



GROUP 1 - FAITH
Department of Catechesis
Syro-Malabar Eparchy of Melbourne

FAITH FEST 2024



Something
Beautiful
for
GOD v4



FAITH FEST 2024



**DEPARTMENT OF CATECHESIS
SYRO-MALABAR EPARCHY OF MELBOURNE**



FOCUS OF THE YEAR

**DIVINE VIRTUE OF CHARITY (LOVE) -
LEARNED IN THE CONTEXT OF
TEN COMMANDMENTS**





Group 1

FAITH

Year 1, 2 & 3

Our Syro- Malabar Catholic Church

- The Syro-Malabar Church traces its origin to St Thomas the Apostle, who came to India in 52 A.D., its members being called St. Thomas Christians.
- Thomas became the first apostle to explicitly acknowledge Jesus' divinity crying "My Lord and my God."



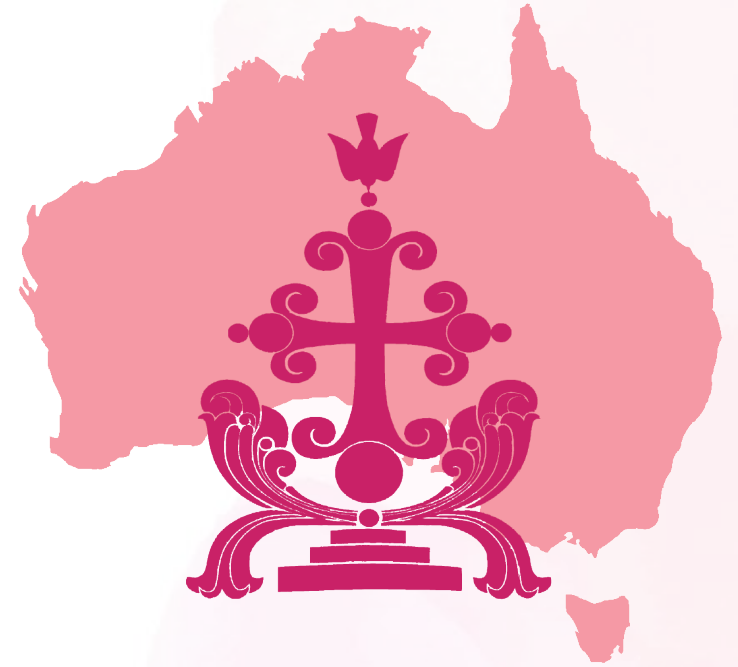
എൻ കർത്താവേ
മാർ വാലാഹ് എൻ ദൈവമേ
Mār Wālāh
"And my God" "My Lord"

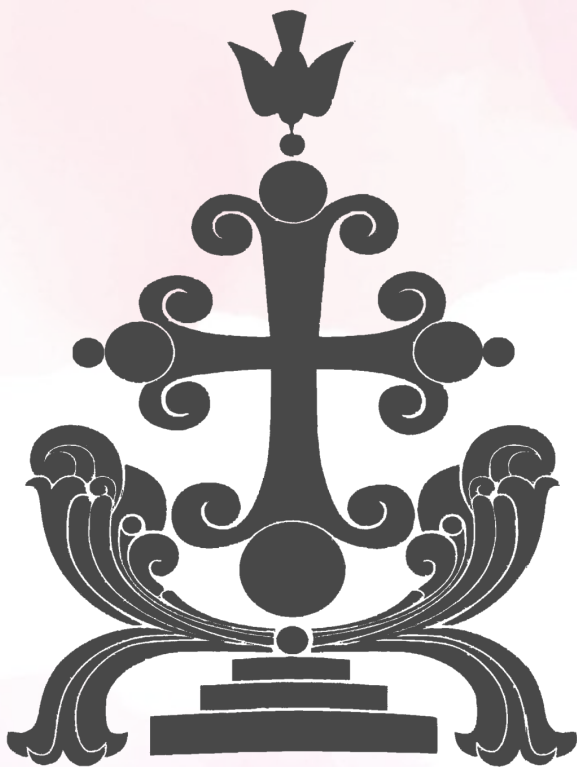


The Syro-Malabar Eparchy of St Thomas the Apostle, Melbourne

For Australia & wider regions of Oceania

- On 23 December 2013 Holy Father Pope Francis established The Syro-Malabar Eparchy of St Thomas the Apostle, Melbourne for Australia, Bishop Bosco Puthur, as the first Bishop/Eparch of the new Eparchy.
- On January 2023, Pope Francis appointed Bishop John as the second bishop of the Syro-Malabar Eparchy at Thomas the Apostle in Melbourne.





**LOVE YOUR
SYRO-MALABAR CATHOLIC CHURCH
AND BE PROUD OF ITS
GREAT FAITH & TRADITIONS**



- What is the name of your Syro-Malabar parish?
- Who is your parish priest?

To Include in Day Schedule

Day 1	Holy Qurbana Inauguration General Instructions / Housekeeping Rules Three Sessions
Day 2	Holy Qurbana Wear Traditional Dress Bring Traditional Food Prepare Pesaha Appam Performing Traditional Dance
Day 3	Holy Qurbana Finale <i>Finale Rules: Each group will be provided 5 minutes. They need to perform (dance/skit/act) related to the theme. After this all groups will perform together for same song/dance for 3-5 mins.</i>





- This Faith fest is in continuation with the Last Year's Faith fest & its Themes.
- Last year, we learned about the theological virtues **Faith & Hope**

Faith fest 2024

This year, we will learn about **Charity**,
the third theological virtue in the Context of 10 Commandments



DAY 1

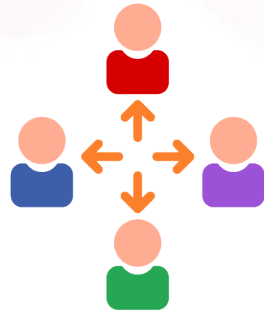
Love/Charity/Caritas



Day 1: Formation of Groups

- Team will be divided into smaller groups by saint name for managing group activities. Suggested sub-group names:-

- Mar Adai
- Mar Mari
- Mar Aphrem
- Mar Thoma



- ✓ Each subgroup will have one teacher/volunteer assigned / introduced.
- ✓ There will be points for games, activities & poster making.
- ✓ Team which gets the highest point will be the winners at the end of the day.



RUN SHEET FOR THE DAY



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

Introduction



Introduce each teacher
and other resource
personnel



General safety rules
(Do's and don'ts)



Children to report any
concerns to teachers,
housekeeping
requirements



Explanation of
the day's agenda



Explanation of
the day's slogan



Prayer



**GREATEST COMMANDMENT:
 LOVE THE LORD YOUR GOD WITH ALL YOUR HEART
 AND WITH ALL YOUR SOUL AND WITH ALL YOUR MIND.
 LOVE YOUR NEIGHBOUR AS YOURSELF.
 MATHEW 22: 37-39**



DAY 1

SESSION 1

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	





Prayer

Praise you Jesus - Teacher

Thank-you Jesus - Students

We praise the Lord for His steadfast love and his works.

Dear God we want to praise You because we love You and because of how awesome and wonderful You are.



Ice Breaker - Pass the Parcel



Materials Required:

- ◇ Paper wrapped package, gift, music

Rules:

- ◇ Wrap the prize in multiple layers of paper.
- ◇ On each paper write a funny action or activity
- ◇ Children to sit in a circle and pass the package when the music starts
- ◇ Stop passing the parcel when the music stops.
- ◇ The person who has the package when the music stops must remove one layer of paper and do the action or activity.
- ◇ After they have finished, the music starts again and the present keeps going around the circle.
- ◇ The person who unwraps the last layer keeps the gift.



Ice Breaker - Pass the Parcel



Activity or action examples:

- ◇ Sing a song
- ◇ Do a dance
- ◇ Tell a joke
- ◇ Make a funny face
- ◇ Pat your head while rubbing your stomach



Slogan



**Give Thanks to the Lord,
For He is good,
His Love Endures forever.**

Psalms 106:1

Theme presentation: Charity/Love is a virtue

- **What do you understand by the word virtue?**
- **Virtues** are gifts from God that allow us to be closer to him.
- **Why we need to practice virtues?**
- Virtues are like **habits** because without practicing them often, you will stop being good.

Healthy Habits



EXERCISE



HEALTHY EATING



STRESS MANAGEMENT



DRINKING WATER

Theme presentation: Theological Virtues



THEOLOGICAL VIRTUES

FAITH

The virtue by which we believe in God and in all that He has revealed to us.



HOPE

The virtue by which we trust God will fulfill his promises and look forward to eternal life.



CHARITY

The virtue by which we love God above all things and our neighbor as ourselves.



Faith, hope, charity/love

Faith



Faith is when we have confidence or trust in God.

Our faith is shown when saying the prayers and partaking in the traditions of the Church.

Hope



Hope is the confidence that God will hear our prayers and provide for us according to his will.

Charity/love



Charity/love is seeing God in those around you and always being ready to help especially towards the needy and suffering.

Activity

Virtue Jar Game

Materials Required:

- 3 mason jars with labels of faith, hope and charity (for each group)
- Paddle pop sticks with Faith, Hope, and Charity prompts x 30 (10 per group)

Rules:

- Divide the class into 3 groups
- The first player in a team picks a clothespin out of the bag and reads what is written on it out loud.
- Team members then discuss which jar it should go into (either Faith, Hope or Charity).
- Player places it into the appropriate jar
- The first team to place all 10 paddle pops in the correct jar wins



Activity

Clothespin Drop Game

Example prompts:

- Saying bedtime prayers (Act of Faith)
- Believing that God is all powerful (Act of Faith)
- Reading the Bible to learn about Jesus' life (Act of Faith)
- Learning about God by going to Qurbana (Act of Faith)
- Desiring forgiveness when you do something wrong (Act of Hope)
- Trusting that if you lose your entire house God will take care of you (Act of Hope)
- Trusting that God will heal you when you are sick (Act of Hope and Faith)
- Longing to be in heaven with God when you die (Act of Hope and Faith)
- Smiling at someone on the bus who is grumpy (Act of Charity)
- Using your allowance to buy a Christmas gift for the poor (Act of Charity)
- Giving canned food to the food shelter (Act of Charity)
- Putting your dirty dishes in the dishwasher (Act of Charity)



Activity

Message



*“And now abide faith,
hope, love, these three;
but the greatest of
these is love.”*

1 Corinthians 13:13

Through this activity, the children not only understand how to perform these 3 virtues in their daily life through the example prompts but by separating the virtues into the 3 jars they are able to comprehend their differences.

Love/Charity/Caritas

Today, we focus to learn on the virtue of Love, The greatest commandment of Jesus!


Caritas:

- Caritas is a Latin word meaning “love”.
- “And now faith, hope and love abide, these three; and the greatest of these is love” (1 Cor 13:13)
- Charity means we love God above all, and our neighbours as ourselves for the love of God.

Charity video

- <https://youtu.be/4J6EDnrakD4?si=RVz-hLgo-la8fdD>
- or
- <https://youtu.be/mdSfg8qO8ts?si=IJdHPXCfwD-AfG0S>





CHARITY IS NOT ABOUT GIVING
ALMS TO THE POOR AND NEEDY,
BUT IS ALL ABOUT LOVING GOD
AND OUR FELLOW BEINGS

Theme presentation: Charity/Love

Charity/ love comes from God. It is a gift given to us by God freely. "The charity of God is poured forth in our hearts, by the Holy Spirit" (Rom 5: 5).



Charity/ Love leads us to God. It is up to us to decide whether or not we want to accept and use them.



Charity/ Love provides the foundation for the Christian's entire moral life because they give life to all other virtues. Charity binds everything together in perfect harmony"



Activity

Song

Play action song on a shared device and help children do sing the song on hope along with the actions played in the video link below:

<https://youtu.be/FOsnEkcKWKM?si=OGBWJbMww14f9H9k>



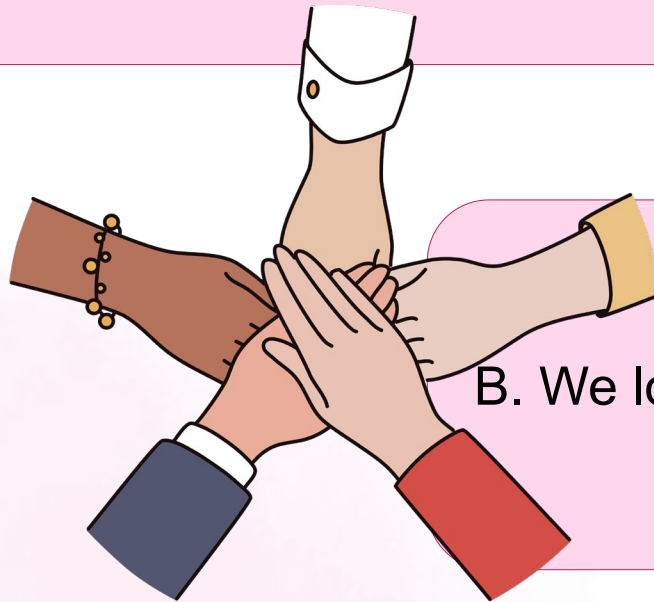
Theme presentation: Charity/Caritas

Charity/ Caritas can be split in 2 ways:

A. We love God above all things



B. We love our neighbour as ourselves for the love of God



Theme presentation: Charity/Caritas

Charity/ Caritas: It is a reflection of the love shared , it's the Love between people.

Why should have the habit of charity?

- We should help others those who are in need to love our God and our neighbour

Caritas: meaning of caritas is charity/love.

- There are organization or institution ,”Caritas” set up to provide help to others which is a great way to reach out people. It functions in almost all countries. The organisation will be called in each country’s name; ex Caritas Australia, Caritas India and so on.
- Help the people in their need like provide money, food and help them in their needs.

Videos:

- https://www.youtube.com/watch?v=4J6EDnrakD4&ab_channel=LatterDayKids
- https://www.youtube.com/watch?v=JnYBvLY0GOg&ab_channel=OneMinuteClass

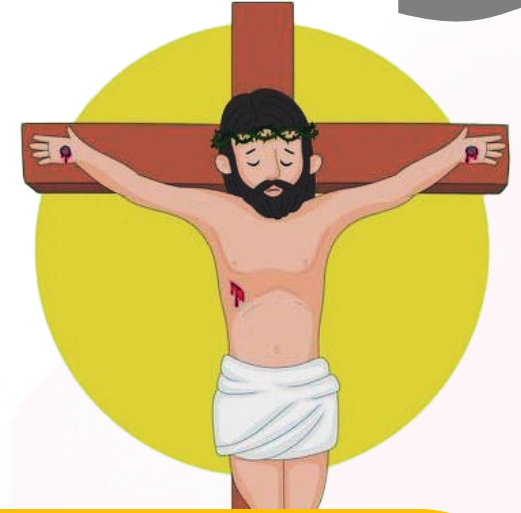


Theme presentation: Charity/Caritas

- It is up to us on whether we choose to be charitable or not.
- Choosing charity and love when it is difficult is truly Christian. Sometimes, this is extremely hard to do, however, if you choose for charity, you will receive multiple blessings.
- For example, being kind to your siblings even if they didn't share their toys with you
- Our acts should rely on God in prayer in order that it be the authentic acts of charity

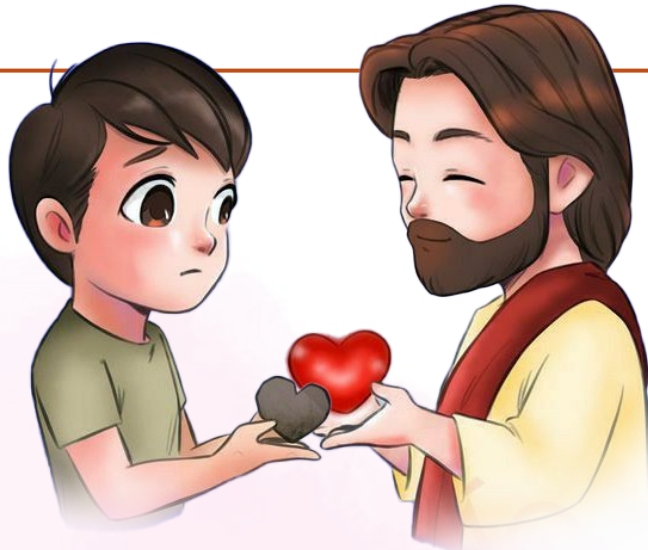


Charity is an authentic love!



Authentic Love:

1. Recognize God's love for you and all of His creation.
2. Reflect that love back into the world. It is to honour everyone and everything as God does.



Crucified Jesus is the perfect example of this authentic love. Whenever we have any questions about how to act in charity, all we need to do is look at the cross. Jesus put our ultimate well-being ahead of his own, and suffered so that we might be saved from our own sins.



Conclusion & Summary



GROUP 1 - FAITH
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BREAK



DAY 1

SESSION 2-
Charity(Love) &
the Ten Commandments

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	



Slogan



**Give Thanks to the Lord,
For He is good,
His Love Endures forever.**

Psalms 106:1

Charity & Ten Commandments

Song:

*Anna Pesaha Thirunnaalil
Karthavaruliya Kalpana pol
Thirunaamathil chernneedam
Orumayodee bali Arppikaam!*

Or

As our Lord Commanded

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



Practice the above song as time permit:

Discuss with students on the above song to which command should come to our heart and how do we participate during Qurbana .

It reminds us our Lord's command to celebrate this sacrament.

Charity & Ten Commandments

What is Holy Qurbana?

It is the real repetition of our Lord's sacrifice at calvary. It was his greatest act of Love for us!

During the last supper when Jesus asks us to "Do this in memory of me", this song remind us our Lord's command to celebrate this sacrament and also to bring together or restore the friendship. Jesus was not only asking us to participate in the Qurbana but also asking us to break ourselves for others for the love of Christ. This should happen in our everyday life where we try to live the Qurbana. We should offer ourselves as a sacrifice to Jesus by doing something that you don't like to do but do it happily for the love of Christ , sacrifice something for someone else without complaints.



Charity & Ten Commandments

Scenario:

Boy: “Jesus has come and abolished the Old Testament. Therefore, there is no need to follow the Ten Commandments. All what we need to do is just to love.” How do you respond and why?

Does Charity/Love abolish the Ten Commandments?

No; it gives new meaning to them.

Charity and Commandments

Charity, or love, is the virtue that allows us to fulfil the two greatest commandments revealed by Jesus.

“You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbour as yourself. The whole law and the prophets depend on these two commandments,” (Matthew 22:37-40, Mark 12:29-31).



Charity & Ten Commandments

The Apostle Paul has given an incomparable depiction of charity:

"Charity is patient and kind; charity is not jealous or boastful; it is not arrogant or rude. Charity does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong but rejoices in the right".

Charity bears all things, believes all things, hopes all things, endures all things.

"If I . . . have not charity," says the Apostle, "I am nothing." Whatever my privilege, service, or even virtue, "if I . . . have not charity, I gain nothing."

Charity is superior to all the virtues.

It is the first of the theological virtues: "So faith, hope, charity abide, these three.

But the greatest of these is charity."



Activity

10 Commandments on Cross

Instruction for teachers: Need to use scissor for this activity to cut the paper, teachers need to be vigilant , may cut the paper for them.

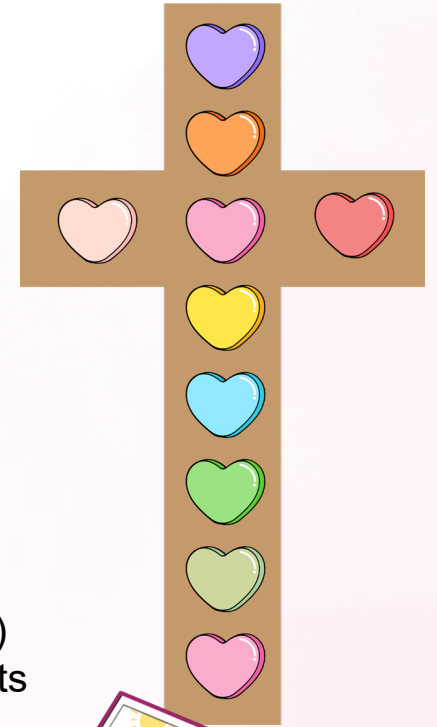
Materials Required: Candy hearts/Heart cut outs, The ten commandments color print out - [10 commandments.docx](#), Cross template, black chart paper, Glue, scissors, Magnetic tape (optional), Ribbon (optional)

Preparation:

1. Print out the cross template
2. Cut out the crosses
3. Poke a hole in the top of the cross and attach the ribbon first. (If making as a hanging ornament)
4. Scatter a generous amount of candy hearts on the table. (Hearts should have ten commandments printed on them. Each student can choose seven hearts for their craft)

To do:

- Children will select hearts and glue them to the front of their foam cross.
- Tell the children to read the hearts carefully and select the ones they say how much they love Jesus following the commandment ,Jesus died on the cross for our sins.
- Children need to glue all 10 commandments on the cross attaching them to the heart shapes.



Activity

10 Commandments on Cross - Message

- The cross remind us of how much God loves us. He loved us so much that sent His Son as a sacrifice for our sins.
- He wants each of us to be close to Him, and that means you, too. He wants you to know Him and believe in Who He is.
- We can show our love for Jesus by obeying, keeping God's commandments and loving people as you would want them to love you.
- Every commandments point to God and towards our love to our brothers and sisters.





Conclusion & Summary



GROUP 1 - FAITH
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BREAK



DAY 1

SESSION 3
Loving God

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	



Slogan



**Give Thanks to the Lord,
For He is good,
His Love Endures forever.**

Psalms 106:1

Song:

*Athyunnathamaam Swarlokathil (Glory to God in the highest)
3times*

- This is a hymn of praise, when we sing this, we give glory to God ,” Lord God, heavenly king, almighty God and father we worship you, we give you thanks, we praise you for your glory.”
- Angels sang this song to praise God when Jesus was born.
- Christ is born to glorify God, died to glorify God and saves us to bring glory to God. When God is glorified by man’s obedience and worship then there is peace on earth.



Theme Presentation - Loving God

God loves us.

Pope Benedict XVI reminds us that "everything has its origin in God's love, everything is shaped by it, everything is directed towards it. Love is God's greatest gift to humanity; it is His promise and our hope"

But how can we love God?

Do you love God? Certainly, you do!

First three Commandments: it's all about loving God!

- I am the LORD your God: you shall not have strange Gods before me.
- You shall not take the name of the LORD your God in vain.
- Remember to keep holy the LORD'S Day.

God is our priority, if we love God with all our hearts, souls, minds and strength then we don't give priority to other things, Love God is to obey God, when we love God, we will want to please God and obey His commandments, making God the centre of our lives.



Explanation of Commandment to kids



1. God is more important than anyone or anything else
 2. We must put God first in our lives.
 - God loves us deeply, and so we should love Him with all our hearts.
 - The Bible gives many examples of young people who loved God.
 - For example, as a young boy, Samuel worked hard at God's tabernacle.
 - When God called, he answered, "Speak, for Your servant hears."
 - We can ask students to make a list of what special things they have in their rooms that show who they are.
 - Do you have a sports poster? A picture of a family member?
 - A statue of a dancer? Where is God?
 - Suggest they find a spot for God in their room and observe the first Commandment by honouring the creator who gave us life and this wonderful world.
- › *How would you feel if someone said bad things and said swears around your mom or your dad?*
- › *How do you think God feels when he hears those kinds of words coming from your mouth?*
- › *Do you swear to fit in with your friends? How can you remember to think before you speak?*

Explanation of Commandment to kids



3. God's name is special.

- We have no right to use it carelessly or to use it to curse other people.
- Jesus even said, "Do not swear at all" . How many hours do you spend in school?
- How much time do you watch television or play video games? What makes a day special?
- Why is Sunday special? God rested on the seventh day, and He wants us to rest too.
- It is a day to focus on God, on His beautiful creation and on our families.

<https://youtu.be/auBp1tiiD7c?si=jR-qT1C1Vz7Nk4lq>

Loving God

Listen to:

<https://www.youtube.com/watch?v=cd92G4vIZ3w>

or

https://youtu.be/C8ypf0wR6A0?si=erSULD_G2p4xs8OE



Activity

Song

Play action song on a shared device and help children do sing the song on hope along with the actions played in the video link below:

https://youtu.be/LKHxnweHv_s?si=FR6KTPJ02cl7caYM

<https://youtu.be/kj2FOJ9ApLE?si=1-uoLjKV3C9ud5zn>



Loving God

1. We can love God by Adoration

For teachers' note

Adoration:

- ◇ Adoration is a form of prayer, is the summary of all virtues,
- ◇ Is the act of worship to God only who is our creator with bodily signs of humility.
- ◇ Eucharistic adoration :which involves the worship of Eucharist with deep love and respect.
- ◇ We adore God who is almighty, loving and full of mercy.
- ◇ Adore God present to us in the Eucharist: adoring and worshiping the real presence of Christ in the blessed sacrament.
 - › We recognize our nothingness before God, heart and soul of humility.
 - › We are weak, and, without God, we are nothing. Our pride can make this hard to admit.
 - › But when we can recognize this, adoration then enables us to offer all glory to God rather than ourselves.
 - › It enables us to bow down before Him in love and worship as we offer all the praise and glory to Him.



Loving God

2. We can love God by Prayer



- ◇ We are called to “pray always.”
- ◇ *By making God the centre of our lives, we choose also to make prayer the centre of our lives.*
- ◇ *Prayer is the active way in which we unite ourselves to God,*
- ◇ *Make God the centre of our lives.*

Adoration + thanksgiving+ petition+ sacrifice= Prayer

GOD is the center of my Life

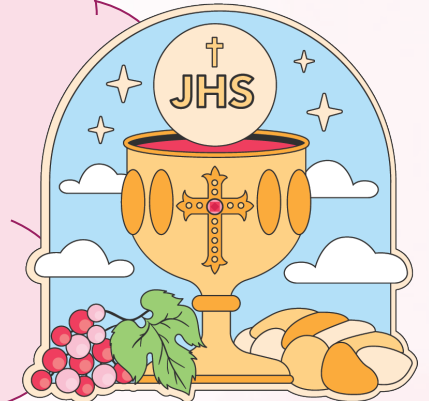
Loving God

2. We can love God by Praying



Identify the forms of adoration and prayer in the church and family.

Why should we need to pray loud? Find out the reasons. Self-evaluate our Holy Qurbana participation.



Romans 10: 10 (all aloud)

*For it is with your heart that you believe and are justified,
and it is with your mouth that you profess your faith and are saved.*

Loving God

Discussion on Adoration and Prayer

Angels were singing out
in loud voice
Lk 2:8-14



Shepherds praised God.
Lk 2:15-20



People started praising
God
Lk 7:11-17

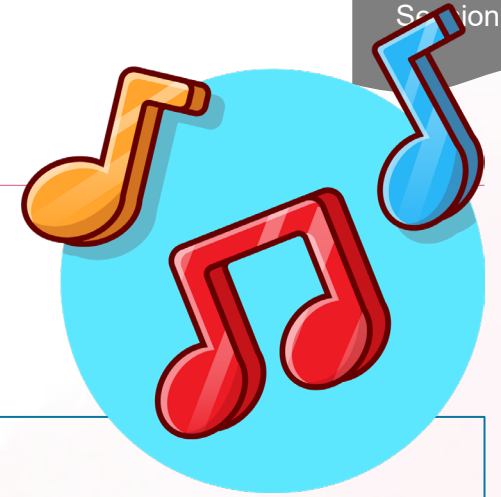


Disciples began praising
God in a loud voice
(Lk 19:37)



Loving God

Discussion on Adoration and Prayer



Activity on Adoration and Prayer - Song

Sabdamuyarthi Paadiduv (Brothers and Sisters, Raise your voices and)

Sarvrumonai Paadiduv

Ennenum Jeevikkum

Sarveswarane Vazhthiduv (glorify the living God)

Paripaavananaam Sarevesa

Paripaavananaam Balavanae

Paripaavananaam Amarthiyane

Kaarunnyam nee choriyanamae.

Server: Brothers and sisters, raise your voices and praise the living God.

All:

Holy Lord

Holy mighty one

Holy immortal one

Have mercy on us

Reflection: When we sing this song, we are admitting to God that we are all unworthy and we ask for his mercy on us.

Loving God

3. We can love God by Sacrifices

Sacrifice:

- ◇ Sacrifice is giving up something you love for someone you love even more.



Loving God

3. We can love God by Sacrifices

The sacrifice of Jesus on the cross at Calvary which is the perfect expression of His love for us, Perfect example of sacrifice.

Sacrifice is at the heart of the love of Jesus in that He willingly gave His life on the Cross for our sins.

Why do children have to make sacrifices?

Making sacrifices and having a giving heart is one way to worship God. E.g., not having meat or chocolate during lent.

Help parents when everyone else watch T.V or cartoons or playing games.

We may have to make sacrifices in our lives in order to help others.

Sacrifice must be seen as a wonderful opportunity to put God and His will first in our lives.

To live a sacrificial life is nothing other than to make the will of God more important than anything else in our lives.

The fruit of sacrifice is spiritual joy and peace.

Activity

Musical Balloons

Instruction for teachers: Need to use scissor for this activity to cut the paper, teachers need to be vigilant , may need to cut the paper for them.

Materials Required: Balloons, Pictures of small sacrifice activities /Sacrifice lists in strips of paper, Scissor, Glue

Preparation:

1. Inflate balloons
2. Glue the sacrifice activities on balloons

To do:

- Let all children to stand in groups.
- Play music and have each child grab a balloon when the music starts have kids bounce their balloons in the air and move to the music.
- When the music stops, they have to freeze and whoever is holding a balloon “wins.”
- Child who is not holding the balloon has to pick one from the floor and read the sacrifice activity on the balloon and explain how this sacrifice is a way to worship God.
- Continue the game until everyone gets a chance to read and explain one sacrifice activity.



Activity

Musical Balloons

Sacrifice Activity lists:

- Something to give up/extra job to do
- Do extra chore without being asked
- Say an extra prayer
- Clean room without being asked
- Help mom when you see her cleaning
- Give your sibling the choice of game or toy you are going to play with.
- Do a chore for someone else
- Kneel and say prayers after Qurbana
- Do your homework without being told
- Help clean up after a meal
- Pray for your deceased relatives
- Say a prayer for your parish priest

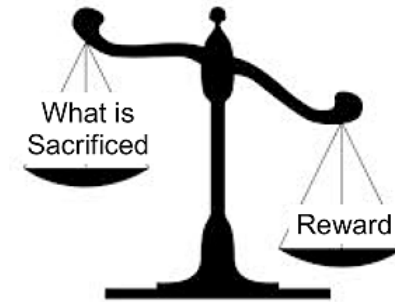


Activity

Musical Balloons

Message:

- Children learn about various sacrifice activities and how sacrifice is a way to worship God.
- In a sacrifice, man gives to God something of his own property; In this manner, man recognizes that God is the Lord of everything he has. We can do to prepare our hearts, minds and wills to serve God.
- Sacrifice is an act of worship. When we offer our lives as a living sacrifice to God, we honor Him and declare His worthiness. Sacrifice is not just something we do; it is a reflection of our heart's desire to worship and glorify God.



sacrifice |ˈsʌkrəˌfɪs|

noun

an act of giving up something valued for the sake of something else regarded as more important or worthy :
we must all be prepared to

Loving God

4. We can love God through Promises & Vows

Promises and Vows

- There are many times when we are called to show honour and respect to God through solemn promises and vows.
- These public commitments to God are made in the various Sacraments such as Baptism, Confirmation, Marriage and Holy Orders.
- Making a promise or vow to God and then fulfilling it is a duty of every Christian.
- We can also make personal promises to God e.g. will attend Qurbana every day or every Sunday.



Loving God

Discussion on Sacrifice and Promises in Our Lives

Song

Thirusannidhiyil Hrudyagathangal

Choriuvinnenekum

Nombum Prarthanayum

Pachaathapavumayi

Thrithvathe Modaal

Nithyam Vazhtheedam.

Open your hearts before Him. By **prayer, fasting and penance**, let's find favour with the Father, the Son and the Holy Spirit.

Reflection: What are the sacrifices mentioned in the above song?

Nombu, Prarthana, Pachaathapam

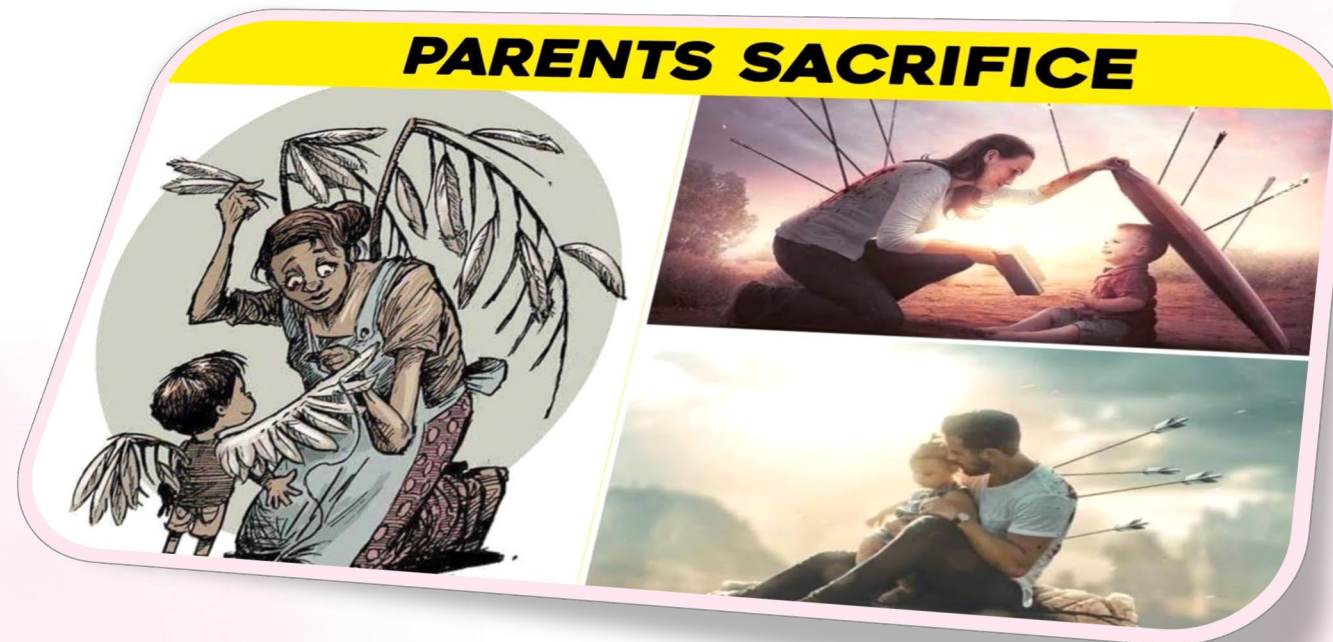
"returning to You God with all our heart", through nombu , prarthana and pachathapam, as a new person by your grace ,worship you God with all our heart , mind and soul and glorify you God forever.

Loving God

Discussion on Sacrifice and Promises in Our Lives

Sacrifice is at the heart of the love of Jesus.

- Can you identify the daily sacrifices our parents make for us? And why?
- Can you identify the promise /vow your parents keep? Short term promises and eternal promises?



Loving God

There are eternal and short term promises & vows.
Let the children name some.

Short Term Promises:

- Nercha Neral
- Thirunnal Kazhikkal
- Thirunnal Elkkal
- Volunteering like
- Find Out More....



Eternal Promises:

- Marriage
- Chastity
- Bonding and Commitment to the Syro-Malabar Church

Loving God

Scenario 2

Sam and his family migrated from Kerala started living in a suburb in Melbourne. Just as back in Kerala, they became regular to their Syro-Malabar Holy Qurbana in Melbourne. In fact, it takes 35 minutes' drive from their home to reach the Church. Their older son Joe who now studies in catechism for year 9 started saying that it's a waste of time travelling up and down 70 minutes a Sunday when there is another church in 11 minutes' drive. Moreover, he says the Syro-Malabar Qurbana takes more time.

- What do you think of happening to the Love of God in Joe?
- What decision should Sam take regarding Joe's proposal and why?
- Which are the elements lacking in Joe's love of God?



Loving God

We love God
and we do everything
for His sake

The more we love God,
the more we can pray,
Worship and sacrifice the things
we love for greater things
in heaven.



Summary and Conclusion

- Ask kids to share what they learnt about charity/Love.
- Ask kids to share their thoughts on the activities and what did they learn from the activity.

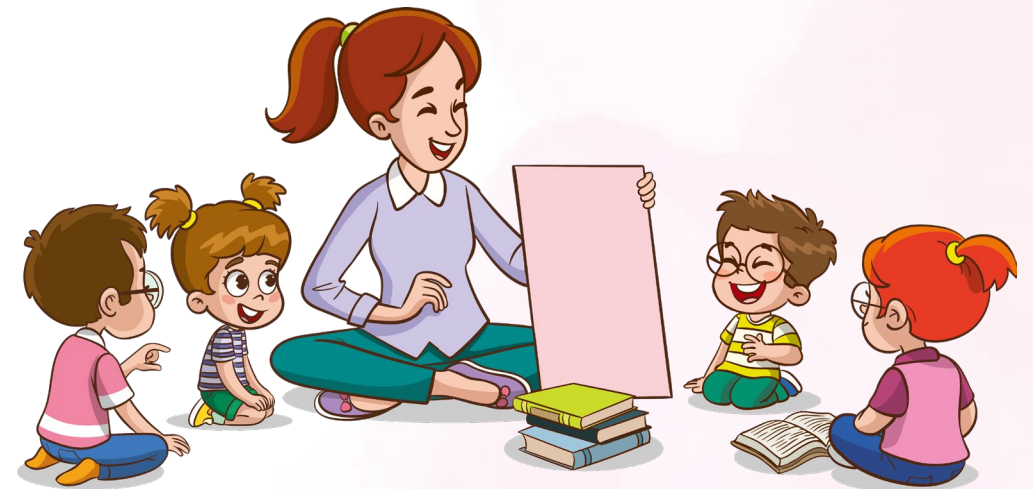
Conclusion:

- › Do you love God? Certainly, you do!
- › God is more important than anyone or anything else!
- › We can love God by Adoration
- › We can love God by praying
- › We can love God by sacrifice
- › We can love God through promises and vows



Summary and Conclusion

- Conclusion and summary of learnings for the day
 - › Pray, hope and don't worry. There is no point in worrying, God is merciful and will hear your prayers
 - › Never give up on hope, never doubt, never tire, never become discouraged
 - › Prayer Is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, a protection against sadness
- Points calculations
- Day 1 give aways
- Prayer
- Thank you and good-byes

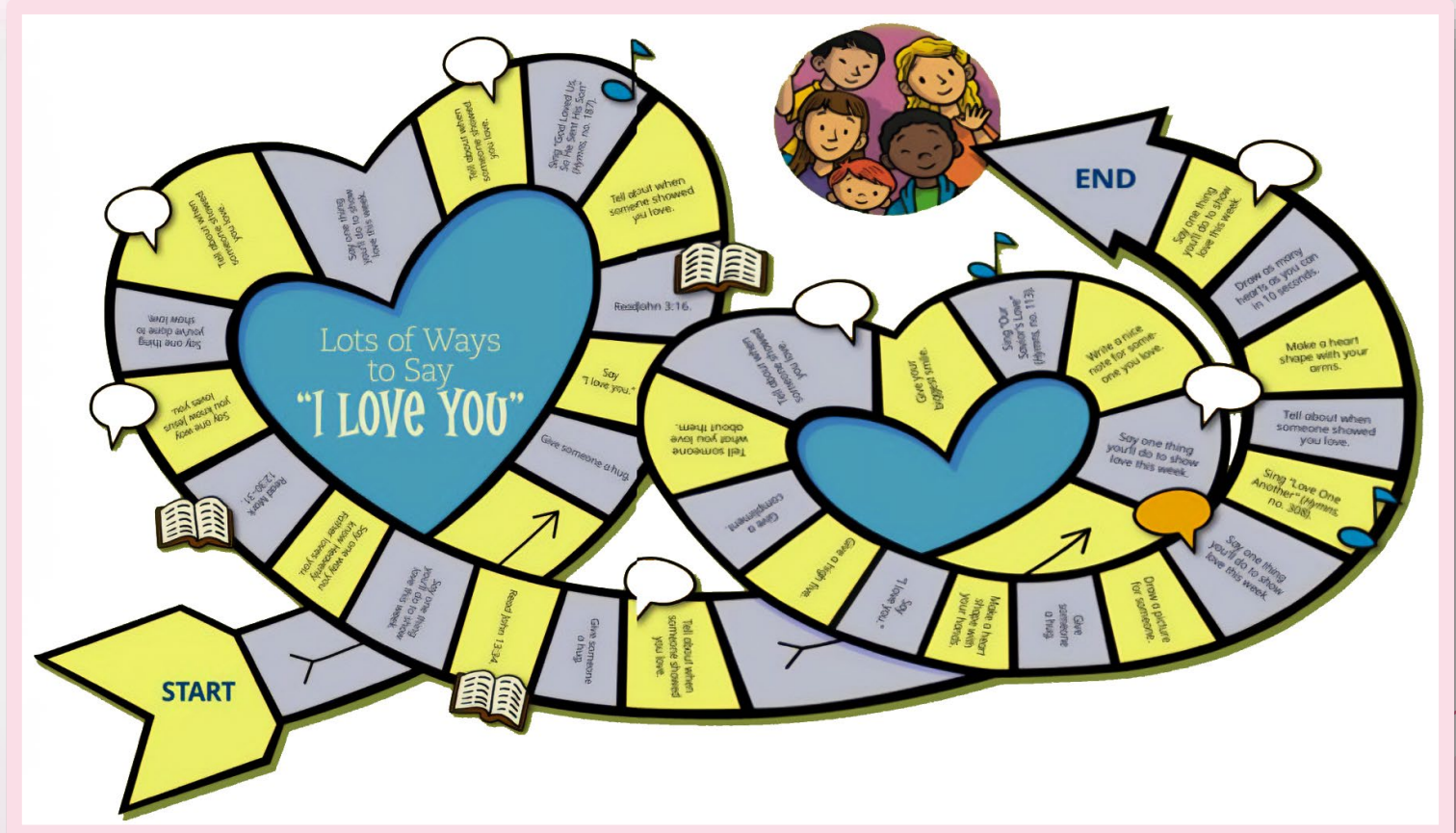


Extra Activity

Ways to Show Love

Materials Required: Print out of the shown picture

Steps: Roll a Dice, move forward and do the action on the space where you land.



Extra Activity

Caritas Logo

The caritas for children to make logos:

- Children go through the three theological virtues
- summarise what they learnt from each virtue and
- make a logo of faith, hope and love describing
- what they are and how to apply it to their lives.



Faith
Hope
Love

Extra Activity

Heart Flower

Instruction for teachers: Need to use scissor for this activity to cut the paper, teachers need to be vigilant , may need to cut the paper for them. Show your love for someone by making them this flower.

Materials Required: Paper, pencil, scissor, straw/pipe cleaner, paint, image of Jesus

Rules:

- Fold a piece of paper in half and draw half a heart. Then cut it out.
- Put small blobs of paint across half of the heart.
- Carefully fold the heart in half and press the two sides together.
- Open the heart to see a unique, colorful design!
- Make four of the coloured hearts
- Poke a straw sized hole through the bottom tip of each heart
- Slide three hearts on to the end of the straw
- Fan the hearts out to look like a petals
- Add another heart underneath as a leaf
- Keep the flower to the image of Jesus to whom you love the most
- **“As I have loved you, love one another, John 13:34”**



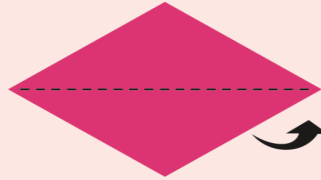
Extra Activity

Heart Flower

ORIGAMI HEARTS

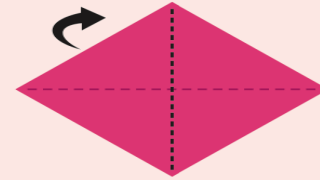
Origami is the Japanese art of folding paper. Follow the steps to make a folded paper heart!

1.



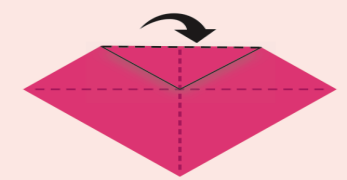
Start with a square piece of paper. Fold it in half to make a triangle, then open it back up.

2.



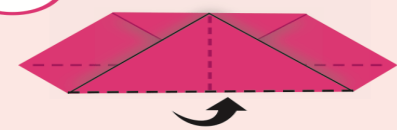
Now fold the other side to make a triangle. Open it back up so you have two creases on your square.

3.



Fold the top point to meet the crease in the center.

4.



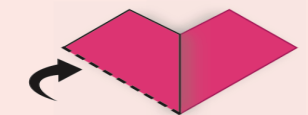
Fold the bottom point to meet the top.

5.



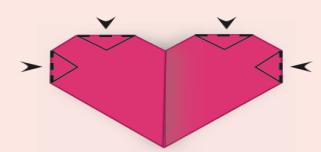
Fold the right side up to meet the crease in the center.

6.



Fold the left side up to meet the center too.

7.



Flip the paper over. Fold the points at the top and sides and glue or tape them down.

8.



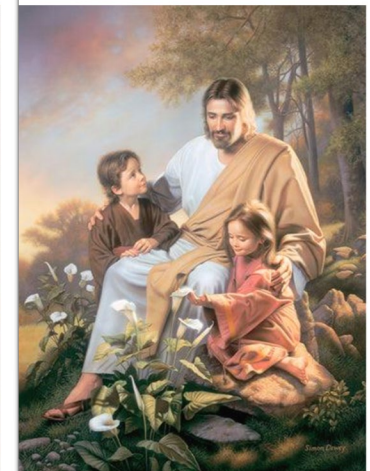
Flip it back over. Now you have a heart! Write a kind note on it and give it to someone.



Extra Activity

Heart Flower - Message

- There are many ways that Jesus shows that He loves us and He wants us to Love God with all your heart and share His love to everyone.
- By making this heart flower and giving to God, we offer our heart to God to express our love . We all need to aim for the most important things. **The most important commandments are to love God and to love others.** We need to focus on these two things.



END OF DAY 1



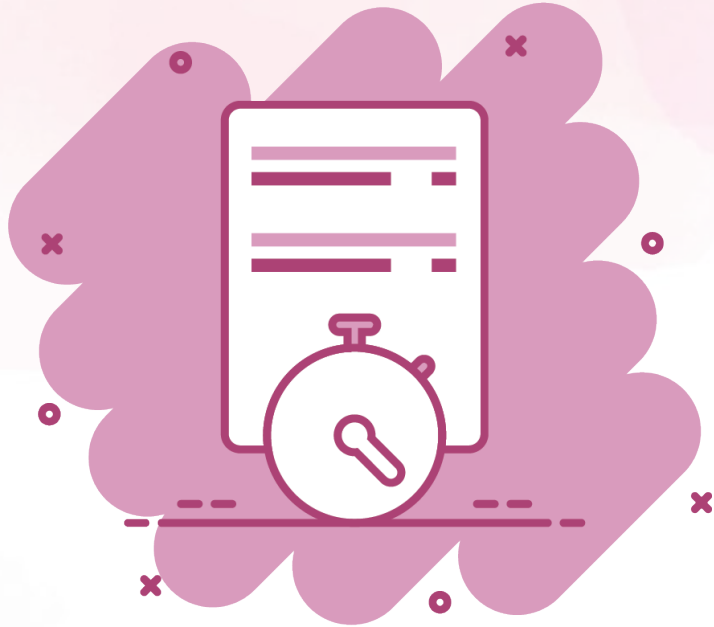
GROUP 1 - FAITH
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Syro-Malabar Eparchy of Melbourne



DAY 2

LOVING YOUR CHURCH





RUN SHEET FOR THE DAY



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

Introduction



Introduce each teacher
and other resource
personnel



General safety rules
(Do's and don'ts)



Children to report any
concerns to teachers,
housekeeping
requirements



Explanation of
the day's agenda



Explanation of
the day's slogan



Prayer



DAY 2

SESSION 1



Prayer

Praise you Jesus - Teacher

Thank-you Jesus - Students

We praise the Lord for His steadfast love and his works.

We praise the Lord for His steadfast love and his works.

Dear God we want to praise You because we love You and because of how awesome and wonderful You are.

Thank you for the wonderful gift of our Syro-Malabar Church.



Session 1: Overview

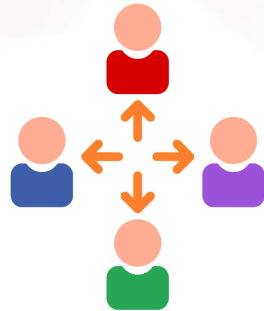
Item	Duration	Description or Details
Introduction	0:05	
Ice Breaker	0:10	
Theme Presentation	0:30	
Game 1	0:10	
Game 2	0:10	
Conclusion	0:10	



Day 2: Formation of Groups

- Team will be divided into smaller groups by saint name for managing group activities. Suggested sub-group names:-

- Mar Adai
- Mar Mari
- Mar Aphrem
- Mar Thoma



- ✓ Each subgroup will have one teacher/volunteer assigned / introduced.
- ✓ There will be points for games, activities & poster making.
- ✓ Team which gets the highest point will be the winners at the end of the day.

Ice Breaker - Try Not To Laugh



Materials Required:

- ◇ Music

Rules:

- ◇ Have people pair up by randomly lining them up back-to-back.
- ◇ Tell them that when the music starts, they must face their partner, look each other in the eyes, and try to remain completely serious and quiet.
- ◇ The first pair to smile or laugh must sit down. The second pair find the winner from another pair
- ◇ The activity continues until the music stops
- ◇ The winners have to say what makes me blessed with(e.g. Love, joy, parents, friends....)

Theme Presentation – Loving Your Church

- Church is God's family!
- How wonderful it is to belong to God's family!
- How wonderful it is to be a part of his amazing witness!!
- Your Catholic faith helps you for that!
- Our Syro-Malabar Church is one of 24 Churches in this wider Catholic communion.
- Love your Syro-Malabar Church and be proud it.

<https://www.youtube.com/watch?v=Gn7vde-op-c>



Activity

Action Song

Play action song on a shared device and help children do sing the song on hope along with the actions played in the video link below:

https://youtu.be/L_gWUILP1rQ?si=itupaQVIIo75ggjK





Prayer

Mother Mary said:

“My soul proclaims the greatness of the Lord; my spirit rejoices in God my Savior for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name.”

(Lk 1: 46-50)

Let's pray for the intentions of Pope Francis;

1 Our Father, 1 Hail Mary, and 1 Glory be



Slogan



**For where two or three
gather in my name
There am I with them**

Matthew 18:20

Teacher instructs the children how to shout the slogan.
Students can shout each line of the slogan in alternative groups

Love towards the Church

- Church is not a human initiative.
- Jesus began the Church for the salvation of the world.
- Church is God's family.



Love towards the Church

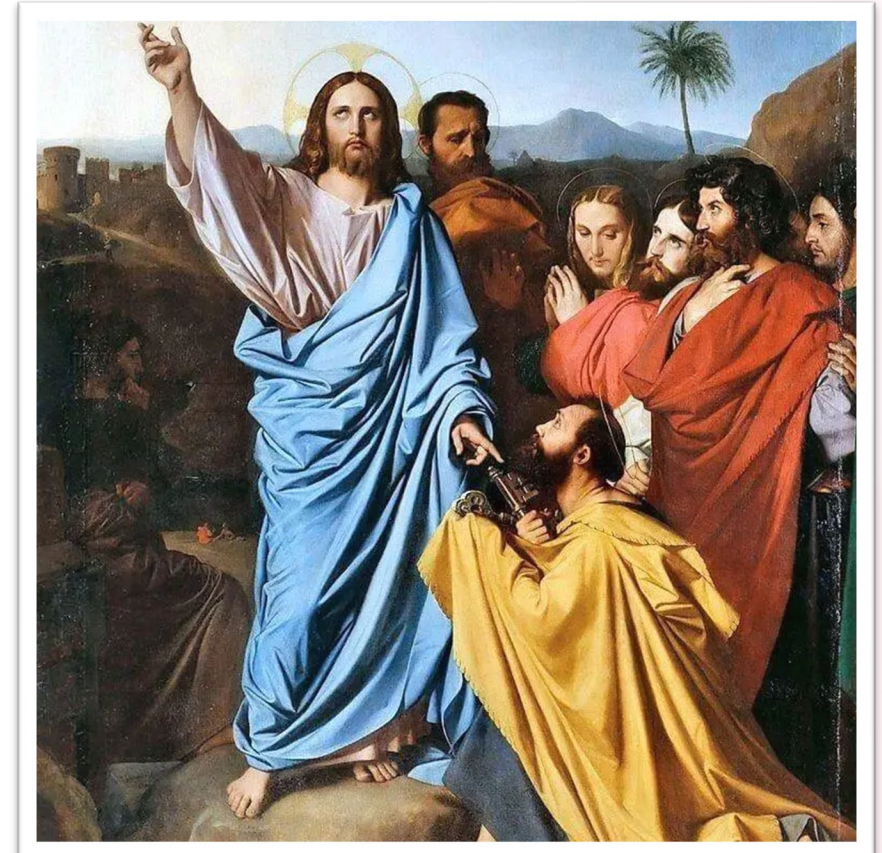
Teacher reads aloud or students are asked to read together.

Peter's Declaration (Matthew 16: 13-19)

When Jesus came into the district of Caesarea Philippi, he asked his disciples and still others Jeremiah or one of the prophets.” He said to them, “But who do you say that I am?” Simon Peter answered, “You are the Messiah, the Son of the living God.” And Jesus answered him, “Blessed are you, Simon, son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock, I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.”

Who founded the Church?

Video: https://youtu.be/Lle_m82d6XI?si=ARca9718oB0QkD3F



Activity

Action Song

Play action song on a shared device and help children do sing the song on hope along with the actions played in the video link below:

<https://youtu.be/dJ9te-Gtfew?si=GAInIlfC0DZd5VER> or
<https://youtu.be/Wo8rM-dLLQA?si=HWF2eKaE5y8UKxOg>



Love towards the Church

- The Church is formed from the 12 Apostle's encounter with Jesus, known as the Christ experience, and is handed down to us through centuries.
- Christ experience is something unique for all of us. It is our special bond with God the Father in Jesus through the Holy Spirit.

<https://youtu.be/emuBL0Z1AQw?si=05OTUgzgglz95ThJ>

- We are witnesses of Jesus through his Apostles.

Question:

Which Apostle is the father of faith for the Syro-Malabar Church?



Activity

Love Our Church Craft

Materials Required:

- ◆ Precut hearts (2-4 per color of the rainbow), Precut "cloud" (I used 8 1/2 x 11 paper), Heart stickers (optional), Yarn (cut for each color of the rainbow), Marker, School glue (though tape would also work), Newspaper or cardboard to cover work surface

Rules:

- ◆ Read the verse 1 John 4:16 from the Bible and discuss about it.
- ◆ Make a wind chime in pairs/groups of 3-4 and of how can we display God's love in our church.
- ◆ Pre prepare heart cuttings with good deeds of love towards church or provide heart cuts out of different colours and they can brainstorm and write a few things about how they can perform them in our Syro-Malabar church to welcome, to gather and belong, to care, to serve and to worship. Teacher can hint some other activities specific to their community. (continued in next slide)



Activity

Love Our Church Craft

Steps: Begin by choosing a verse or phrase about loving others, and write it on the cloud. Choose [1 John 4:16](#).

Decorate the cloud with stickers

Activity

Love Our Church Craft - Message

Teacher reads out the written outcome on the hearts

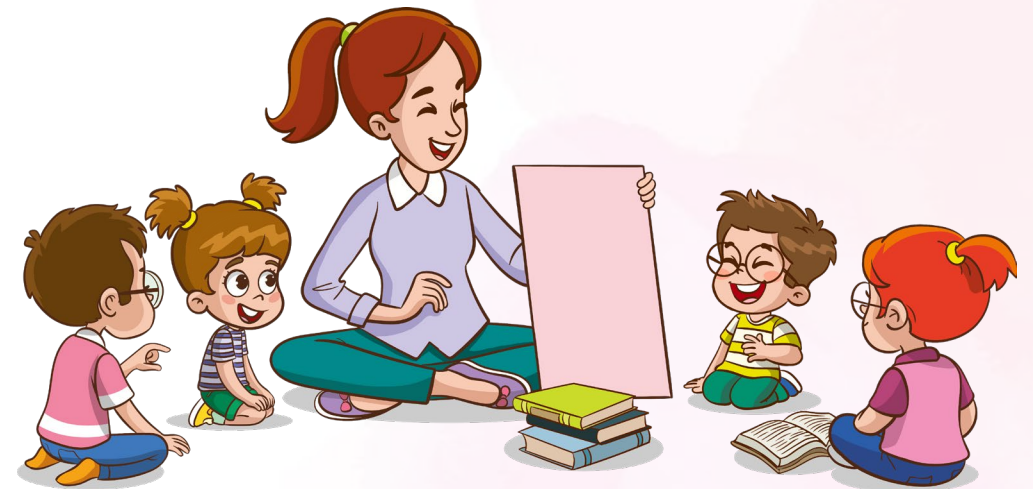
- Have a think about that for a moment, Isn't it amazing we are God's family??
- We live in God as long as we live in Church and love the Church?



God is love. Whoever
lives in love lives in God,
and God in them
(1 John 4:16)

Summary

- › God loves each one of us in Jesus Christ.
- › Jesus sent his apostles to our forefathers with this message of Salvation
- › St Thomas came to our forefathers and witnessed Jesus, Father and the Holy Spirit.
- › Those who followed St Thomas became St Thomas Christians or the Syro-Malabar Catholics.
- › By loving and living in the Syro-Malabar Church, we can love and live in God.



Slogan

**For where two or three
gather in my name
There am I with them**

Matthew 18:20

Teacher instructs the children how to shout the slogan.
Students can shout each line of the slogan in alternative groups

Learn and sing Kandeessa song

“O Lord, God! You are Holy! Holy! Holy!”

<https://www.youtube.com/watch?v=bJ0ri1IULOM>





GROUP 1 - FAITH
Department of Catechesis
Syro-Malabar Eparchy of Melbourne

BREAK



DAY 2

SESSION 2
Know Your Syro-Malabar Church

Know Your Syro-Malabar Church

Objectives:

- Know your Syro-Malabar Church
- Be proud of your Syro-Malabar identity

<https://youtube.com/shorts/Mx-xPhjfzCo?si=VD5cYkWkc-zeJNyB>

<https://youtu.be/ALgTQ3hCT9E?si=FEOEIGQXBBMqHfD->



Bible verse for reflection:

*But you are a chosen people,
a royal priesthood, a holy nation,
God's special possession,
that you may declare the praises
of him who called
you out of darkness into his
wonderful light.*

1 Peter 2:9



https://youtu.be/fln4btu3M9s?si=HET46_r4qti8wncd

The Proud History of Who We Are

- ◇ We, the Syro-Malabar Catholics belong to the Apostolic tradition of St Thomas
- ◇ https://youtu.be/b-Uvr5zB8bc?si=DDIyqFb_mjNIQrMx
- ◇ <https://youtu.be/gwT5QfF27Tc?si=1zNtdDHm5abizIMi>
- ◇ <https://youtu.be/37UJof7JrM?si=J1-eGELJtVUDttbs>



The Proud History of the Syro-Malabar Church

Who is the Apostle Thomas?

- › One of the 12 Apostles of Jesus
- › His character is outlined in The Gospel of John.
- › St. Thomas came to India and evangelized it between 52 and 72 AD during his missionary journeys in India.
- › He was martyred on July 3rd 72 AD at Madras. We celebrate his martyrdom as the feast of Dukhrana
- › Thomas became the first apostle to explicitly acknowledge Jesus' divinity crying "My Lord and my God."
- › <https://youtu.be/35zIJC PGV2A?si=qd-56iEGhGN8-yFt>



To know more about the courage of Thomas, read John 11:5–16:

“When Jesus planned to return to Judaea, the disciples warned him of the Jews’ animosity (“now seeking to stone you”). Thomas soon replied, “Let us also go, that we may die with him.”

The Proud History of the Syro-Malabar Church

Here, in Australia, we have one diocese called “The Syro-Malabar Eparchy of St Thomas the Apostle, Melbourne.

On 23 December 2013 Holy Father Francis established The Syro-Malabar Eparchy of St Thomas the Apostle, Melbourne for Australia, Bishop Bosco Puthur, as the first Bishop/Eparch of the new Eparchy. On January 2023, Pope Francis appointed Bishop John Panamthottathil as the second bishop of the Syro-Malabar Eparchy at Thomas the Apostle in Melbourne.

<https://youtu.be/PuNrESl6nal?si=0obAGyPAesy70a2Tz>



1. What is the name of our diocese?
2. Who was its first bishop?
3. Who is now the bishop of the Syro-Malabar Eparchy of Melbourne?
4. When was our diocese/eparchy formed?
5. Which Apostle is our Father in faith?

Current Statistics of the Syro-Malabar Church (optional)

<https://www.syromalabarchurch.in/church-at-a-glance>

Church at a Glance

 **Archeparchies/Eparchies**
35

 **Parishes**
2753

 **Eparchial Priests**
5174

 **Consecrated Women**
35486

 **Eparchial Minor Seminarians**
847

 **Educational Institutions**
4591

 **Apostolic Visitations**
1

 **Semi Parishes**
1259

 **Religious Priests**
5313


 **Eparchial Major Seminarians**
1274

 **Religious Minor Seminarians**
1260

 **Charitable Institutions**
2429

 **Faithful**
5080637

 **Families**
888871

 **Consecrated Men**
183

 **Religious Major Seminarians**
1520

 **Candidates Under Formation**
2182

Activity

Name the Saint



Duration: 25 Minutes

Materials Required: Pictures of Syro-Malabar saints cut down as puzzles. A short description of their life

Preparations For The Activity: Separate people into same sized teams. Give each a different saint's jigsaw puzzle (with equal difficulty & number of pieces). Each group has the same amount of time to complete the puzzle.

How To Conduct The Activity / Rules Etc: Each group is given the same amount of time to complete the puzzle. The secret twist is to switch up a few pieces with the other groups beforehand! The goal is to finish before the others - so they must figure out collectively how to convince other teams to give up pieces they need. This can be through barter, merging or changing teams.

Once the activity is completed one of the team members will read out the script provided on the saint's life.

Intention of this game : It intended to familiarise the students with Syro-Malabar Saints and their names





Slogan



**For where two or three
gather in my name
There am I with them**

Matthew 18:20

Teacher instructs the children how to shout the slogan.
Students can shout each line of the slogan in alternative groups

Syro-Malabar Traditions - Pessaha:



- ◇ Learning one unique tradition from Syro- Malabar Church: Pessaha/ Passover Feast.
- ◇ Pesaha is a unique tradition observed by the Nasranis/Syro-Malabar Catholics.
- ◇ We, the St Thomas Christians eat Passover meal at home on the Maundy Thursday.
- ◇ It is not known to be practiced by any other Christian community anywhere in the world.
- ◇ Practice of Pesaha/ Passover of the Syro- Malabar Christians could be traced back to the influence of early Jewish converts in the Malabar Coast.
- ◇ This shows the Jewish roots of the Syro-Malabar Church and its closeness to historical Jesus and his times
- ◇ https://youtu.be/NxRYWvGJGgg?si=X_Ag6M3jIKwtBrhc

The Group prepares Pesaha appam and paal under the guidance of teachers. (Or the teachers can bring something prepared from home.) Children are asked to bring rice powder, coconut and Sarkara to learn the mixing. Non-blessed coconut leaves/ palm leaves are to be used. Teachers and Students should eat Passover /pesaha meal as it is the custom or otherwise instructed.

Activity

Prepare Pesaha Appam and Paal

Activity: Learning one unique tradition from Syro-Malabar Church: Pessaha/ Passover Feast

- The Group prepares Pesaha appam and paal under the guidance of teachers. Children are asked to bring rice powder, coconut and Sarkara to learn the mixing. Non-blessed coconut leaves/ palm leaves are to be used. Teachers and Students should eat Passover /pesaha meal as it is the custom or otherwise instructed.



Activity

Prepare Pesaha Appam and Paal

- Pesaha is a unique tradition observed by the Nasranis/St Thomas Christians at home on the Maundy Thursday. It is not known to be practiced by any other Christian community anywhere in the world. Practice of Pesaha/Passover of the Syro-Malabar Christians could be traced back to the influence of early Jewish converts in the Malabar Coast. This shows the Jewish roots of the Syro-Malabar Church and its closeness to historical Jesus and his times.



Activity

How to prepare Pesaha Appam and Paal



Kalthappam

Ingredients

2 cups of raw rice
 $\frac{3}{4}$ urudal
 15 shallots
 Cup of coconut pieces

Instructions:

Soak raw rice & Urudal for 3 hours then grind it together. Cut shallots in small pieces and saute in oil. Saute coconut pieces in oil. Add together to the raw rice & Urudal. Add salt to taste. Leave for an hour. In a pan pour teaspoon of oil and 3 scoops of the mix into the pan. Make a palm into a cross and place it on the top. Cook thoroughly both sides.

Indri Appam

Ingredients

1 $\frac{1}{4}$ cups rice flour, lightly roasted
 $\frac{1}{4}$ cup skinless black gram (urad dal or uzhunnu), soaked for 3-4 hours
 1 cup grated coconut
 1 big shallot
 $\frac{1}{2}$ tsp cumin seeds
 Salt to taste
 Water

Instructions:

Place black gram with water in the bowl of a small food processor, and process until a smooth paste forms. Set aside. Place grated coconut, cumin seeds, shallot and enough water in the bowl of the food processor, and process until a very coarse paste forms. Set aside. Place rice flour in a large bowl. Season with salt. Add black gram paste and coconut paste into the bowl. Mix well. Add enough hot water to make lump-free batter. The batter should have idli batter consistency. Set aside for 30 minutes. Grease moulds with oil. Pour the batter in the moulds. Steam for 20-25 minutes.

Activity

How to prepare Pesaha Appam and Paal

Paal

Ingredients

2 ½ cups grated jaggery
¼ cup thick coconut milk
1 cup thin coconut milk
¼ tsp ground cumin
A pinch of ground cardamom
2 tsp rice flour

Instructions:

Melt grated jaggery with 2 cups of water. If there are any impurities, strain it. Place the melted jaggery over low heat and add thin coconut milk. Stir constantly for 10 minutes. Add thick coconut milk and stir again for another 10 minutes. Add ground cardamom and ground cumin. Stir continuously for 5 minutes. Add rice flour, and stir constantly, for another 10 minutes, or until it reaches a syrup consistency. Serve pesaha appam with paal.



Syro-Malabar Traditions - Pessaha

How to prepare Pesaha Appam and Pesaha Paal?

For Reference how it is related to our Holy Qurbana, please see below

<https://youtu.be/u1gTI3vTOac?si=RLb3DZWYkXFFMffC>

For English description How to prepare Pesaha Appam and Pesaha Paal:

<https://www.facebook.com/syrocreatives/videos/holy-thursday-pesaha-appam-passover-bread/710053946331661/>



Learn and sing Kandeessa song

“O Lord, God! You are Holy! Holy! Holy!”

<https://www.youtube.com/watch?v=bJ0ri1IULOM>

Syro-Malabar Traditions - Pessaha

Similarities of Jewish Passover and Pesaha of Nasranis

- › Cleaning of the household.
- › Usage of thoroughly cleaned or new dishes for cooking the Pesaha meal.
- › Unleavened bread on the day of Passover.
- › Traces of leavened food or grains are removed.
- › The head of the family serves the food.
- › Meals include bitter food or a bitter drink (The Pesaha meal of Nasranis does not include a bitter drink, but on the Passion Friday at the Church, drinking of bitter juice is still observed.)
- › Singing of special songs or hymns & later Bible reading.
- › Alms-giving to the needy (Passion week is a week of alms-giving for Nasranis needy people)
- › <https://youtu.be/yi0Kcq3XMJU?si=L6Aa27-3bOQBHJv5>



GROUP 1 - FAITH
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BREAK



DAY 2

SESSION 3

Syro-Malabar Traditions - House Blessing

Listen to the following scenario and discuss the following questions:

- › David is in year 11. He and his three other siblings are from a Syro-Malabar Family back in India. Here in Australia, they are no more practising Syro-Malabar Catholics. Parents give them freedom to go to the nearby church. But David's close friend Irene is very much a practising Syro-Malabar Catholic. She told him that her Syro-Malabar parish priest visited her home last week for an annual house blessing. And she asks him, "When was the last time your was house?"



https://youtu.be/WqZnJd-d3JA?si=ACeYj_ru0VanzyQ6

Syro-Malabar Traditions - House Blessing

Children into groups and discuss the following questions that came up from the conversation of David & Irene:

- › When is your house blessed last time?
- › What are the benefits of house blessing?
- › How frequent should be your house blessed?
- › Which are the occasions of house blessing for a Syro-Malabar Family?
- › How the resilience of a family is very much depending on its bonds with the parish and parish priest?
- › What about using imagery of virus & disinfecting home?



Points to reflect:

- ✓ Increase in grace
- ✓ Protection from evil
- ✓ Improved peace
- ✓ Assurance of Lord's Presence
- ✓ At least annually
- ✓ Involvement in parish life.
- ✓ Power of the holy water.
- ✓ Spiritual power of parish priest.
- ✓ And find more...

Syro-Malabar Saints

- › <http://syromalabarcatholic.ie/about/our-saints/>
- › Thomas the Apostle
- › Saint Alphonsa
- › Kuriakose Elias Chavara
- › Sr Euphrasia
- › Mother Mariam Thresia
- › https://youtu.be/EACxS402a_c?si=3hEzhSOOEw62ysja
- › <https://youtu.be/b616O8ncbQg?si=8kfgFxCw8kUXPsHS>
- › <https://youtu.be/gplHpwLNTV8?si=mBAnPTJHsO4Cs9FS>



Group Activity

Syro- Malabar Saints

- Students can make poster on our Syro-Malabar saints,
- Glue the pictures in and do a whole class presentation as a group



Group Activity

Syro-Malabar Saints – Activity Message

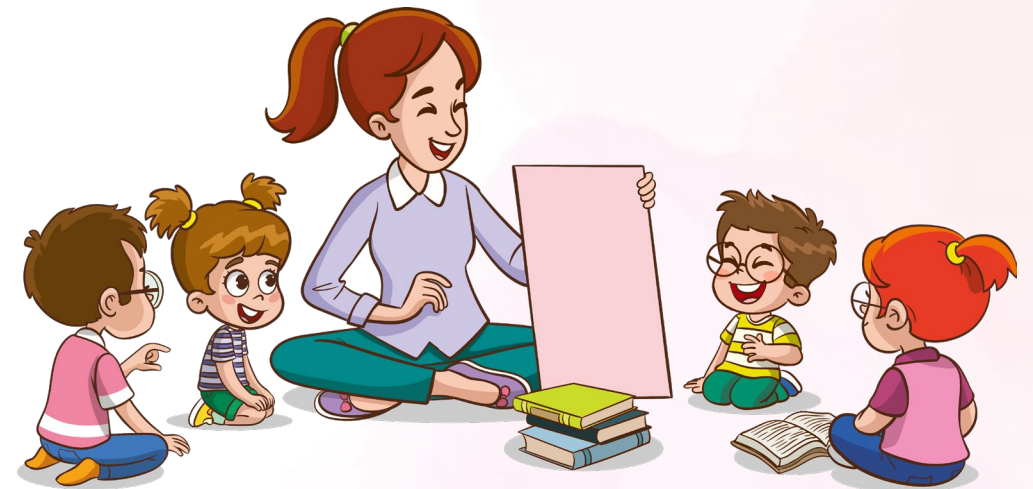
By making the poster, children will come to know more about Syro-Malabar saints especially:

- How they attained eternal life, become saints
- How we can follow them
- How we can grow in love, obey God's commandments sincerely like saints



Summary

- › St Thomas is the apostle who travelled to India in 52 AD, to announce the Gospel to India. We are called Syro-Malabar Christians.
- › The Syro-Malabar Eparchy of St Thomas the Apostle, Melbourne was established on 23 December 2013.
- › The Pesaha/Passover feast is our unique family tradition connecting us to Israel & historical Jesus.
- › House blessing helps us to protect our home from evil spirits.
- › Like the saints, we also can live holy life.



Extra Activity

Be regular to Your own Syro-Malabar parish for Holy Qurbana and other sacraments and celebrate your Sunday - Day of the Lord- Holy with your family.

Learn from Israel – Watch the video

<https://www.youtube.com/watch?v=71NLXUlnXVU>

https://youtu.be/_WmNZhA46K0?si=bg2pUZj-Y363_3PG



Extra Activity

- Sunday Holy Qurbana
- Catechism
- Involving in Church activities
- Contributing to Church
- Volunteering for various roles
- Spending time with family, Doing things together like cooking, watching a movie together.
- Spending within home and its premises
- Build a culture not to go out for parties, fishing, trekking, on Sundays or Days of obligation, rather enjoy, rest and live the family time within your home
- <https://youtu.be/7QFQiFuACKQ?si=arSJ-7Cv bvTyKC3q>



Extra Activity

Heart Exchange

Materials Required: Love shaped paper hearts in different colours (include four matching hearts), Box, Board with different colours each heart (stick to the board in advance)

Rules: Divide the children into teams. Each team will have hearts placed in different classrooms. Keep the children in two lines. When the children begin the relay, take turns running to grab a heart from their heart box across the room. Then, run back to their heart board and tape their heart on to the matching heart.

There will be two matching hearts for EACH team.

Make 4 matching hearts (TWO FOR EACH TEAM - one of each heart will be on the team's board and the other matching hearts will be in the heart box that the children take turns running to get!)



Extra Activity

Heart Exchange - Message

Jesus gives us the greatest commandment: Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is : 'Love your neighbour as yourself.'

There is no commandment greater than these. "This is designed to help us get to know our neighbours, and to serve as a reminder to pray for them and for God's Kingdom to come in us. Showing Love for Our Neighbours Is Living the Christian Way. When we grow closer to Christ, understand His teachings, then introducing ourselves to a church community of service and love. We need God's help each and every day. Let's pray and ask him to help us to love as he has commanded us.

Dear Father, help us to love you with all of our heart and to love our neighbours as we love ourselves. In Jesus' name we pray. Amen.



*"Loving God
Loving your neighbour"*

(Mark 12:28-34)

Extra Activity

Mini Flip Book on Church

Students can make a mini flip book on:

- How to love your church and live in your church (can be individual task to take home, Teachers need to provide information and pictures for their mini book.)



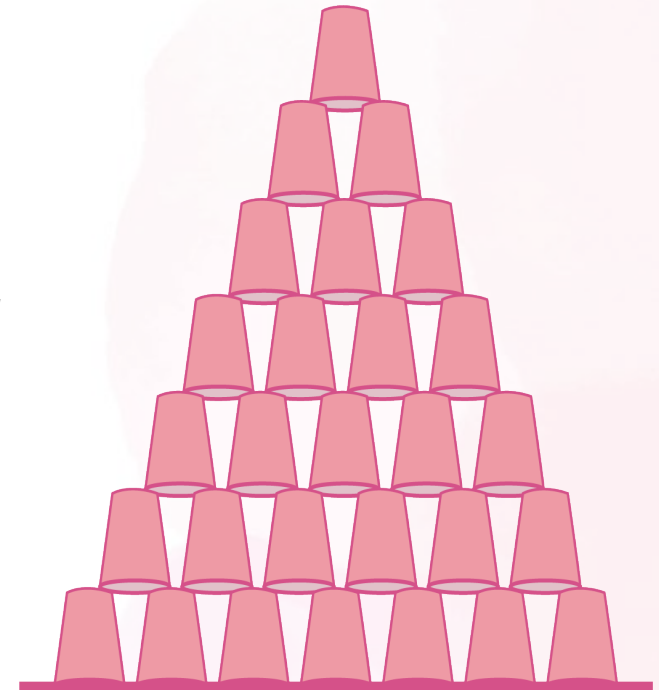
Extra Activity

Pyramid Out of Cups

Materials needed: 28 plastic cups, A hard surface such as a table, A stopwatch or a timer

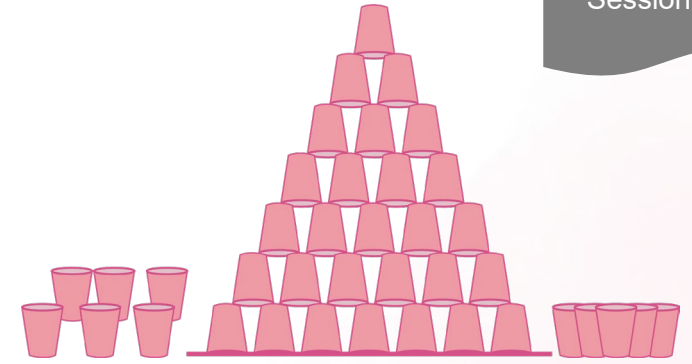
Rules: Build a pyramid shared tower of the cups by working together as a team

How to play: Divide the kids into teams and provide each team with a set of cups. Set up identical cup towers at a distance from each team. Each team has to 25 cups stack up like a pyramid. The players must work together to transfer the cups, one at a time, from their starting point to build a pyramid out of cups. The first team to successfully build the pyramid wins. The bottom row must have 7 cups, the second row 6 cups, the third row 5 cups, the fourth row 4 cups and the fifth row 3 cups, sixth row 2 cups and top row must have 1 cup



Extra Activity

Pyramid Out of Cups



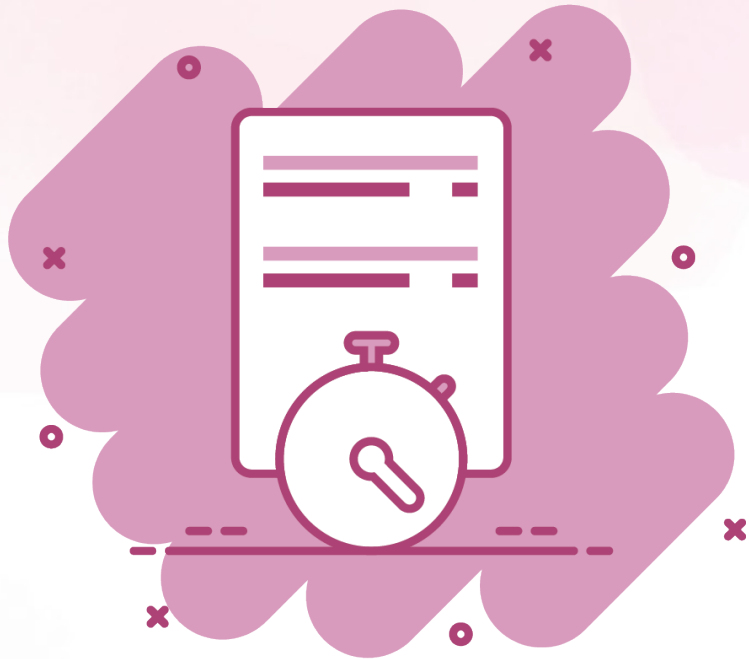
- Each cup is like a member of the team , work together
- Through this game Students will discover ,what it means to be part of the Body of Christ,
- they can belong in the Body of Christ to do GREAT things for God and others.
- When Jesus was raised from dead, he had an amazing body,
- Before Jesus rose into heaven, he promised that He would send His holy spirit to us,
- to help and guide us and give us spiritual gifts ,
- Followers of Jesus is His spirit, is big body,
- we call the community of God's people is the body of Christ.
- Apostle Paul says, now you are the body of Christ and each one of you is a part of it.
- The body of Christ is God's people who work together, just like our body needs all its parts to work together.
- Bible says we need each other for the church to work. We could do great things when we work together as the body of Christ , member of the body of Christ –how you work with others is also very important, we work together by helping each other, praying for each other and using our spiritual gifts to help each other and together with God we can do great things when we work together as the body of Christ.

END OF DAY 2



DAY 3

TOWARDS CHRISTIAN RESILIENCE



RUN SHEET FOR THE DAY



Item	Duration	Start Time	End Time
Holy Qurbana & Inauguration			
Tea Break			
Session 1 - Introduction - Ice Breaker - Theme Presentation - Activity 1: Love Dance - Activity 2: Letting Go - Conclusion			
Lunch Break			
Session 2 - Introduction - Ice Breaker - Theme Presentation - Activity 1 - Activity 2 - Conclusion			
Tea Break			
Session 3 - Introduction - Ice Breaker - Theme Presentation - Activity 1 - Activity 2 - Conclusion			
Finale Practise			

Introduction



Introduce each teacher
and other resource
personnel



General safety rules
(Do's and don'ts)



Children to report any
concerns to teachers,
housekeeping
requirements



Explanation of
the day's agenda



Explanation of
the day's slogan



Prayer



DAY 3

SESSION 1

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	





Prayer

Welcome Holy Spirit (singing)

Bible Verse (Saying together)

"Blessed are the pure in heart, for they shall see God." (Matthew 5:8)

Let's pray for the intentions of Pope Francis & our Bishop Mar John Panamthottathil

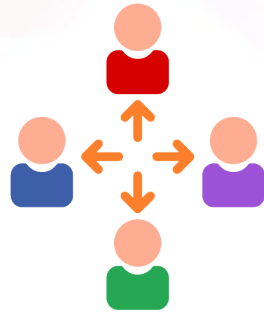
(1 Our Father, 1 Hail Mary, and 1 Glory be)



Day 2: Formation of Groups

- Team will be divided into smaller groups by saint name for managing group activities. Suggested sub-group names:-

- Mar Adai
- Mar Mari
- Mar Aphrem
- Mar Thoma



- ✓ Each subgroup will have one teacher/volunteer assigned / introduced.
- ✓ There will be points for games, activities & poster making.
- ✓ Team which gets the highest point will be the winners at the end of the day.

Ice Breaker - Body Balloons

Objective:

- ◇ A game to encourage teamwork

Materials:

- ◇ 4 inflated balloons for every pair of kids.

Steps:

- ◇ Kids form pairs and line up at one end of the room.
- ◇ Place half the balloons on one end of the room and the other half on the opposite end of the room.
- ◇ Explain that pairs will race back & forth together between the walls, each time adding a balloon to carry between them until they have all four balloons in a certain order.
- ◇ First, they'll place a balloon between their foreheads. Second, they'll add a balloon between one of each of their palms. Third, they'll add a balloon between their other palms. Fourth, they'll add a balloon between their stomachs.



Ice Breaker - Body Balloons



Message:

- ◇ What was hardest about working together?
- ◇ What was something good about working together?
- ◇ When has working with someone helped you in life?
- ◇ What did this experience teach you about working with others?



Introducing the theme

In day 1, We learned how to love God with our whole heart.

In day 2, we learned how to love our Church. Loving the Church means loving Christ Jesus because, Church is Jesus's mystical body. We love our Syro-Malabar Church.

The First three Commandments navigated these two days journey which was summarised in Jesus' first command: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' Can you recollect the 1st three commandments?



<https://youtu.be/NPUr3AQyJ6o?si=8lQCIXJeggvOmY4Z>

Introducing the theme

In day 3, we learn how to love our neighbour & how to be resilient

The last seven of the Ten Commandments direct our attitude to our “neighbour.” Can you speak aloud these Commandments of God?

- Honour your father and your mother.
- You shall not kill.
- You shall not commit adultery.
- You shall not steal.
- You shall not bear false witness against your neighbour.
- You shall not covet your neighbour’s wife.
- You shall not covet your neighbour’s goods.



Note: The second great commandment “Love your neighbour as yourselves” summarizes the last seven of the Ten Commandments!

Introducing the theme

We have just seen the
commandments.

How do they help us to be
resilient?



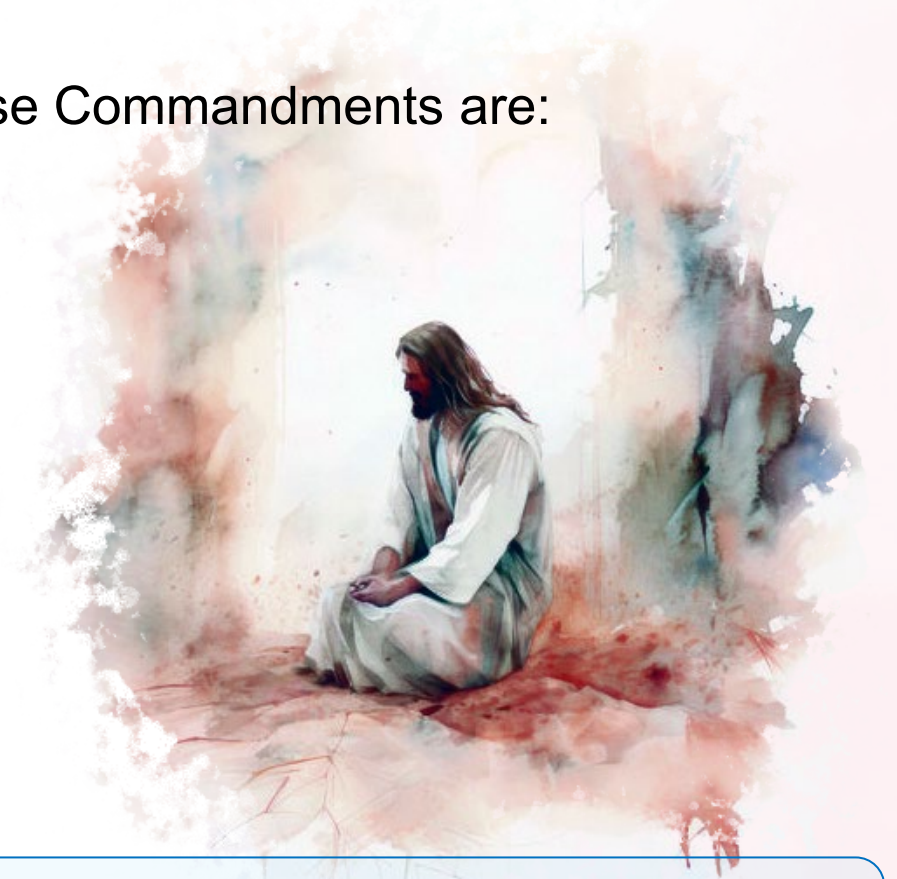
Introducing the theme

Characteristics of Christian resilience manifested in these Commandments are:

- › Love/Charity
- › Holiness/Chastity
- › Orthodoxy of faith
- › Openness for life
- › Respect for truth & justice
- › And finally, Hope that God can rebuild.

<https://youtu.be/tMCWfCH37y4?si=lxDa6vGJzlbc8v>

Activity: Give the groups 3 minutes to rhyme these characteristics into slogans and ask them to shout it out in groups. Points to be given according to their performance.



Slogan



**Blessed are the pure
in Heart,
For They will see God**

Matthew 5:8

Activity

Action Song

Play action song on a shared device and help children do sing the song on hope along with the actions played in the video link below:

<https://youtu.be/FOsnEkcKWKM?si=OGBWJbMww14f9H9k>



Be resilient through Purity of life

Holiness/Chastity

We are invited to live chastely in our thoughts, words and deeds.

God said:

You shall be holy, for I the LORD your God am holy. (1 Pet 1:16)

Show the video below (up to 2.23 seconds) and explain appropriately.

<https://www.youtube.com/watch?v=BijMDbpF-To>

If teacher needs content, please go to

https://youtu.be/eJiQps01ic4?si=leye8Gurbfo8_6



Purity of heart explained

I have in my hands a glass of water. I got this water from a bottle of sparkling spring water. It's clean, free of impurities, just plain pure water. On a hot day, a nice, cold glass of water like this looks pretty good, doesn't it? But what happens if I do this? (Using an eyedropper, drop a few drops of food color, dye, or ink into the water.) What's happened to the water? It's not pure anymore, is it?

You can still see through it, but it's become polluted. If I drop more in here, it'll become even cloudier. It's not so appealing any more, is it?





*Purity of heart is
an essential virtue
that makes every area of
our lives holier.*

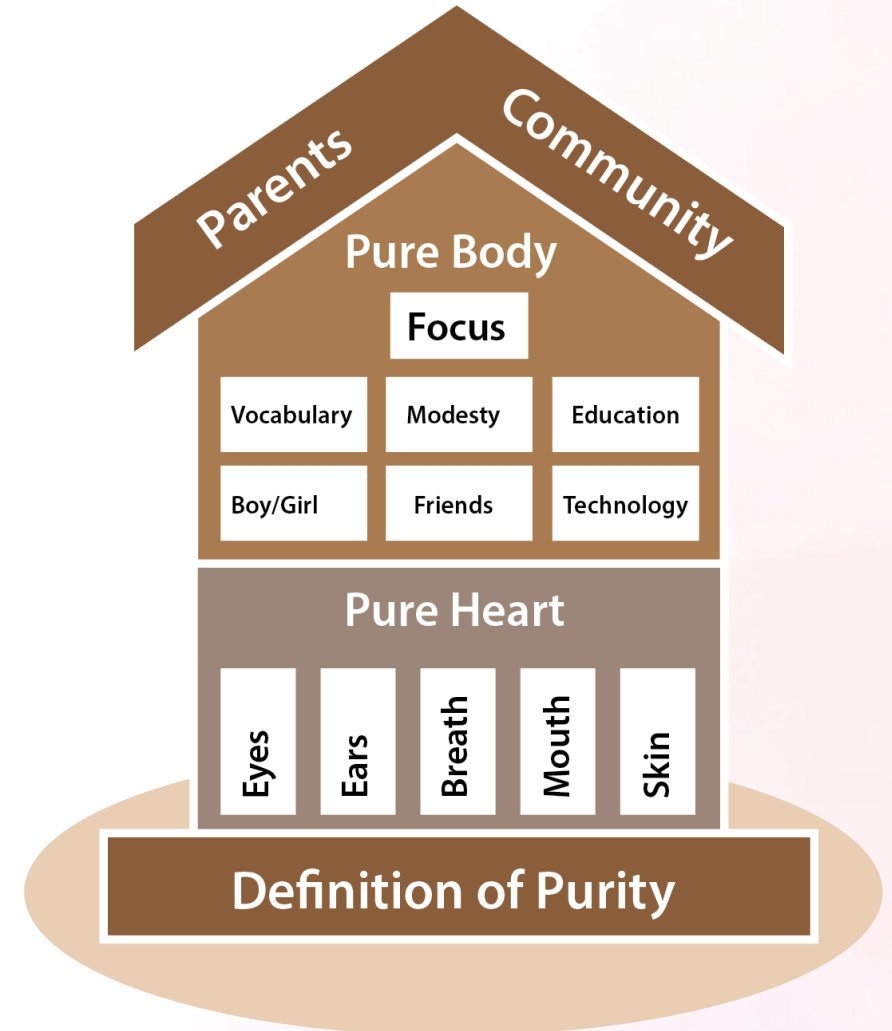
Be resilient through Purity of life

<https://youtu.be/1WMFuU9Oo8Q?si=WTRnIESfIWMFDP6g>

Explain each term in the chart

As a concluding activity to this theme, children can sing Kandeesa Alaaha from

https://www.youtube.com/results?sp=mAEB&search_query=kandeesa+alaaha



Activity

Pure Heart and Boy Sorting Poster

(This can be done in groups of 4-5)

Materials: A3 size paper/chart paper, print out of the next 2 slides.

Note: Teachers can pre-write the title and give to the students.

Steps:

Step 1 - Students can be given a A3 size paper/chart paper which is divided into 2 columns, and they sort the behavior into pure heart/Pure body/things that make our heart and body pure/ impure. **d**

Step 2 - Students would be given some visuals of good and bad deeds they need to sort it into the correct boxes. (next slides)

Step 3 - Once they are done each group comes up and shares their poster and talks about it.

Things that make our heart and body pure/ Good Deeds	Things that make our heart and body impure/ Bad Deeds

Stroking



Sharing



Using a tissue



Show someone you are listening by looking at them.



Create a card for an adult you love to show them you care.



Write a list of things you like about another person.



Biting



Shouting



Hitting



Offer a hug to someone.



Put something back where it belongs for someone else.



Use kind words.

Pulling hair



Throwing



Pushing



On a weekend, offer to help clean out the car.



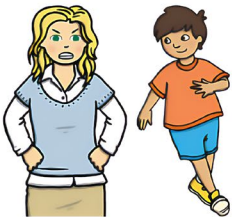
Help an adult out by folding some clothes.



Take a moment to think about someone in need.



Running away



Picking your nose



Kicking



Do a favour for someone.



Tidy someone else's cloakroom area for them.



Say 'thank you' to someone who helps you.



Smile and say 'thank you' to someone.



Help a friend put on their coat.



Play a game with someone who is on their own.



Tidy someone else's desk area for them.



Pick up the equipment in the playground.



Tidy away someone else's book.



Volunteer to help at home.



In your free time, draw a picture for an adult you love.



Show someone you appreciate them.



Push in someone else's chair.



Give someone a compliment.



At home, wipe down the counter with a cloth.



Pick up your clothes and put them in the washing machine.



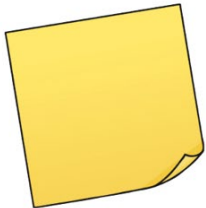
Offer a helping hand to a partner who is stuck.



Say 'please' and 'thank you' at all times.



Hold the door for a friend.



Write a thank-you note to someone.



Tidy away toys.



Cheer up a friend that is sad/upset.



Let a friend go in front of you in the queue.



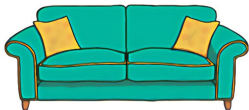
Pick up litter and put it in the bin. (Wash your hands after.)



Tidy someone else's lunch area for them.



Offer to help an adult make dinner.



Fluff the cushions on a sofa.



Hold the door for a teacher.



Tidy someone else's stationery away for them.



Tell someone a joke to make them laugh.



Be resilient through Purity of life

Purity of heart is contained chiefly in three areas:

- charity (Love);
- chastity or sexual correctness;
- love of truth and orthodoxy of faith.



Be resilient through Purity of life

- “Pure in heart refers to those who have attuned their intellects and wills to the demands of God’s holiness,” chiefly in charity, chastity, and truth .
- Charity means putting God first and acting according to the true good of our neighbour.
- Chastity means living holy purity in terms of sexuality.
- Truth means holding the orthodox faith.



Summary

- › We are invited to live chastely in our thoughts, words and deeds.
- › We need to be holy because our God is holy.
- › Purity of heart consists of charity, chastity, and love of truth and orthodoxy of faith.
- › We need ongoing efforts and prayer for growing in the virtue of chastity & purity of heart.



Extra Activity

Action Song

If you need additional action songs based on - God created man in his own image, in the image of God he created him; male and female he created them. (Gen 1:27) - please use the following links:

<https://www.youtube.com/watch?v=5Tz7tCfCd9E>

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

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





GROUP 1 - FAITH
Department of Catechesis
Syro-Malabar Eparchy of Melbourne

BREAK



DAY 3

SESSION 2

Be Resilient Through Love and Respect



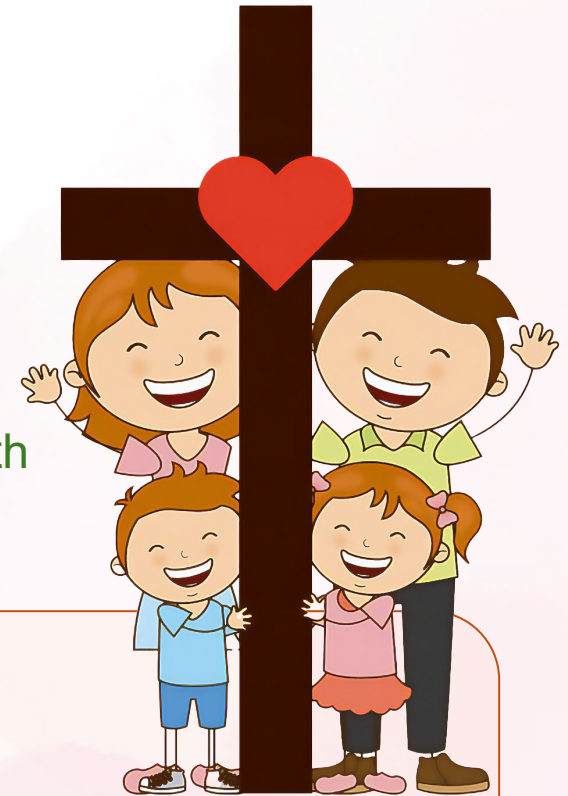
Respect
Life
Respect
& OTHERS
Seek
THE TRUTH



Be Resilient Through Love and Respect

Guiding Commandments:

- Honor your father and your mother - Love & respect Family
- You shall not kill - Love & respect Life
- You shall not steal - Love & respect Truth
- You shall not bear false witness against your neighbour - Love & respect Truth
- You shall not covet your neighbour's goods - Love and respect Justice



Activity 1

For a song for respect:

https://www.youtube.com/watch?v=1g4b_rjGBL8

For content on respect:

<https://www.youtube.com/watch?v=zZJm1GGCemg>

Be Resilient Through Love and Respect

Respect for persons:

- We treat others the way Christ would, as persons with great dignity, not reducing them to objects for our convenience

Respect for their goods:

- Any form of unjustly taking and keeping the property of others is against the 7th & 10th commandment. Promises must be kept, and contracts strictly observed.
- Requires the restitution of stolen goods to their owner



Activity

Ways to Show Respect

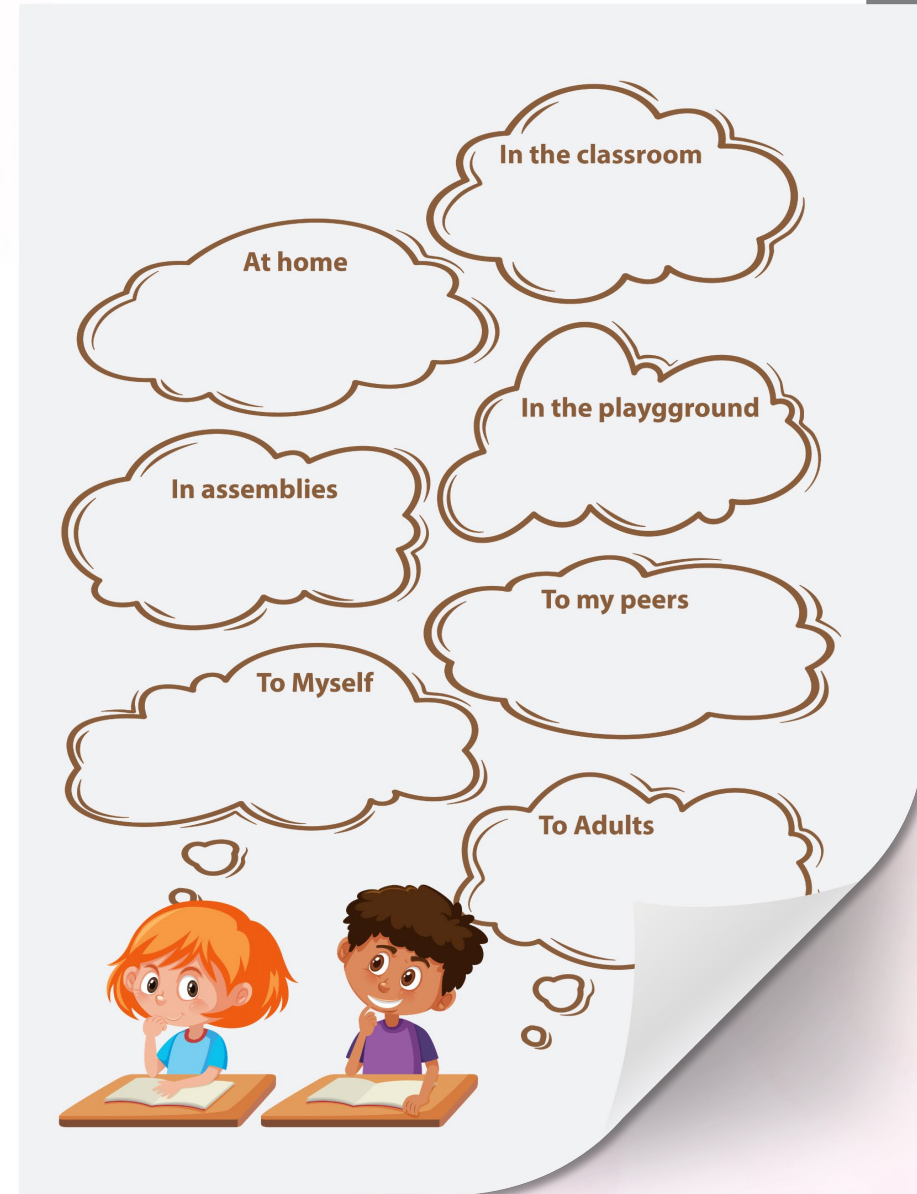
With a buddy, think of all the different ways respect can be seen, felt or heard in these different settings and with these different groups of people

Respect life, Respect others & Seek the truth.

Students pair up and complete this poster by making some pictures and telling the ways to be respectful

Materials needed: Color pencils, Print out of the worksheet

https://drive.google.com/file/d/1cR39momflsg04lr9kSqWR3PeQHNe_nKz/view?usp=sharing



Activity

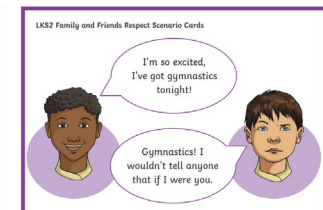
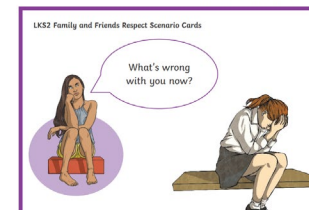
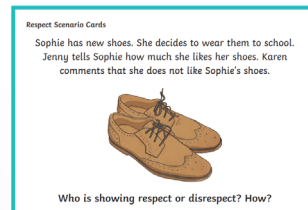
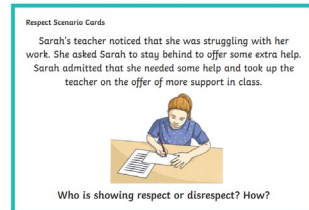
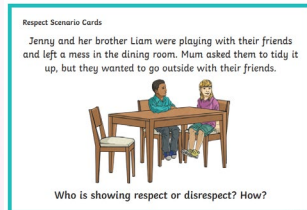
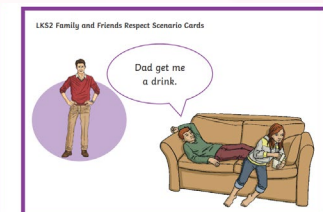
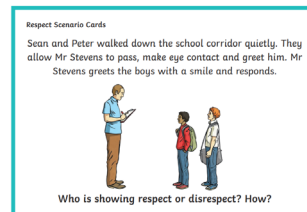
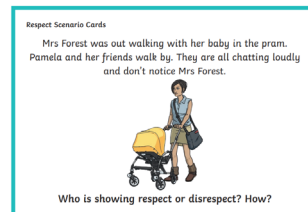
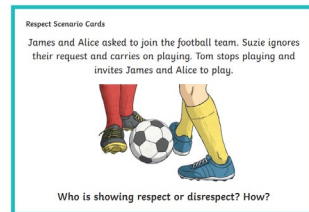
Respect Scenario Cards

Materials needed: Respect Scenario card print outs

<https://drive.google.com/file/d/1dVdWemgfo-wPj7IxNJDCNEL535x-aZid/view?usp=sharing>

<https://drive.google.com/file/d/1WspZe9KUAEscxQn-2G1mq2im5ANEBmPQ/view?usp=sharing>

Steps: Students can be given the shown cards as a group of 4-5 and they come up with a solution and present them as whole class.



Activity

Respect Scenario Cards

Respect Scenario Cards



Respect Scenario Cards

James and Alice asked to join the football team. Suzie ignores their request and carries on playing. Tom stops playing and invites James and Alice to play.



Who is showing respect or disrespect? How?

Respect Scenario Cards

Jenny and her brother Liam were playing with their friends and left a mess in the dining room. Mum asked them to tidy it up, but they wanted to go outside with their friends.



Who is showing respect or disrespect? How?

Respect Scenario Cards

Sarah's teacher noticed that she was struggling with her work. She asked Sarah to stay behind to offer some extra help. Sarah admitted that she needed some help and took up the offer of more support in class.



Who is showing respect or disrespect? How?

Activity

Respect Scenario Cards

Respect Scenario Cards

Mrs Forest was out walking with her baby in the pram. Pamela and her friends walk by. They are all chatting loudly and don't notice Mrs Forest.



Who is showing respect or disrespect? How?

Respect Scenario Cards

Sean and Peter walked down the school corridor quietly. They allow Mr Stevens to pass, make eye contact and greet him. Mr Stevens greets the boys with a smile and responds.



Who is showing respect or disrespect? How?

Respect Scenario Cards

Sophie has new shoes. She decides to wear them to school. Jenny tells Sophie how much she likes her shoes. Karen comments that she does not like Sophie's shoes.

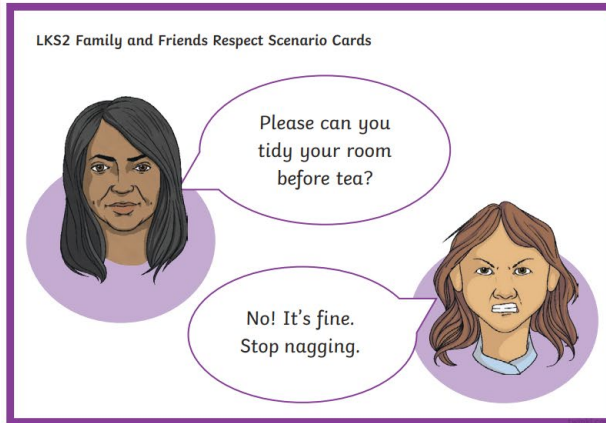


Who is showing respect or disrespect? How?

Activity

Respect Scenario Cards

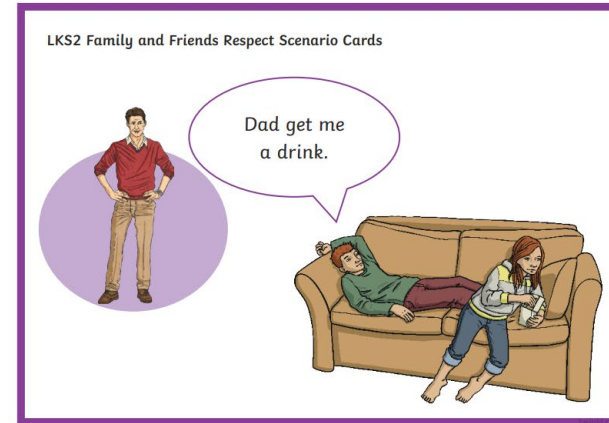
LKS2 Family and Friends Respect Scenario Cards



Please can you tidy your room before tea?

No! It's fine. Stop nagging.

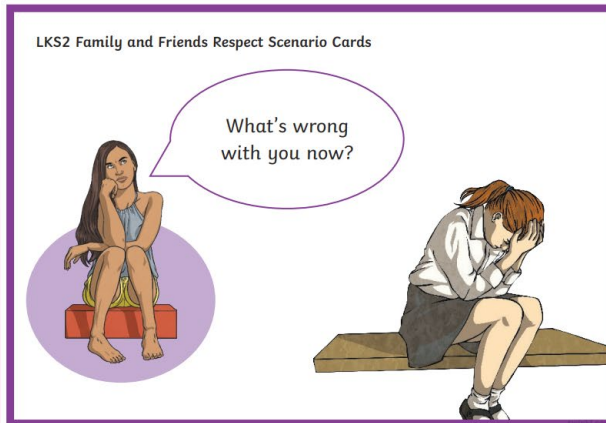
LKS2 Family and Friends Respect Scenario Cards



Dad get me a drink.

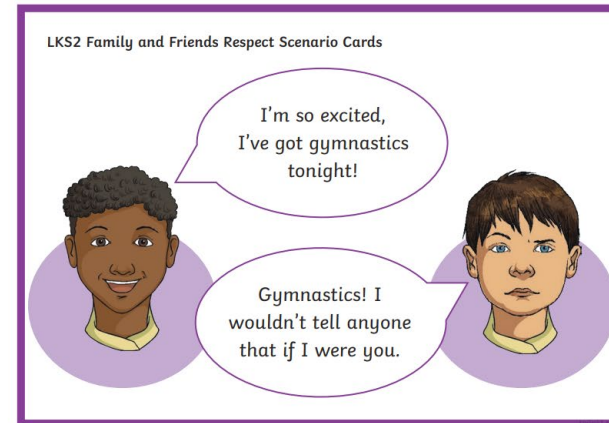
This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study.

LKS2 Family and Friends Respect Scenario Cards



What's wrong with you now?

LKS2 Family and Friends Respect Scenario Cards



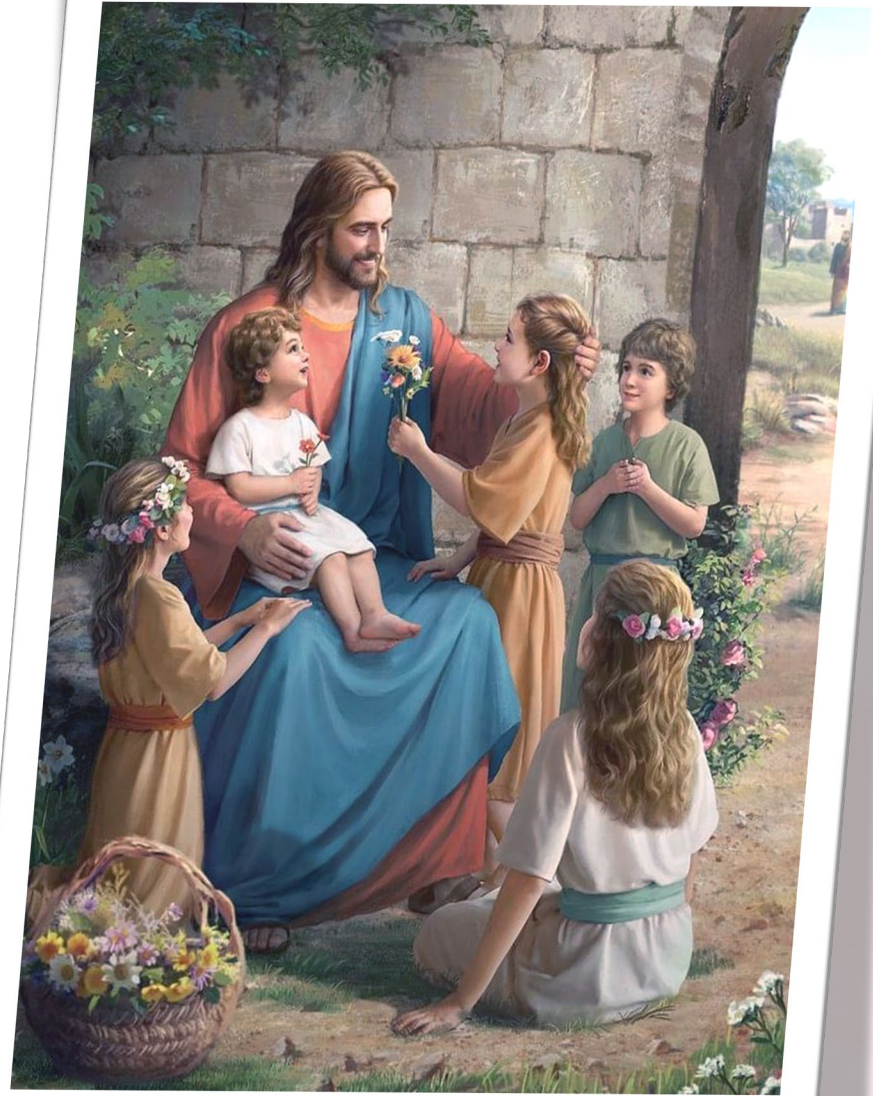
I'm so excited, I've got gymnastics tonight!

Gymnastics! I wouldn't tell anyone that if I were you.

God looks into our hearts!

<https://youtu.be/Np4IDUllol8?feature=shared>

- › Watch the video (3-4 minutes) and let the children give time to be calm within and ask pardon from God



Slogan



**Blessed are the pure
in Heart,
For They will see God**

Matthew 5:8

Summary

- › By respecting others, we respect God our creator.
- › The Commandments of God help us to respect.
- › We can show respect by obeying our parents, being considerate of our friends, and showing care to all of God's creation.
- › Little deeds of kindness mean a lot.





GROUP 1 - FAITH
Department of Catechesis
Syro-Malabar Eparchy of Melbourne

BREAK



DAY 3

SESSION 3

FINALE PREPARATIONS

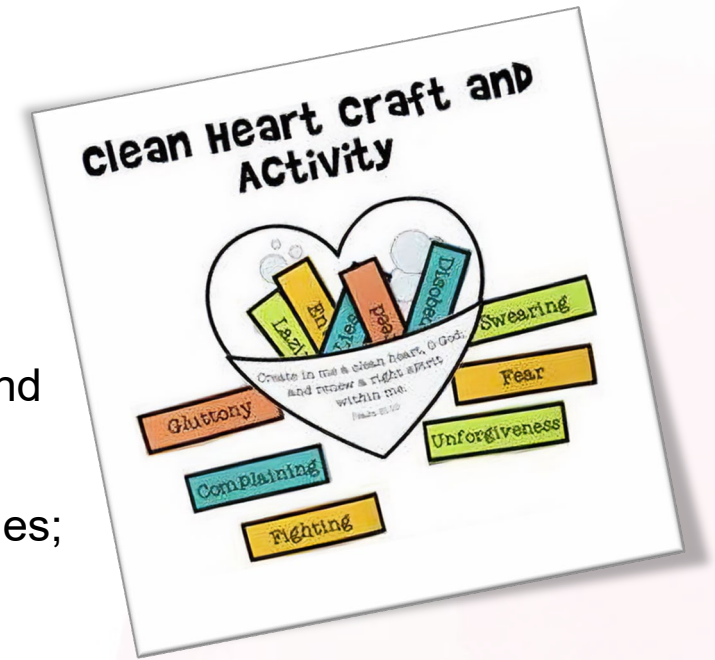
Extra Activity

Clean Heart Craft and Activity

Materials needed: Colour pencils, Heart patterns, A 4 sheets, Glue, good and evil word cards

Steps: Students can be given a heart outline and some good and evil qualities; they should glue the good qualities inside the heart and the bad outside.

Divide students in different groups. Children color the cleaning pictures and heart patterns with colored pencils and glue or staple the heart patterns together to make a pocket. Let students to put good qualities word card inside the heart pocket and evil qualities word card outside. Children read each word on the pictures or word cards. Ask a student to explain what the word means, and then ask him if King Saul displayed this characteristic. Ask him to explain how or in what circumstance King Saul showed this behavior. Ask students if they have ever shown this behavior in their lives. Discuss how they can improve on their behavior with God's help. Have your students place each picture or word card in their hearts after you have discussed each one. Encourage them to use their hearts at home to help them improve their behavior and pray about any bad behavior they have problems changing.

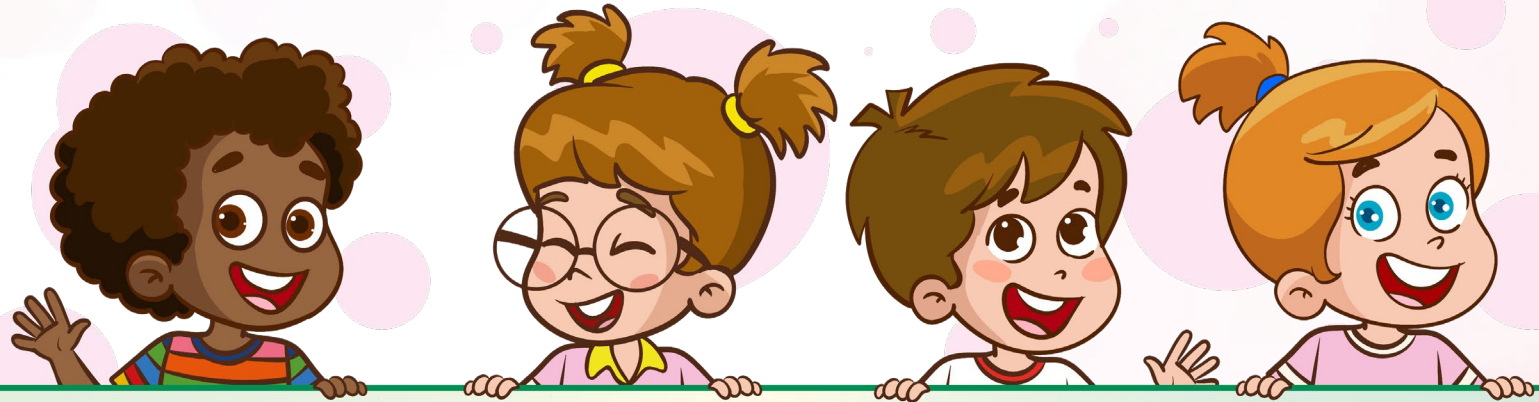


Extra Activity

Clean Heart Craft and Activity

Examples of word card

1. Gluttony
2. Fear
3. Unforgiveness
4. Swearing
5. Complaining
6. Fighting
7. Laziness
8. Envy
9. Lies
10. Disobedient
11. Greed



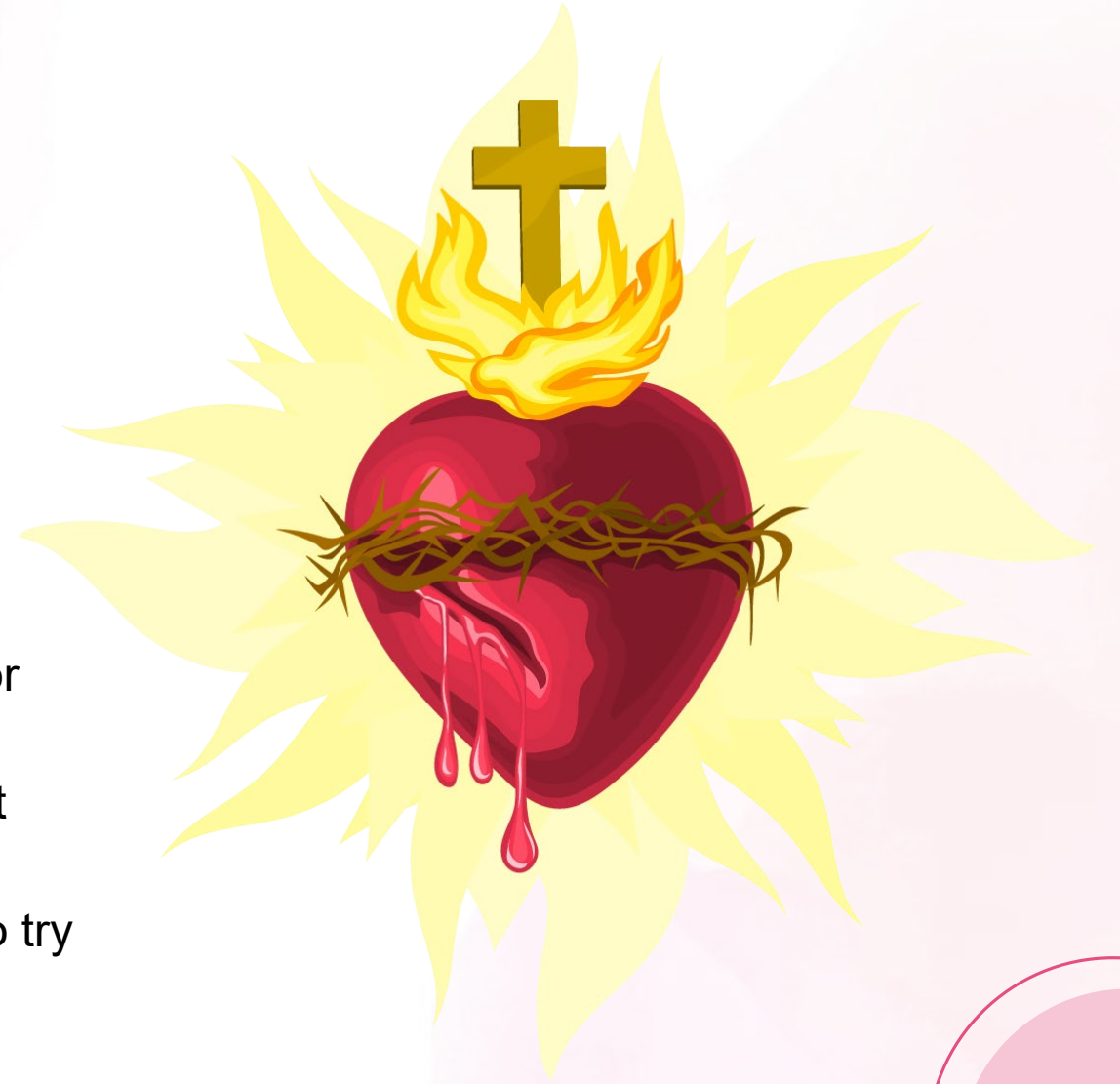
*“Create in me a clean heart,
O God and renew a right spirit
within me”*

Psalms 51:10

Extra Activity

Pure Heart Game

- Draw a large heart shape on a whiteboard.
- Write words describing sins in the heart covering as much of the inside of the heart as possible.
- Talk about how we can purify our hearts.
- Have a child pick one of the words in the heart and give an example of that sin.
- Cover the child's eye with a blindfold and give him or her a dry eraser,
- Turn the child in circles several times and then point him toward the board.
- Tell him he can make one swipe across the board to try to erase the words in the heart.
- Keep playing until all the words are erased.

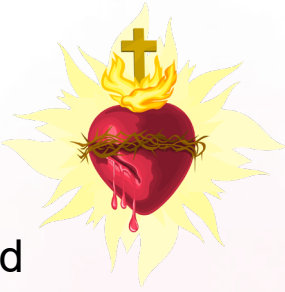


Coach Them Rather Than Rescue Them

- Help children develop problem-solving skills on various levels.
- Learning to overcome situations as /small challenges to overcome bigger challenges in life when they are older.
- (Romans 5:3-5) “Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.
- And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.”

Create ‘honest-time’

- Children to learn to connect with themselves, their emotions and God.
- Children need to have time away from technology and time alone with themselves and also time alone to connect with God.
- <https://youtu.be/ciXWG9viEuw?si=Y0YnTQuAaHu7HtfT>
- <https://youtu.be/AJ8k1sllEa8?si=9ldXLn0haIWzWOng>
- <https://youtu.be/JcLIKVgwCqM?si=NvEF4Ckoz-kjHN9Q>



Jesus Christ was Pure of Heart

- Christ's own perfect purity of heart or singular focus can be seen in His first words recorded in Sacred Scripture. When the twelve-year-old Christ was lost to His parents for three days and they finally found Him in the Temple, He said to them, "How is it that you sought me? Did you not know that I must be in my Father's house?" (Lk 2:49)
- The kingdom of God is where God's will is fully done by us and everyone else. Our goal and God's goal for us is full unity with Christ.

What is Purity of Heart?

- Those who are pure in heart are able to see God even in this life. But what does that term mean?
- Purity of heart certainly includes sexual chastity. Clearly, we cannot be pure in heart if we are committing sexual sins, every form of sexual coupling except normal matrimony entered into by two virgins who are faithful to each other for life and whose every intimate act is open to life.
- But purity of heart is more than this. It is actually more akin to right intention or sincerity
- Some people exclude God from their vision of what will make them happy. We can, instead, make our goal in life pleasure, or being admired, or making money, or a thousand other things. If we pursue these things for their own sake in an honorable way, that is, without sinning, we would be acting for a wrong intention in the sense that we would be making a big error. These things will never be able to satisfy us.



END OF DAY 3



GROUP 1 - FAITH
Department of Catechesis
Syro-Malabar Eparchy of Melbourne

Thank
you