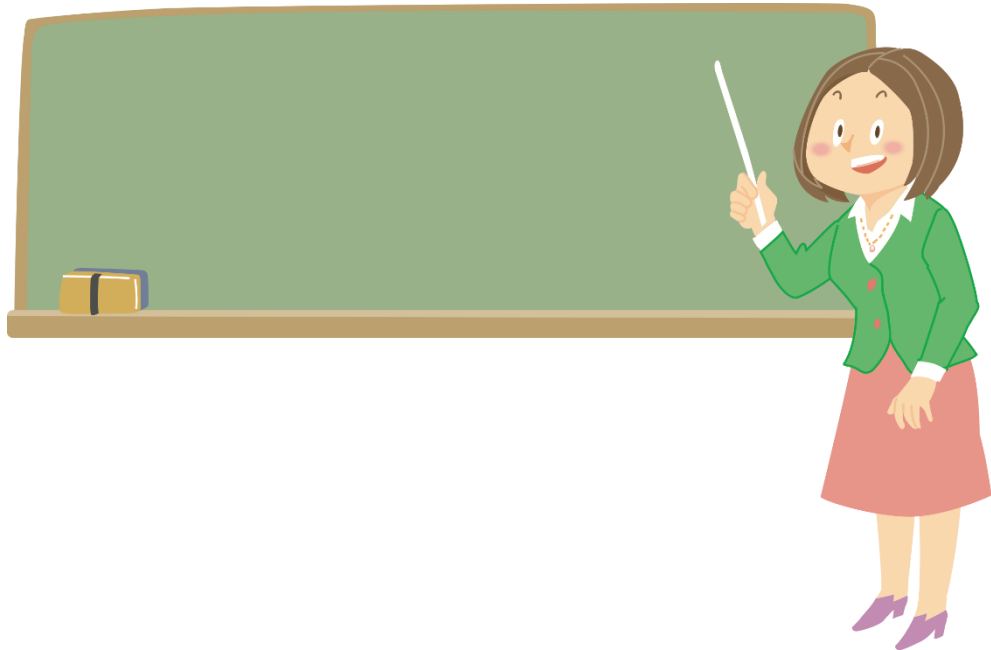
**How to Play:**

A student acts out a parable/ event from Jesus' life and his team members need to guess it correctly.

**Implementing the activity:** Illustrate the how to play the activity

Students are divided into two groups. Each group should have a collection of events from Jesus's life or parables written down on separate piece of paper and they should be kept in a container. A player from the first team selects an event/parable from the other team's container. After reviewing the event/parable the player must act out the charade while his teammates have 3 minutes to guess the correct answer. If they get it correct within the time limit the team scores 10 points.

A player from the other team then takes their turn and this continues until all of the events/parables are used up



Miscommunication can occur in families, Dear children, please remember that your parents love you and it is important to communicate with them properly. This will bring them closer to you and ultimately become closer to Jesus together.

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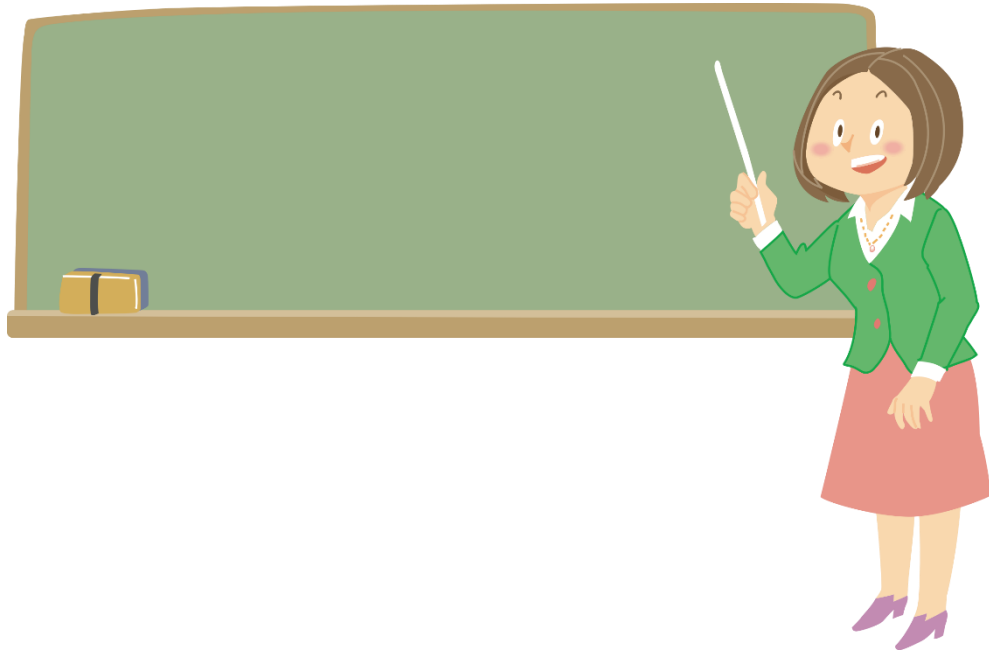


**Time: 30 min**

**Materials required:** 2x same jigsaw puzzle between 20 and 50 pieces, 2 tables

Divide the children into two teams. The jigsaw pieces are set up scrambled in the boxes on a table at one end of the room where the teams are lined up behind them. The other table must be placed far enough away so that the teams cannot see the puzzle being solved. Each player must take turns taking a piece from the start to the other table and adding it to the puzzle before they return to the end of their line. The player currently adding the piece is allowed to move the other pieces of their own team. The team must start counting together when their player reaches the table with their single piece, loud enough for the player to hear. The player must return to their line when the count reaches 15. Towards the end of the game, the 15 count can be relaxed to allow the puzzle to be completed. The fastest team to solve their puzzle wins.





Our families can be complex like the puzzle, but every part is integral. One piece by itself may not make sense, but when put together it gives us a complete picture.

We can say this is true about our families too. Each of us is an important part of our family. When we are joined together in Jesus' love, it becomes a blessed family.

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## TEAM REFLECTION AND POSTER

**Time: 20 min**

The children would be preparing a poster using post it notes as a team after each activity. At this time they will be reflecting and sharing their reflection “How can you illustrate family is a blessing” using poster presentation.



## TEACHERS SUMMARY OF THE DAY

A Christian family is a miniature church, All family members need to strengthen one another in faith. They should pray for and with one another. Family that prays together stays together. Holy Mass is the basis of each family. The power and blessing received through the Holy Eucharist make them united in Christ's Love.

How does a child respect his parents? By showing them love and gratitude. Children need to be grateful to their parents because they are the reason for your life. This gratitude establishes a lifelong relationship of love, respect, responsibility and obedience. Children are the Gift from God to the parents and it is their responsibility to make sure that the child grows in faith and understands the Good news.





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## PRIZE DIZTRIBUTION

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## THANK YOU

Thanks Everyone for being part of our Faith Fest. Hope you all enjoyed these three days, and we believe that you all are taking back with you a lot of valuable learning and beautiful memories. We pray that you all grow deeper in Christs Love and stronger in faith thereby become role models to your younger brothers and sisters.

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## Judea Team



Beedha Joseph



Joseph Thomas



Presy Tom

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Team Judea contact: 0425270431



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**FAITH FEST  
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**Know Jesus, Live Jesus,  
and Give Jesus**

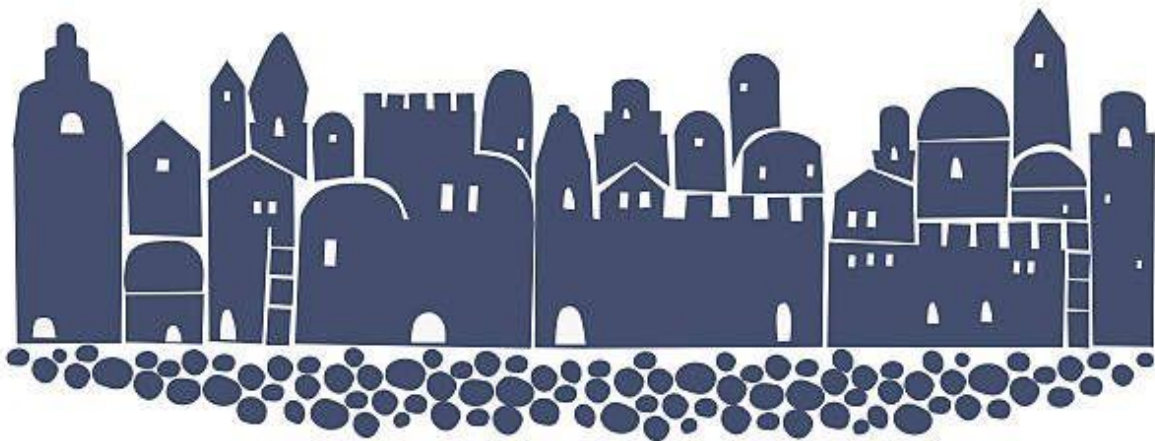


Something Beautiful for God







**FAITH FEST  
2021**

Know Jesus, Live Jesus,  
and Give Jesus



# JERUSALEM

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	0478784295
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# WELCOME



- Welcome all Children
- Introduce the teachers and other resource personnel
- General safety/COVID restriction rules if any
- Children to report any concerns to the teachers
- Housekeeping requirements
- Explanation on the agenda for the day - show the Run Sheet







# Year 9, 10, 11 & 12



## PROGRAM SUMMARY

### Day One: Jesus Our Redeemer

- Jesus redeems us from Sin - What we need – Repentance
- Jesus redeems us from Death - What we need - hope of eternal life
- Jesus redeems us from Suffering - Jesus has authority and power. But sometimes sufferings are permitted.

### Day Two: Church our Mother

- We belong to Syro Malabar Church
- Christ Experience of Syro Malabar Church and St Thomas the Apostle
- Cultural specialty of Syro Malabar Church
- We are the people of God and therefore we are the Church
- Church is the body of Christ and we are its members

### Day Three: Family a gift from God

- Importance of Family prayer - time taken and the times of prayer, prayer is the bonding between family members, togetherness, sharing mentality and love expressed



# Day One



## DAY 1 -PROGRAM OUTCOME

**Given a specific context, the participant will be able to successfully describe, interpret, practice & defend catholic teaching on**

- A. Jesus redeems us from Sin - Why we need to Repent ?
- B. I Jesus redeems us from Death - What we need - hope of eternal life
- C. Jesus redeems us from Suffering - Jesus has authority and power over evil. Why sufferings are permitted.





## RUN SHEET

	Item	Duration	Points
1	Introduction	5mins	
2	Icebreaker	10 mins	
3	Team formation and slogan making	5 mins	
4	Theme presentation	5 mins	
5	<b>Activity 1</b> Cone Game (Theological virtues)	15 min	100
6	<b>Activity 2</b> Tag Game (7 Gifts of Holy Spirit)	20-30 mins	100
7	<b>Activity 2.2</b> Match 7 gifts of Holy spirit with description	15-30 min	100
8	<b>Activity 3</b> Blind folded Adventure & Creatures Game (Effects of sins)	20-30 min	100
	Break	10-15 min	
9	<b>Activity 4</b> Blind folded Stack Attack Game (Jesus washes our sins)	20-30 min	100
10	<b>Activity 5</b> Battle Ready Game (Little ways)	20-30 min	300
11	<b>Activity 6</b> Winning the Battle Game (Fortitude & Prayer)-	20 -30 min	200
12	<b>Activity 7</b> Write a letter to Jesus Game (Practice Mental Prayer)	20 -30 min	
13	Conclusion & Prize Distribution	10- 20 min mins	
	Total	4 hrs	1000





## Theme for the day

### Spiritual Combat

Catholic youths are bombarded with anti-Catholic messages daily. Catholic youth remain passive in the face of relentless hostility from aggressive secularism and increasingly intolerant atheism. Society teaches our youth that Catholic identity is acceptable in public life, but adherence to Catholic teaching is not. As a result, Catholic youth is not adequately exposed to the enormous spiritual richness, cohesive intellectual tradition, and the Church's remarkable commitment to charity and service. Our children are not equipped with the resources and abilities to engage in spiritual combat, enabling them to defend the faith and respond to their baptism call to be a saint.

The most significant problem facing Catholic educators is to fight against the sin of complacency. Christ, the redeemer program, draws from the rich scholastic intellectual tradition of St Thomas Aquinas, the rule of St Benedict, The spiritual combat from *Dom Lorenzo Scupoli*, spiritual tressures of St Therese of Avila, St Therese of Lisieux, and St Jose Maria Escriva. Christ, the redeemer training program, will remind students to respond to their baptism call to be Saints. In Novo millennio ineunte St John Paul II reminds “ *Baptism is a true entry into the holiness of God through incorporation into Christ and the indwelling of his Spirit, it would be a contradiction to settle for a life of mediocrity, marked by a minimalistic ethic and a shallow religiosity*”. Students are reminded that the call to holiness is not optional but necessary to sanctify the world. Catholic Youth should continue to strive for greater holiness throughout their lives.

Pope Benedict XVI said during a prayer vigil in 2011 “*A candle can only give light if it lets itself be consumed by the flame. It would remain useless if its wax failed to nourish the fire. Allow Christ to burn in you, even at the cost of sacrifice and renunciation. Have the courage to apply your talents and gifts for God's kingdom and to give yourselves – like candlewax – so that the Lord can light up the darkness through you. Dare to be glowing saints, in whose eyes and hearts the love of Christ beams and who thus bring light to the world*”. Through this program, students will learn that sin corrupts the ability to allow Christ to burn in us, and only Christ has the power to redeem us from the power of sin and satan. Through this program, students are encouraged to feel passionate about combatting sin and seek holiness. Dom Lorenzo Scupoli, in his spiritual combat, explains, “*Fight, therefore, with great determination. Do not let the weakness of your nature be an excuse. If your strength fails you, ask more from God. He will not refuse your request*”. Saints are required to fight with great determination, and they are always prepared for spiritual combat to navigate through the suffering that life presents.





## ICE BRAEKER

### Shoe ID Game:

**If you have 25 or more participants** - Everybody takes off a shoe and throws them in a large pile on the floor. On the count of three, each person grabs a shoe from the pile, then find the person with the matching shoe in their other foot and find out their name and three things about them they didn't already know.

Facilitator then divide the group (if more than 25- preferably 6 in a team)

Using mobile phones participants take a picture of their face.

### Tap the shoulder:

**Or if you have less than 25 participants** - Participants pair up (preferably boys with boys and girls with girls). On the count of three, each person will try to tap the shoulder of another person. Both participants will try to tap the shoulder, and the other person tries to block and evade. While they do it, participants need to find out each other's name and three things they didn't already know. They will have 2-3 min to find out the three things about each other.

Facilitator then divide the group (if less than 30- preferably 4-5 in a team)

Using mobile phones participants take a picture of their face.



**Age Category:**

**Year 9 to Year 12**

**Title**

**Cone Game (Theological virtues)**

**Aim of the Activity**

- Participants should be able to interpret theological virtues of Faith -Hope -Charity received through Baptism to a non-Catholic. (A)(B)
- Participants appraise and have a deep conviction that through baptism they become Children of God. (A)

**Probable Time per Activity**

**15 minutes**

**Mention any slogan or Bible Verse for this Activity:**

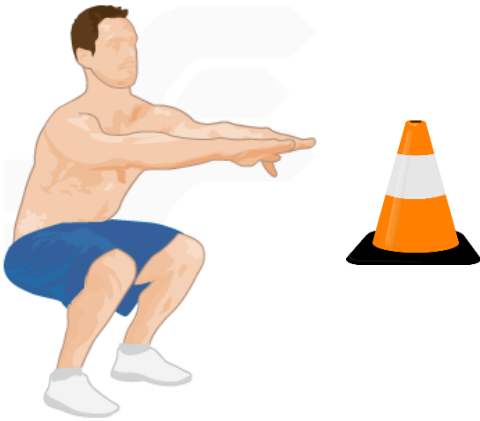
End of the activity participants repeat a Slogan with Action (participants touch heart -Head – hold the fist tight for strength.  
“I Love my God with all my heart and with all my soul and with all my strength”. (Deuteronomy 6:5)

**Maximum No. of Participants:**

**20 -30**

**Resources /Material required:**

**12 Plastic Training Traffic Cones/ or any materials that can be grabbed**



### Instructions about how to conduct the activity:

- Participants face each other and remain in a squat position.
- A cone is placed in between them. The group leader should say what the three theological virtues received during Baptism
- Cone represents eternal life
- When the Group leader calls faith, participants touch forehead; when the Group leader calls hope, participants touch their chest,
- When the Group leader calls charity, participants touch their shoulders.
- After touching the shoulder, the leader says grab
- Then participants need to grab the cone first.
- Whoever have good reaction time wins the game.

### Conclusion

- Group leaders will sound the whistle or hone and participants remain still in a line or sit down in a line
- Participants recite the slogan:
- Facilitator briefing



### Facilitator Briefing

- Facilitator asks What we receive in Baptism? -1
- A virtue is a habit that perfects the powers of the soul and disposes you to do good (Etym. Latin Virtus, virility, strength of character,
- We receive theological virtues during Baptism
- Ask the participants what faith-Hope-Charity means

### 3 keep points to share with participants

1. Faith helps us to understand the truth:
2. Hope helps to do repentance and believe in eternal life:
3. Charity helps us to love God and Others:

### Additional notes

- Faith is the grace of believing in God's love for us and in his revealed truths (Lk 1:45, Jn 11:25-26, Eph 2:8).
- Hope is the grace of trusting God will be true to his promise to save us from eternal death if we turn to him in repentance (Rom 5:2, 8:25; Heb 6:17-20; 1 Pt 1:3-5).
- Charity is a two-fold grace with the primary effect of moving the will to love God fervently and above all things and with the secondary effect of intensifying love for our neighbour (Dt 6:4-6; Mt 22:36-40, 25:31-46; Mk 12:28-31; Rom 13:8-10; 1 Cor 13:1-13). We need faith-Hope -Charity for eternal life

### Reference / Further Reading

- Theological virtues: Paul explains in Romans 5:1-5 and 1 Corinthians 13:13.
- (Lk 1:45, Jn 11:25-26, Eph 2:8).
- (Rom 5:2, 8:25; Heb 6:17-20; 1 Pt 1:3-5).
- (Dt 6:4-6; Mt 22:36-40, 25:31-46; Mk 12:28-31; Rom 13:8-10; 1 Cor 13:1-13).
- Theological virtues: ccc1812-1829





**Age Category:**

**Year 9 to Year 12**

**Title**

**Tag Game (7 Gifts of Holy Spirit)**

**Aim of the Activity**

**Participants should be able to appraise by receiving the 7 Holy Spirit at baptism they become adopted sons and daughters of God. (A)**

**Probable Time per Activity**

**15-min 30 min**

**Mention any slogan or Bible Verse for this Activity:**

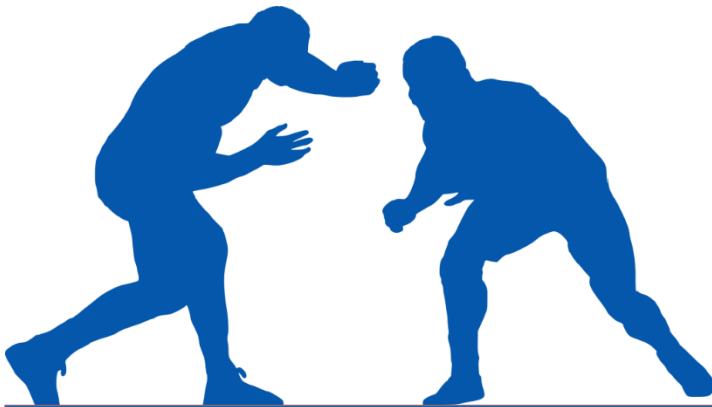
**End of the activity participants repeat the Slogan “I Love my God with all my heart and with all my soul and with all my strength”. (Deuteronomy 6:5)**

**Maximum No. of Participants:**

**20 -30**

**Resources /Material required:**

**7 clothespins/ Ribbons per person**

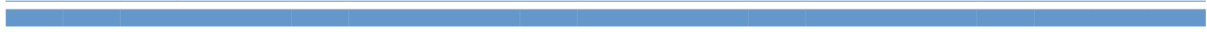


### Instructions about how to conduct the activity:

- Give each participant 7 clothespins / Ribbons.
- Participant should place them on the side of their shirts, as close to the edge as possible.
- When the game begins, participants should run and try to grab as many clothespins as possible from other players and pin them to their own shirt.
- The person/team with the most clothespins at the end is the winner.

### Conclusion:

Please complete the activity 2.2 for slogan practice.





## Facilitator briefing

- 7 pins represent 7 gifts of holy spirit,
- 7 cloth pins /Ribbons represent 7 gifts of holy spirit which we received during baptism, strengthen during confirmation, and nourished during eucharist. (ccc1275)

### 3 key points

1. These traits are infused into every Christian as a permanent endowment at his baptism, nurtured by the practice of the seven virtues, and sealed in the sacrament of confirmation.
2. You need nourish and grab the gifts otherwise these remains in active.
3. 7 gifts helping us to grow in holiness and making us fit for heaven.

NOTES

### Additional Notes to share with participants

- The moral life of Christians is sustained by the gifts of the Holy Spirit. (ccc1830)
- The seven gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.
- Life is a battle. If a person does not bother to equip himself properly for battle, he should not be surprised to find himself defenceless when the battle is brought to his doorstep.
- The seven gifts are designed to be used in the world for the purpose of transforming that world for Christ.
- The seven gifts of the Holy Spirit are our spiritual weaponry for the spiritual warfare of everyday life.
- According to Aquinas, are “habits,” “instincts,” or “dispositions” provided by God as supernatural helps to man in the process of his “perfection.
- Each baptized and confirmed Christian should implore the Holy Spirit to inflame in his soul these gifts. St Pope John Paul II said, “With gifts and qualities such as these, we are equal to any task and capable of overcoming any difficulties.

### Reference / Further Reading

- (ccc1830)
- Isaiah 11:1–3



**Age Category:**  
**Title**

**Years 9 to Year 12**  
**Match 7 gifts with description**

**Aim of the Activity**

Participants should be able to appraise by receiving the 7 Holy Spirit at baptism they become adopted sons and daughters of God. (A)

**Probable Time per Activity**

15-min 30 min

**Mention any slogan or Bible Verse for this Activity:**

End of the activity participants repeat the Slogan “I Love my God with all my heart and with all my soul and with all my strength”. (Deuteronomy 6:5)

**Maximum No. of Participants:**

20 -30

**Resources /Material required:**

12 Plastic Training Traffic Cones/ or any materials that can be grabbed





### Instructions about how to conduct the activity:

- Prepare a Poster with only the letter with 7 gifts of holy Spirit
- Provide handouts with description of 7 gifts of holy spirit
- Ask participants to match the description with the word
- Each team should have their own poster and description.
- Team will have 7 min to complete the task.

### Conclusion

- Group leaders will sound the whistle or hone and participants remain still in a line or sit down in a line
- Participants recite the slogan:
- Facilitator briefing



### Facilitator Briefing

- Using a PPT slides or reading out check which group got the correct definition.
- Group which matched all the definitions win the game.
- Ask students how those gifts are relevant to their daily life.

### Key points to share with participants

- 7 gifts of holy spirit which we received during baptism, strengthen during confirmation, and nourished during eucharist.
- Ask participants how these gifts are relevant to their daily life.

### Reference / Further Reading

- Summa Theologiae, St. Thomas Aquinas

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**Age Category:**

**Years 9 to Year 12**

**Title**

**Blind folded Adventure & Creatures Game  
(Effects of sins)**

**Aim of the Activity**

**Participants appraise and have a deep conviction of  
effects and consequences of sin (A)**

**Probable Time per Activity**

**15-min 30 min**

**Mention any slogan or Bible  
Verse for this Activity:**

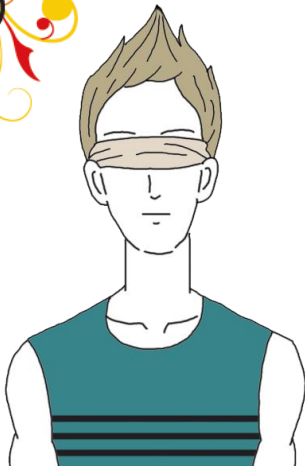
**End of the activity participants repeat the Slogan “I  
Love my God with all my heart and with all my soul  
and with all my strength”. (Deuteronomy 6:5)**

**Maximum No. of Participants:**

**20 -30**

**Resources /Material required:**

**20-30 paper cups  
Long rob that can be tied both legs**



### Instructions about how to conduct the activity:

- Two teams of any size.
- Facilitator to put paper cups or figures of creatures on the floor
- One person from each team (at a time), blind folded and made to cross area of around 10x10 feet from one end to other with full of paper glasses placed or any materials which acts as land mines or creatures.
- # Players are blinded folded and their both legs are tied with a long rope.
- They must walk through not touching the cups. Team members can give directions
- Blind folded person must cross and reach the other side without stepping on the mines/creatures.
- Supporting team guides him in right direction and same time opponent team distracts guiding in wrong direction. (Facilitator can decide this base don participants).

### Conclusion

- Group leaders will sound the whistle or hone and participants remain still in a line or sit down in a line
- Participants recite the slogan:
- Facilitator briefing



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### Facilitator Briefing

- We are very much absorbed in worldly affairs; our souls are surrounded by sin. Cups represents sins and creatures.
- God resides within depth of our soul, but we are unable to find him because of sins

### Key points to share with participants

- The soul needs to spend time in the rooms of “self-knowledge” and humility.
- True humility gives us the right insights into God and ourselves, into the meaning of good and evil.
- Starting point is the absolutely basic condition for a serious prayer life: an earnest, continuing effort to rid oneself of sins, imperfections and attachments” We must convert from a worldly life to a Trinitarian life.

### Reference / Further Reading

- Proliferation of Sin (ccc1865-1869)
- Interior castle (St Therese of Avila)

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Break 10- 15 Min

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**Age Category:**

**Years 9 to Year 12**

**Title**

**Blind folded Stack Attack Game (Jesus washes our sins)**

**Aim of the Activity**

**Participants appraise and have a deep conviction of effects of sin and importance of repentance. (A)**

**Probable Time per Activity**

**15-min 30 min**

**Mention any slogan or Bible Verse for this Activity:**

**End of the activity participants repeat the Slogan “I Love my God with all my heart and with all my soul and with all my strength”. (Deuteronomy 6:5)**

**Maximum No. of Participants:**

**20 -30**

**Resources /Material required:**

**Paper cups**





### Instructions about how to conduct the activity:

- Select one player from the group
- Blind fold the player and direct the player to table where the paper cups are placed.
- Player must create a pyramid of cups. Once built, players must slide down the cups to create a single stack.
- Team members provide directions
- Player must complete the task within 3 min
- At the end of the game -facilitator note if the cups fall down during the process and all the players must put colour on their face.
- Using mobile phones all participants take a selfie and sent to their friends or parents.

### Conclusion

- Group leaders will sound the whistle or hone and participants remain still in a line or sit down in a line
  - Participants recite the slogan:
  - Facilitator briefing
-



## Facilitator Briefing



- Facilitator to brief sin corrupts our mind-body -soul and only Jesus can wash the sin away.
- Sin is an offense against God (ccc1850). God is holy and eternal, so any sins against God remains forever.
- Two choices in life -Paranoia & Metanoia
- We can go through life in the posture of paranoia, symbolized by a closed fist, by a protective stance, by habitual suspicion and distrust.
- Metanoia Jesus is calling us for complete “turning,” a total reorientation of attitude or action towards God. (REPENT in Greek METANOIA) (Mark 1:15; cf. Matt. 4:17)

## Key points to share with participants

- Because Jesus Christ was both true God and true Man, he served as the divine and human sacrifice for the atonement of the sins of mankind .

## Additional notes

- Metanoia -"that intimate and total change and renewal of the entire man--of all his opinions, judgments, and decisions--which takes place in him in the light of the sanctity and charity of God(Paenitemini, Pope Paul VI)
- Jesus is calling us for METANOIA ( Greek) teshuvah ( Hebrew). This is translated as repentance in English Bibles but do not convey the full meaning.

## Reference / Further Reading

- Henri Nouwen, With Open Hands,
- Repent (metanoete) and believe (pisteuete) in the Gospel." (Mark 1:15; cf. Matt. 4:17)
- (Is 53:11)
- Rom 5:19).
- (Luke 24:47; Acts 2:38; 3:19; 17:30; Romans 2:4; 1 Corinthians 7:9-10, etc.)
- Proliferation of Sin (ccc1865-1869)
- Interior castle (St Therese of Avila)



**Age Category:**

**Years 9 to Year 12**

**Title**

**Battle Ready Game (Little ways)**

**Aim of the Activity**

**Participants appraise perseverance in suffering and how Jesus can take us through suffering. (C)**

**Participants appraise and practice conditions of effective prayers (C)**

**Probable Time per Activity**

**30 min-1 hrs**

**Mention any slogan or Bible Verse for this Activity:**

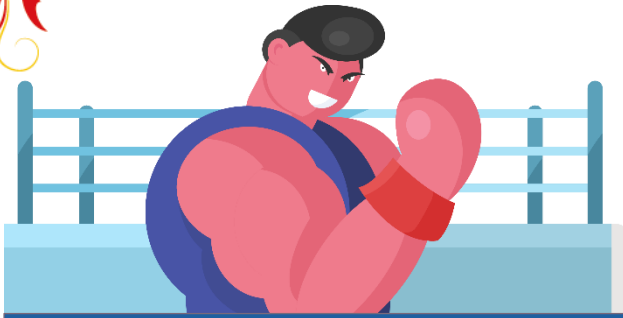
**End of the activity participants repeat the Slogan “I Love my God with all my heart and with all my soul and with all my strength”. (Deuteronomy 6:5)**

**Maximum No. of Participants:**

**20 -30**

**Resources /Material required:**

- **Bedsheet**
- **Plastic balls**
- **Cardboard with a hole**
- **Chocolate**
- **Balloons**
- **Small paper with bible verse**
- **Ice water**
- **Card board or punching bag**



### Instructions about how to conduct the activity:

- Participants compete series of challenges -Group competition
- Facilitator with the help of players to set up room for challenges .
- Facilitators instruct to split the team.
- Brief the team that each activity must be performed with great love and devotion for Jesus.
- One team will together start all 8 challenges .
- All members need to finish all challenges as fast as they can
- The team that complete all 8 challenges in shortest span of time will win.
  - Challenge 1 -Kneel & Push-up
  - Challenge 2- Fold a bed sheet
  - Challenge 3-Throw balls into a cardboard hole
  - Challenge 4- Eat chocolate and identify flavour
  - Challenge 5-Blow up balloon knock down plastic cups.
  - Challenge 6-memorize a Bible verse
  - Challenge 7- immerse their face /hand in cold ice water
  - Challenge 8- kick or storm a punching bag.

### Conclusion

- Group leaders will sound the whistle or hone and participants remain still in a line or sit down in a line
- Participants recite the slogan:
- Facilitator briefing





## Facilitator Briefing (5- 8 min)

- **Challenge 1** -Kneel & Push-up – Waking up first thing we do is humble ourselves and pray. Push up is a reminder to strengthen our mind-Body-spirit.
- **Challenge 2**- Fold a bed sheet (Our first task completed for the lord and our first accomplishment of the day- helps us to build self-confidence)
- **Challenge 3**-Throw balls into a cardboard hole (Before you start remembering the purpose of your life- To Serve-To Love -To know God in all your actions). Dedicate all your actions for the day to God and glorify God rather than glorifying yourself.
- **Challenge 4**- Eat chocolate and identify flavour (Remember -The Real Presence of Jesus Christ in the Sacrament of the Eucharist)
- **Challenge 5**-Blow up balloon knock down plastic cups. Our work /studies offer us constant opportunities of meeting God, and of praising him and glorifying him through our intellectual or manual work. (Sanctifying our work). professional vocation is part of our divine vocation “in so far as it is a means for attaining sanctity and for helping others to do so.
- **Challenge 6**-memorize a Bible verse (Practice learning Word of God) (Through Word of God we practice to hear the voice of God) (Word of God is food for our soul)
- **Challenge 7**- immerse their face /hand in cold ice water. Beware of giving too much pleasures to body and Mind. mortification of the flesh’. mortifications were directed to self-denial and self-mastery. Mortifications and penances are the spiritual training that make us winners of the race, and winners of the good fight (2 Tim. 4:7). Observe fasting and self-denial, by living lives of moderation, we have more energy to devote to God's purposes. our fasting and refraining is in response to the workings of the Holy Spirit. By fasting we sense a deeper hunger and thirst for God.
- **Challenge 8**- kick or storm a punching bag (OPTIONAL) - overcome obstacles (Optional Depends on Time). Never compromise on sins. Engage in spiritual war.



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## Key points to share with participants

For prayers to be effective you need to maintain a catholic way of life. We need to maintain practice conditions of effective prayers (C)



- **Recollection** – Participant learn about Little ways and practice little ways. (Doing the smallest actions with great love.) (Participants through little ways will be able to practice keeping God in our mind in all our actions throughout the day)
- **Detachment** -Participants will create a disciple that practice virtues and mortification
- **Word of God** -Participants appraise the value of reading and learning word of God.

## Reference / Further Reading

- The Imitation of Christ, Thomas, à Kempis
- (1 Cor. 9:24-27).
- Story of a Soul: The Autobiography of St. Therese of Lisieux
- Working for God | A Homily by St. Josemaria Escriva





Age Category:

Years 9 to Year 12

Title

Winning the Battle Game (Fortitude & Prayer)

**Aim of the Activity**

Participants appraise and practice virtue Fortitude to persevere in suffering (C)

**Probable Time per Activity**

20 min-30 min

**Mention any slogan or Bible Verse for this Activity:**

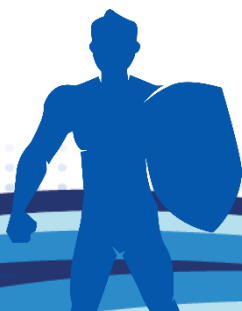
End of the activity participants repeat the Slogan “I Love my God with all my heart and with all my soul and with all my strength”. (Deuteronomy 6:5)

**Maximum No. of Participants:**

20 -30

**Resources /Material required:**

- Light plastic balls /paper balls
- Big cardboard or Plastic shield
- Form sword



### Instructions about how to conduct the activity:

- Facilitator to organise opposing teams
- Two participants from opposing teams on one side with plastic balls or papers
- Two participants from other teams with shield or cardboard
- Facilitator brief that with faith we are powerful and can overcome any obstacles that life will throw at us.
- One set of players will gear up with shield and form sword.
- Another set of players will start throwing plastic balls or paper balls
- Set time the participants with cardboard or shield has 1-2 min to touch the throwing teams.
- Players with the shield will approach the players who throw bottles and touch them with form sword.
- Once the participants with sword touch them within 1-2 min the team wins. If they are unable to touch the throwing team wins

### Conclusion

- Group leaders will sound the whistle or horn and participants remain still in a line or sit down in a line
  - Participants recite the slogan:
  - Facilitator briefing
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### Key Point

- For I can do everything through Christ, who gives me strength. Philippians 4:13
- With faith we can over all any difficulties

### Reference / Further Reading

- Interior castle (St Therese of Avila)



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**Age Category:**

**Years 9 to Year 12**

**Title**

**Write a letter to Jesus Game  
(Practice Mental Prayer)**

**Aim of the Activity**

**Participants appraise and practice mental prayer(C)**

**Probable Time per Activity**

**15-min 30 min**

**Mention any slogan or Bible  
Verse for this Activity:**

**End of the activity participants repeat the Slogan “I  
Love my God with all my heart and with all my soul  
and with all my strength”. (Deuteronomy 6:5)**

**Maximum No. of Participants:**

**20 -30**

**Resources /Material required:**

- **Paper**
- **Pen**
- **Envelope**
- **Bottles of water**
- **Background music**



### Instructions about how to conduct the activity:

- Facilitators ask players to relax and have a bottle of water.
- Facilitators give the following instructions
- Relax & Settle the mind
- Selection of Material ( choose a Bible verse )( facilitator can distribute bible verse.
- Consideration ( Read the Bible verse they memorised or focus on a divine picture)
- Conversation with Jesus ( Participants write a letter to Jesus) ( Ask the participants to read the letter and ask them to read the letter again after one week.
- Make a Resolution ( based on bible verse make a resolution)

### Conclusion

- Group leaders will sound the whistle or horn and participants remain still in a line or sit down in a line
- Participants recite the slogan:
- Facilitator briefing



### Key Point

- Practice mental prayers 5-15 min day without fail
- Do examination of conscious before going to bed.

### Reference / Further Reading

- Interior castle (St Therese of Avila)



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## CONCLUSION

Participants sit on the floor, watch PPT slides and listen to facilitator briefing. All participants take 7 commitments.

### Practice 1

Practice Little ways (way of Life). Every activity must be performed with great love and devotion for Jesus.

### Practice 2

Reading of word of God (5- 10 min)

### Practice 3

Participants will practice mental prayer every day (10-15 min)

Mediate on mysteries of rosaries (15 min)

### Practice 4

Practice examination of conscious before going to bed

### Practice 5

Strive to attend more than one mass in a week.

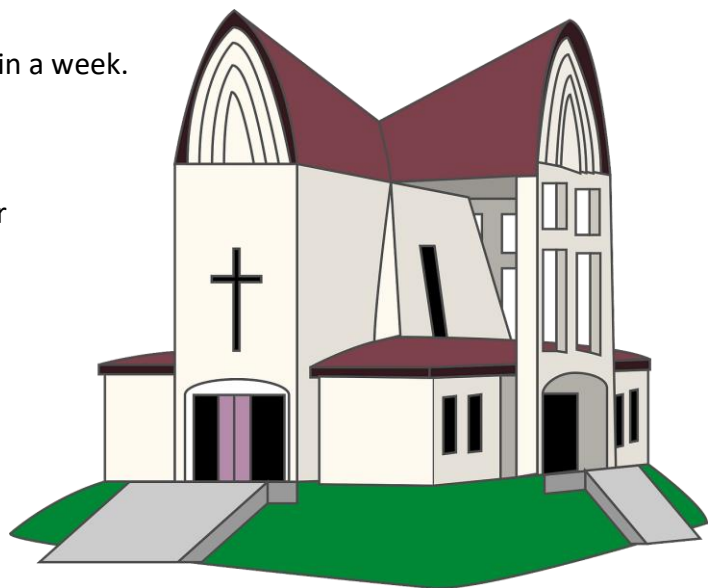
### Practice 6

Pray for a person each day and prayer

of St Michael the arc Angel.

### Practice 7

Keep a diary.







**Appendix 1 for Activity 2.2 -Participants copy**

**The Seven Gifts of the Holy Spirit**

Facilitator can copy and print out each of the statements in single page

-----is the ability to exercise good judgment. It distinguishes between right and wrong, seeks and upholds truth and justice, and balances personal good with the common good. It is in touch with reality, demonstrates common sense and is prudent.

-----is the gift of intelligence and enlightenment. It is the ability to think clearly; to perceive, comprehend and interpret information; and to have insight and discern meaning.

----- is good advice. It is the ability to teach, inform, guide, direct, warn, admonish, recommend and encourage. It is not limited to the giving of advice but extends to the ability to graciously receive it. The gift is needed by parents, teachers, coaches, supervisors, mentors, therapists, lawyers, clergy, consultants, elders and spouses — anyone who offers advice to others.

----- is an unwavering commitment to God or a proper course of action, and it shows itself as moral strength, courage, determination, patient endurance, long suffering, a resolute spirit, stamina and resiliency.

-----is the ability to study and learn; to acquire, retain and master facts and information; and to put what is learned to good use for constructive purposes.

-----is awe, reverence and respect for God. It acknowledges that everything comes as a gift from God, downplays personal achievement and self-sufficiency, and gladly offers praise, worship and adoration to God.

----- is personal holiness, and it includes devotion to God, prayer, virtue, goodness, decency, self-mastery, innocence, the avoidance of sin and obedience to God's will.



## Appendix 1-Facilitator copy

### The Seven Gifts of the Holy Spirit

**Wisdom** is the ability to exercise good judgment. It distinguishes between right and wrong, seeks and upholds truth and justice, and balances personal good with the common good. It is in touch with reality, demonstrates common sense and is prudent. It often increases as a person advances in years and gains life experience. In the Old Testament, wisdom is personified by “Sophia,” the mythical mother of faith, hope and love; while in the New Testament, wisdom is personified by Jesus himself.

**Understanding** is the gift of intelligence and enlightenment. It is the ability to think clearly; to perceive, comprehend and interpret information; and to have insight and discern meaning.

**Counsel** is good advice. It is the ability to teach, inform, guide, direct, warn, admonish, recommend and encourage. It is not limited to the giving of advice but extends to the ability to graciously receive it. The gift is needed by parents, teachers, coaches, supervisors, mentors, therapists, lawyers, clergy, consultants, elders and spouses — anyone who offers advice to others.

**Fortitude** is an unwavering commitment to God or a proper course of action, and it shows itself as moral strength, courage, determination, patient endurance, long suffering, a resolute spirit, stamina and resiliency.

**Knowledge** is the ability to study and learn; to acquire, retain and master facts and information; and to put what is learned to good use for constructive purposes.

**Fear of the Lord** is awe, reverence and respect for God. It acknowledges that everything comes as a gift from God, downplays personal achievement and self-sufficiency, and gladly offers praise, worship and adoration to God.

**Piety** is personal holiness, and it includes devotion to God, prayer, virtue, goodness, decency, self-mastery, innocence, the avoidance of sin and obedience to God’s will.



*Something Beautiful for God*



# Day Two

## Experiencing Syro-Malabar Church







## **SPIRITUALITY OF THE SYRO-MALABAR CHURCH**

### **(St Thomas Christians)**

The Syro-Malabar Church believes that the Christ-Experience of the Apostle Thomas forms part of its original patrimony and hence of its spirituality. The risen Lord touches the heart of Thomas telling “do not be faithless but believing” and then the Apostle has no more the need of any tangible experience but answers in deep faith “My Lord and My God”. This spirituality of Thomas is the very life-breath of the Thomas Christians. It is nothing other than the spirituality of Jesus Himself, that is, to keep the commandment of the Father, abide in His love, and to do all that is pleasing to Him. This heredity is lived on in the tradition of the St Thomas Christians.

### **Passionate Attachment of the Christians to their Father in Faith**

A few examples are: people and parishes named after him and pilgrimage to the tomb of St Thomas and to the churches dedicated to his name. The spiritual heritage designated by the term ‘Law of Thomas’ comprises the whole of their Christian patrimony, of faith, liturgy, ecclesiastical system, ascetical practices, Church discipline, customs and laws. It refers to their specific mode of living as a Church community with a spirituality and identity of its own, distinct from the ‘Law of Peter’ followed by the Latin missionaries who arrived in Kerala in the 16th century. This term ‘Law of Thomas’ was employed to prove their stand against Latinization forced upon them by the western missionaries.

## **CERTAIN TRAITS OF ST THOMAS CHRISTIANS’ SPIRITUALITY**

The basic trends of Eastern spirituality as biblical and liturgical, ecclesial and sacramental, practical and experiential, mystical and ascetical can be seen in the spiritual life of St Thomas Christians.

### **1. Spirituality based on Liturgy and Sacraments**

With the Chaldean Church St Thomas Christians share the East Syriac liturgy perhaps from the 4th or 5th century. They have a Eucharist centred spirituality. Attendance at the Eucharistic celebration (Holy Qurbana) on Sundays and feast days belongs to their life norms. It has been testified by a number of western missionaries who visited India in the 16th century. Participation in the Divine Liturgy and frequent reception of the sacrament of penance form a strong basis for their spirituality. Solemn recitation of the divine praises (liturgy of the hours) especially in priestly and religious formation centres is one of the most important schedules of the day.



Catechetical instruction to children and youth are an inseparable part of Sunday observance. We have catechism classes from preparatory to grade 12 with a well planned syllabus.

## **2. Spirituality built upon the culture of the land**

Interiority, importance of the heart, sense of the sacred, love of nature, emphasis on self-renunciation, ascetical practices, importance of a Guru (teacher), life based on dharma (duty), concept of nonviolence, etc. are some of the characteristics of Indian spirituality. These spiritual and cultural elements of the homeland have played a great role in the formation of the spirituality of the Thomas Christians. Indian culture integrated with the Christian faith is the uniqueness of the St Thomas Christian spirituality.

## **3. Spirituality rooted in the rigorous life of fasting and penance**

The western missionaries who visited India in the 16th century have testified to the life of fasting and prayer of the Thomas Christians. They used to abstain from delicious food articles like meat, fish, egg, milk and milk products during the seasons of fast chiefly twenty five days before Christmas and fifty days before Easter. They joined fasting with long prayers and almsgiving. These practices are still very strong among us even in Australia.

## **4. Spirituality outpouring in the acts of charity**

Mercy and kindness towards the poor has always an important place in the life of the Thomas Christians. There have been poor families supported by the rich with shelter and food. Now, organized way of doing charity is existing in all dioceses and parishes.

## **Spirituality enshrined in the devotions to the Blessed Virgin Mary and saints**

Devotion to Mary has always been very strong among the Thomas Christians. Majority of the churches of the Thomas Christians are dedicated to Mary. All the Marian feasts are celebrated with great solemnity. Eight days of fast and prayer are observed before the feast of Nativity (September 8th) and fifteen days of fast before the feast of Assumption (August 15th). Later, the feast of Immaculate Conception (December 8th) was also introduced.

Feasts of saints especially of the patron saint of the parish are celebrated with great enthusiasm. Long prayers and colourful procession carrying the relic of the saint accompanied by the play of musical instruments are still kept alive.

Thomas Christians including the laity are very much interested in participating frequently in spiritual retreats like Bible conventions, residential retreats, tapas (fasting) retreats, Jesus youth camps, Eucharistic adorations, novenas, night vigils, etc.

There are 3 canonically declared saints, 2 blessed, 2 venerables and 13 servants of God from the Syro-Malabar Church.

### **6. Spirituality following the footsteps of the saints**

The Thomas Christians are very much interested in making pilgrimages after due spiritual preparation. Their main pilgrim centres are dedicated to the Blessed Virgin Mary and St Thomas, the Apostle. Visiting the churches dedicated to St George is also an ancient custom. Now, pilgrimages to the tombs of St Alphonsa, St Kuriakose Elias, St Euphrasia and those of the blessed have become very common.

### **7. Spirituality outshined in the vocation to priesthood and consecrated life**

The number of the Syro-Malabar faithful all over the world is 4.5 million. There are 7945 priests (4205 diocesan & 3740 religious), 34147 religious sisters and 1214 major seminarians in this Church.



## **8 Spirituality Practised in the Family**

### **8.1 Faith filled Family Events**

For the Thomas Christians, home is the place where faith is born, nourished and transmitted. They give a religious dimension to every event in the family. Name of Jesus Christ is recited while the new born child is fed. Children are initiated into the letters of the alphabet with special prayers. In order to strengthen family ties, infants are given the names of their paternal and maternal grandparents. The relation between the husband and wife is considered very sacred and, therefore, divorce is not very common among them. Remarriage after the death of a young partner is very rare. The remaining partner leads an ascetical life praying for the departed person.

When death is imminent, the names of Jesus, Mary and Joseph are whispered into the ears of the dying person. After the death and burial of a person, there are some fixed dates such as 7th, 9th, 11th, 41st, etc. of prayer for the departed one. The close relatives of the dead practice penance and abstain from food materials like meat, fish, milk, etc. during those days. The anniversary of death is commemorated as a feast in the family to which all close relatives are invited, and the priest officiates with special prayers. They give alms and food to the poor in the name of the departed person.

### **8.2 Family prayer**

In the evenings all members of the family gather to pray. Now, the main item of the prayer is rosary. The prayers are concluded with the reading of the gospel. Then all children greet the parents first and then each other with folded hands saying 'praise be to Jesus Christ'.

Every major event in the family is begun with prayer. People start living in new houses only after getting them blessed by priests.

## **Conclusion**

The spirituality of St Thomas Christians emerging from the mingling of the Catholic faith, the Oriental form of worship and the Indian culture appears to be an ideal one. It is the fruit of the biblical and patristic synthesis of the Catholic faith which came through the Apostle Thomas and the East Syriac fathers. It maintains the vertical and horizontal relations of man in balance, in the sense that, through fasting and prayer man purifies his heart, makes his relationship with God very close and intimate. Through the works of mercy, almsgiving and righteousness he regulates and strengthens his relations with his fellowmen.



Now, the Syro-Malabar Catholics in Australia learn to live in the culture of this land with our Catholic faith, oriental worship and Indian heritage. It is our mission and challenge. Our community is not very old in Australia, say 10 to 15 years. The first generation takes great interest to live the spirituality which they have acquired from India. We succeed to great extent in providing pastoral care to them. Our second generation is being trained to adopt the spirituality of our Church and to adapt it to their life situations in Australia. Liturgical services and catechetical instruction in English, youth retreats, participation of the youth in family units, debates on faith related issues, formation of Syro-Malabar youth movements, catechism day organized by the kids, etc. are some of the activities for the second generation.

We firmly believe that we have much to contribute to the vast Australian community and to receive from it which is multicultural. When our children share of their religious practice to their peers in schools they receive manifold response. Certain kids are inspired to practice

their faith and persuade their parents. A few ridicule them on being religious. Some maintain an indifferent attitude. Experience of our adults who work with the wider Australian community is also almost the same. We try to fulfil our two fold mission: one to keep our faithful in the faith handed down to us by our forefathers and another is to transmit this spirituality to the wide Australian community. We humbly acknowledge that it is no easy task in a country like Australia where the number of people who claim “no religion” has overtaken Catholics.

**Fr Mathew Kochupurackal**





## PROGRAM OUTCOME

Given a specific context, the participant will be able to successfully describe, interpret, practice & defend catholic teaching on

- D. We belong to Syro Malabar Church
- E. Christ Experience of Syro Malabar Church and St Thomas the Apostle
- F. Cultural specialty of Syro Malabar Church
- G. We are the people of God and therefore we are the Church
- H. Church is the body of Christ and we are its members





## RUN SHEET

	Item	Duration	Points
1	Introduction & Welcome	5mins	
2	Team formation and slogan making	5 mins	100
3	Ice Breaker Know your Friend	5 mins	
4	Theme presentation	5 mins	
5	QUIZ	45 mins Rules/procedure/Practice: 5mins Quiz -40 min	500
6	Break	10mins	
7	Obstacle game Theme presentation	20 Min Instructions -2 mins, Game – 15 Min, Theme – 3 min	250
8	Christ Experience of Syro Malabar church	10mins	
9	Reflective Argument	20mins Planning: 8mins Presentation: 4 X 3 = 12mins	250
10	Cultural identity of Syro Malabar Christians	10mins	
11	Break		
12	Game of Teamwork Theme presentation	5 mins	
13	Church Building Activity	40 Min Planning- 5 Min, Building -20 min, Presentation – 4x3 =12 min Message – 3 min	500
14	Our Call today Concluding remarks	5 min	
15	Final Team Presentation & Poster Display	10 mins Planning: 2mins Presentation: 4 X 2 = 8mins	100
16	Prize Distribution	10mins	
	Total	3hour 30 minutes	1700



### **Team Formation and Slogan making**



### **Instructions about how to conduct the activity:**

- There will be 4 groups
- Each group to choose a Leader, a name of a saint from Syro Malabar saints as group name and make a slogan and find Bible verse as their WoG for the day.
- Repeat a chosen bible verse and slogan after each activity.
- Each group should use a poster to write what they understood from each section using diagrams or bullet points.
- Everyone in the group is expected to participate
- There will be points for games, activities & poster making
- Team which gets the highest point will receive a prize at the end of the day



### Ice Breaking (10 min)



#### Instructions about how to conduct the activity:

Resource needed- Printed sheet of the below table to distribute to every participant

- An activity to get to know each other better
- 12-15 characteristics are mentioned in the list
- Participants must find someone with that characteristic
- One name can be filled only one time



KNOW EACH OTHER BETTER		
Born not in India or Australia	Named after their grandparents	Someone with a broken born
Plays a musical instrument	Lived in 3 Different Countries	Basketball as favourite game
Studied in four different schools	Can Speak 3 different languages	Plays Chess
Dog as pet	Knows Classical Dance	Born in January
Represented school in a competition	Pilgrimage to Malayattoor	Own a YOUTUBE channel

Note: Make it suitable and interesting for the group by using appropriate characteristics

This activity helps the participants to know their group better and identify some of their own unique characteristics.







## Theme statement

Psalm 139:13-14

“For you created my inmost being; you knit me together in my mother’s womb.

I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well.

## SYRO MALABAR- OUR IDENTITY





### Instructions about how to conduct the activity:

Participants are asked to list the unique identifiers

- Fingerprint, eyes, DNA, smell ...
- The world population is 7 billion plus but no two are same
- Our parents
- Siblings
- We are born with lot of unique identities
- Not our choice but God given

How do we become part of a Rite (Syro Malabar/Malankara/Latin etc)

- By birth or by receiving baptism in a rite while converting from other religions
- Is our rite our choice?
  - Its God given gift and part of whom we are
  - How much do we know about our church...?





## Quiz

To test general awareness of church, bible ...

32 Questions (45 Minutes)

Participates as a team.



### Instructions about how to conduct the activity:

#### Option 1 – Using Kahoot

**Resource needed-** A Projector and device with internet connectivity.

(Played using Kahoot platform. Every team must have at least one mobile with internet to participate and the questions must be set up in Kahoot in advance. The quizmaster needs to familiarise with Kahoot and need to conduct trial run before)



Since each answer is marked in Kahoot considering the time taken to respond, the scoring and timing is system controlled and will have clear winner.

Or

### **Option 2- The quiz can be conducted in traditional way.**

A scorer and timekeeper needed to assist the quizmaster. A laptop and projector will be helpful for displaying the questions, especially if pictures are used in questions.

Each team gets a question and if do not answer in 30 seconds, pass it to the next team. If the original team answers the questions, they get 10 points. If the team passes it and another team answers it, they get 5 points. Every team gets at least 8 direct questions to answer (8x4=32).

If two or more teams ends up with same points, a rapid-fire round can be used to finalise the winner.

(32 questions of general awareness – Bible, Syro Malabar church, Liturgy, Traditions etc are prepared. Some sample questions are below.)

In what city was Jesus born?

Which Gospel is written by a doctor?

How many books are in the New Testament?

Who were the first apostles called to follow Jesus?

Who is the first saint of Syro Malabar church officially recognised for veneration?

What is the title of the Head of Syro Malabar Church?

Where is the headquarters of Syro Malabar church (Curia) located?

What is the name of our Diocese?

In Which year did Pope Francis establish The Syro-Malabar Eparchy of St Thomas the Apostle, Melbourne for Australia?

What is the name of the table on which liturgy of the word is proclaimed, during the celebration of Qurbana and other sacraments?

What is the name of the liturgical outer vestment worn by the priest?

### **Outcome**

The quizmaster utilises the process to share more awareness among the participants regarding the various topics regarding Syro Malabar church, its hierarchy, and traditions.

### Break (10 Minutes)



## Bible -The Word of GOD & Christ Experience of Syro Malabar Church

### An obstacle game

Resources needed- A shawl to blind fold the participant and tables and chairs for creating obstacles

### Outcome

The resource person explains that in life we are constantly distracted by various messages and temptations but only one thing will guide us to eternal life. Listening to WoG. Depending on our familiarity and commitment to listen to the Word of God, our Journey to eternal life becomes successful. The more distance we keep from WOG, other noises gets better control over us.

### Instructions about how to conduct the activity:

One member from the team is blind folded and stands at one end of the hall. Various obstacles are placed in the room using available resources like chairs and tables. One person from the same team gives continuous instructions to the blind folded team mate to avoid the obstacles and reach the destination safely. All other teams try to distract them and fail him. And each teams attempt is timed. Whoever touches the obstacles fails. The one who reaches at destination taking less time is the winner. Every team gets a turn. The obstacles are re-arranged after each teams attempt.



Participants repeats Ps 119:105

**Thy Word is a lamp unto my feet and a light unto my path**



### **Christ Experience of Syro Malabr church**



#### **Instructions about how to conduct the activity:**

(A document prepared by Fr. Matew Kochupurackal, downloaded from Internet is attached for reference).

- **Spirituality of our church- Marthoma margam.**
  - New entrants are called Marga vasikal (though the meaning and implications changed later, it denotes someone newly joined the church).
- **Family prayer**
  - A strong practice of family prayer lead by the elders of the family and inculcated in the life of youngsters
- **Church centred life**
  - Migrants always considered church as a primary requirement and built churches and pallikkodams



## **Nombu and abstinence**

A special tradition of celebrating different feasts with spiritual preparations



### **Team Activity - Reflective Argument**



#### **Instructions about how to conduct the activity:**

Every team reflect on one of the topics below and finds out the benefits of the practices. The team should reflect on Why we follow these traditions, what it means to me and its relevance and application.

- Liturgy and prayer life
- Cultural speciality
- Feast & Celebrations
- Family traditions and practices

Teams are assessed on the overall participation of the group in the discussions, validity of their arguments and the presentation.



## Cultural Identity of Syro Malabr Christians



### Instructions about how to conduct the activity:

(The session to include as many pictures to explain the below cultural identifiers)

- **Food**

Jewish influence of our tradition resulted in the formation of a typical Nasrani staple of Appam (Rice pancakes), Avalosupodi (Roasted rice with coconut), Achappam (fried rice string hopper). Kozhukkatta (Prepared on the Eve of Palm Sunday) and Pesaha Appam (Inriyappam) prepared are some examples

- **Dressing**

Christian women wore Chatta Mundu (Jacket and Waist Cloth) in the white/cream colour aligning them with high caste Hindus who only wore white. Men wore mundu (waist cloth) and a cross to identify themselves as a “Nasrani”. The mundu njori (frill) draping is seemed



to come from Iyengar clothing and Chatta is identical to what the Jewish traders in Kochi wore at that time. So, acculturation resulted in changing and blending two different cultures together. Another piece of clothing a rendam mundu (second cloth) is also put over the shoulder. Chatta mund signified respect and only elder people or those who were married could only wear it. It was indicated as a passage to womanhood. Mundu is an

ordinary cloth and kachamuri is a more elaborate version where a fan like frills half spread out are tucked at the lower back. The clothing doesn't have any decorations. Kavani (as seen in Figure 7) is a second cloth worn over the chatta, when they go out or visit Church with embroidery on the edges of the cloth. Mekkamothiram also known as kunukku in the literal sense is known as the Big ring. It is a hoop like ornament that is worn over the upper earlobes. The earring is inspired by Hebrew women who wore moon/sun shaped circular earrings. This was borrowed from pagan cultures. These circular earrings are presumed to be images of sun and moon in pagan cultures in the Hebrew speaking region. A similar ornament was wearing by Cochin Jewish women (see Figure 4) and these traditions have been eminently passed to Syrian Christians

- **Rituals**

Syrian Christians are often baptized in traditional names. They are often biblical Aramaic names.

Syrian Christians in Kerala are eminently "Malayali by ethnicity, Christian by faith and Syrian by tradition

#### Art Forms

- Margam Kali -Similar to Thiruvathira from Hindu tradition
- Parichamuttu Kali- Resemble martial Art Kalaripayattu

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**Break (5 Minutes)**

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## Name finding Game- focusing on the importance of teamwork and co-operation

**Resources needed-** at Least 2 set of balloons and 2 sets of printed names of participants and pumps to fill air.

**The message -** By helping each other, we all attain our goals faster with less effort. Our time and resources utilised better when we work together.



### Instructions about how to conduct the activity:

First set of balloons are filled with air after inserting each participants name in each balloon. Once the balloons are spread in the room all participants are asked to find their name inside the Balloon. Everyone try to find their name as quickly as possible. The activity is timed to find the time taken to locate their names.

Second time the second set of balloons with participants are released in the room and every participant is asked to help each other to find their names. It is timed and generally the second time, the time taken is less





### Church building activity (30 Min)

**Resources required-** Each team is provided with a building kit. The kit to include different craft materials (available at shops like Officeworks or Kmart) and cardboard pieces, scissors, cello tape, glue. Every team gets the same resources and in limited quantity.

**Outcome -** We are the builders of the church and we are the church. We are all with different skills but together, when we contribute together with one goal the church becomes a beautiful reality



### Instructions about how to conduct the activity:

Participants are asked to share at least 5 Bible verses learned during the day to claim the building kit. (to reiterate the point that every resource is earned with our effort and hard work)

- A Kit with craft materials are provided to each team

- Every team need to design and build a church
- The best church gets a prize

Participants are asked to present their church and share their experience. The theme, overall structure and team work is marked and best construction gets the prizes.



### Our Call today

Praying before the San Damiano cross, St. Francis of Assisi heard Jesus call to him: “Go repair my Church, which, as you see, is falling completely into ruin.” At first, St. Francis initially took this to mean he was to repair the church buildings of San Damiano. However, he eventually discerned that Jesus was calling him to rebuild the spiritual life and vitality of the entire earthly Church.

### Concluding Remarks

**Outcome** - We are called into this land to build the church and bring back people to church. Are we ready?



### Instructions about how to conduct the activity:

Participants are asked to share at least 5 Bible verses learned during



Final video shows Francis re-building the ruined church.

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

- Stone by stone....



### Team Reflection and Poster Presentation



### Instructions about how to conduct the activity:

The children would be preparing a poster using post it notes as a team after each activity. At this time they will be reflecting and sharing their reflection “What it means Church our Mother”



### Tunnel Ball game – to learn bible verse

**Resources needed-** 4 Football/Volleyball with 4 bible quotes written or stuck on is needed



### Instructions about how to conduct the activity:

Each team is given a ball with WoG written over it. Each team stands in line at the back of the hall with legs apart. The ball is passed between the legs of participants and the last person picks the ball and runs fast to the front of the row and repeats the same and in between learns



at least one WoG. It continues until the first person in the row reaches last and runs to the finish line, which is marked at the front of the hall. Every team joins the team leader at the finish line and every member recite the WoG they learned. Whoever comes first and recite the WoG wins.

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# Day Three





## PROGRAM OUTCOME

Given a specific context, the participant will be able to successfully describe, interpret, practice & defend catholic teaching on

- I. Importance of Family prayer - time taken and the times of prayer, prayer is the bonding between family members, togetherness, sharing mentality and love expressed
- J. Importance of Holy Mass as a family





## RUN SHEET

	Item	Duration	Points
1	Introduction	5mins	
2	Icebreaker	15 min	
3	Role Playing	30 min	200
4	Coding	30 min	300
5	Case Study on St Alphonsamma family Life	30 min	300
6	Break	30 min	
7	Activity - Family Management	20 min	200
8	Summary and Homework	10 min	
9	Prize Distribution	10 min	
	Total	3hour 30 minutes	1000



## 1. Introduction

### Theme - Family the Gift of God

For many people, nothing is more important than family, be it blood-bound or chosen. Your family is made up of the people who love and support you unconditionally. Showing unwavering affection, however, is a two-way street, and it's important that you are just as open to giving as you are to receiving. But some people struggle to put their thoughts and feelings into words.

An integral part of the family unit is the father and mother. It is from the love shared between the father and mother that a child proceeds. Therefore, the Bible teaches us to, “Honor your father and your mother so that your life will be long on the fertile land that the Lord your God is giving you.” — Exodus 20:12. **The Good News:** Appreciate the days that God has given you and show him your devotion by honoring the gift that he gave you: your mother and father.

## 2. Ice breaker game

1. Take a few different types or coloured ropes and make as many knots as possible. The knots made should be of different types for different groups.
2. Take a photo of the knots of the ropes before giving to the group.
3. Divide the class into groups based on the number of participants.
4. Use a stop watch to time the game – 5 minutes.
5. The participants should be able to undo as many knots as possible in the 5 minutes given.
6. Stop the game when time ends.

7. Show the photo before the knots were undone and after it is undone.



### Message of the theme

Family life is not a bed of roses, it has ups and downs, good and bad, it has many problems. Every person has to do his best and contribute actively for a family to remain together. The different coloured knots in the ropes signify the opportunities, problems, dead ends, sorrows and issues we face in life. The members who were trying to undo the knots all together represent the different members of the family. Different members of the family try to handle or tackle different issues or problems in the family. If they all do their part by supporting, listening and trusting each other, then the family will remain healthy and together even in difficult times.

### 3. Role Playing

1. Divide class into groups of 4 or 5 members based on the total number of participants.
2. Tell groups that they have 4 minutes to discuss and prepare. They have 1 minute to perform.
3. Once a group performs, the other groups have to **infer** the idea or message from the role carried out by the acting team.





- 1. Honour your father and Mother** – As children grow and become more independent, they forget to take care of and show enough and love respect for their parents.



- 2. Forgiveness** – When a partner cheats or lies, the other partner has to forgive and accept the apology. It takes a big heart to forgive and start trusting your partner again. Example: Drinking or smoking without the wife's knowledge.







- 3. Equality and ego** – The male partner uses or mishandles the family finances without the knowledge of the wife.



- 4. Lack of trust** – The male partner suspects the wife's motives when she goes out, checking her emails, her phone, bank accounts.



- 5. Addiction to modern technology** – Some families use phones, computers, and playing games all the time, even in the dining table and while watching TV. Many a time, parents are not aware whether are home or not and vice versa.





### Message of the theme

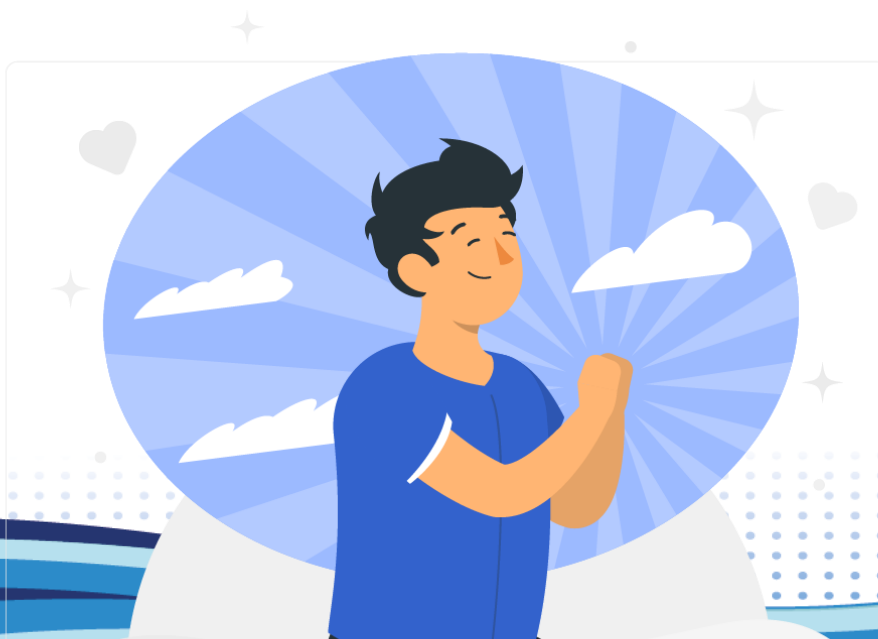
The role play reinforces the ideas and qualities which are essential for a good family. A lack of trust, inequality, addiction, ego, lack of understanding, humility and total negligence of duties and responsibilities can easily and quickly destroy any family in no time.

## 4. Coding

### Theme - The importance of prayer in our lives

Instructions:

1. The class is divided into a group of 4 or 5. Then each group is given 5 verses from the Bible.
2. **The game is based on time.**
3. Each group is given the 5 verses as numbers and they have to deduce the bible verse by coding. Print the coding puzzle, giving each one its own sheet with appropriate space to decode. The group has to deduce the verses from the codes. The group has to devise a strategy to finish the coding within the time frame (such as splitting off into smaller teams). The timer should start after giving the group 1 minute to devise their strategy.
4. The group that finishes all the 5 verses first is the winner.





### Alphabet Coding Puzzle

12 5 20 21 19 20 8 5 14 23 9 20 8 3 15 14 6 9 4 5 1 4 3 5

4 18 1 23 14 5 1 18 20 15 20 8 5 20 8 18 15 14 5 15 6 7 18 1 3 5  
20 8 1 20 23 5 13 1 25 18 5 3 5 9 22 5 13 5 18 3 25

1 14 4 6 9 14 4 7 18 1 3 5 20 15 8 5 12 16 9 14 20 9 13 5 15 6 14  
5 5 4

18 5 10 15 9 3 5 1 12 23 1 25 19 16 18 1 25 23 9 20 8 15 21 20

3 5 1 19 9 14 7 19 22 5 20 8 1 14 11 19 9 14 1 12 12

3 9 18 3 21 13 19 20 1 14 3 5 19 6 1 5 18 20 8 9 19 9 19 20 8 5

23 9 12 12 15 6 7 15 4 9 14 3 8 18 9 19 20 10 5 19 21 19 6  
15 18 25 15 21

20 8 5 18 5 6 15 18 5 9 20 5 12 12 25 15 21 23 8 1 20 5 22 5 18

25 15 21 1 19 11 9 14 16 18 5 25 5 18 2 5 12 9 5 22 5 20 8 1 20

25 15 21 8 1 22 5 18 5 3 5 9 22 5 4 9 20 1 14 4 9 20

23 9 12 12 2 5 25 15 21 18 19

6 9 18 19 20 15 6 1 12 12 20 8 5 14 9 21 18 7 5 20 8 1 20

19 21 16 16 12 9 3 1 20 9 15 14 19 16 18 1 25 5 18 19



14 20 5 18 3 5 19 19 9 15 14 19 1 14 4  
 20 8 1 14 11 19 7 9 22 9 14 7 19  
 25 13 1 4 5 6 15 18 1 12 12 16 5 15 16 12 5  
 20 8 5 18 5 6 15 18 5 3 15 14 6 5 19 19 25 15 21 18 19 9 14 1 9  
 20 15 15 14 5 1 14 15 20 8 5 18 1 14 4 16 18 1 25 6 18 18  
 15 14 5 1 14 15 20 8 5 18 20 8 1 20 25 15 21 13 1 25  
 25 8 5 1 12 5 4 20 8 5 16 18 1 25 5 18 15 6 1  
 18 9 7 8 20 5 15 21 19 16 5 18 19 15 14 8 1 19 7 18 5 1 20  
 16 15 13 5 18 1 19 9 20 9 19 23 15 18 11 9 14 7

## Key

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. **Hebrew 4: 16**

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. **Thessalonians 5:16–18**

Therefore, I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours. **Mark 11:24**

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people. **Timothy 2: 1**

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. **James 5:16**

Message - Prayer is an important tool in enriching our spiritual growth. Prayer in many ways is also a conversation with God, and allows us to come to terms with the plan God has for us. The above Bible verses which you decoded reinforce the message that our lives as individuals are conducive to a good family life.

## 5. Case study on St Alphonsamma family Life

### Theme - Qualities for a good family

Every family is defined by the qualities that they absorb and encourage in their lives. For each family, the qualities might be different, but there are a few qualities which apply to



almost every family in order to have a successful family life. The family scenario is based on the life of St Alphonsamma.

### Instructions:

1. The class is divided into groups of 4 or 5.
2. Each group is given the printed sheets with each sheet specifying a family scenario.
3. The group has to infer the quality hidden in the scenario.
4. The group which identifies all the qualities first within the given time is the winner.
5. The activity requires active participation and understanding of the specified scenario and needs to be brainstormed by the members to arrive at the most appropriate quality.

My mother passed away when I was a child, my dear Aunt was the one who looked after me, and she did everything in her capacity to keep me healthy in mind and body. Her affection for me was beyond words.

### Key - The quality inferred from here is LOVE

My beloved Aunt wanted me to have a good family life, so she was trying get me married, but I did not want to marry because of my.....

### Key - The quality inferred LOVE OF GOD

When I did not agree to the marriage proposal, my aunt was angry and she asked me to leave the house, so I went out and sat out on the fence. After a few hours, my aunt became afraid, wondering what happened to me and came running and searching for me. She apologized for what she said in anger and brought me back home. Her ..... as a parent was very obvious.

### Key - The qualities inferred are CARE

As my family wanted me to get married and my dear Lord wanted me to be his bride, my mind was oscillated between trying to please my family and trying to please my Lord at the same time. I could not give up the loving and gentle words of love from my aunt, my father and my uncles. Their tears and every time I had to say no to them pierced my heart like a sword. I prayed, 'Dear Lord I said I want to be your bride and I will do everything to please you, please help me through this.'

### Key - The quality inferred SUFFERING

As my heart was filled with the love of God, I would spend a lot of time talking to him at home, in the church and in the fields.





### Key - The quality inferred from this is PRAYER

I wanted to be your bride dear Lord, for that I'm willing to give up my beauty and that is why I decided to jump in the fire and disfigure myself.

### Key - The quality inferred from this SACRIFICE

### Message of the Theme

The game helps us in understand what qualities helped St Alphonsamma have a good spiritual life through her family. They also help us understand what qualities she learnt in order to maintain balance for herself and her family.

## 6. Family Management


Theme – The family is made up of many members. Every member has a responsibility and opportunity to use the family unit to grow into a healthy individual. This game helps us identify one such scenario wherein the breadwinner of the family tries to manage all the situations to his/her best. This varies from family to family.

List of items or tools:

Small card boxes 12 of similar size, 12 plastic bottles of different sizes, 6 small books, 6 pieces of rope which are 30 centimetres each,

### Instructions

1. The class is divided into groups of 4 or 5.
2. The items displayed have to be all carried by one person.
3. The items cannot be torn and cut; it has to be carried as it is.
4. The items cannot be stuffed into the clothing of the carrier.
5. The other members have to help the carrier to carry all the items.
6. The group has to first devise a strategy to carry all the items. 5 minutes will be given to discuss.
7. Groups will be given 2 minutes for all the items to be carried by the designated person in the group.

- 
8. No it  
can't  
9. The g



The different articles that the breadwinner is carrying represent the different responsibilities and challenges he has to deal with in the family and in the environment, he is living in. The way he carries those responsibilities and challenges and the way how you help him in carrying those responsibilities and challenges using different strategies and opportunities make his and your family life easier and better.

Please read St. Alphosamma in reference to St Theresa of Lisieux and Pope John Paul II.

<https://www.youtube.com/watch?v=y7kXinxOFKc>

Prepare and maintain a family Journal. Ex – Read the bible, reflection of a Bible verse in relation to their family life on a daily basis.



## RUN SHEET

	Item	Duration	Points
1	Introduction	5mins	
2	Icebreaker	10 mins	
3	Team formation and slogan making	5 mins	100
4	Theme presentation	5 mins	
5	Activity Role play	60mins Rules/procedure: 5mins Planning Time: 15mins Practice: 15mins Presentation: 5 X 3 = 15mins Reflection: 5mins Group poster: 5mins	200
6	Break	10mins	
7	Game -2	60 mins	200

8	Puzzled		
9	Treasure Hunt	60 min Planning: 5mins Presentation: 5 X 3 = 15mins	500
10	Prize Distribution	10mins	
	Total	3hour 30 minutes	1000



## Ice Breaker

Age Category:

Years 9 to Year 12

Title

Families (Ice Breaker Activity)



### Aim of the Activity

Short game to introduce and engage the students attending, based on the concept that the Catholic church is a universal family, and each person is a member of Christ's body.

### Probable Time per Activity

20 minutes

### Mention any slogan or Bible Verse for this Activity:

"How good and pleasant it is when God's people live together in unity!" – Psalm 133:1 or Rom 12:4-5 "For as in our body we have many members, and all the members do not have the same function, so we, though many, are one body in Christ and individual members one of another."

### Maximum No. of Participants: 20 -30



### Instructions about how to conduct the activity:

### Implementing the activity: Families





**Is there a trial for one minute?** Yes, the game can be practiced for 5 minutes to make sure students understand how it works.

**Illustrate how the activity will run:**

- Have the students sit in a large circle so they can easily separate their "families".
- Teacher asks the students to say their name and one of their favorite things (i.e., favorite band, food, sport, movie etc.).
- Then, choose someone to be a "picker." The picker will choose a person and ask them if their favorite \_\_\_\_\_ was \_\_\_\_\_. (E.g., favourite FOOD was BURGERS).
- If they get the answer right, the person they guessed will join the picker's family and the picker can keep guessing.
- If they don't get the answer right, the picker will join the family of the person they guessed and the person who was wrongly guessed will become the picker.
- If the leader of a family guesses something wrong, the picker's entire family will join the wrongly guessed person's family.
- This process will continue until one big family is made from everyone. The leader of that family wins!

**Rules of the Activity:** In the game, the students cannot ask to hear the favorites again and they may not take notes on their own paper. They must use their memory and their memory only. They may, however, discuss it with their "family members."

**Inviting Participants Response - mention probable responses one or two:** Teacher can ask students to think about what they learnt from the activity

**Teachers' concluding message from the activity:**

- getting correct responses was quicker and easier when there were more people to discuss with (i.e., larger family teams)
- from a religious standpoint, in the end all students will form one family in Christ
- Students are required to understand that despite the various personal differences, they are all called to work together and are considered a part of a universal family.

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**BUILDING TEAMS: (10 Minutes)**

- Teacher asks students to count to 1-4
- All no 1's forms one group, no 2's form second group etc.



- Each Team now chooses a leader and a name for themselves based on the 4 Gospels Mathew, Mark, Luke & John
- Teacher to set up a score board for the 4 teams
  - Teacher allocates the teams to come up with a slogan based on family
  - The team that comes up with the best slogan gets 100 points.
  - These 4 slogans are written up on board or the score board
  - These 4 slogans can be repeated after each activity
  - (For example: If one of the team came up with the slogan “ A Family that prays together ...Stays together”, At the end of a session if the teacher says “A family that prays together... all students respond “Stays together”
  - Or Teach the long form of the “sign of the cross”
  - “In the sign of the Holy cross + protect us from our enemies + O Lord, in the name of the Father, and of the Son + and of the Holy Spirit. Amen.” etc.)

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### Break (10 Minutes)

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### Group Activity: Puzzled

(Maximum 500 points. Time 1 Hour)





**The purpose of this activity:** This activity will help the children see the importance of family, and the importance of each of the Syro-Malabar family values.

**Description:** The group will put together a puzzle with characteristics of a Catholic family listed on each puzzle piece. Once the puzzle is fully formed, the teacher will take away one piece – so that one piece will be “missing” from each group, and the group will have to identify and explain the importance of the missing piece.

**Materials Needed:**

- Puzzle Pieces and template photocopied on A4 /A3 page (different colours for different team advisable) coloured paper and cut up into pieces for each group in a Ziploc bag.
- An A3 Page
- Glue sticks ( for each team for the final step.)

**Instruction to teacher:**

There are different steps involved in this activity. Step by step instructions are given below.

**Do not give the template, glue and A3 page to the teams initially. Give the template at the end, only to the teams struggling to complete the puzzle after the allocated time**

**To introduce this activity, say the following:**

1. Today we are going to put together a puzzle. Each puzzle piece has a characteristic of a Syro-Malabar family written on it. Read and discuss those, as you follow rest of the instructions.
2. Now I am going to give each team a set of puzzle pieces and each of you will need to first organize these pieces on the A3 Page **from most important to least important** according to our Syro-Malabar perspective. Your team should be able to justify reasons for your choice of

arrangement. One person in the team must take a photograph of their arrangement (**Time: 3-4 minutes**)

3. Ask the teams to go and observe other teams' arrangement and compare it to their own. (**6-8 minutes, i.e. 2 minutes /team**)

4. Ask the teams to return back to their team. Now teacher can question each team about why they chose ----- to be the most important or why they chose .....to be the least important value in the Catholic Syro-Malabar family and one of the team member/ leader justifies their choice. If you want, you can give other teams to question them as well. (The best team to substantiate their arrangement gets 200 marks, next one 150, next 100 and the 4<sup>th</sup> group gets 50 points)(Maximum 12 minutes)

5. Now ask the teams that completes the puzzle. (**8-10 minutes**) First team to complete the puzzle wins the maximum points of 200, then 150 and so on. After 10 minutes if teams were not able to complete the task, give them the template so that they can complete the puzzle and give them 25 points)

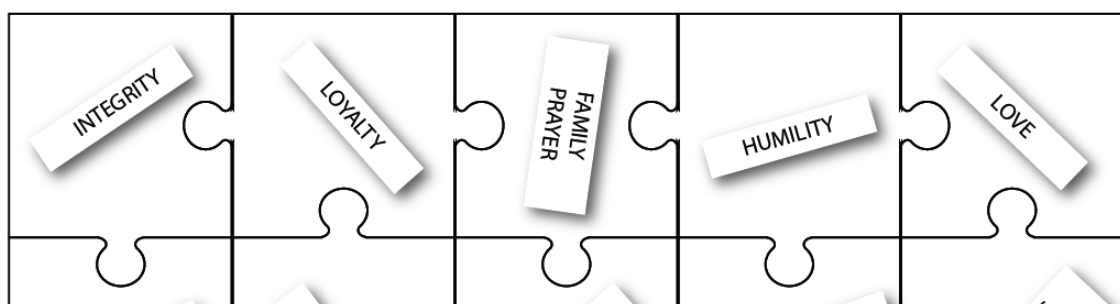
5. Teacher starts a stopwatch and writes the time taken by each team on the score board.

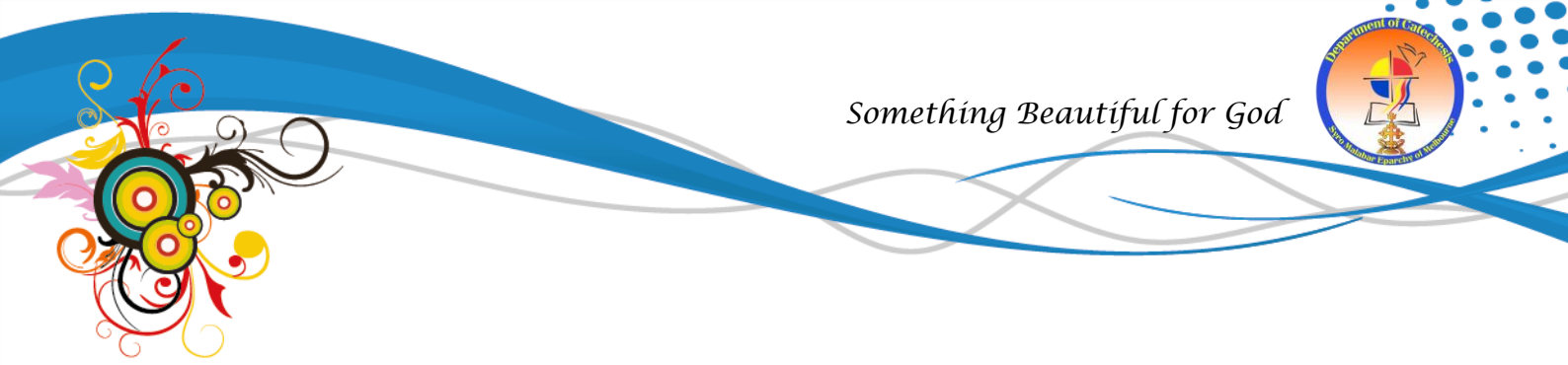
**Now teacher removes one piece from each groups puzzle & says the following:**

6. Each team has to identify the missing piece from their puzzle and explain how that characteristic plays in making the Catholic family, and by extent our church and community? Again, best answer is given 100 points, next 75 and so on)(Maximum 12 minutes)

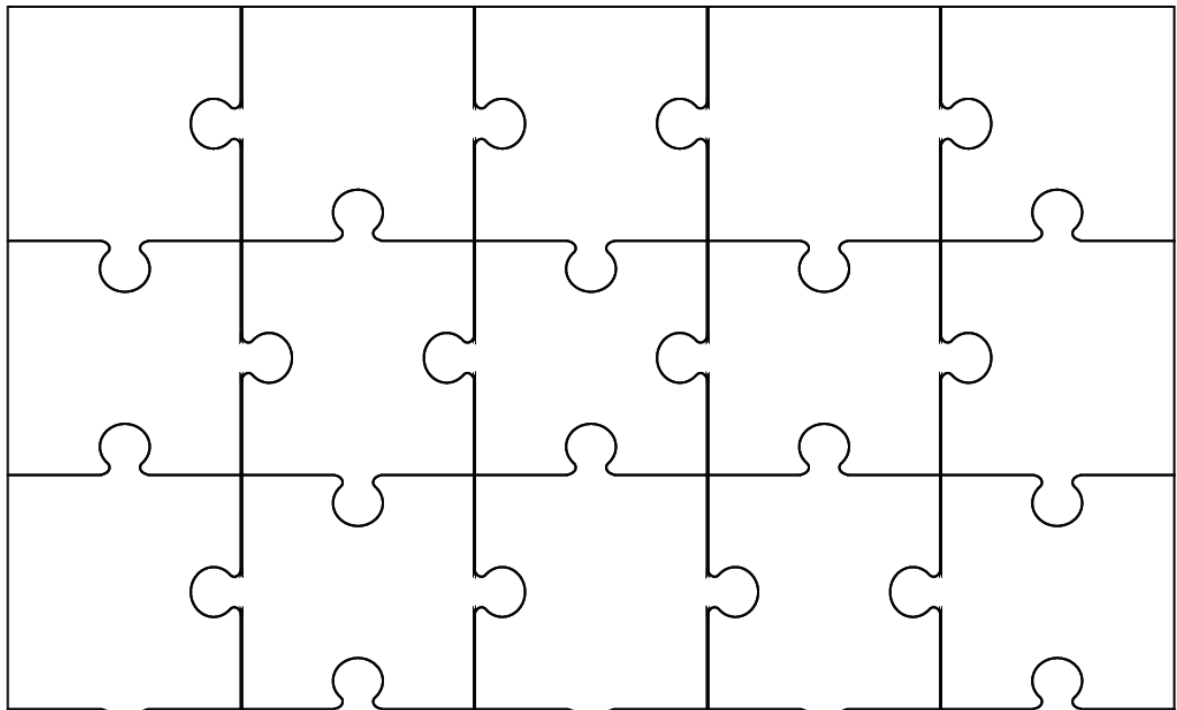
**After this activity, say the following:**

1. Just like every piece was important to complete the puzzle, when it comes to the ideal Catholic family, every characteristic is needed and plays an imperative role in the development of the family and community as a whole.
2. Now ask the teams to go and glue the pieces on an A3 paper by looking at their photo. If they changed their mind about any piece they can change the order on the A3 paper. Put this up on the board or a poster. (5 minutes)
3. **Repeat the slogan or the Sign of the cross.**





*Something Beautiful for God*







## Role Play

**Age Category:**

**Years 9 to Year 12**



Theme of the Day:

Family, a Precious Gift

Title

Roleplay Activity

Aim of the Activity

For students to think critically and perform creatively, based on current world issues, and develop their understanding of families in the Catholic church.

Probable Time per Activity

60 minutes

Mention any slogan or Bible Verse for this Activity:

“God is our refuge and strength, a helper who is always found in times of trouble” – Psalm 46: 1  
or “The Lord is near to those who have lost all hope. Good people suffer many troubles, but the Lord saves them from all.” – Psalm 34: 18-19

Maximum No. of Participants:

20 -30

Things Needed:

Planned scenarios for the students

- Family dealing with drug addiction/ alcoholism
- Family dealing with a child that wants to have a same sex marriage
- Euthanasia etc.



Instructions about how to conduct the activity:

Implementing/Running the activity: Families



- The students will be given a scenario by the teacher-5 min
- Students will be given some time to plan their response/skit. (15 minutes)
- Once the planning/practicing time is up, the students will be required to present their skit to the class and provide an explanation of how their skit and what their characters did was an appropriate response to the scenario provided to them. (30 minutes)
- Following this, the teacher may add some comments or ask questions to the rest of the class before calling up the next team to present.
- Once all teams have presented, a concluding statement can be made.
- Points given to the teams (Best team gets 100 points and last team 25 points)

**Is there a trial for one minute?** If required, the teacher can demonstrate or explain and example response to a sample scenario.

**Rules of the Activity:** All students must participate and collaborate with team members to present a skit as a response to the scenario provided.

**Inviting Participants Response - mention probable responses one or two:**

- In this case, an ideal response would be a creative skit which actively tackles and resolves the problems within the scenario following the teachings of the Catholic Church.
- When dealing with modern issues in our world, it is important that the students learn how to tackle them following a Catholic teaching without offending others – scenarios will be built to consider parents/children/friendships and the society as a whole.
- E.g., better responses would be students promoting active communication between people who are in disagreement, or encouraging prayer life/bible reading for people who are conflicted/struggling etc.

**Teachers' concluding message from the activity:** Can be included in the power point.

**What is to be written down by the student in the activity book?:** Students as a team write down the factors that helped in resolving the scenarios that were given to them e.g., prayer, open communication, getting professional help etc.



## Treasure Hunt Activity

**Age Category:**

**Years 10 to Year 12**



Theme of the Day:

Family, a Precious Gift

Title

Treasure Hunt Activity

Aim of the Activity

For students to be physically active and engage with one another to achieve a goal together, concluding with a summary of the important lessons learnt throughout the day.

Probable Time per Activity

1 – 1.15 maximum

Mention any slogan or Bible Verse for this Activity:

“In Christ, the family becomes the domestic Church, because it is a community of faith, Hope and Charity” CCC2201.

Maximum No. of Participants:

20 -30

Things Needed:

Computer/ Projector/ TV/ Phone, pre-prepared clues e.g., picture/photos of areas in the school, words that are scrambled, sentences/poems which hint towards a certain object/area etc. You must have a packet of chocolates and a good prize for the winning team. All clues should eventually lead to a final destination e.g., Holy Family/ Nativity Scene inside church/school, where the final clue will be present. (You can do it without technology using printed paper clues.)



### Note to the Teacher:

Examples of different types of Ciphers you can use for your Clues.

1. **Scrambling:** E.g., if the final clue was meant to be look to your left – in scrambled form it would be - *kool ot ouyr felt*.



2. **Rot1:** E.g., look to your left becomes - *mppl up zpvs mfgu*. (The key here is that the next alphabet is taken for every letter instead of the actual message.) If you are using ciphers like this you need to help/guide the students in getting the answers.
3. **Transposition:** All the words written backwards e.g., Look to your left becomes *kool ot ruoy tfel*.
4. **Spacing:** changing the spacing so Look to your left becomes *loo ktoy ourl eft*.

*Only for the teacher: KEY TO CRACK CODE: Each number stands for Line, Word, Letter.*  
*FINAL expected ANSWER: Family, a Precious Gift from God*



**Instructions about how to conduct the activity:**



### Implementing/Running the activity:

1. Each team chooses a leader, and the clues will be sent to their phone.
2. The team members will be required to crack the clues, go to different sites to find the next clue, and eventually reach the final destination.
3. At the final destination, they get a cipher to crack. The team that cracks the code gets 500 points.

**Is there a trial for one minute?** No. (But if it is taking too long for the students the teacher can guide them.)

### Rules of the Activity:

- If you have the technology, start this activity by showing the movie clip “National Treasure 1” from 1hour: 4min: 30sec to 1hour: 5min: 30sec. If not just tell them that you are going to be cracking some cryptic codes in completing this treasure hunt and this will determine the winning team as whichever team cracks the final code gets 500 points.
  - Each team leader/ one member of the team will be allowed to use their phone and only for the purpose of looking/receiving the clues, no google searching will be allowed.
  - They must leave the paper clues at the place they found it for the rest of the teams to find them at their pace.
  - The team members are allowed to discuss and share their knowledge with one another. No cheating or fighting with other teams.
  - The last clue is hidden under the nativity scene in the church or class room, where they get a piece of paper with “PSLAM 128 THE HAPPY HOME OF THE FAITHFUL” which is given on the next page (Page 15).
- 
- You need to print and use this sheet as the last clue. Whichever team cracks this code and comes to you gets a packet of chocolates & a good prize.
  - Please encourage winning team to share chocolate with the losing teams as well, as sharing is one of the values, we want our students to have.
  - The teacher may make a closing statement and summarise the important messages that have been learnt throughout the day

**Teachers’ concluding message from the activity:** Talk to the students about how they worked together in solving the problems through open communication. For our families to work well we need open communication and support from each other.



**Prize Distribution: 5 Minutes.**




## **The Ottendorf Cipher**

### **FINAL CLUE TO STUDENTS:**

**Psalm 128**

**The Happy Home of the Faithful**

**A Song of Ascents.**

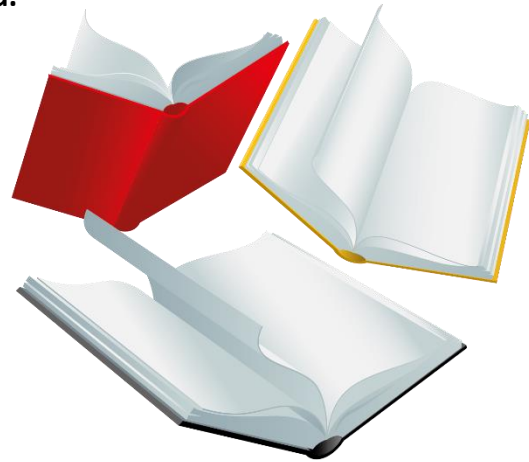


Happy is everyone who fears the Lord,  
who walks in his ways.

You shall eat the fruit of the labor of your hands;  
you shall be happy, and it shall go well with you.

Your wife will be like a fruitful vine  
within your house;  
your children will be like olive shoots  
around your table.  
Thus shall the man be blessed  
who fears the Lord.

The Lord bless you from Zion.  
May you see the prosperity of Jerusalem  
all the days of your life.  
May you see your children's children.  
Peace be upon Israel!



**CODE GIVEN TO STUDENTS:**

1-5-1 1-1-2 9-4-1 1-2-1 1-7-1 2-5-3 8-1-1

12-5-5 3-5-2 5-2-4 7-2-1 2-3-1 11-6-3 15-3-1 7-7-1

4-8-1 13-6-2 10-2-1 8-3-1 3-5-1 5-7-2 6-3-2 12-1-1

4-8-1 15-3-3 13-3-1



## YouTube Video Discussion

**Age Category:**

**Years 9 to Year 12**

**Theme of the Day:**

**Family, a Precious Gift**

**Title**

**YouTube Video Discussion**

**Aim of the Activity**

**For students to engage in constructive discussion and critically think about the importance of family.**

**Probable Time per Activity**

**45 minutes**

**Mention any slogan or Bible Verse for this Activity:**

**Depends on what is in the video!**

**Maximum No. of Participants:**

**20 -30**

**Things Needed:**

**None.**





## Instructions about how to conduct the activity:

### Implementing/Running the activity:

Provide a video for the students to watch, following which there will be discussion.

**Is there a trial for one minute?** No.

**Inviting Participants Response - mention probable responses one or two:** Teacher can ask students to think about what they learnt from the activity, what they found important, core values expressed in the video, things they find relevant and applicable to them as teenagers. The main point is that the teacher guides the discussion, based on the student's responses e.g., students understand that there are various functions in a family, and different members play different roles. However, each and every member is called to evangelise, develop and support the community and encourage the spiritual development/faith formation of one another.

**What is to be written down by the student in the activity book?** Summary of important points from the YouTube video watched.

**Teachers' concluding message from the activity:** Can be included in the power point.

**Repeat the slogans by the 4 teams.**



## Jerusalem Team



Grace Puthumana



Lyju Edassery



Noby Joseph



Sherly Thomas

Team Jerusalem contact: 0410414510

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**FAITH FEST  
2021**

**Know Jesus, Live Jesus,  
and Give Jesus**