



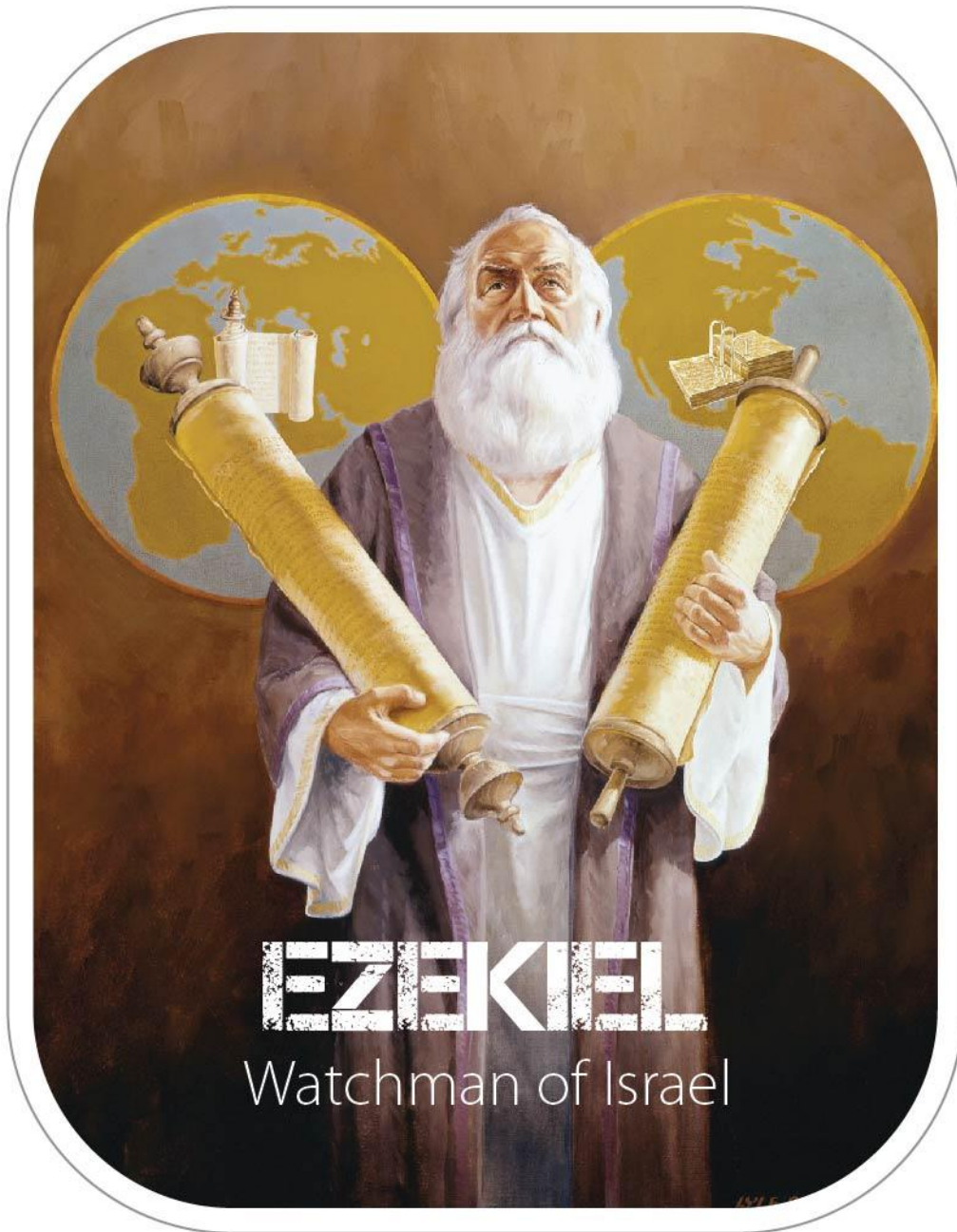
FAITH FEST

2023



TEAM EZEKIEL

YEAR 7, 8, 9, 10, 11 & 12



KNOWING THE GOD OF **JUSTICE & HOPE**

The Book of EZEKIEL

Ezekiel was a **priest** carried away to Babylon. In his fifth year of captivity, the Lord called Ezekiel to be a **prophet** and serve as a **watchman**, who would **warn, reprove** and call the house of Israel to **repentance**.



HOPE

THE FORGOTTEN VIRTUE OF OUR TIME



Item	Duration	Start Time	End Time
Holy Mass & Inauguration	1:30		
Tea Break			
Session 1 - Introduction - Ice Breaker - Theme Presentation - Game 1 - Game 2 - Conclusion	1:30		
Lunch Break			
Session 2 - Introduction - Ice Breaker - Theme Presentation - Game 1 - Game 2 - Conclusion	1:30		
Tea Break			
Session 3 - Introduction - Theme Presentation - Game 1 - Game 2 - Conclusion	1:30		
Finale Practise			



JESUS
IS OUR HOPE

HOPE



An orange banner with rounded corners and a drop shadow, appearing to be a piece of paper or a ribbon. It is centered on a white background.

DAY 1

Session 1

What is Hope?

Session 1 - Overview

Item	Duration	Description or Details
Introduction	0:05	
Ice Breaker	0:10	
Theme Presentation	0:30	
Game 1	0:10	
Game 2	0:10	
Conclusion	0:10	

Session 1

Ice breaker

Number and Actions Energizer

Game

- All participants to make 2 lines and face each other
- For each of the number from 1 to 4 participants need to do specific action
 - 1 – Hi Fi, 2 – Squat, 3 – Jump, 4 – 360-degree turn

Materials Required

- None

Rules

- The teacher should call out the numbers randomly and quickly.
- The participants need to follow the action.
- Those who are slow can be eliminated.
- Reference - <https://www.youtube.com/watch?v=ncWlV9onwZs>



Session 1

Hope: The Supernatural Virtue !

Hope is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit (CCC 1817)



- Hope is a theological virtue
- It is a **gift** from God
- It leads us back to God
- We receive the gift of Hope from God in **Baptism**.
- Hope, which is not merely optimism, never disappoints.
- God has placed in each of our hearts the desire and longing for true happiness.
- The virtue of Hope responds to this innermost desire and helps us to place our trust in God

Session 1

Why Do We Need Hope?



- The virtue of hope always sustains us with the truth that Jesus will always remain with us, even when all reason for hope seems absent.
- Hope keeps us from discouragement.
- The gift of hope leads us to persevere in prayer.
- Hope offers to us joy and courage and sustains us in times of trial.
- Hope allows us to live, grow and persevere in faith.



CHRIST OUR HOPE IN EVERY SEASON OF LIFE

Session 1

Sins Against Hope

- **Presumption**, the first abuse of God's mercy, is a sort of "perverted security," as St. Augustine called it.
- It takes the promise of salvation and makes it a "sure" thing.
- The modern catechism offers two ways we "presume" upon God:
- "Either man presumes upon his own capacities, (hoping to be able to save himself without help from on high), or he presumes upon God's almighty power or his mercy (hoping to obtain his forgiveness without conversion and glory without merit)."
- The former doesn't ask for God's help or really thinks he needs it at all; the latter thinks salvation is like a blue ribbon you get for showing up – it might even delay conversion so as to enjoy sin a bit longer and punch the salvation card before death. Both are sins against hope.



- **Despair**: The other distortion or denial of hope is despair.
- If presumption overthinks the power of man, despair underthinks the power of God.
- Despairing man thinks his sins are so great as to tie the hands of God, essentially saying He can do all things, except fix the broken man.
- As the saints often point out, both Peter and Judas sinned grievously when Jesus' trial and cross were at hand. The difference between the two is that Peter repented, but Judas despaired, killing himself.

Session 1

Why Do We Need Hope?



- The anchor is the symbol of hope and contains the image of the Cross.
- As an anchor safely holds a ship securely, so Christ is our anchor because He is our hope of salvation.
- God is almighty, merciful and good.
- The gift of hope helps us to open our heart to His mercy in the Sacrament of Reconciliation, to receive forgiveness and healing.
- Lifted up by hope, we are preserved from turning inward in selfishness and led to the happiness that flows from focusing outward toward others and living with charity toward our neighbor, especially helping those in need.

Session 1

How Do We Nourish and Renew Hope?



- The most important and simple thing we can do is ask for it.
- We can make simple acts of hope by saying quietly, “Jesus, I trust in You.”
- We can repeat these Bible verses.
- Hope is nurtured and strengthened through Eucharist.
- “Hope is expressed and nourished in prayer, especially in the Our Father, the summary of everything that hope leads us to desire” (Catechism, paragraph 1820).
- Let us trust in Jesus Christ for He is trustworthy. It is through the merits of His Passion, Death, and Resurrection that God keeps us in the “hope that does not disappoint” (Romans 5:5).



NOTHING is
IMPOSSIBLE
with GOD

Luke 1:37

BLESSED
ARE THOSE WHOSE
HOPE *is in the* LORD
THEIR
GOD

Psalms 146:5

*“For I know the plans I
have for you,” declares the
Lord, “plans to prosper
you and not to harm you,
plans to give you hope
and a future.”*

- Jeremiah 29:11

Session 1

Act of Hope



- Hope is a voluntarily expressed trust in God's goodness.
- It requires humility from our end.
- Hope emphasises the promise of Heaven to those who believe in God.
- Hope sustains us in times of trial and at the time of our death.
- Let us trust in Jesus Christ for He is trustworthy.
- It is through the merits of His Passion, Death, and Resurrection that God keeps us in the “hope that does not disappoint” (Romans 5:5).
- *O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.*

Be joyful in *Hope*,
Patient in affliction,
Faithful in prayer.
ROMANS 12 : 12



HOPE
does not
disappoint us.

ROMANS 5 : 5

Act of Hope

O my God,
relying on your almighty power
and infinite mercy and promises,
the help of Your grace,
and life everlasting
through the merits of Jesus Christ,
my Lord and Redeemer.

Session 1

Game 1

Race to the Middle



Game

- Split children into 3 or 4 groups.
- For each of the challenge the team must send a person to the middle, and they will do the challenge.
- For each activity, the best team gets 100 points, second team gets 50 points. If tied the teams will get 50 points each.

Preparations for the activity

- Create a list of challenges
- Do a split
- Plank (All 4 team reps can send one person to the middle and can start the plank)
- Co-ordinated Dance move with all team members– 2 min practice
- Make the noise of a race car
- Show an expression about Faith fest.

Materials Required

- None

Rules / How to Conduct

- Teachers can decide which team did best. Different team members should come for different activity. Dance is a group activity.

References

- Race to the Middle

Session 1

Game 1

Message

- Alone we can do so little, together we can do so much.
- It's important to have good friends to support each other.
- Teamwork leads you to your goal and through this you make impossible into possible.
- When believing gets hard, we need our friends to join us in prayer.
- It takes a certain level of humility to ask for the prayers of others.
- You have to have such a deep concern and desire to move God to act that you don't care who knows about it.



Session 1

Game 2

Models of Hope

Rules

- Clues for a person or situation in the Bible will be read out.
- Four clues for each. The team who can identify will get points.
 - 1st clue – 200
 - 2nd clue – 150
 - 3rd clue – 100
 - 4th clue – 50



Session 1

Activity

Models of Hope - Person 1

-
1. Was barren and bullied for not having children.
 2. If you give your handmaid a male child, I will give him to the LORD all the days of his life.
 3. Was a person of constant prayer.
 4. Her son's name was Samuel.
-



Session 1

Activity

Models of Hope - Person 1

- Hannah – 1 Samuel 1



Hannah
Continued praying
before
THE LORD

1 Samuel 1 : 12

Session 1

Activity

Models of Hope - Person 2

-
1. Was his Father's favourite son.
 2. Was a Prisoner and a Prince.
 3. He was faithful in small things.
 4. Forgive the brothers who did him great harm.
-

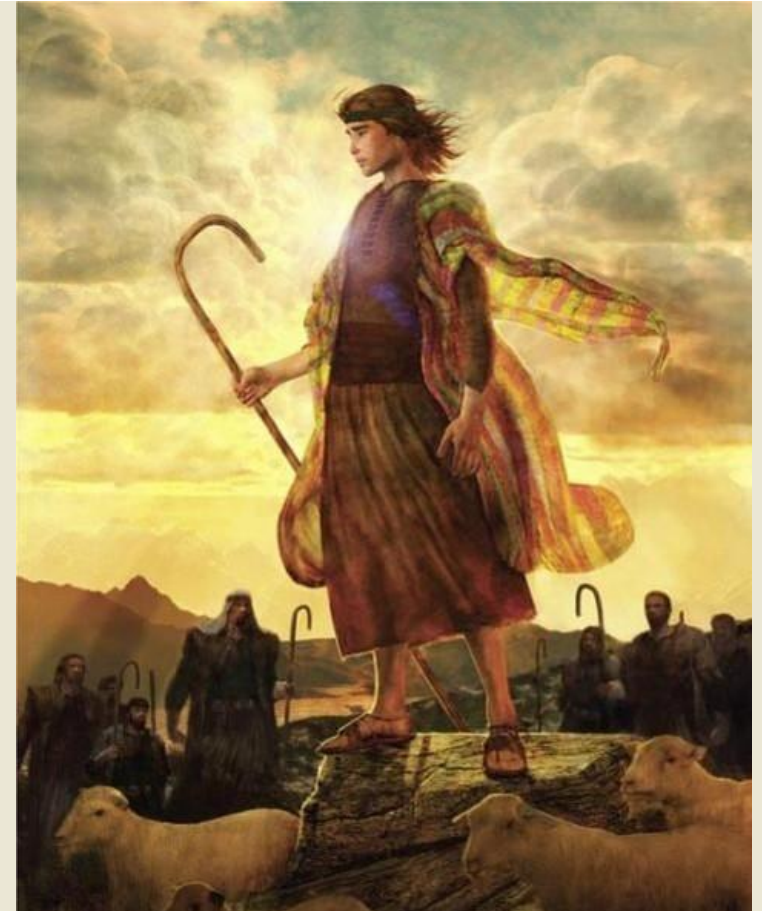


Session 1

Activity

Models of Hope - Person 2

- Joseph – Genesis 37-50



Session 1

Activity

Models of Hope - Person 3

-
1. She lost her husband at a young age.
 2. She was very loyal and moved to a foreign land with her mother-in-law.
 3. Was not an Israelite but mentioned in Jesus's genealogy.
 4. There is a book in Bible in her name.
-



Session 1

Activity

Models of Hope - Person 3

- Ruth



Session 1

Activity

Models of Hope - Person 4

-
1. Left the homeland after an encounter with God.
 2. Hoped for things humanly impossible to happen.
 3. Was blessed with a Son at old age.
 4. Was ready to sacrifice his own son.
-



Session 1

Activity

Models of Hope - Person 4

- Abraham



“ Against all odds,
When it looked hopeless,
Abraham believed the promise
And expected God
to fulfil it”

Romans 4 : 18

Session 1

Game 2

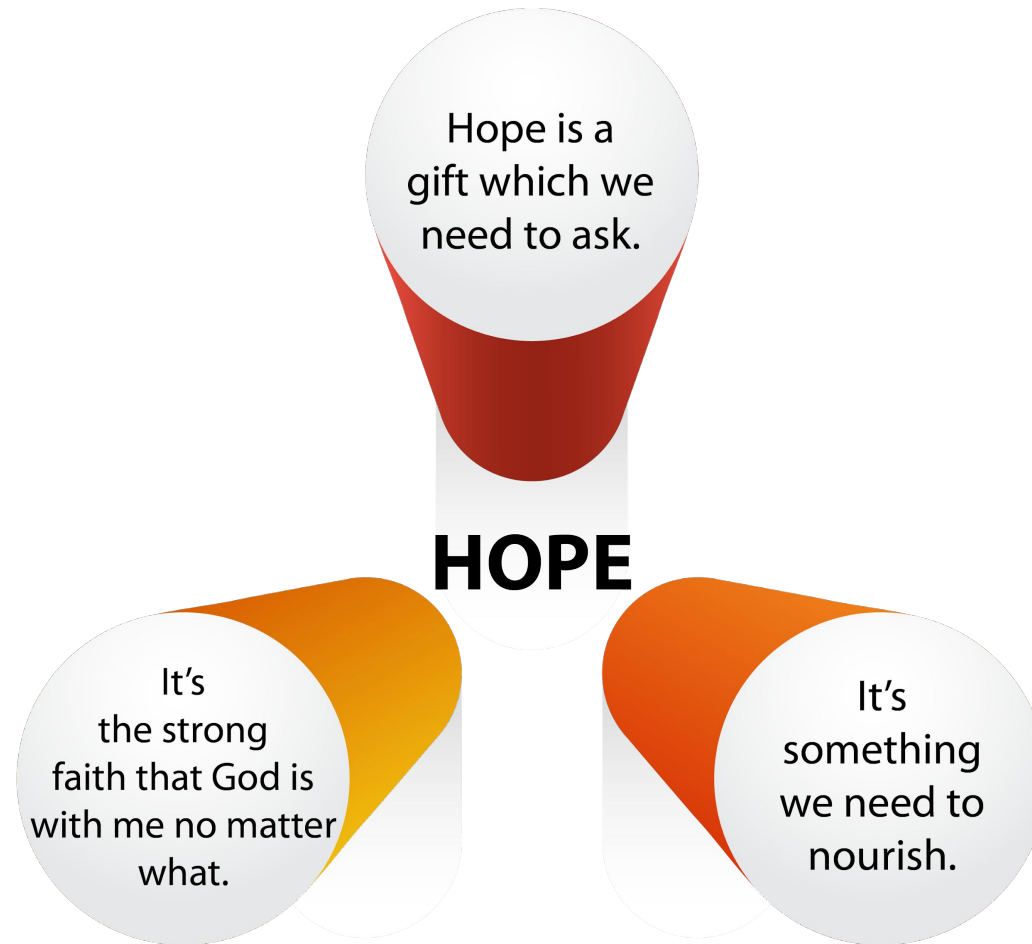
Message



- One of the biggest challenges I think we face in life is to never lose hope.
- It's hard to wait for desires that never seem to come, or to keep believing when we face disappointment, pain, and pressure.
- Sometimes, God wants to give us our heart's desire, but he is waiting for us to change our motives from selfish to spiritual.
- These amazing men and women learned how to find hope in God in some very difficult circumstances. They endured the pain of waiting to be parents, the fear of physical danger, the pressure to save lives, the longing to be healed, and the pain-filled sacrifice for a greater purpose.
- Do you believe that God is bigger than your circumstances and your own solutions?
- Do you still believe in God's faithful promises that he has a good plan for your future?

Session 1

Conclusion & Summary



“

**Consult not your fears but your hopes and your dreams.
Think not about your frustrations, but about your unfulfilled potential.
Concern yourself not with what you tried and failed in,
but with what it is still possible for you to do.**

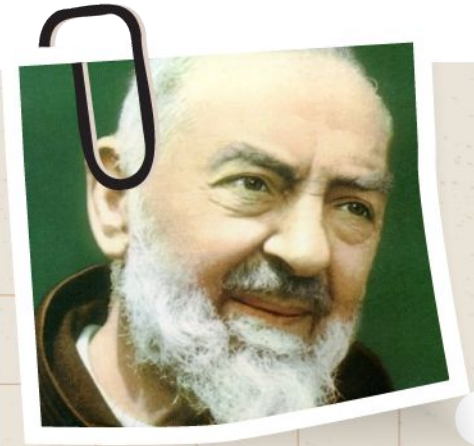
Pope John XXIII

”



**“ Pray, hope, and don’t worry.
Worry is useless.
God is merciful and will hear your prayer. ”**

Saint Pio of Pietrelcina





Prayer for Hope

*I pray today for **Hope**
that I will never give up.*

*I pray today for **Strength**
eventhough I may be despair.*

*I pray today for **Peace**
to accept the things
I cannot change.*

BREAK

DAY 1

Session 2

Finding Hope

Session 2 - Overview

Item	Duration	Description or Details
Introduction	0:05	
Ice Breaker	0:10	
Theme Presentation	0:30	
Game 1	0:10	
Game 2	0:10	
Conclusion	0:10	

“

One who has hope lives differently.

Pope Benedict XVI

”



Session 2

Ice breaker



- You need to have a spool of string or wool for this game.
- Ask the young people to stand in a circle.
- Hold on to the end of the string and throw the ball/spool to one of the young people to catch.
- They then choose a question from 1-20 to answer (NEXT SLIDE).
- A list of 20 sample questions is given below. Adapt for your group.
- Holding the string they then throw it to another member of the group.
- Eventually this creates a web as well as learning some interesting things about each other.

Session 2

Ice breaker

Examples of Questions



1. If you had a time machine that would work only once, what point in the future or in history would you visit?
2. If you could go anywhere in the world, where would you go?
3. If your house was burning down, what three objects would you try and save?
4. If you could talk to any one person now living, who would it be and why?
5. If you HAD to give up one of your senses (hearing, seeing, feeling, smelling, tasting) which would it be and why?
6. If you were an animal, what would you be and why?
7. Do you have a pet? If not, what sort of pet would you like?
8. Name a gift you will never forget?
9. Name one thing you really like about yourself.
10. What's your favorite thing to do in the summer?

Session 2

Ice breaker

Examples of Questions



11. Who's your favorite cartoon character, and why?
12. Does your name have a special meaning and or were you named after someone special?
13. What is the hardest thing you have ever done?
14. If you are at a friend's or relative's house for dinner and you find a dead insect in your salad, what would you do?
15. What was the best thing that happened to you this past week?
16. If you had this week over again, what would you do differently?
17. What is the first thing that comes to mind when you think about God?
18. What's the weirdest thing you've ever eaten?
19. If you could ask Christ to change one problem in the world today, what would you like him to change?
20. What book, movie or video have you seen/read recently you would recommend? Why?

Session 2

Ice breaker

Icebreaker Message



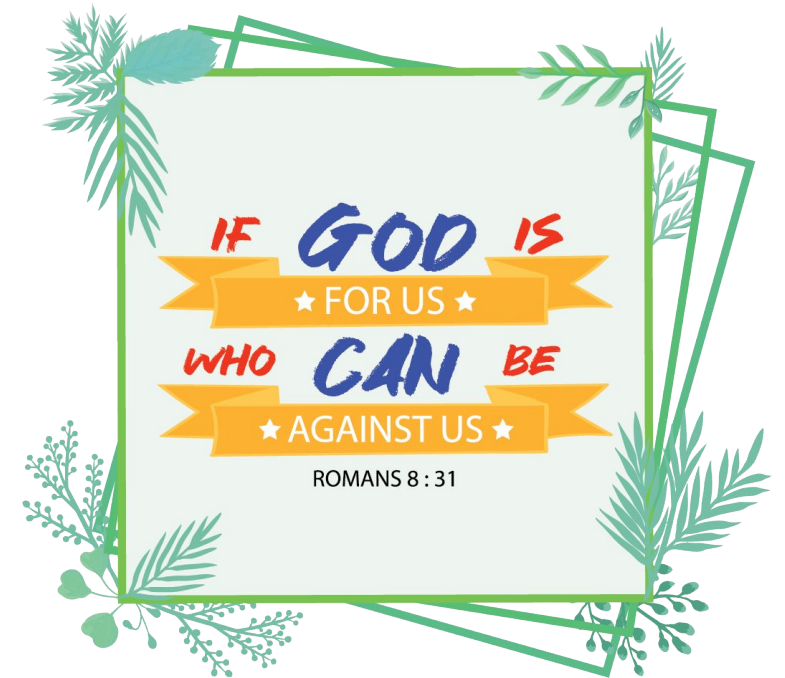
- At the end of the game, you could comment that we all played a part in creating this unique web and if one person was gone it would look different.
- In the same way it's important that we all take part to make the group what it is, unique and special.
- The web also represents the safety net of the shared hope everyone has which is to reunite with God as one whole family.

Session 2

Introduction



- Finding hope in times of darkness is difficult, but so necessary to our happiness and attitude towards life.
- Hope is so often a misunderstood virtue; it's no wonder people usually undervalue it.
- Hope is a gift from God that helps us keep our eyes on heaven, even when things seem dark here on earth.
- As Pope Benedict XVI said, "One who has hope lives differently."



Session 2

Saved in Hope

- Hope is a resilient stance toward life marked by trust, confidence and perseverance.
- It is an unshakable conviction that God loves us and wants our good.
- Because God is for us, we do not have to be anxious, and fearful, calculating and cautious.
- We then have time to be merciful, compassionate, patient, loving and generous.
- We have time to listen, to encourage and to support.

BE KIND AND COMPASSIONATE TO ONE ANOTHER, FORGIVING EACH OTHER, JUST AS IN CHRIST GOD FORGAVE YOU.

EPHESIANS 4:32

Be strong and courageous.

*Do not fear or be
in dread of them,*

*for it is the
Lord your God
who goes with you.
He will not leave
you or forsake you.*



Session 2

The Waning of Hope

- The greatness of our hope will always be in proportion to the greatness of the good on which we have set our lives.
- Hope erodes when we no longer aspire to something sufficiently good enough.
- We are pilgrims on a journey to God, making our way to God and helping others do so as well.
- Hope guides us on the journey by keeping us focused on the promised heavenly banquet.
- Hope keeps us from being so immersed in the good things of this world that we forget who we really are, a people on the move, pilgrims who are called not to stay put but to move toward the feast.



OUR HOPE OF
Heaven



Session 2

Ask Yourself:

Do we love the wrong things, or we love the right things wrongly?

(TEACHER'S NOTES)

- Our love needs to be purified, in order to be able to love God as he deserves.
- Regular confession, putting aside our pride, giving the love your family and friends deserve, imitating Christ.
- Jesus took away our eternal consequences for our sin: hell.
- He made it possible for all humankind to access to the Father in this life and in eternity, even though we experience temporary consequences.
- When we go through spiritual desolation and continue to choose Jesus for his own sake and not just for his gifts, your heart is becoming the kind of heart that can love God forever in heaven.



Session 2

Content: Hope PT 1

(TEACHER'S NOTES)



**"Man can live about forty days without food,
about three days without water,
about eight minutes without air...
but only for one second without hope."**

Hal Lindsey

Session 2

Content: Hope PT 1

(TEACHER'S NOTES)

- Without a hope and without a purpose, you would easily fall into boredom and despair. Hence why it's a practical issue and why it's a personal issue too.
- Do not give up hope, a new day will come.



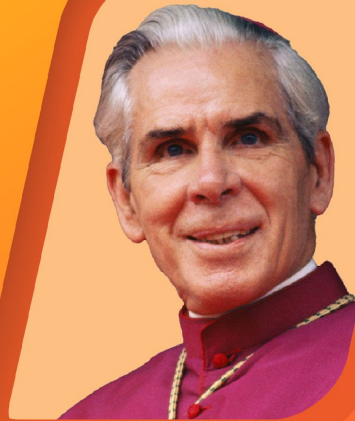
**“ Each of us is the result of a thought of God.
Each of us is willed. Each of us is loved.
Each of us is necessary. ”**

Pope Benedict XVI

Session 2

Content: Hope PT 1

(TEACHER'S NOTES)



**“ Unless
there is a Good Friday
in your life,
there can be no
Easter Sunday ”**

Archbishop Fulton Sheen

Session 2

Video:

Kid President - Time to Live Differently



<https://www.youtube.com/watch?v=l-gQLqv9f4o>

Session 2

Game 1

Big Picture



Game

- Split into small groups
- Collect together a number of objects and place in a canvas bag. The objects can include everyday items i.e., a pencil, key-ring, mobile phone, but also include some more unusual ones i.e., a holiday photograph, wig!
- Pass the bag around the group and invite each young person to dip their hand into the bag (without looking) and pull out one of the objects.
- The leader begins a story which includes his object.
- After 20 seconds, the next person takes up the story and adds another 20 seconds, incorporating the object they are holding.
- Present the story to other groups

BREAK

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DAY 1

Session 3

Practising Hope

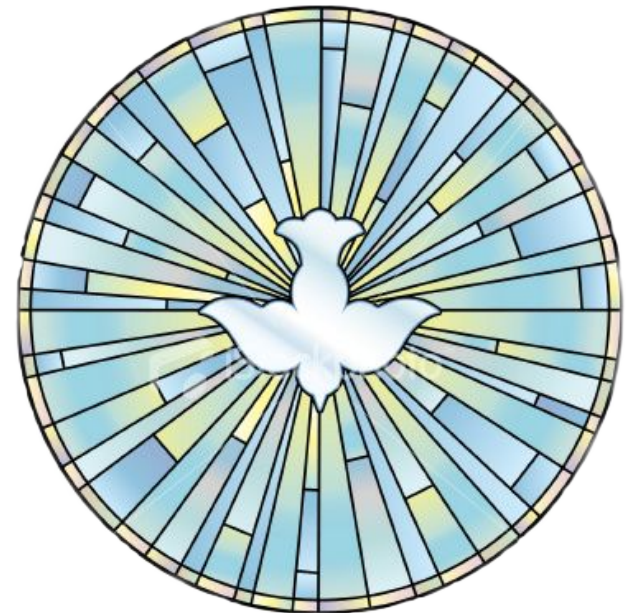
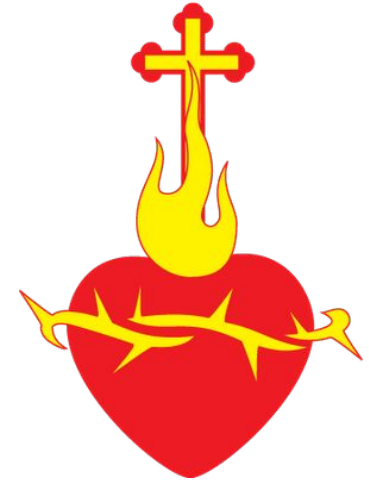
Session 3 - Overview

Item	Duration	Description or Details
Introduction	0:05	
Ice Breaker	0:10	
Theme Presentation	0:30	
Game 1	0:10	
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Conclusion	0:10	

Session 3

How to Practice Hope?

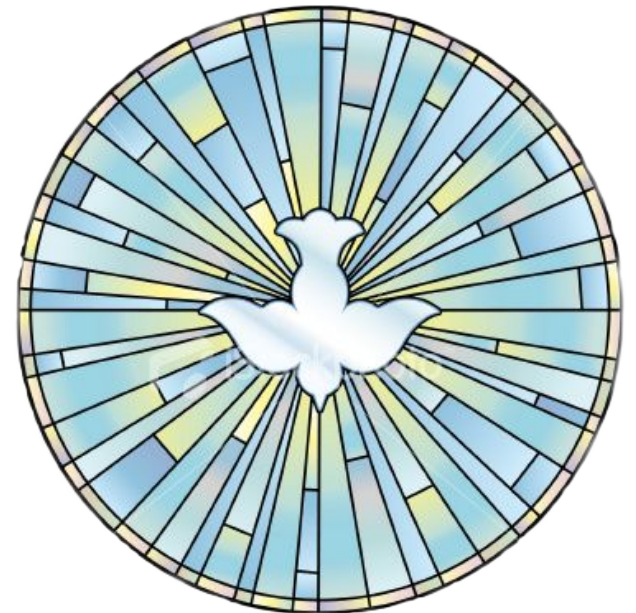
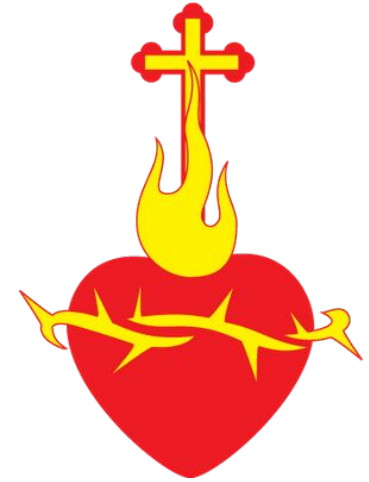
- Enemy No. 1 is not out there somewhere, but inside oneself. "Don't make room for bitter or dark thoughts."
- "Believe in the existence of the most noble and beautiful truths" and trust that God, through the Holy Spirit, is ushering everything toward the good, toward "Christ's embrace."
- Believers are not alone in their faith. There are others who hope, too. "The world goes on thanks to the vision of many people who created an opening, who built bridges, who dreamed and believed, even when they heard words of derision around them."
- Never believe the struggles here on earth are "useless." God never disappoints and he wants that seed he planted in everyone to bloom. "God made us to flower, too."
- "Wherever you are, build!"
- When life gets hard, and "you have fallen, get up. Never stay down. Get up and let people help you to your feet."



Session 3

How to Practice Hope?

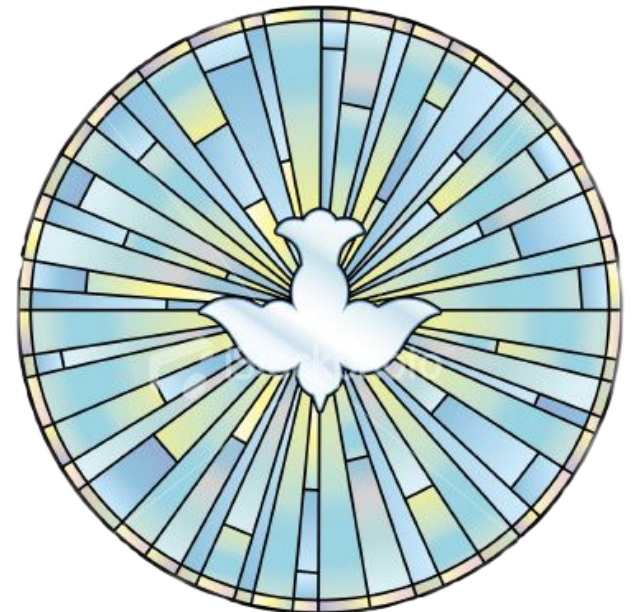
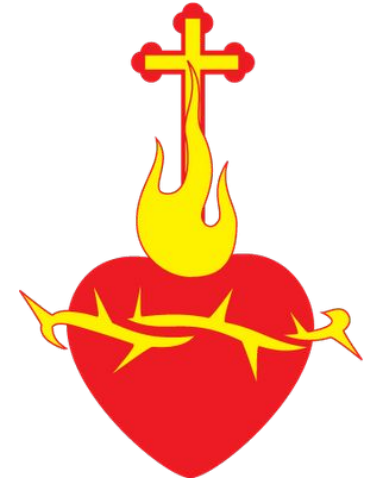
- "If you're sitting, start walking!" [Start the journey.](#)
- "If you're bored stiff, [crush \(boredom\) with good works.](#)"
- "If you feel empty and demoralized, ask if the Holy Spirit may newly replenish" that void.
- [Work for peace](#) among people.
- Don't listen to those "who spread hatred and division."
- No matter how different people are from one another, human beings "were created to live together. With disputes, [wait patiently](#). One day you will discover that a sliver of truth has been entrusted to everyone."
- [Love](#) people. [Respect](#) everyone's journey — whether it be troubled or down the straight and narrow because everyone has a story behind them.
- Every baby born is "the promise of a life that once again shows it is stronger than death."



Session 3

How to Practice Hope?

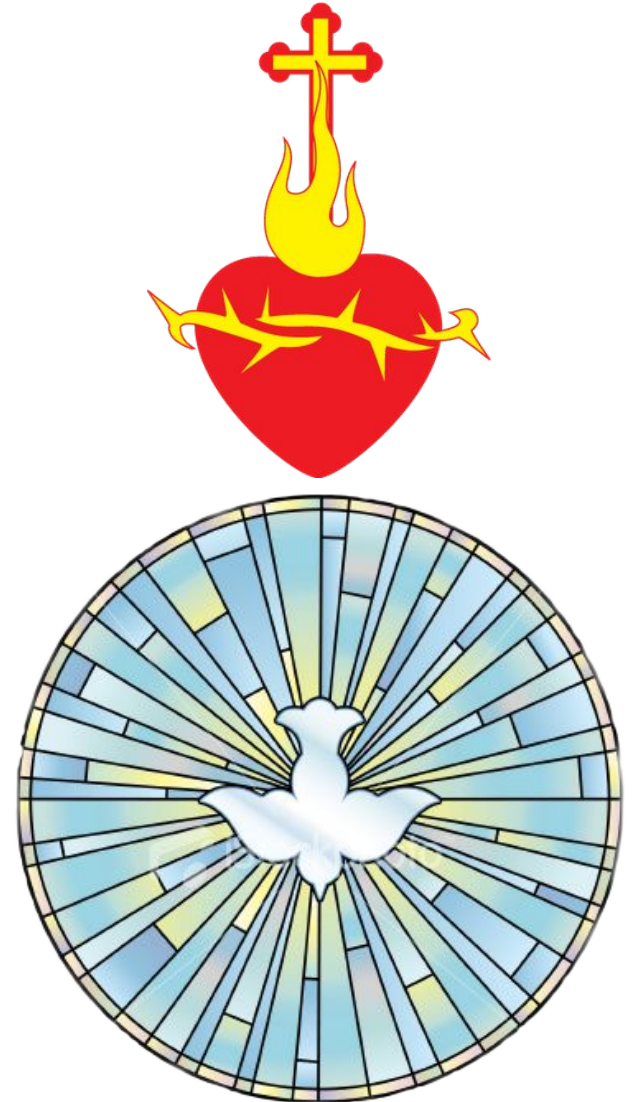
- "Jesus has given us a **light** that shines in the darkness; defend it, protect it. This unique light is the greatest richness entrusted to your life."
- **Dream** of a world still not seen but will certainly come one day. Think of those who sailed oceans, scaled mountains, conquered slavery or made life better for people on earth.
- **Be responsible**: "Every injustice against someone poor is an open wound" and countless generations will come after you have lived.
- **Ask God** for courage every day. "Remember Jesus conquered fear for us" and "not even our most treacherous enemy can do anything against faith."
- If fear or evil looms so large it seems insurmountable, remember "that **Jesus lives in you**. And, through you, it is he, who, with his meekness, wants to subdue all enemies of humanity: sin, hatred, crime and violence."
- Be **courageous** in speaking the **truth**, but never forget, "you are not above anyone." Even if one feels certain that he or she is the last person on earth who holds to the truth, "do not spurn the company of human beings for this" reason.



Session 3

How to Practice Hope?

- Hold onto ideals and live for something greater than yourself, even if it comes at a high price.
- "Nothing is more human than making mistakes and these mistakes must not become a prison for you." The son of God came "not for the healthy, but the sick" so people should not be afraid to get up again and start over when they fall, "because God is your friend."
- "If bitterness strikes, firmly believe in all those people who still work for the good; the seed of a new world is in their humility."
- Spend time with people who have kept a **childlike heart**. "Learn from splendor, nurture amazement."
- "Live, love, believe, and with God's grace, **never despair**."



Session 3

Hope a Wonderful Gift

God is with us

- God is with us at all times and places of our lives.

Live in hope with God's Word

- You are my hope, Lord. (Psalm 71:5)
- Trust in the Lord with all your heart. (Proverbs 3:5)
- May the God of hope fill you with all joy and peace. (Romans 15:13)

Share hope with other people

- Positive actions not only bring hope to others but also help hope grow in our own hearts.
- God created us to be blessings to one another.



Session 3

Hope a Wonderful Gift

Pray for the needs of others

- We may feel helpless, but there is something concrete we can do - we can pray.
- Let's try to become people of compassion.

Have an attitude of gratitude

- Instead of focusing on the negative, let's try to see the many blessings in our world.
- God has given us an amazing world to enjoy and people to share it with. Let's name things for which we are grateful.

Talk about good things in our lives

Talk about the future



Session 3

Activity

Wall of Hope / Wall of Gratitude

1. Provide a chart paper title HOPE.
2. Ask children to write their hopes and stick it.
3. This can remain throughout Faith Fest.
4. In same way provide a chart paper with title “I AM THANKFUL FOR..”
5. Ask children to write what they are thankful for and stick it.
6. This can remain through out Faith Fest and last day we can have a chat about it.



Session 3

Game 1

Sneak



Game

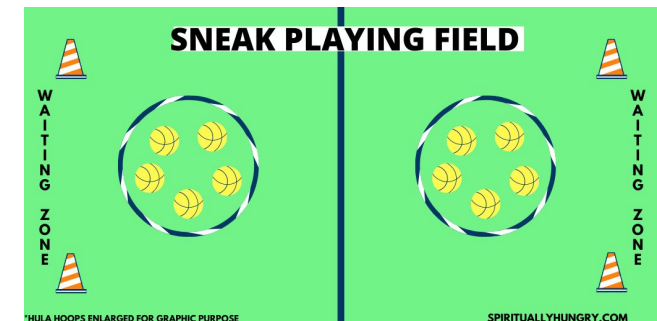
- Sneak pits two teams against one another with the goal being to steal balls from an opponent's side of the field without getting tagged

Preparations for the activity

- In order to set up the playing area, you'll need to divide your available area into two halves. You'll then place a hula hoop in the center of each of the halves. The hula hoops are the "Ball Zones." Before the game begins, you'll need to divide your group into two even number teams. Then, place the hula hoops in the center of each half and fill with 5 balls each. Finally, take your traffic cones and mark a small rectangular area at the back of each of the playing halves, which is the "Waiting Area."

Materials Required

- 10 balls (large or small, must be safe)
- 2 hula hoops – or an option to mark a circle
- 4 traffic cones (or another ground marker)



Session 3

Game 1

Sneak

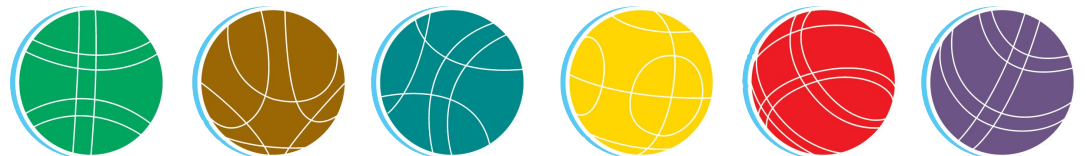


Rules / How to Conduct

- “We’re gonna play “Sneak,” a game with two teams competing to steal and possess the largest number of balls from the other team. First, we will divide into two teams. Each team defends one half of the field where every member of their team is always SAFE. Each half of the field has a “Ball Zone” with 5 balls inside and a “Waiting Area.” The object of the game is to take your opponent’s balls and place them in your own hula hoop. You can steal balls by crossing over into your opponent’s half and taking them out of their “Ball Zone.” Once picked up, you can throw balls to other players of your own team, but only on the opponent’s side of the field. A player can only handle one opponent’s ball at a time. You may not throw balls into your own territory. If you are tagged by an opposing player on their half of the field, you have to go to their “Waiting Zone.” You can only leave the “Waiting Area” if you are tagged by a member of your own team, at which point you may both walk safely and directly back to your half of the field. You may defend both your own “Ball Zone” and “Waiting Zone,” but you must stay at least 3 feet (or 1 meter) away from edge of both zones. If a player reaches an opponent’s ball zone without being tagged, they may place one foot inside the hula hoop and be considered safe. If you defend your zone and tag a player with one of your ball or intercept a ball, you must return it to your “Ball Zone” immediately. The game continues until one side possesses 9 out of the 10 balls, or a side no longer has enough players free of the “Waiting Zone” to continue to play.

References

- <https://spirituallyhungry.com/sneak-game-instructions/>



Session 3

Game 1

Message



- Trust is pivotal in working together.
- It's important to have good friends to support each other.
- We need to have the trust in Jesus for him to work in us

Day 1

Summary & Conclusion



- Hope is more than just a state of mind; it is an action-oriented strength. In the absence of this inner resource, how can we find the motivation to pursue our goals and the resilience to pick ourselves up when things go wrong?
- Many people persevere with the idea that hope is an either/or proposition, believing that in order to have hope, all despair must be extinguished. While it is true that hope comes and goes, and there are times when we feel like all hope is diminished, there is light at the end of the tunnel.
- Through practice, patience, and hope-focused discourse, practitioners can help to make hope visible – not only to themselves but also to their clients.

References



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- <https://catholicstand.com/hope-misunderstood-virtue/>
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- <https://www.catechist.com/10-ways-share-hope-children/>
- <https://www.youtube.com/watch?v=srH5-JBmC5E> – Positive Attitude
- <https://www.youtube.com/watch?v=kO1kgl0p-Hw> – Power of positivity
- <https://www.americamagazine.org/faith/2016/11/07/hope-forgotten-virtue-our-time>
- https://youtu.be/tJnJ_fTYofQ - Inspirational Video - Nick Vujicic

Additional Games

Hope of Our Own Parish Church

Materials Required:

- All recycle materials, paint, glue.

Duration:

- 60 mins.

Note for teachers:

- Teachers need to bring all sorts of recycling materials.
- Materials can include but is not limited to empty tissue box, paper towel rolls, cereal box, milk carton caps, old carton box.

How to conduct the activity / rules etc:

- Split kids in groups of 5-6 make their own dream church using recycle materials and present it to the whole class.
- Or make a blueprint- design their dream church using recycle materials- paint it-decorate it- present it to the whole class and explain with any two reasons how our Syro -Malabar church helps them to be connected to our Nasrani culture. Also talk about the different ministries that they envision for our parish community.



Additional Games

Storyboard on the Tales of Hope

Materials Required:

- Chart paper, colored markers, ruler, pencil/crayon colors, pencil, eraser.

Preparations for the activity:

- Children can be in small groups (preferably 3-4).
- Print out of stories on hope from the bible on Moses, Joseph, Abraham and David.

How to conduct the activity / rules etc:

- Teacher divides children into groups of 3- 4 students each. All groups will be given stories of one of the prophets to work on. They need to create a storyboard (in 30-35 mins) on how the prophet kept their hope in God even in disappointments, confusion, frustration, and the unlikely. Once finished with their storyboard, they will need to present their tales of hope in front of the class(20 -25 mins).



Message from the activity:

- Hope springs from disappointments, confusion, frustration, and the unlikely.
- Hope pushes us to believe when everyone has failed us.
- Hope helps us to keep going when everything seems against us.
- Hope produces joy because it looks beyond the immediate circumstances to a promise from God (Romans 5:2; 12:12; 15:13).

References:

- <https://lessonsfromhome.co/the-strongest-hope-springs-from-the-deepest-pain/>

Share Your Experience:



How did you feel?



Did any verse stand out to you?



Reflect on your senses: What did you see? What did you hear? What could you smell or taste? What could you feel/touch, who was around you?



HOLY SPIRIT

FRUITS OF THE HOLY SPIRIT AND ECCLESIAL LIVING



Item	Duration	Start Time	End Time
Session 1 - Introduction - Ice Breaker - Theme Presentation - Game 1 - Game 2 - Conclusion	1:30		
Tea Break			
Holy Qurbana	1:30		
Lunch Break			
Session 2 - Theme Presentation - Game 1 - Game 2 - Conclusion	1:30		
Tea Break			
Session 3 - Theme Presentation - Game 1 - Game 2 - Conclusion	1:30		
Finale Practise			

An orange banner with rounded corners and a drop shadow, appearing to be a piece of paper or a ribbon. It is centered on a white background.

DAY 2

Session 1

**FRUITS OF THE
HOLY SPIRIT**

Session 1 - Overview

Item	Duration	Description or Details
Introduction	0:05	
Ice Breaker	0:15	
Theme Presentation	0:20	
Game 1	0:15	
Game 2	0:00	
Conclusion	0:06	

Session 1

Introduction

Holy Spirit's Character Traits - Fruits of the Holy Spirit and Ecclesial living

- Jesus didn't use the phrase "fruit of the Spirit," but he often mentioned fruit in his teaching.
- In John 15:5, Jesus said, "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."



Session 1

Ice breaker

Think Fast

How to Play

- Prepare the list of student names or ask them to write their names on a sheet of paper (A4).
- Display the name.
- Give students a few minutes and tell them to learn all the names they can.
- Then split the group into two teams facing each other.
- Have one student from each team say the name and identify the correct person.
- They sit together and (facilitator can give them a chocolate as a reward).
- (Optional) The first person to say the other's name gets a point for their team.



Session 1

Theme Presentation

- Fruit is evidence of being connected to Christ, just as branches of a tree or a grapevine have to be connected to the trunk in order to bear grapes or apples.
- Likewise, every good tree bears good fruit, but a bad tree bears bad fruit.
- A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, by their fruit you will recognize them.” Matthew 7: 16-20



Session 1

Game 1

Tableau Vivant

1 Hour



Give the youth a copy of the list of Fruits of The Spirit:

Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control

Instructions:

- Divide students into large groups of 4 or 5. Adjust as necessary depending on how many students you have but try to have at least 2 separate groups.
- Each student group will select one fruit of holy spirit. Students are required to think about a story that represents fruit of holy spirit.
- Create a living picture with each fruit of the holy spirit at a different level. (Tableau Vivant). They have to prepare a tableau vivant based on the fruit of holy spirit.

Tableau Vivant translates as 'living pictures' in French. This strategy invites students to imagine entering a painting or sculpture by taking the pose of a character (or group of characters) in a work of art. It is a frozen picture that tells part of a story. A tableau, like a photograph, captures one moment in time.

Session 1

Game 1

Tableau Vivant

1 Hour



- Tell Students: In pairs create a frozen picture to show an interesting story that represents fruits of the holy spirit. Each group must create a scene that represent fruits of the holy spirit. Give each group a scene suggestion (If required or ideally students must come up with scene suggestion)
- Select one director per group. This student will be in charge of the final look of the scene but is welcome to take suggestions from the group members. They must also participate as a member of the tableau scene.
- Give each group a scene suggestion secretly and allow them a few minutes to develop their tableau.
- You can give them a few ideas as to what you're looking for but encourage them to use their creativity to interpret the fruits.
- For example, patience could be represented by a long line of people in a store, while joy might be all standing and smiling or laughing position while playing sports.
- Alternatively, you could have your youth act out various scenes representing the fruits and take photos of them.

Session 1

Game 1

Tableau Vivant

1 Hour

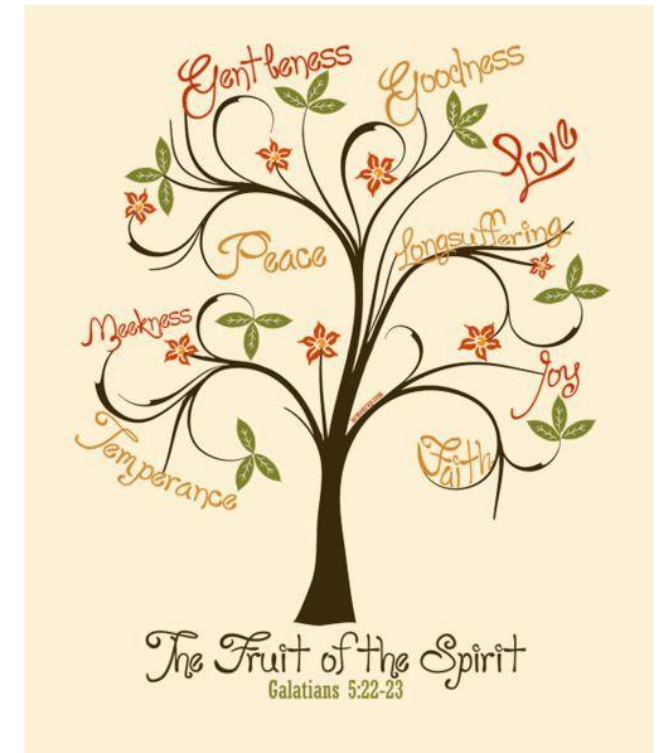


How to Play

- Everyone is facing/open to the audience (nobody is being blocked)
- Everyone in the picture has a suitable and dynamic facial expression
- There is a sense of movement (we are capturing a moment in time)
- There is depth to the picture (they aren't in a police suspect line-up)
- There is breadth to the picture (they are using the space from left to right)
- There are a variety of body position levels (crouching, sitting, kneeling)
- The body positions are dynamic

Group perform tableau scene

- Invite each group to display their tableau scene with story



Session 1

Game 1

Tableau Vivant

1 Hour



Other group members

- Each group need to guess fruits of the holy spirit they are performing.
- Group with right answer and story line received points.
- For example, identifying fruits of the holy spirit as patience. The story is represented by a long line of people in a store,
- Or fruits of the holy spirit is Joy. The story is joy might be all standing and smiling or laughing position while playing sports.

Group perform tableau scene

- Group Performing the tableau scene then explain the fruits of the holy spirit and the story line

Facilitator role

- Take a photo of each tableau scene so students can see what they look like in the frozen picture.

Session 1

Game 1

Conclusion

Ask your students:

- What worked well in this scene?
- What didn't work so well?
- If you're showing the photos to students, ask them: when you look at the photos, does the scene look like you imagined it would look?
- What might you change if you were to attempt the exercise again?



Session 2

Video: Reach for Greatness



<https://www.youtube.com/watch?v=e33rEuInKe0>

BREAK

A large, orange, scroll-like graphic with rounded corners and a slight shadow, serving as a background for the title text.

DAY 2

Session 2

**Fruits of the Spirit indicate a relationship with
Christ.**

Ephesians 1:13-14

Session 2 - Overview

Item	Duration	Description or Details
Introduction	0:05	
Ice Breaker	0:15	
Theme Presentation	0:20	
Game 1	0:15	
Game 2	0:00	
Conclusion	0:06	

Session 2

Game 1

Paper Cup Tower

15- 30 Minutes



Daniel 1:1-17, Daniel's Training

Items Needed:

- 10-20 Paper Cups

Instructions:

- Choose two to four players per group for this game.
- Have each player start with two or three cups that they must stack one on top of the other.
- Once both have done this, give them each cup to add to their tower.
- Keep going until one tower falls. The other player is the winner.

Variation:

- This can also be a minute to win it game, with one player trying to get all cups to stand in a tower before 60 seconds expires.

Conclusion:

- It takes a controlled hand to win this game. It takes self-control to say no to sin and stay faithful to God.

Session 2

Game 2

Bets Actor Award

30 - 45 Minutes



How to Play:

- Divide into teams and send each team into a corner.
- Each team members pick one fruits of holy spirit.
- The object of the game is to see which team can walk to the middle, using the method the leader calls out .
- Each fruit of the holy spirit represents an act.
- Facilitator calls fruits of the holy spirit and directs participants with fruit to walk to the middle acting out.

- ❖ **Love** - Walk like a fashion model full of love.
- ❖ **Joy** - Walk like a musician singing and inspiring audience.
- ❖ **Peace** - Walk like a priest blessing everyone around.
- ❖ **Patience** - Walk like a policeman who is controlling a crowd.
- ❖ **Kindness** - Walk like a mother or father with 6 kids around her or him.
- ❖ **Goodness** - Walk like a Santa laughing and distributing gifts
- ❖ **Faithfulness** – Walk like a caring husband or wife.
- ❖ **Gentleness** - Walk like a body builder who is very strong but gentle
- ❖ **self-control** - Walk like a politician greeting everyone in the crowd open to criticism .

Facilitator can determine a vote for the best actor

Session 2

Game 3

Water rally or ball rally

15- 30 Minutes

The following is a simple and quick game which can be used along with a series or lesson about the Fruit of the Spirit. This game will help the children review the list of the Fruit of the Spirit.

Objective: Practice memorizing the Fruit of the Spirit.

Game Set-up:

- Total number of participants 9
- Each chair is represented as one Fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness or self-control).

How to Play: with water cups

In pairs a cup of water is placed on the chair.

The participants stand online .

Upon Facilitator's signal (whistle) participants prepared to rush to the finishing line

The player is required to carry the chair across a certain distance without spilling any water. This requires some skill and concentration.

Session 2

Video: God's Gentle Warrior



https://www.youtube.com/watch?v=vJIVtPRCi_U&t=36s

Session 2

Game 3

Water rally or ball rally

15- 30 Minutes

How to Play: paper cups stack with a basketball or large ball on the top

- In pairs stack 6 cups that they must stack one on top of the other
- On the top of the stack there should be only one cup
- Keep a tennis ball on the top
- The participants stand online.
- Upon Facilitator's signal (whistle) participants prepared to rush to the finishing line
- The player is required to carry the chair across a certain distance without dropping the ball.
This requires some skill and concentration.

Session 2

Game 4

Water rally or ball rally

15- 30 Minutes

- 10 in a group
- One person as a blind person and rest of the players pick one fruits of holy spirit.
- A player is chosen or volunteers to be the catcher and be blindfolded so they are unable to see anything.
- Draw a circle They are led to the centre of the room, while all the other players place themselves around the room.
- Facilitator says one fruits of holy spirit.
- Then the group member who picked the fruit of the holy spirit keep repeating the word
- The blindfolded player then has to catch/tag as player possible. Relying on their other senses such as sound to work out where they are.
- Another player should avoid being touched and should not leave the circle.
- If the blind folded person touches the player other than the person that player need to go out of the circle and take 3 push ups and come back to circle.

BREAK

DAY 2

Session 3

**LIVING IN THE HOLY SPIRIT
AS A COMMUNITY LIVING**

Session 3

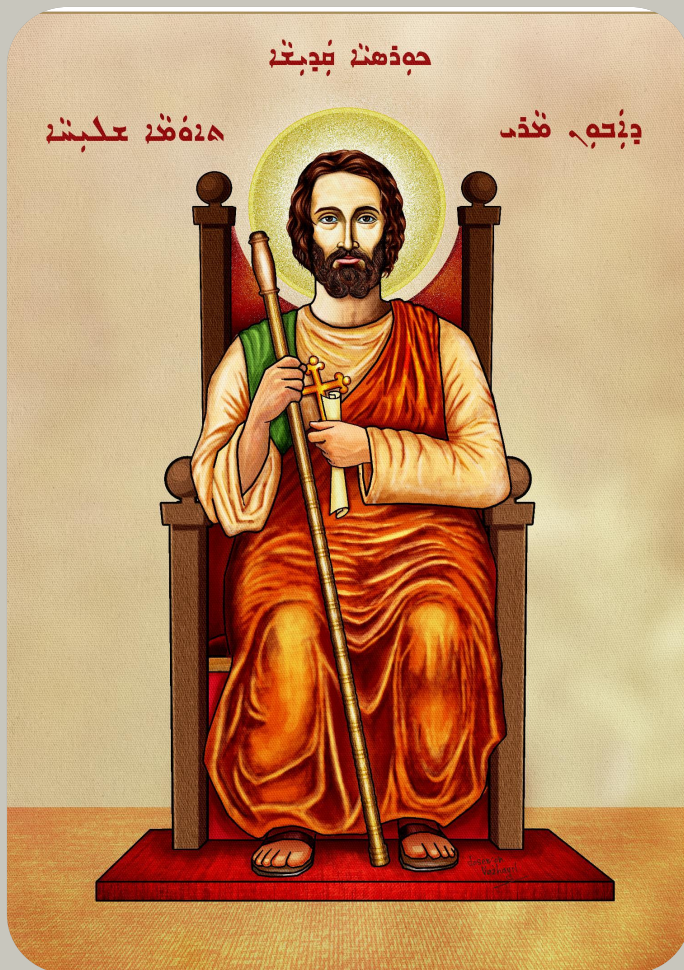
Syro-Malabar Community



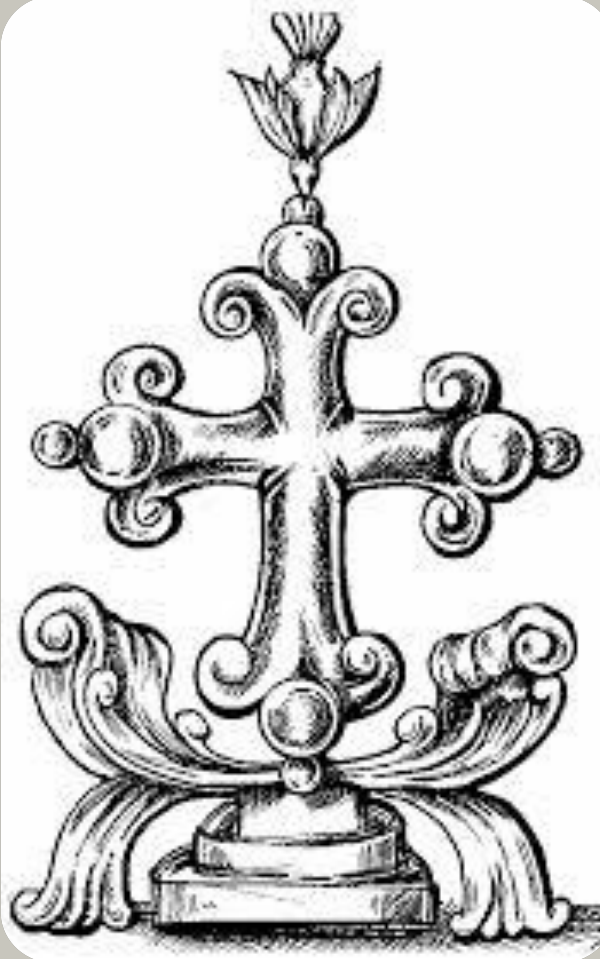
“Indian in culture,
Christian in religion,
and oriental in worship.”

Bishop Bosco Puthur described about Syro- Malabar Church
during Plenary Council of Australia

Syro-Malabar Church



Know Your History



Know Your Liturgy

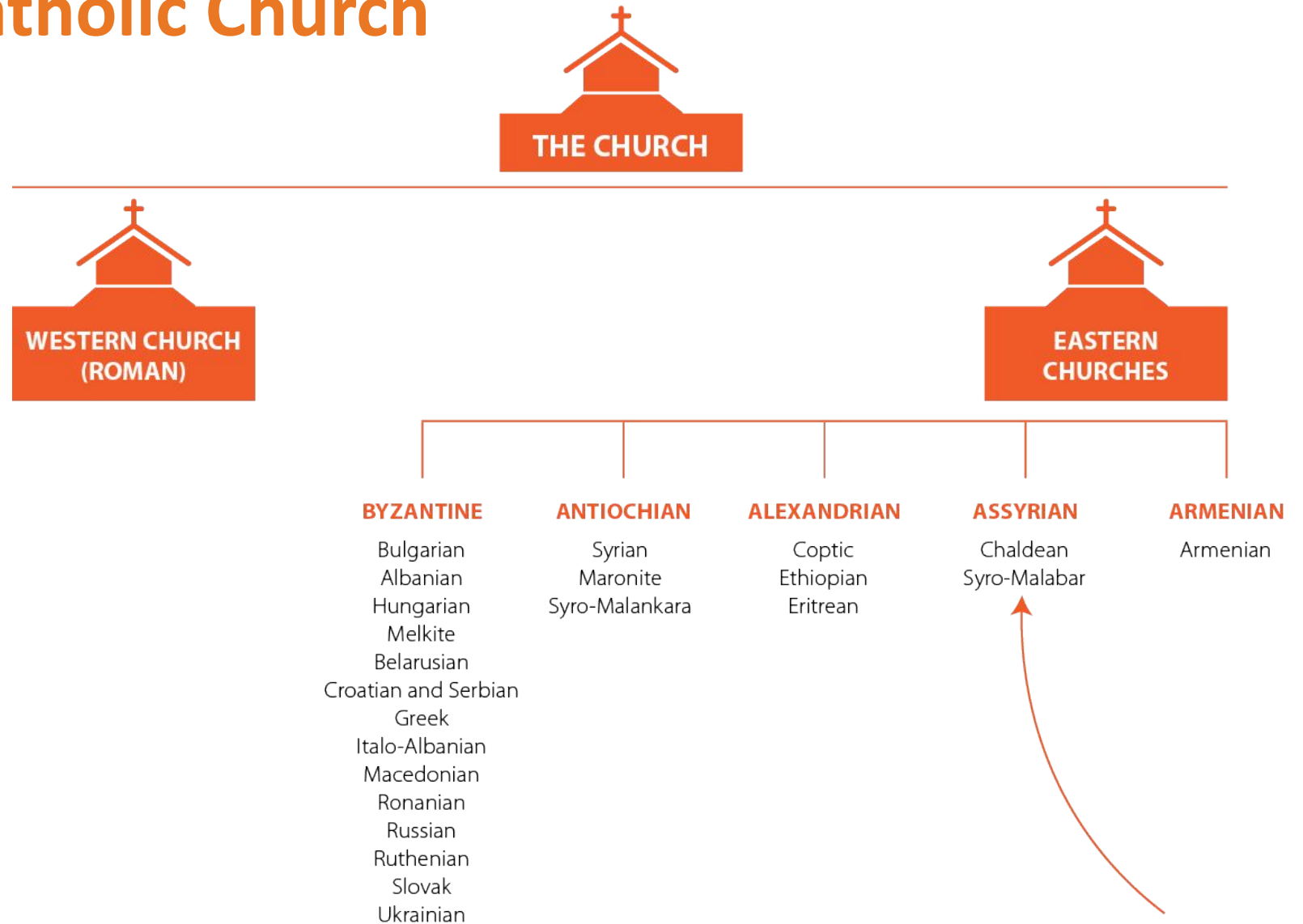


Live Your Tradition

Session 3

The Catholic Church

- The Greek word "καθολικός" (katholikos) means "universal"
- There are six liturgical traditions and 24 churches, the Latin (Roman) being the largest and most well-known.
- The Syro-Malabar Church uses the East Syriac rite, as does the Chaldean Church
- The differences are based on the different Christ experiences of the Apostles in combination with the incorporation of local customs and cultures.



Session 3

One True Leader, One Visible Steward

- Jesus Christ is the true head of the Church
- The Pope is the visible leader before Jesus' Second Coming
- All 24 churches of the Catholic Church are in communion with Rome with the Pope as the leader.



Session 3

St. Thomas The Apostle

- One of the twelve Apostles
- Called 'Doubting Thomas' because of his disbelief of the Resurrection
- Only person in the Bible to verbally recognise Jesus' divinity ("My Lord and my God")
- Arrived on the Malabar coast of India in 52 A.D.
- Martyred in Chennai by a spear in 72 A.D.
- Many Indian Hindus, Buddhists and Jews were converted by him and his disciples to Christianity

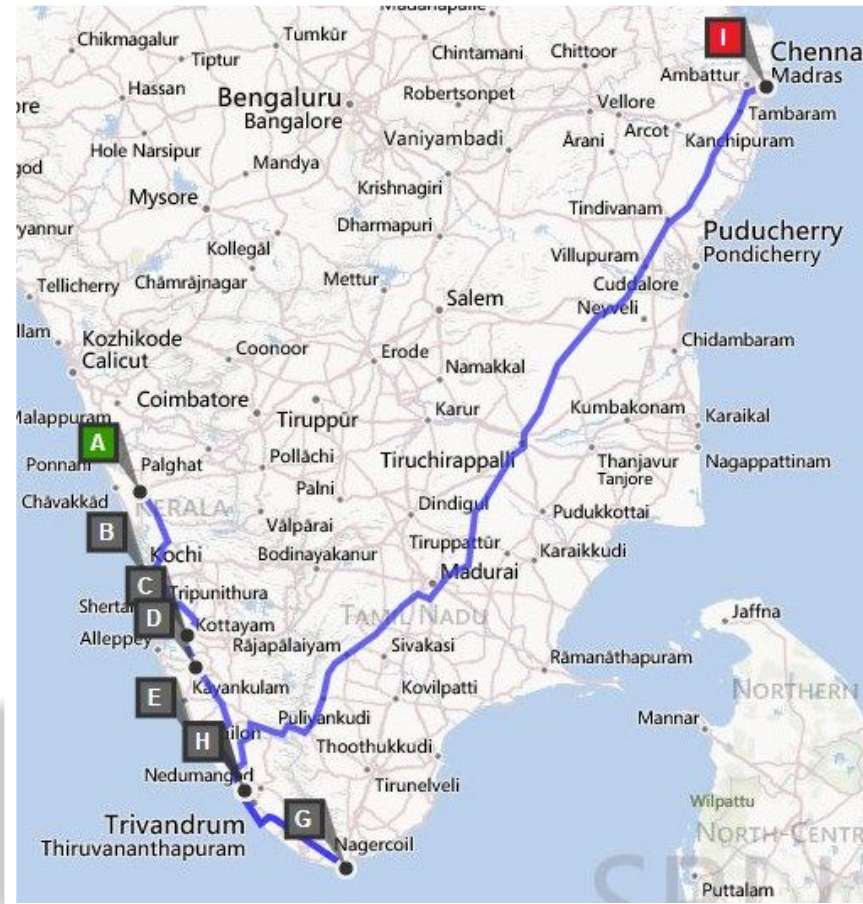


Session 3

Syro-Malabar?

“-Malabar”

- St Thomas arrived on the Malabar coast.
- The first churches were built along this coast.
- The early Indian Church was called the ‘Malabar Church’.



“Syro-”

- We use the East Syriac tradition for the liturgy.
- “Syro” comes from Syriac.
- Added later to differentiate us from churches who celebrated with the Latin liturgy.

Session 3

Chronology

Early

- St Thomas the Apostle converted many people and founded many churches in 52-72 A.D.
- Portuguese arrive ca. 1500 A.D. and don't recognize the way we celebrate and heavily 'Latinize' the Indian Church.
- Some churches fell away to Orthodoxy, some kept communion with the Pope.

Modern

- Raised to Major Archiepiscopal Church in 1992.
- Self-governing power under the authority of the Pope
- The Syro-Malabar Church spread outside of Kerala as its members immigrated out
- On 23 Dec 2013, the Syro-Malabar Eparchy of St Thomas the Apostle, Melbourne was formed.



SYRO MALABAR EPARCHY
OF ST THOMAS THE APOSTLE, MELBOURNE

Bishop Bosco Puthur

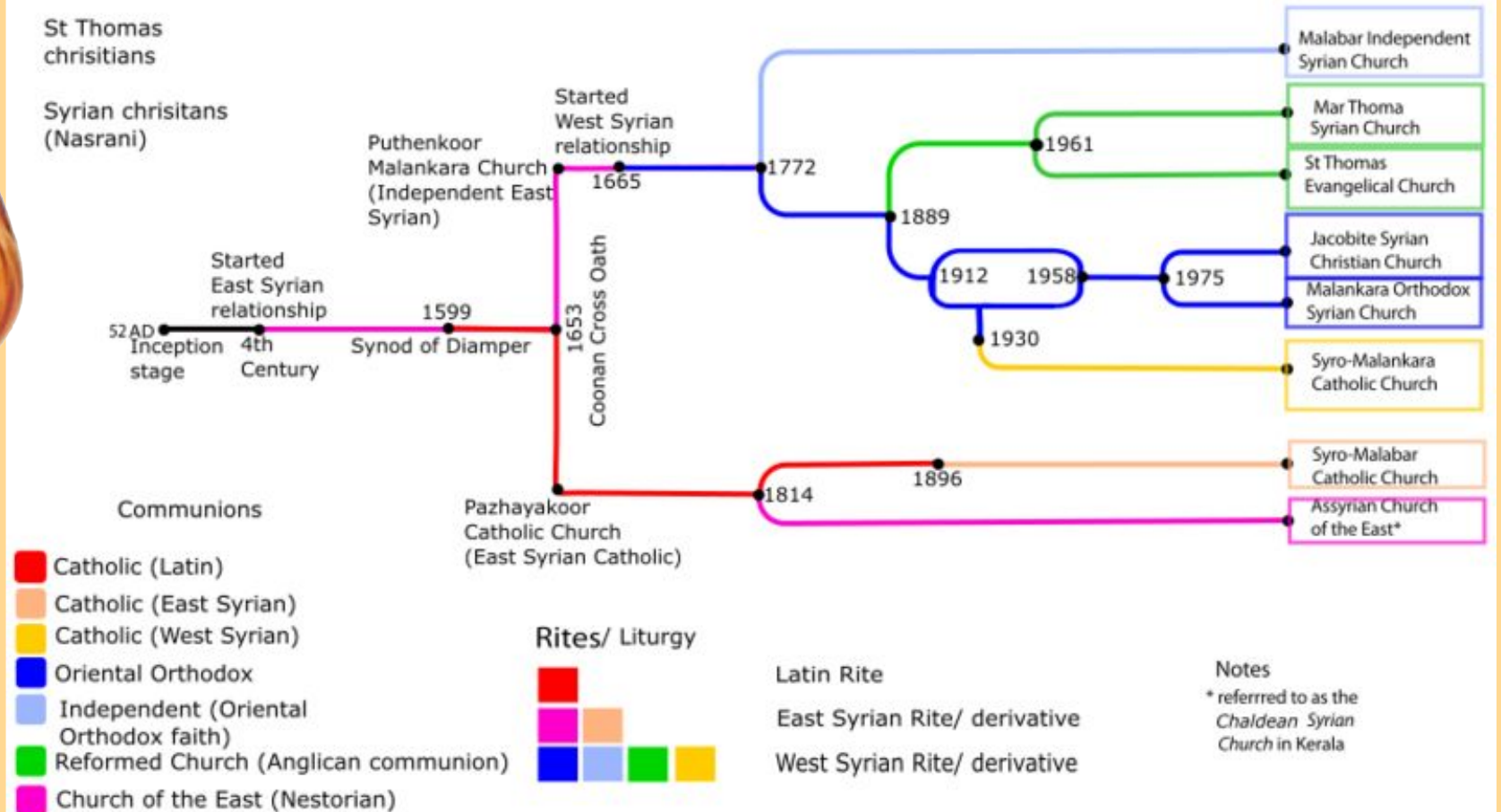


Session 3

Syro-Malabar History



History and Evolution of Saint Thomas Christians

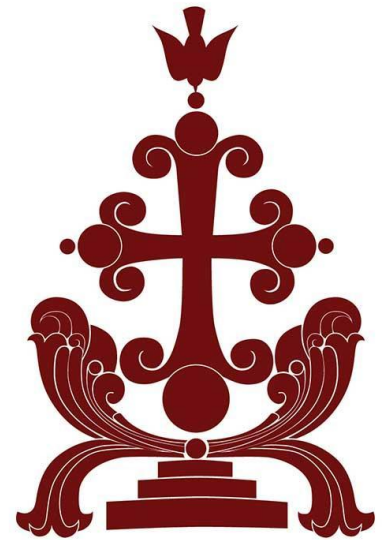


Session 3

Syro Malabar Liturgy

Structure of the Church

- In order to commemorate the Holy Mysteries, it is necessary to have places and arrangements befitting them.
- It is in the church that the Mar Toma Nazranees usually celebrate the Holy Qurbana.
- There are three parts for their churches:
 - *Madbha* (Sanctuary)
 - *Qestroma* (Chancel)
 - and *Haikla* (Nave).
- *Qestroma* is made one step higher than the *Haikla* and the *Madbha*, three steps above the Qestroma.
- There is also a *Bema* (raised platform) in the *Haikla*."



STRUCTURE OF A SYRO-MALABAR CHURCH

1. Altar
2. Evangalion
- 3 + 7. Mar Toma Sliba
- 4+5 Bet Gazze
6. Tabernacle
8. Madbha
9. Sanctuary lamb
10. Seats for Ministers
11. Sanctuary Veil
12. Qestroma
13. Steps to Sanctuary
14. Step to Qestroma
15. Bema
16. Haikla
17. Sacristy
18. Bet-Sahde
19. Baptistry
20. Doors
21. Lamps
22. Lectern for Engarta
23. Lectern for Qerjane
24. Veranda



1. *Mad'bha* (Altar), the Throne of God & Tomb of Jesus
2. *Evangalion* (Gospel Lectionary), the Symbol of God the Son
3. *Mar Toma Sliba* (Saint Thomas Cross), inlaid or embossed on wooden or metallic plate, the Symbol of the Holy Spirit
- 4,5. *Bet-Gazze* (Treasure Houses)
6. Tabernacle
7. *Mar Toma Sliba* on the Eastern Wall
8. *Qanke* (Sanctuary)
9. Sanctuary Lamp at the entrance of the Sanctuary

10. Seats for Celebrant and Ministers
11. Sanctuary Veil at the entrance of the Sanctuary
12. *Qestroma* (Chancel)
13. Three Steps to Sanctuary
14. One Step to *Qestroma*
15. *Bema* (Dais)

16. *Haikla* (Nave)
17. *Bet-Diakon* (Sacristy)
18. *Bet-Sahde* (Martyrs' Shrine)
19. *Bet-Ma'moditha* (Baptistry) + Baptismal Font
20. Doors
21. Lamps in the Sanctuary, represent OT & NT
22. Lectern for *Engarta*
23. Lectern for *Qerjane*
24. Veranda
25. *Mar Toma Sliba* amidst candles on the table in the *Bema*

Session 3

Activity 1

Structure of the Church

1. Draw a plan for Syro Malabar catholic Church ?
2. Refer the next slides for the areas of the church for your drawing ?



Session 3

Syro Malabar Liturgy

Structure of the Church



The Three Steps

- Madb'ha (the Sanctuary) is three steps above Qestroma, the chancel.
- Qestroma is the place between the nave and the sanctuary.
- The three steps symbolize heaven (Gen 28:12) in East Syriac tradition.
- They also symbolize Gagulta.
- The self-sacrifice of Christ on Gagulta (Calvary) gave birth to the Church, the new people of God.

Evangelion (Gospel Lectionary)

- On the right side of the altar: The symbol of Christ who is gloriously seated on the right-hand side of the Father in heaven.

Mad'bha (Altar)

Altar, the Centre of the House of God

The presence of the altar makes the church the most holy place. The altar is the consummation (fulfilment) of the Holy of Holies in the Old Testament temple. It is the Throne of God: Father in the middle (no symbol), Son on the right (Gospel Lectionary) and Holy Spirit on the left (Saint Thomas Cross).

Altar Represents:

- Gagulta, the place of Jesus' sacrifice
- table of the Last Supper
- the sepulchre of Our Lord
- The place of Resurrection
- The source of grace
- The heaven on earth
- The throne of God
- The Icon of our Lord
- The door to heaven
- The heavenly ladder

The altar, as the symbol of Christ the Anointed One, is also fully anointed with the holy oil.

Session 3

Syro Malabar Liturgy

Structure of the Church



Mar Toma Sliba (Saint Thomas Cross)

- On the left side of the altar: Symbol of the Holy Spirit
- On the wall behind the altar: Symbol of the return of the Lord
- On the Bema: Symbol of the eschatological hope of the pilgrim Church.
- Behind the Paina, the outer garment of the priest: Symbol of Jesus who leads the Church to the heavenly Kingdom.
- The empty Cross: Symbol of the Risen Lord
- Cross without the dying figure of Jesus: Symbol of salvation in Jesus Christ

Tabernacle

A receptacle in which the Blessed Sacrament is kept. Tabernacle means Tent. In the western Church the current type of tabernacle started to be used by the end of the 12 C. The present practice of keeping the Blessed Sacrament in the tabernacle attached to the altar cannot be accepted as an exemplary one. The Congregation for Divine Worship and the Discipline of the Sacraments teaches about it as follows:

"The celebration of the Eucharist is the most important worship through which Jesus Christ reveals himself gradually in the Church... Therefore, considering the symbolic nature of the liturgy, according to the nature of the Eucharistic celebration, it is more fitting that there be no eucharistic presence of Jesus Christ in the tabernacle at the altar through the holy symbols from the very beginning of the celebration. For, such a presence is the result of the offering of the sacrifice".

Session 3

Syro Malabar Liturgy

Structure of the Church

Bet-Gaze (Treasure Houses)

- Two specially prepared niches on either side in the sanctuary for preparing the bread and wine, the Holy Gifts. They are made either on the eastern wall or on the northern and southern walls.
- Wine on the right-side Bet-Gaza

Qestroma (Chancel)

This is the place set apart for the choir, usually three steps below the sanctuary and one step above the nave. It unites the sanctuary and the nave, which symbolize the heaven and earth respectively. Often there are rails to separate the chancel from the nave.

Haikla (Nave)

It is the symbol of the earth, and the place where the community of the faithful gathers. When a bishop consecrates a church, besides the altar, he anoints the crosses carved on the eastern wall of the sanctuary on either side and the two pillars at the entrance of the sanctuary and the four walls of the nave. Thus, the whole church is set apart and sanctified as the place of worship.



Session 3

Syro Malabar Liturgy

Structure of the Church



Bema (Dais)

Bema is the symbol of the earthly Jerusalem and the table on it represents Gagulta. It is an elevated platform with three steps, at the centre of the nave. At the centre of the Bema there is a table with the Saint Thomas Cross, amidst two candles. On either side of the Bema the lecterns and lectionaries for the Old Testament and the Epistle readings are arranged. Seats for the celebrant and associates are also arranged conveniently on the Bema. In the present circumstances, it may be better to move it to the eastern end of the nave.

The rite of prostration in Raza, the most solemn Qurbana, is performed from the four sides of the Bema. The rites up to the dismissal of the catechumens in the Qurbana and the entire "Divine Praises" (Liturgy of the Hours) are celebrated on the Bema.

Bet-M'amodita (Baptistry) and Baptismal Font

The baptistry is situated outside the sanctuary, but adjacent to it on its left side within the church or better outside as a special chapel. It always keeps up its intimate relation with the altar.

We the children of God are born in the baptismal font, the womb of Mother Church.

The food of the children of God is from the sacrifice at the altar. And the Eucharistic celebration is the culmination and completion of baptism. The newborn in baptism is duly nourished from the life- giving Bread on the altar.

Session 3

Syro Malabar Liturgy

Structure of the Church

Mondalam (Protected Room at Portico)

It is situated at the portico, outside the nave, in front of the church and was meant for the catechumens (those preparing to receive Christian faith) and for those who were sent out during the dismissal rite. Christian worship is a pilgrimage from the deserted, helpless condition of man to the supreme God-experience in Jesus Christ. Mondalam being the symbol of human fall, the place outside Paradise, and the Eucharistic Mysteries on the altar in the sanctuary, the supreme God-experience in Jesus Christ, the pilgrim character of Christian worship is beautifully expressed in the Syro- Malabar church architecture.



Bet-Sahde (Martyrs' Shrine)

'Martyrs' Shrine' is outside the sanctuary on its right side, but adjacent to it. It was, in fact, the burial place of Bishops. It is also the place where the relics of the martyrs and saints are kept. It reminds us of the custom in the early centuries of building churches and chapels on the tombs of martyrs and saints.

Session 3

Activity 2

Organize Seven Parts of The Qurbana in correct order

1	2	3
4	5	6
7		



Parts of Qurbana

The rite of conclusion
Anaphora
Rite of preparation
Rite of communion with God
Rite of reconciliation
Liturgy of the word
Introductory rites

Session 3

Seven Parts of The Qurbana Answer Key



Session 2

Video:

When Heroes Become Saints



<https://www.youtube.com/watch?v=kW6E9fyWMTQ&t=49s>

Session 3

Activity 3

Facilitator divide the floor or draw seven parts of the Qurbana



Instructions

- Facilitator to prepare prayers and rites in part in notes
- Prepare the notes in a box
- Participants are required to collect notes and organize the notes within the correct part

Session 3

Introductory Rite- Explanation

- The introductory prayers as well as the liturgy of the word in the beginning of the holy Qurbana enable us to recognize and experience Jesus in the sacrifice on the altar.

Handout for students

prayers start with the hymn *Annappesahathirunalil* down to the resurrection hymn *Sarvadhipanam Karthave* and the following prayers.



THE INTRODUCTORY SERVICE

Through the introductory prayers, we recall the long wait the Lord, our redeemer and celebrate his sacred birth and the private life. The introductory prayers start with the hymn *Annappesahathirunalil* down to the resurrection hymn *Sarvadhipanam Karthave* and the following prayers.

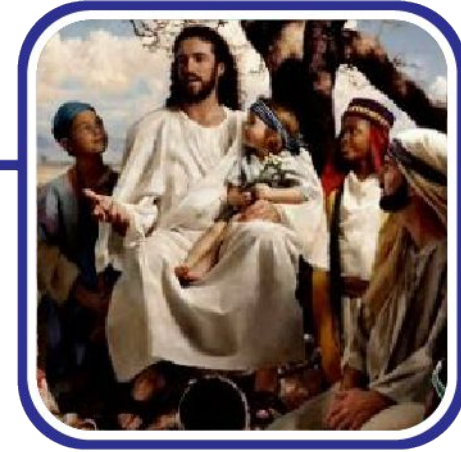
Session 3

Introductory Rite-Explanation



ANNAPPESAHATHIRUNALIL (ON THAT DAY OF PASCHAL FEAST DAY)

The chanting of this hymn reminds us that we celebrate the holy Qurbana according to Jesus' command on the day of the Paschal Banquet. After instituting the Holy Eucharist he said, "Do it in memory of me" (Lk. 22: 19). Whenever we offer this sacrifice of the holy Qurbana we obey this command. The new covenant of love was also given on that day. Love is the essential quality for offering the holy Qurbana. God never accepts a sacrifice offered with a venomous heart.



Jesus said, "When you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister and then come to offer your gift" (Mt 5:24). So, while chanting this hymn, if you remember that you have enmity with anyone, go and reconcile with him and then participate in the Mass.

Session 3

Introductory Rite-Explanation



GLORY TO GOD IN THE HIGHEST

This song sung by the angels at the birth of Christ reminds us of his birth. **We must, here, praise Jesus who, out of his love renounced his heavenly majesty and was born as a human being in a manger braving all the limitations.** The birth of the promised redeemer was to spread the Good News to mankind enslaved by sin. The word 'peace' in the second stanza of the hymn means 'redemption'. Every Christian should grow into this perfect state of peace-salvation.



LET US PRAY, PEACE BE WITH US

We are reminded of the presence of Jesus when the deacon makes this announcement. As St. Paul said, Jesus is our peace. (Eph. 2: 14).

THE PRAYERS BY THE CELEBRANT

In the following prayers by the celebrant, he expresses thanks for this great gift of the Holy Eucharist, and implores blessings to offer it in a worthy manner.

Session 3

Introductory Rite-Explanation



THE KISSING OF THE CROSS

This is a rite practised in Raza, the solemn form used by the Syro-Malabar Church. Jesus, through his sacrifice on the cross, won salvation for mankind. The kissing of the cross is to highlight our hope in Jesus affirming the importance of the cross in our Christian life. We believe that the cross will be the sign of Jesus' second coming (parousia). The prayers in connection with the kissing of the cross refer to the second coming of Jesus, and of the Church, his bride.



PSALMS

The psalms help us to look back upon the history and life of the people of the old covenant and to affirm them as a part of the redemptive work. They were the heartbeats of the religious life of the Israelites. We praise God sharing their sentiments. Jesus made use of the psalms for his prayer.

Session 3

Introductory Rite-Explanation



THE RESURRECTION HYMN

The resurrection hymn that follows reminds us of the baptism of Christ. This is also considered as a song in praise of the resurrected Jesus. (The sanctuary veil is removed now symbolizing the gates of heaven being open and the revelation of the Holy Trinity during the baptism of Jesus; Then the sanctuary, which is a symbol of heaven, is seen. At this juncture, the glow of lights and the incense fumes give the worshipping community a heavenly experience.)



During the chanting of this hymn, we recall the baptism of Jesus, his death and resurrection interpreted as his second baptism, our baptism through which we become participants of the salvific mysteries of Jesus, and the heavenly glory awaiting us. With the following prayer of the celebrant, the introductory rites conclude.

Session 3

Activity 4

Syro-Malabar Liturgical Seasons

Identify the correct liturgical seasons

Season	Start Date	Duration
Annunciation		3-4 weeks
Nativity		1-2 weeks
Epiphany		4-9 weeks
Great Fast		7 weeks
Resurrection		7 weeks
Apostles		7 weeks
Summer		7 weeks
Elijah-Cross-Moses		6-11 weeks
Dedication of the Church		4 week

Session 3

Activity 4

Syro-Malabar Liturgical Seasons

Identify the correct liturgical seasons in correct order

Liturgical seasons

- The Sunday between October 30 and November 5
- The 14th Sunday after Pentecost
- Easter Sunday
- The Sunday between November 27 and December 3
- The 7th Sunday before Easter
- Dec-25
- The Sunday between January 2 and 6; otherwise, January 6, if no such Sunday exists
- Pentecost Sunday (the 7th Sunday after Easter)
- The 7th Sunday after Pentecost

Session 3

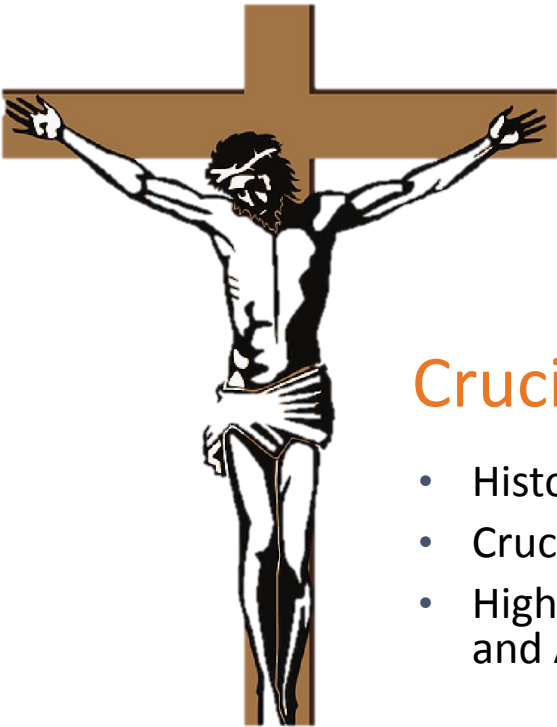
Answer -Syro-Malabar Liturgical Seasons

Season	Start Date	Duration
Annunciation	The Sunday between November 27 and December 3	3-4 weeks
Nativity	Dec-25	1-2 weeks
Epiphany	The Sunday between January 2 and 6; otherwise, January 6, if no such Sunday exists	4-9 weeks
Great Fast	The 7th Sunday before Easter	7 weeks
Resurrection	Easter Sunday	7 weeks
Apostles	Pentecost Sunday (the 7th Sunday after Easter)	7 weeks
Summer	The 7th Sunday after Pentecost	7 weeks
Elijah-Cross-Moses	The 14th Sunday after Pentecost	6-11 weeks
Dedication of the Church	The Sunday between October 30 and November 5	4 week

Session 3

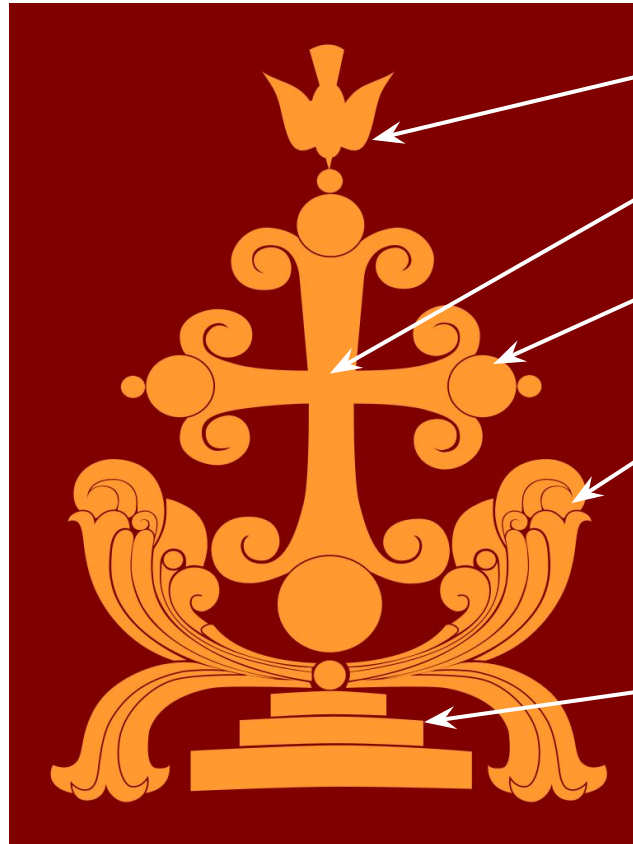
Activity 5- Mar Thoma Sleeva

'St Thomas Cross'



Crucifix

- Historical
- Crucified Christ
- Highlights Passion and Atonement



Identify the meaning of symbols

What dove symbolise ?

What is the significance of no Christ in the cross

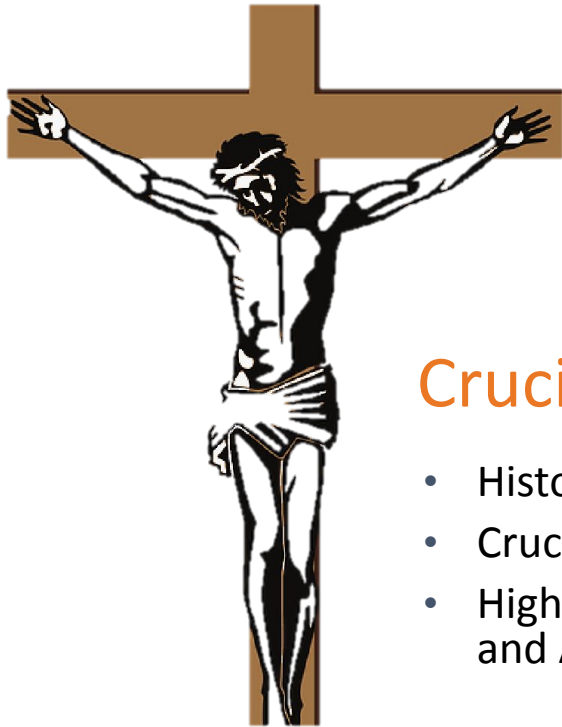
Four ends of the cross

Lotus

Three steps

Session 3

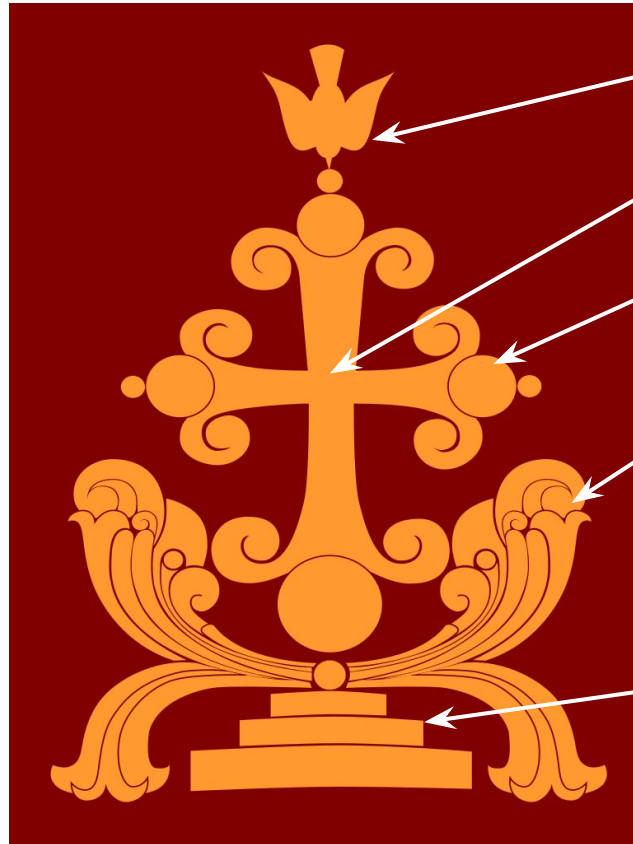
Mar Thoma Sleevea



Crucifix

- Historical
- Crucified Christ
- Highlights Passion and Atonement

'St Thomas Cross'



Dove symbolises the Holy Spirit Who guides the Church

No Christ on the cross highlights the Resurrection

Four ends of the cross are flower buds, symbolising new life and the Resurrection

The lotus underneath the cross is the lotus, a symbol of India, recognising the Hindu and Buddhist culture before Christianity

The three steps represents the hill of Calvary and recalls Christ's Passion and death

Session 3

Our Syro-Malabar Church

Familiarize the details of individual Parish.

- Eparchy: Syro-Malabar Eparchy of St Thomas the Apostle, Melbourne
- Bishop: Rev Bosco Puthur
- Name of the Parish: St. Alphonsa Syro Malabar Mission Parramatta
- Vicar: Fr Mathew Areeplackal



Session 3

Our Syro-Malabar Church

A Spirit-Empowered Community

- Each of us was uniquely created by God with gifts, purpose, and calling.
- When we work together in the local church community we are placed in, we thrive and come alive - destiny is realized! Our passion and purpose grow, we mature, and dreams are fulfilled.
- The difference between being a church attender and a church member is commitment. Attenders are spectators from the sidelines; members get involved in various ministries. Attenders are consumers; members are contributors.



Session 3

Our Syro-Malabar Church

A Spirit-Empowered Community

- Principle #1 in being part of a local church family, even one moving in the power of the Spirit, is to recognize no church is perfect!
 - No church has ever been or ever will be perfect until Jesus and His followers are united at His second coming.
 - Keep in mind that a church does not have to be perfect (or an individual) to be counted as faithful in the Lord's eyes.
- Principle #2, church growth creates a greater need for each member to use their gifts, talents, and abilities to contribute and minister.
 - God gives us individual assignments. He gives us abilities, talents, and gifts by the Holy Spirit. You thrive and come alive as you learn to operate in the spiritual, motivational, and ministry gifts God has given you. “



SYRO-MALABAR CATECHESIS



SMYM

Session 3

Our Syro-Malabar Church

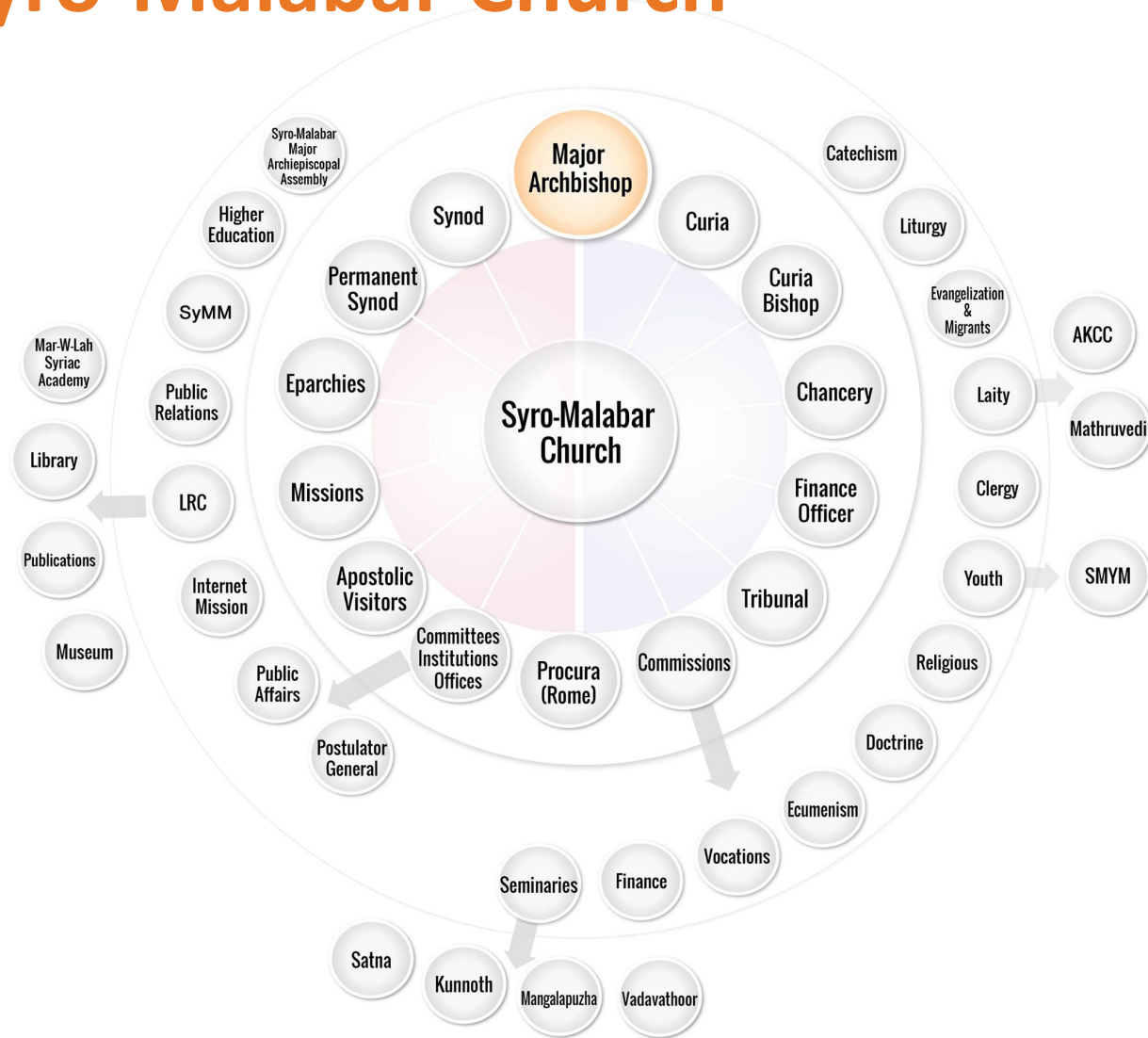
A Spirit-Empowered Community

- Principle #3, future leaders need a good reputation, to be full of the Spirit, and to have wisdom.
 - Don't aspire to be great, rather aspire to be a great person—begin with loving and serving others!
 - We need older and younger working together in harmony to mentor a new generation of believers to carry on the mission of Christ and expand His kingdom. The local church is a family on a mission together!
- Principle #4, Leaders, and all believers, should expect to move in the supernatural.
 - Spending time in God's presence is the discipline we must develop to access all that God has for us.



Session 3

Syro-Malabar Church



Session 3

Syro-Malabar Tradition



Session 3

Game 1

Acid Lake



Game

- Team which finishes all challenges

Preparations for the activity

- Create a list of challenges

Materials Required

- Ropes, Tape, Treasure

Rules / How to Conduct

- A game that requires ingenuity and logical thinking. To begin, mark a circle with a rope. Ideally, the circle has a diameter of 5 -7m. In the middle put a small object. This can be a match box, a coin or any other small box, depending on how difficult this game is supposed to be. The objective is cross the Acid Lake without touching the ground while at the same time retrieving the treasure from the middle of the sea. You will need 2 – 4 climbing ropes for this game. Now it is up to the teams to come up with a solution for this task. This can be, for example, that two kids hold a rope tightly between them, while the third one lurches across the lake while trying to recover the treasure. Difficulty: You can come up with simple to almost unsolvable tasks. The wider the lake is, the more difficult to cross it. Also, the size of the treasure plays a major role in how easy or hard this game is. This game will be even more fun if it is played outdoors. Maybe in a forest where they can attach their ropes to branches.

References

- <https://www.games4youthgroups.com/mixed-games/Acid-lake.html>

Session 3

Game 1

Message

- Holy Spirit is our helper.
- He helps in our weaknesses.
- Each of us are blessed with gifts of Holy Spirit through Baptism.
- We need to listen to his prompting and act accordingly.



Session 3

Game 1

Water Rally or Ball Rally



Water Rally or Ball Rally is a simple and quick game which can be used along with a series or lesson about the Fruit of the Spirit. This game will help the children review the list of the Fruit of the Spirit.

Objective:

- Practice memorizing the Fruit of the Spirit.

Game Set-up:

- Total number of participants 9
- Each chair is represented as one Fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness or self-control).

Game Set-up:

- Total number of participants 9
- Each chair is represented as one Fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness or self-control).

How to Play (with Water Cups):

- In pairs a cup of water is placed on the chair. The participants stand online. Upon Facilitator's signal (whistle) participants prepared to rush to the finishing line. The player is required to carry the chair across a certain distance without spilling any water. This requires some skill and concentration.

OR

How to Play (Paper Cups Stack with a Basketball or Large Ball on the Top) :

- In pairs stack 6 cups that they must stack one on top of the other. On the top of the stack there should be only one cup. Keep a tennis ball on the top. The participants stand online. Upon Facilitator's signal (whistle) participants prepared to rush to the finishing line. The player is required to carry the chair across a certain distance without dropping the ball. This requires some skill and concentration

Session 3

Game 2

Blind Man's Buff



Game Set-up:

- 10 in a group
- One person as a blind person and rest of the players pick one fruits of holy spirit.
- A player is chosen or volunteers to be the catcher and be blindfolded so they are unable to see anything.
- Draw a circle They are led to the centre of the room, while all the other players place themselves around the room.
- Facilitator says one fruits of holy spirit.
- Then the group member who picked the fruit of the holy spirit keep repeating the word
- The blindfolded player then has to catch/tag as player possible. Relying on their other senses such as sound to work out where they are.
- Another player should avoid being touched and should not leave the circle.
- If the blind folded person touches the player other than the person that player need to go out of the circle and take 3 push ups and come back to circle.

Session 3

Activity

Create a Collage (Liturgical Seasons)



- Provide a list of pictures belonging to liturgical seasons.
- Split children into 4 groups.
- Ask them to pick one season and create a collage.
- The best collage with correct pictures and aesthetically arranged will get the 300 points, the second 250, then 200, 150.

Session 3

Ignatian Meditation



The
**Spiritual
Exercises**
of
**St. Ignatius
of Loyola**

Session 2

Video: Ignatian Meditation



<https://www.youtube.com/watch?v=yTgjsU26SVc&t=690s>

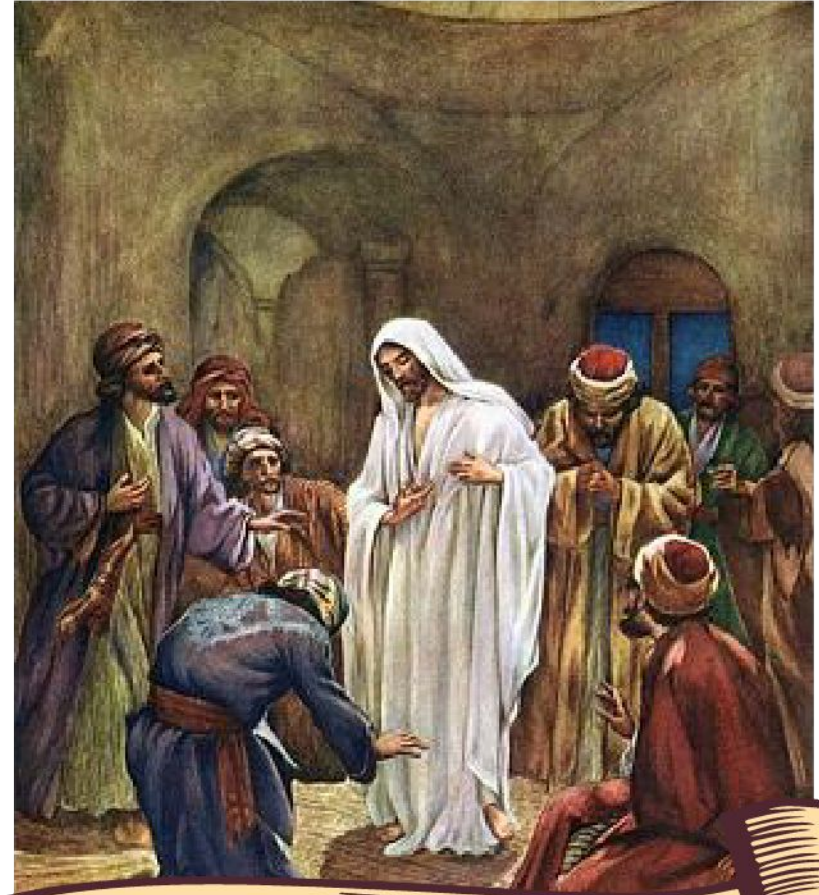
- Play the youtube link upto 5.35 and then from 8.33 onwards

<https://m.youtube.com/watch?v=yTgjsU26SVc>

Session 3

Ignatian Meditation

- Find a comfortable place and posture for meditation.
- Relax your body.
- When the Bible passage is read, immerse yourself in the experience.
- Ask God what about the message he has for you.
- Reflect on the message.



*Then he breathed on them and said,
"Receive the Holy Spirit."*

John 20:21-22

Session 3

Ignatian Meditation

John 20: 19 – 31 (Jesus Breathed the Spirit on Them)

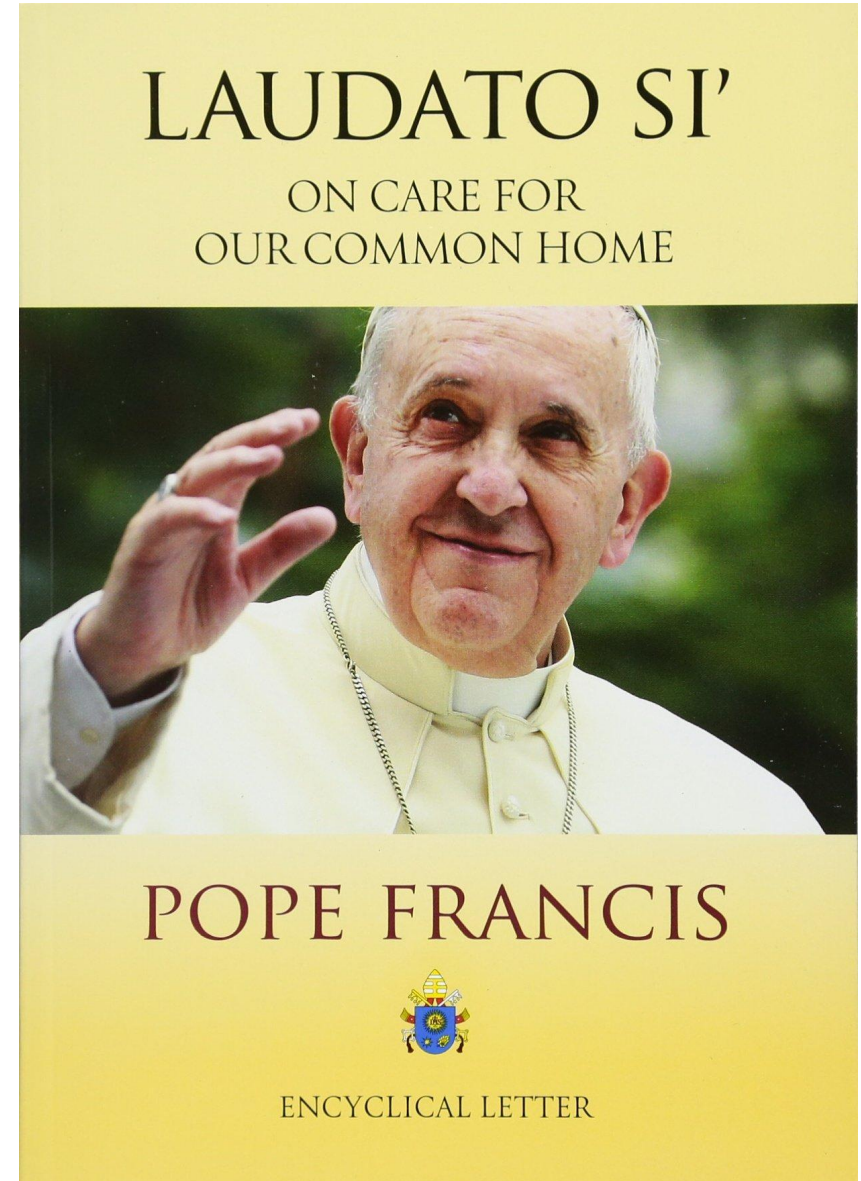
- Breathing can be thought of as purely functional inspiration and expiration; but it is essential for life.
- The word “breathed” is unique in the New Testament and is only found in two other places in the scripture.
- In Genesis we read “God breathed into his (Adam) nostrils the breath of life.
- The book of wisdom speaks of God “who breathed the living spirit into them” (15:11)
- In John 20:19 Jesus breathed on the disciples gathered and created them as a new community.



Session 3

Ignatian Meditation

- Pope Francis introduced the phrase “integral ecology” in Laudato Si’
- Air is interconnected to atoms and subatomic particles in both plants and animals.
- We must understand the significance of life and the sustaining breath, to believe and continue the mission of God as Church, the community of believers.



Share Your Experience:



How did you feel?



Did any verse stand out to you?



Reflect on your senses: What did you see? What did you hear? What could you smell or taste? What could you feel/touch, who was around you?



MOTHER MARY & DISCIPLESHIP



Item	Duration	Start Time	End Time
Holy Mass & Inauguration	1:30		
Tea Break			
Session 1 - Introduction - Ice Breaker - Theme Presentation - Game 1 - Game 2 - Conclusion	1:30		
Lunch Break			
Session 2 - Introduction - Ice Breaker - Theme Presentation - Game 1 - Game 2 - Conclusion	1:30		
Tea Break			
Session 3 - Introduction - Theme Presentation - Game 1 - Conclusion	1:30		
Break			
Session 4 - Introduction - Ice Breaker - Theme Presentation - Game 1 - Game 2 - Conclusion	1.30		
Finale Practise			



IS OUR HOPE

**MOTHER
MARY**

DAY 3

Session 1

Mary - The True Disciple

Session 1 - Overview

Item	Duration	Description or Details
Introduction	0:05	
Ice Breaker	0:15	Balloon Pop Relay
Theme Presentation	0:20	Mary The True Disciple
Game 1	0:15	Pass it On
Game 2	0:00	
Conclusion	0:06	

Session 1

Ice breaker

Balloon Pop Relay

Materials Required

- Balloons, Chairs

How to Play

- Divide to two equal groups
- Each player blows his/her own balloon and lines up.
- Chairs are placed at the other end
- First player in each group holds the balloon in between the legs and hops to reach the chair and places the balloon on the chair and pops by sitting on it.
- The player then runs back and gives a high 5 to the second player and moves back. All players repeat the same.
- The team which completes the first wins.



Session 1

Mary, The True Disciple



- Mary understood the work of the Holy Spirit unlike anyone in history. She had been clothed in that wonderful gift when she was first visited by the angel. It empowered her to live her whole life in complete surrender to God's will and to thereby prefigure the mission of the entire Christian community throughout history. She was the first disciple.
- The events quoted in the Gospel on our mother portrays how she lived a life of True Discipleship.
- Her acceptance to the will of God shows how much she respected and Obeyed the word of God in her Life.

Session 1

Mary, The True Disciple



How can we relate this to our current times?

- **Pro life:** Belief in an Incarnate God who himself 'took flesh' as a human embryo in the womb of Mary, who was heralded while still an embryo by his foetal cousin and developed from embryo to an adult, and in his mother as one free from sin 'from the first moment of her conception', intensifies Christian love for the weakest of these his embryonic brethren.
- **Working on Sundays:**

Session 1

Mary, The True Disciple



Visitation

- Let us bring the same sentiments of praise and thanksgiving of Mary to the Lord, her faith and her hope, her docile abandonment in the hands of Divine Providence.
- May we imitate her example of readiness and generosity in the service of our brethren. Indeed, only by accepting God's love and making of our existence a selfless and generous service to our neighbor, can we joyfully lift a song of praise to the Lord.
- We can practise this through simple measures like accompanying sick and sorrowful people in their needs, by lending a hand to the oppressed and needy, to make ourselves available to our brethren when in need.

Session 1

Mary, The True Disciple



Praying With Mother Mary

- The Catechism of the Catholic Church (CCC) teaches us that Mary is our spiritual mother “in the order of grace” and “by her manifold intercession continues to bring us the gifts of eternal salvation” (CCC, 96).
- Our Mother will be satisfied and consoled when She sees the souls that go to honor, to adore and to love the Eucharist on the altars. The Eucharist is by far one of the greatest gifts we have received through Mary.
- Participating in the Holy Mass and offering ourselves as a sacrifice is the best way of prayer that Mother Mary teaches us.

Session 1

Mary, The True Disciple



Pray To Mother Mary

- Satan, the “serpent,” has been defeated through the sacrifice of Jesus on the cross. Mary’s “Yes” made that possible, and through her free choice our Messiah came into the world. Mary remains the **“Terror of Demons,”** and it is no surprise that **demons often flee at the name of Mary**, fearful of the woman who reversed the disobedience of Eve.
- Mary’s prayers are powerful because they are always in sync with God’s desires.
- Mary’s prayers are efficacious because she is intimately acquainted with the life of the Trinity as daughter of the Father, mother to the Son, and spouse of the Holy Spirit..

Session 1

Game 1

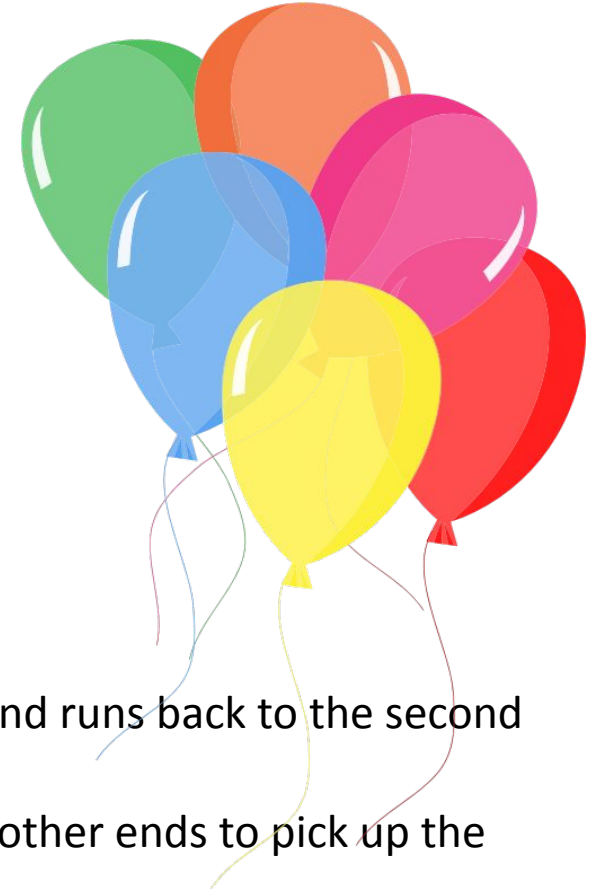
Balloon Train

Materials Required

- Balloons, Chairs

How to Play

- Divide to two equal groups and all for a straight line
- Blown up balloons are placed at the other end.
- The first player in each team runs to the other end to pick up the first balloon and runs back to the second player in the team.
- The two of them keeps the balloon in between them and move together to the other ends to pick up the next balloon and walks together to the third player.
- The game continues until all players repeat the same and the team that completes the train without dropping the ballon wins.
- If any player drops the balloon the game starts again from the first person.
- Link - <https://www.youtube.com/watch?v=rRReE8xW9Cs>.



Session 1

Game 1

Message

- The balloon is our faith in Jesus Christ
- We hold on to this faith strongly as Mother Mary practised in her life.
- We then pass on this to our friends and lead them to reach the Heavenly Home which is what Mother Mary intends to do as a True disciple of God.
- We are all called to be true disciples of Christ like Mary.



BREAK

DAY 3

Session 2

Mary - The Powerful Intercessor

Session 2 - Overview

Item	Duration	Description or Details
Introduction	0:05	
Ice Breaker	0:15	Balance the Ball
Theme Presentation	0:15	Mary The Powerful Intercessor
Game 1	0:15	Goal
Game 2	0:00	
Conclusion	0:06	

Session 2

Ice breaker

Balance The Ball



Materials Required

- Tennis Balls, Chopsticks

How to Play

- Divide to two equal teams
- Each team is provided with chopsticks and a ball.
- The teams together balance the ball with the sticks and reach the end point.
- The game is repeated for a fixed time limit. The team that makes the maximum successful attempts wins.

Session 2

Mary, The Powerful Intercessor



- During her life on earth, Mary appears in the gospels as distributing graces.
- Jesus sanctifies the precursor through her when she comes to visit her cousin Elizabeth.
- Through her he confirms the faith of his disciples at Cana by performing the miracle for which she asked.
- Through her he confirms John's faith on Calvary, saying: "Son, behold thy mother."
- Through her finally the Holy Spirit gave himself to the Apostles, for we read in the Acts (Acts 1:14) that she prayed with them in the Cenacle while they prepared themselves for the apostolate and for the light and strength and graces of Pentecost.

Session 2

Mary, The Powerful Intercessor



- With still greater reason is Mary powerful in her intercession now that she has entered heaven and has been lifted up above the choirs of the angels. The Christian sense of the faithful assures us that a mother in heaven knows the spiritual needs of the children she has left behind her on earth, and that she prays for their salvation.
- As Mother of all men Mary knows the spiritual needs of all men, knows all that concerns their salvation. Because of her immense charity she prays for them. And since she is all-powerful with her Son because of the love by which they are united, she obtains from him all the graces for which she asks - that is to say, all the graces we receive. This power of Mary's intercession is proclaimed by the faithful each time they recite the Hail Mary.
- Knowing our spiritual needs and even the temporal needs which are connected with our salvation Mary is obviously impelled by her great charity to intercede for us. If a mother but suspects that her child needs her help, she flies to its side.

“

**Blessed are those
who cherish the name of Mary.
Her favor will sustain them in the midst of trials
and they will bring forth fruits of salvation.**

Saint Anthony of Padua

”





**You are not alone, my child,
and you must not be sad.
I will be with you always,
and my Immaculate Heart will be
your comfort and the way
which will lead you to God.**

Our Lady of Fatima
June 13, 1917

Session 2

Video:

Powerful Miracles through Mother Mary's intercession



<https://www.youtube.com/watch?v=tpB8koNZB9Q>

Session 2

Mary, The Powerful Intercessor



How do we show our love for Mother Mary?

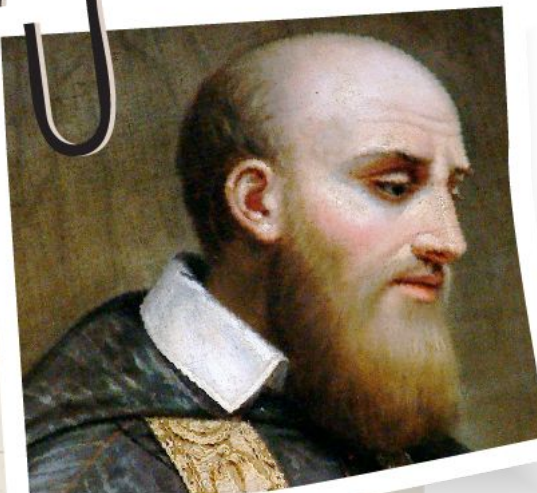
- Our love for Mary should motivate us to a greater sense of prayer.
- St. Augustine reminds us that Mary conceived Christ in her heart before she conceived him in her womb.
- She was totally devoted to the Word. In this sense, following Mary's example, the Scriptures ought to have a unique and integral part in our daily prayer lives.
- In addition, our devotion to Mary leads us to pray the rosary.
- Just so, each bead of the rosary is a spoken "I love you" directed to the Trinity through Jesus or through Mary to Jesus.
- Our "Hail Mary" deepens our love for the one who shows us how to trust in God's plan, to be close to her son and to endure the cross until we experience his resurrection.
- By meditating on the mysteries of our salvation, we gain strength for living our role in that saving plan today.
- Finally, the place of Mary is always at the foot of the cross of Jesus. She walks with Christ, and stands by him, eager to comfort and to obey. So, when I pray to Jesus or through Jesus to the Father, I am not surprised to find Mary by my side.
- She is our "tainted nature's solitary boast" and as such she is a profound source of our joy as well as a practical help to our salvation.

“

**Let us run to Mary,
as her little children.
Cast ourselves into her arms
with a perfect confidence.**

Saint Francis de Sales

”



Session 2

Activity

Rosary



Materials Required

- Balls, paper/post it notes, thin rope

How to Conduct the Activity

- Each student writes down an intersessional prayer on the paper and sticks on the ball.
- The students and teachers together add the balls to the rope to make a huge rosary.

Session 2

Game 1

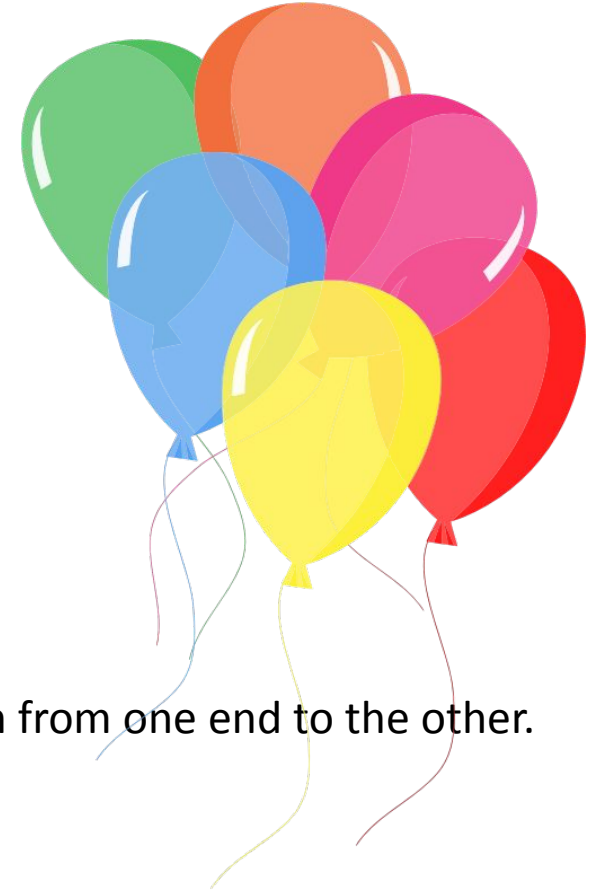
Goal

Materials Required

- Chart, Balloons, Buckets

How to Play

- Divide to two groups
- One player from each group uses the rolled chart to move the blown-up balloon from one end to the other.
- The player ensures the balloon is placed into the tub at the other end.
- Every player takes a turn(if time permits) or selected players play.
- The player who places the balloon in the tub first wins and gets a point
- The team with maximum points wins the game.



Session 2

Game 1

Message

- The Charts represents each one of us, the tub represents the church, and the balloon represents the souls.
- We as Catholics are responsible for each other and lead to the safe destination which is the Church.
- This is what Mother Mary does, she prays hard to save each one of us to be one with Jesus.
- Mother Mary invites each one of us to join this mission and intercede for each other.



Session 2

Activity

Ignatian Meditation

Read the following Gospel passage

John 2:1-11



On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, “They have no wine.” And Jesus said to her, “Woman, what concern is that to you and to me? My hour has not yet come.” His mother said to the servants, “Do whatever he tells you.” Now standing there were six stone water jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, “Fill the jars with water.” And they filled them up to the brim. He said to them, “Now draw some out, and take it to the chief steward.” So, they took it. When the steward tasted the water that had become wine and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, “Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now.” Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.

Session 2

Activity

Ignatian Meditation



Instructions

Close your eyes and listen to the reading

What sounds can you hear?

What smells can you feel?

What emotions can you feel?

Identify yourself in the passage.

Ask Holy spirit to talk to you through the passage

BREAK

DAY 3

Session 3

Mary - A Mother of All Times

Session 3 - Overview

Item	Duration	Description or Details
Introduction	0:05	A mother of All Times and All Cultures
Theme Presentation	0:20	Marian apparitions and Mary's intervention in World History Mary in Cultures The Litany- A reminder of the roles she plays in Salvation history and in our life
Game 1	0:15	
Conclusion	0:05	Goal

Session 3

Introducton




Mother - The parting gift of Jesus to Mankind

....from that moment Mary became mother of the whole mankind

What makes Mary unique?

- As the Mother of God, the Virgin Mary has a unique position among the saints, indeed, among all creatures.
- She is exalted, yet still one of us.
- Mary embraces God's will and freely chooses to cooperate with God's grace, thereby fulfilling a crucial role in God's plan of salvation.



When Jesus then saw His
mother and the disciple
whom He loved standing
nearby, He said to His
mother,

**“WOMAN,
BEHOLD, YOUR
SON!”**

Then He said to the disciple,

**“BEHOLD, YOUR
MOTHER!”**

From that hour the disciple
took her into his own
household.

John 19:26-27



Session 3

Illuminating the World with Her Presence



Session 3

Marian Apparitions



- These maps, produced by National Geographic, show the geography of Marian visitations, in Europe and in the rest of the world.
- Crosses show where the Virgin Mary appeared to a future saint.
- Yellow dots mark visitations related by tradition (but not attested by the Vatican).
- Blue dots denote more recent, but as yet unconfirmed apparitions.
- Green dots signify visions approved as 'worthy of faith', but not supernatural.
- Red dots mean a local bishop has 'approved' the apparition as genuine.
- Larger red dots (for named apparitions) mark those that have also been recognized by the Vatican.

Session 3

A Mother Across All Cultures

Images Around the World



Session 3

Cultural Importance of Mary



- The Virgin Mary has achieved great cultural importance. Popular devotion to Mary - in such forms as feasts, devotional services, and the rosary - has played a tremendously important role in the lives of Catholics and the Orthodox
- What is said of Mary is derived from what is said of Jesus.
- She has also been known as “the first believer” and as the one in whom the humanity of the church was representatively embodied.

Session 2

Video: Cultural Importance of Mary



<https://www.youtube.com/watch?v=KuDo0orNsMU>

Session 3

The Seven sorrows of Mary

Strength of People Who are Suffering



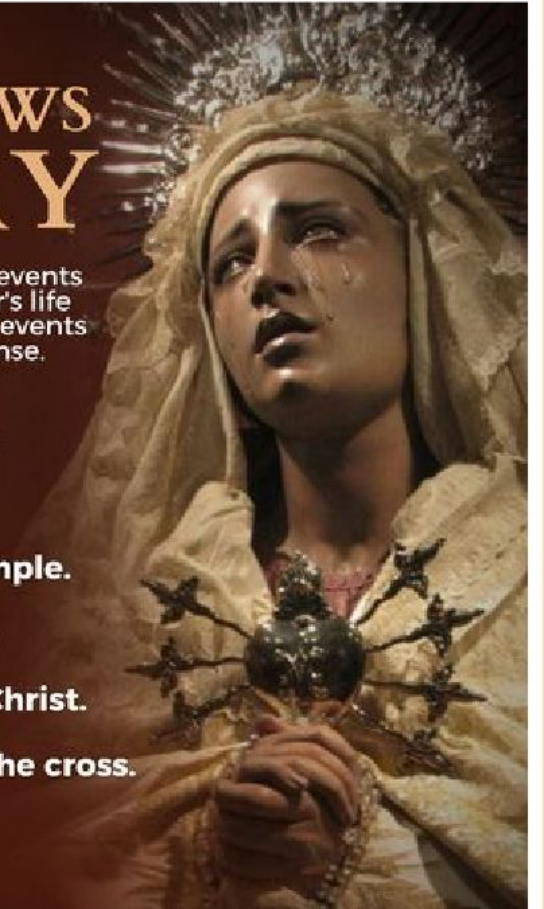
**Strengthening
the suffering children
as a loving mother**



THE 7 SORROWS OF MARY

The 7 sorrows identify the seven events or periods in the Blessed Mother's life when her suffering prompted by events in her Son's life was most intense.

- ✓ The prophecy of Simeon.
- ✓ The flight into Egypt.
- ✓ The 3 days loss in the temple.
- ✓ Jesus carrying the cross.
- ✓ The crucifixion of Jesus Christ.
- ✓ Jesus taken down from the cross.
- ✓ Jesus laid in the tomb.



Session 3

Litany

A Daily Reminder of Different Roles of Mother in Our Life



- The Litany of The Blessed Virgin Mary, also known as the Litany of Loreto, is a popular prayer of supplication, once prayed in processions to atone for sins and to prevent calamities.
- Pilgrims at the famous Marian Shrine in Loreto, Italy used it in the 16th century, and it was approved in 1587 by Pope Sixtus V.
- Although it is often prayed privately, especially after the rosary, the Litany of the Blessed Virgin Mary has the distinction of being one of only six litanies approved for public recitation by the Holy See.
- Its invocations to our Blessed Mother include titles given to her by the early Church Fathers in the first few centuries of Christianity.

Session 3

Litany

Responding to the Needs of Our Times



- “Referring to the present times, marked by feelings of uncertainty and trepidation, the People of God,” they say, “devoutly recourse to her, full of affection and trust.”
- According to directions, the invocation, “Mother of mercy” is to be inserted after “Mother of the Church”, “Mother of hope” after “Mother of Divine Grace” and “Solace of migrants” after “Refuge of sinners”.
- These invocations “respond to the realities of the time that we are living”. Speaking to Vatican News, he said that many people across the world who are afflicted in many ways, not only by the Covid-19 pandemic, but also forced from their homes because of poverty, conflict and other reasons, are invoking Our Lady.
- The Holy Father wanted to respond to this moment by including these invocations. “All these invocations have been put into the Litany of Loreto, which is beloved by people throughout the world.” “It is now responding to a real need that there is in our world today for the assistance of Our Blessed Lady.”

BREAK

An orange banner with rounded corners and a drop shadow, appearing to be a piece of paper or a ribbon. It is centered on a white background.

DAY 3

Session 4

Marian Devotion in the Church

Session 4 - Overview

Item	Duration	Description or Details
Introduction	0:05	
Ice Breaker	0:10	Word Chains
Theme Presentation	0:15	Marian Devotion in the Church
Game 1	0:30	Straws & Gems
Game 2	0:30	Stack It Up
Conclusion	0:05	

Session 4

Ice breaker

Word Chains



Materials Required

- None

How to Play

- Have everyone sit in a circle and pick a category.
- The first player must name an item in that category.
- The player to the left continues by naming another item in the same category that begins with the last letter of the previous item.
 - For example, if the category is food, the first player can say “pizza”. Since the last letter of this word is “A”, the next player must name a food that begins with the letter A.
 - For each category, the items listed cannot be repeated.

Session 4

Ice breaker

Word Chains



Tips

- Select categories that your players are familiar with. You can ask your players for suggestions, or use some of these examples: Food, fruit, animals, names of people, cartoon characters or countries.
- Avoid embarrassing those who are not good with spelling.
- (If you are not sure of the literacy level of your players, be sure to tell everyone the last letter of each item named)
- You can also consider allowing players to skip their turn by saying “pass”.

Session 4

Marian Devotion in the Church



- Catholics believe that worship is due to God alone.
- Catholics do, however, venerate Mary.
- In other words, we honour our Blessed Mother with great reverence and devotion because she is the Mother of God.
- Mary is the model of perfect love and obedience to Christ.
- God preserved Mary from sin, and she conceived our Lord by the power of the Holy Spirit, bringing Christ into our world.
- Catholics can't help but honour the Blessed Virgin Mary, who is full of grace, the Mother of God and our Mother, for her "yes" to God that made the Incarnation possible.
- And without the Incarnation, we would not have salvation.

Session 4

Marian Devotion in the Church



- Mary is the most beautiful model of total submission to the will of God.
- Catholics do not view Mary as equal to Christ, but rather venerate Mary because of her relationship to Christ.
- The Catechism of the Catholic Church explains, “Mary’s role in the Church is inseparable from her union with Christ and flows directly from it” (CCC 964).

Session 4

Game 1

Straws & Gems



Materials Required

- M&M's, Straws, Plastic Cups

Supplies

- 1 straw per kid (get extra in case you buy cheap defective straws with cracks in them).
- Regular M&Ms (peanut ones would probably be too big and M&M minis would be too small).
- Split the room in half or make several teams, depending on the size of your group. Give everyone straws.
- Have each team form a line.
- At the starting line there is an empty bowl (one for each team).
- On the opposite side of the starting line is another bowl filled with M&Ms. One bowl per team.
- Give each bowl an even amount of M&Ms.

Session 4

Game 1

Straws & Gems



How to Play

- Students run to the bowl of M&M's, pick up a single M&M by sucking through the straw continually, run back to their team's empty bowl and drop it in.
- Quite a few M&M's will probably get dropped on the floor between the bowls as the students try to transfer them.
- You can either decide to make those "un-playable" and only count M&Ms that make it across the room in one trip or let the students re-suck them through their straws off the floor and carry them to their bowls (that's what we do).
- The team that transfers all of their bowl first wins or stop the game before a certain amount of time and count the number of M&Ms in each bowl.

Tips:

- Test this out ahead of time so you can make the distance between bowls appropriate. It's not as hard as it sounds.
- Don't buy bendy straws.
- Demonstrate for the students.

Session 4

Game 1

Message

- Marian devotion has been transferred through generations.
- They were formed from Marian experience of individuals.
- We also need to do our part to preserve and continue this sacred tradition.



Session 4

Marian Devotion in the Church



Praying the rosary



Scapular



Our Lady of Fatima,
Portugal

- Marian devotion is seen in the Church starting from the very first century itself.
- All those most significant devotional practices to Mother Mary have originated from the liturgy or are integrated into liturgical celebrations both in the Oriental and Western Churches.
- Marian devotion is expressed through the recitation of rosary, wearing the scapular, pilgrimage to Marian Shrines, observation of fasting and abstinence and celebration of Marian Festivals.

Session 4

Marian Devotion in the Church



- The Mar Thomma Christians have always been eager to follow and advance in Marian devotion along with their liturgical practices.
- Every Wednesday was set apart for Marian devotion.
- In the Syro-Malabar liturgy 'Yama Prarthana' has a significant place and it is in this prayer that Marian devotion is officially reflected. In our Church, the 'Yama Prarthana' of Wednesday is enriched with hymns and prayers in honour of Mary, our mother. All the festivals of Mary have been very faithfully observed and celebrated in all our churches from the very beginning. It is particularly worth remembering that Mar Thomma Christians observed fast and abstinence in preparation for the important Marian Festivals. They observed fifteen days' abstinence in preparation for the feast of Assumption and eight days' abstinence before the feast of Mary's Nativity.
- The month of May is dedicated to Mother Mary.
- The month of October is dedicated for Rosary.

Session 4

Important Feasts in honour of Mary

FEBRUARY 2

**The Feast of
the Purification
of Mary**

MARCH 25

**The Feast of
the Annunciation**

JULY 16

**The Feast of
Mother Carmel**

AUGUST 15

**The Feast of
the Assumption
of Mary**

SEPTEMBER 8

**The Nativity
of Mary**

DECEMBER 8

**The Feast of
the Immaculate
Conception
of Mary**

**THE SUNDAY
AFTER CHRISTMAS**

**The Motherhood
of Mary**

**THE DAY
AFTER THE FEAST OF
THE SACRED HEART OF JESUS**

**The Feast of
the Sacred Heart
of Mary**

Session 4

Video:

Marian devotion enhances our love for Jesus. Let us live in Marian devotion and complete our pilgrimage to heaven along with Mary, our mother



<https://www.youtube.com/shorts/VXZctKhzUNU>

Session 4

Video: Hail Mary in Syriac language



https://www.youtube.com/watch?v=h_F868g2yzI

Session 4

Game 2

Stack It Up

Materials Required

- Tables & 20 Big Plastic Cups Suitable for Stacking

How to Play

- Set up a table with two sets of 10 cups stacked in piles on either side.
- Put students into 2 groups of even numbers.
- Students work in pairs. One of them should spread the cups as a tower in the pattern 4,3,2,1 and the other student put the cups back as a pile.
- Then the next pair from their group come forward and do the same.
- The group which finishes in the least amount of time is the winner.
- If someone drops the cup, they need to start all over again.



Session 4

Game 2

Message

- If we need to preserve our Catholic Faith and tradition, we need each individual's effort as well as the community effort.
- Let's work with our Church to preserve our Marian devotion.



Session 4

Conclusion & Summary

- The Syro Malabar Church gives great importance to Marian devotion.
- In many of our parishes, it's a usual practise to pray the rosary before or after the Holy Qurbana.
- Let's thank Jesus for giving us such a beautiful Mother.



Share Your Experience:



How did you feel?



Did any verse stand out to you?



Reflect on your senses: What did you see? What did you hear? What could you smell or taste? What could you feel/touch, who was around you?

