

# FAITH FEST 2024





GROUP 2 - HOPE  
Department of Catechesis  
Syro-Malabar Eparchy of Melbourne

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 2

# HOPE

Year 4, 5 & 6



# 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."



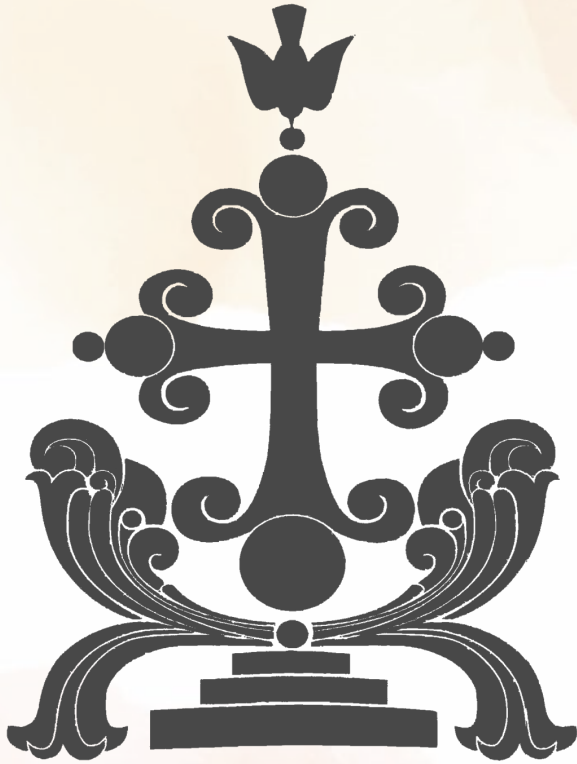
...ܡܝܠܟܐ ܝܫܘܐ      Mār Wālāh      എന്റെ കർത്താവേ  
"And my God"      "My Lord"      മാർ വാലാഹ്      എന്റെ ദൈവമേ

# 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

<b>Day 1</b>	Holy Qurbana Inauguration General Instructions / Housekeeping Rules Three Sessions
<b>Day 2</b>	Holy Qurbana Wear Traditional Dress Bring Traditional Food Prepare Pesaha Appam Performing Traditional Dance
<b>Day 3</b>	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





# 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 - Activity 3: Balloon Stomp - Conclusion			
Lunch Break			
Session 2 - Introduction - Ice Breaker - Theme Presentation - Activity 1: 10 Commandments - Activity 2: Silent Charades Challenge - Conclusion			
Tea Break			
Session 3 - Introduction - Ice Breaker - Theme Presentation - Activity 1: Fully Minded - Activity 2: Holy Qurbana Songs - 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 1**

**SESSION 1**

# Ice Breaker - Describe Me



- ◇ Time Taken: 20 minutes
- ◇ No of participants: Whole group activity
- ◇ Teachers can monitor students from different corners of the class if they need help
- ◇ In this game, students will race against the clock to come up with as many descriptive words as they can to describe an animal, food, object, etc. Before beginning the game, write down a variety of items on index cards. Be sure to choose things that can be easily described. Some words you might consider using are candy, kitten, tornado, cheeseburger, elephant, etc. The teacher will call out the word or category on the card. Then each contestant will write down all the words that describes the thing until the contestant can no longer describe the word. For example, if you call out “trash” one contestant would say, “smelly” and the other would say “gross”, etc. The teacher then asks the group who has the greatest number of descriptive words.
- ◇ The winner of the round is the contestant that is able to call out the most words to describe the word on the card. The winning contestant will add one point to his or her team.
- ◇ Descriptive words must not be duplicated for the same card.
- ◇ The team with the most points at the end of the game will win!



# Ice Breaker - Describe Me



## Index card words

<b>CAT</b>	<b>CHEESE PIZZA</b>	<b>APPLE</b>
<b>TABLE</b>	<b>SIBLING</b>	<b>MUD</b>
<b>RUBBER</b>	<b>TRASH</b>	<b>LOVE</b>

# Introduction to Theological Virtues

- *Virtues are gifts from God that lead us to live in a close relationship with him.* Virtues are like habits. *They need to be practiced; they can be lost if they are neglected.*
- The three most important virtues are called theological virtues because they come from God and lead to God. The cardinal virtues are human virtues, acquired by education and good actions. Cardinal comes from cardo, the Latin word for hinge, meaning “that on which other things depend.”



# Introduction to Theological Virtues



## Theological Virtues

- Faith
- Hope
- charity

## Cardinal Virtues

- Prudence
- Justice
- Fortitude
- Temperance

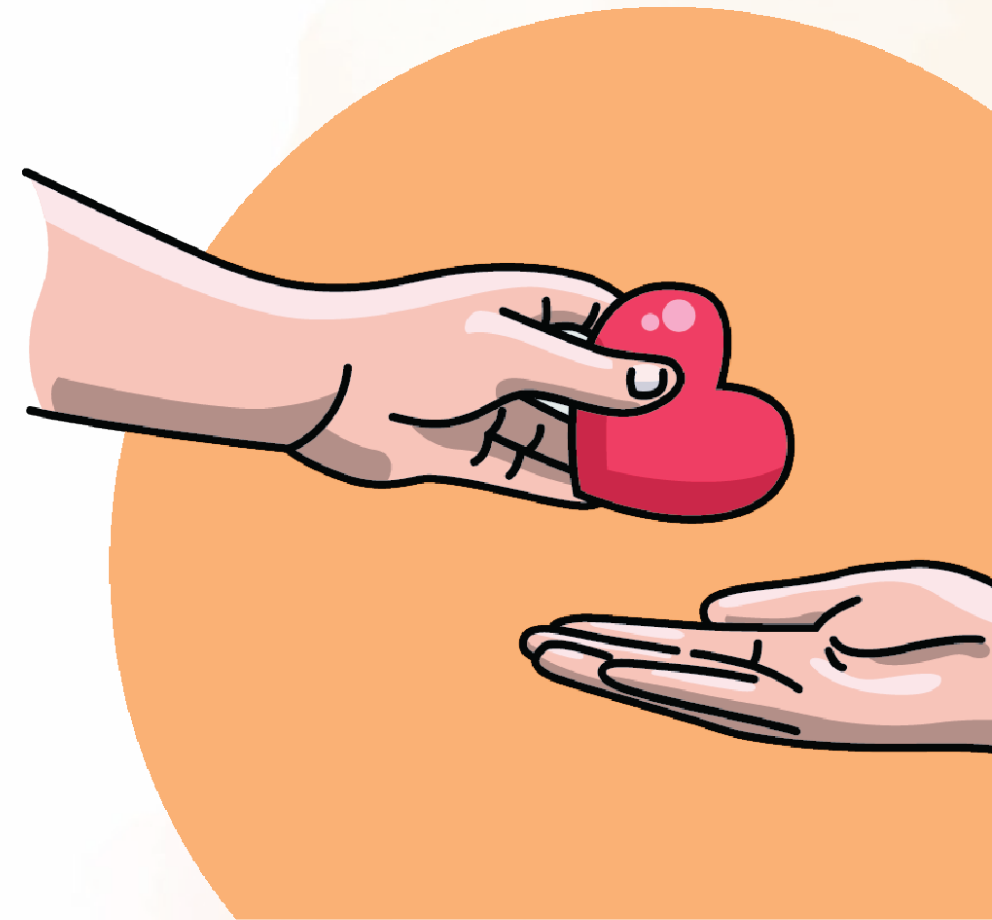


# Introduction to Theological Virtues

## Theological virtue of Love/Charity

### What does Caritas Mean?

- Caritas is a Latin word meaning 'love.'
- Charity could be its English equivalent.
- In Sacred Scripture, it simply means 'love.'
- 1 John 4:8 is an example: Deus caritas est, 'God is love.'



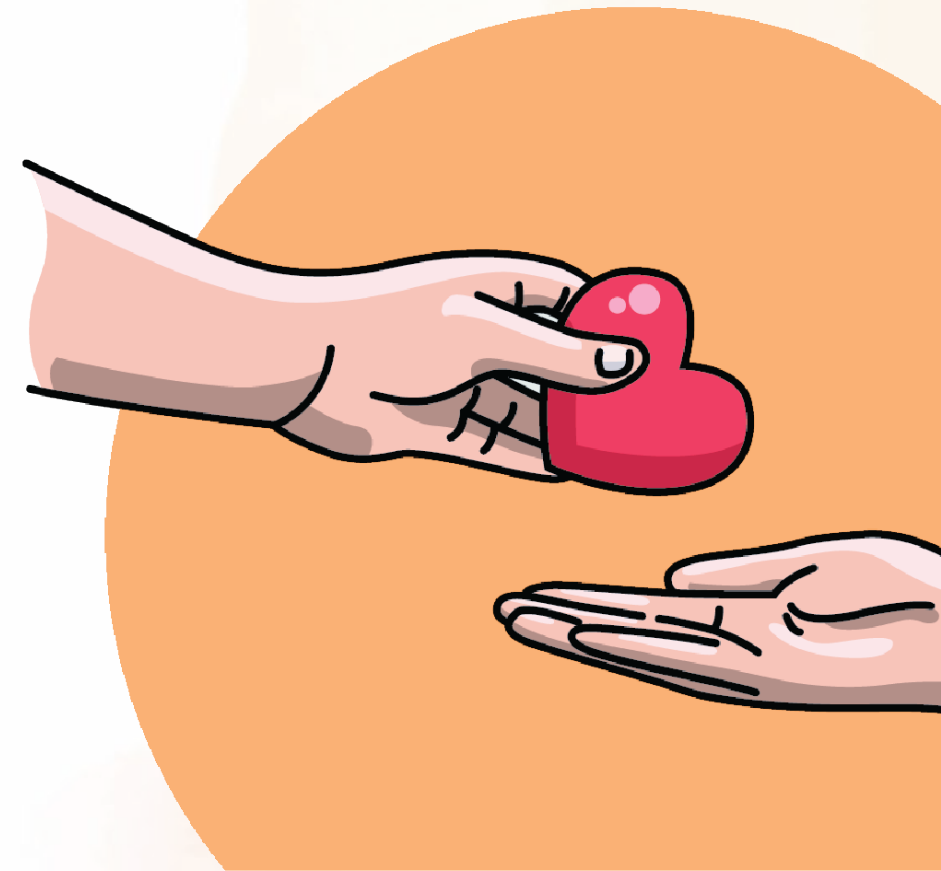


# Introduction to Theological Virtues

## Love/Charity/ Caritas: Definition

### What does Caritas Mean?

- The third and greatest of the Divine virtues enumerated by St. Paul usually called charity.
- “And now faith, hope, and love abide, these three; and the greatest of these is love” (1 Cori 13, 13).
- CCC 1822 Charity is the theological virtue by which we love God above all things for his own sake, and our neighbour as ourselves for the love of God.

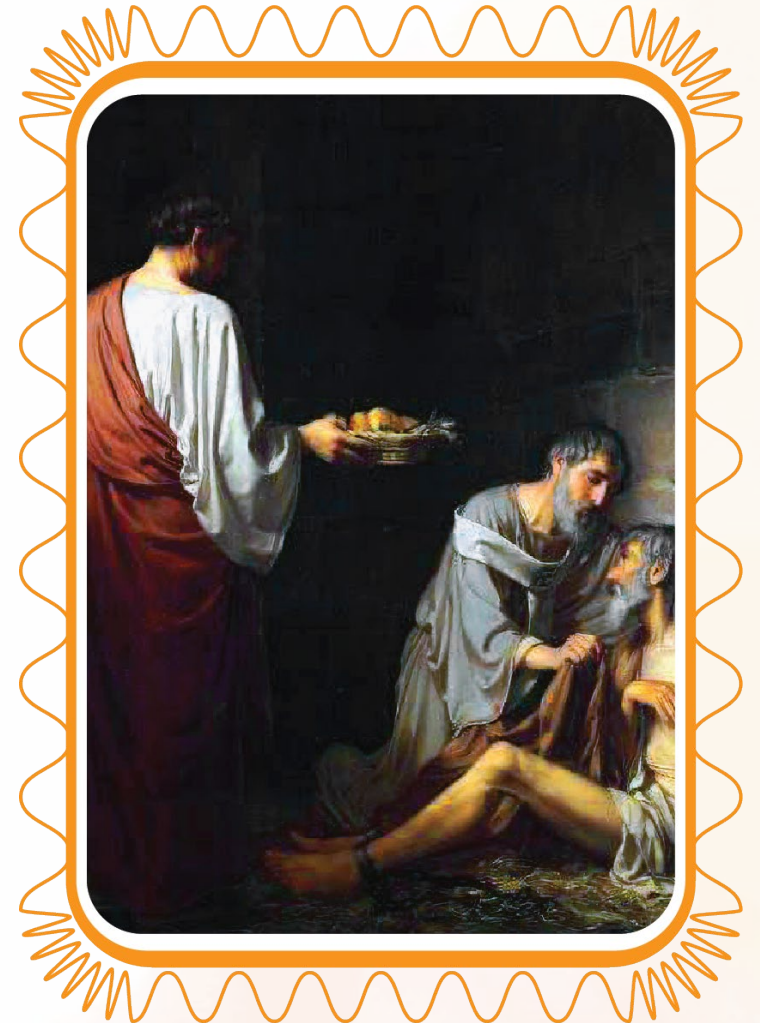


# Introduction to Theological Virtues

## Explanation

### Charity/ Caritas is a theological virtue. Why?

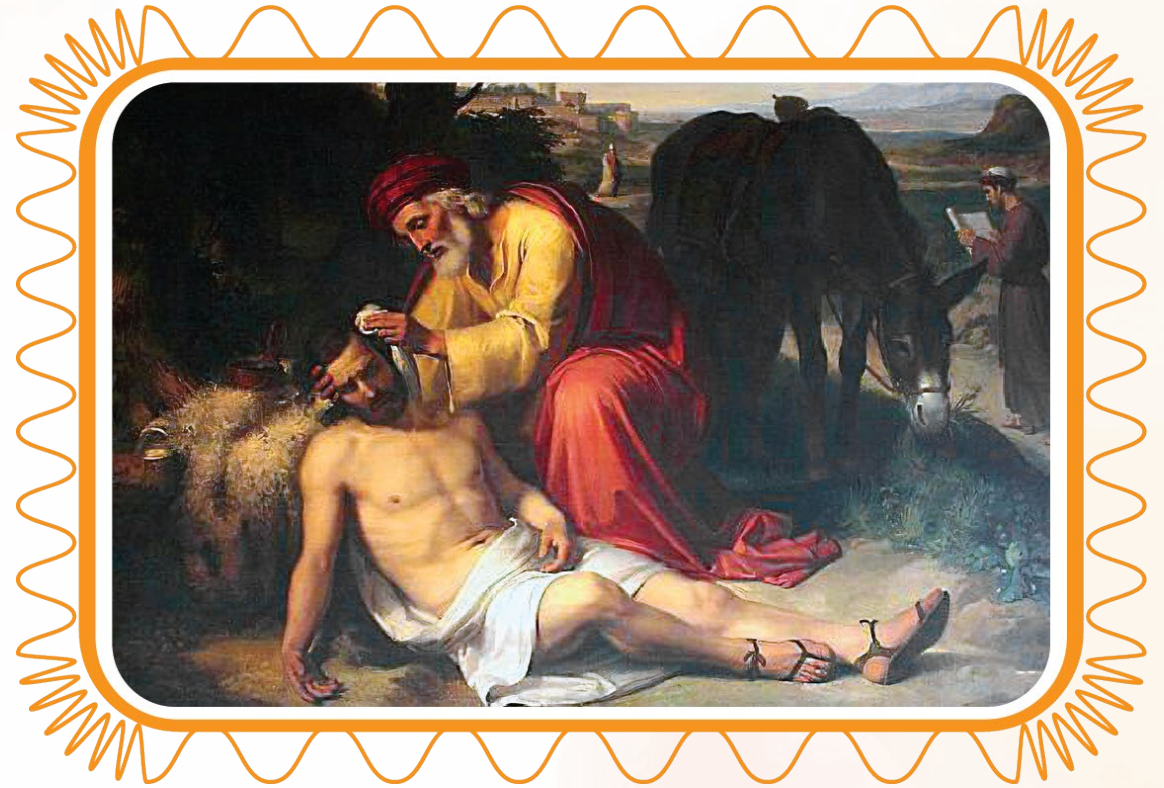
- Charity/ Caritas comes from God. It is a gift given to us by God freely. "The charity of God is poured forth in our hearts, by the Holy Spirit" (Rom 5: 5).
- Charity/ Caritas leads us to God. It is up to us to decide whether or not we want to accept and use them. Charity/ Caritas provides the foundation for the Christian's entire moral life because they guide, direct, and give life to all other virtues. CCC 1827
- The practice of all the virtues is animated and inspired by charity, which "binds everything together in perfect harmony"



# Introduction to Theological Virtues

**Charity/ Caritas has twofold manifestations:**

- A. We love God above all things.
- B. We love our neighbour as ourselves for the love of God



## Activity 1

# Love Dance

**Children are given an opportunity to love God in their own dance steps.  
Dance to the song**

<https://www.youtube.com/watch?v=Wg800sxucT8>





## Activity 2

# Letting Go Game

- ◇ Time Required: 10 min
- ◇ Materials Required: Balloons, heavy boxes ( can have flyer bundles covered as presents)
- ◇ Students are shown a pile of balloons and few boxes and told that the boxes and balloons both have points. The more you pick the more points you get .Boxes are a bit heavy as if the child can only take 1 or 2 of them. Students are to pick as many possible . Timer goes for 30 sec to make their choice.
- ◇ Once the times up display onboard the points . Balloon has 0 points and Box has 10 points.
- ◇ Explain to them that doing charity is like picking a box. It's a choice hard to do and we will need to let go of many things we love to do it .





## Activity 2

# Message

Doing charity is like picking a box. It's a choice hard to do and we will need to let go of many things we love to do it.



# Conclusion & Summary

**Scenario:** A new student arrives at your school in the middle of the year. No one is sitting with him at lunch. You introduce yourself and ask if he wants to eat with you and your friends. You know you would want someone to do the same for you if it were the other way around.



# Conclusion & Summary

**Explanation:** The key virtue in this scenario is charity. You performed an act of kindness just as you would want someone to do for you. As Jesus taught, we are to love our neighbour as we love ourselves.

Charity properly resides in the rational will. Hence, it's a choice.

Contrary to the secular understanding of love as a feeling, the Catholic virtue of authentic charity says that love/charity is a choice. Regardless of how you feel or don't feel in a particular situation, you may wilfully choose a loving action toward a person, wherein which heroic Christian virtue lies. Choosing charity when it is difficult or undeserved. Choosing charity and love when it is difficult or undeserved is what we are called to do in the practice of this virtue and, while extremely fruitful, it is often difficult when done correctly.





***Rely on God in prayer for  
authentic acts of charity***





## Activity 3

# Balloon Stomp

Balloon stomp is one of those outdoor games that your teens can play in your backyard. It is a group game and can get noisy with the balloons bursting and players shouting with joy.

- ◇ **Number Of Players:** 10 or more (from each group)
- ◇ **You Will Need:** Balloons and some string (each group will have a different colour)
- ◇ **How To Play:** The aim of the game is simple –burst the opposing team’s balloons without losing yours. Split the participants into two teams with an equal number of players. Use strings of different colors for each team. Ask players to tie the balloon to their legs with a long string, so that the balloon is not too near. As soon as the moderator (parent can be one) says “go”, the players must move around quickly and step the other team’s balloons, only with their legs. The team that successfully bursts the other team’s balloons first, wins. The game is bound to inculcate team building skills in teens.



# BREAK



GROUP 2 - HOPE  
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**DAY 1**

**SESSION 2**

# Ice Breaker - Sing Aloud



- ◇ Children to sing aloud the song that is displayed on the board.

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

- ◇ [https://www.youtube.com/watch?v=JjL\\_1V5mHbk](https://www.youtube.com/watch?v=JjL_1V5mHbk) – Malayalam version
- ◇ <https://www.youtube.com/watch?v=Eq8LNGL0tIs> – English version
- ◇ Reflect over which command strike in our heart and ask students to tell it out.

## Activity 1

# Game of 10 Commandments

- ◇ **Time taken:** 20 min
- ◇ **Materials needed:** 10 strips of the scenarios cut out ( to avoid use of scissors by students), 10 commandment strips cut out, Chart paper for each group to glue the strips, Glue stick for each group
- ◇ **How to play the game:** Students are given 10 scenarios on flash cards along with 10 flash cards with 10 commandments on them . Students to find which command is related to it and then sort them in order. Once they figure out the correct order and the commandment they glue it on the chart paper . The group that glued it together in the correct order first wins the game.





## Activity 1

# Game of 10 Commandments

<p>People in today's society focus more on money and social status more than God.</p>	<p>Hailey skips Qurbana on Sunday to hang out with friends</p>
<p>Hailey lies to her parents and says she is going to study, but she actually jumps out of the window and sneaks out to go meet her druggy friends behind the neighborhood Wal-Mart.</p>	<p>Jimmy is married to a nice lady but is attracted to his 20-year-old neighbor even though he is 40 years older than her. He cheats on his wife.</p>
<p>Julia needed a pair of socks so instead of buying some, she rummaged through her friends bag and stole hers.</p>	<p>Allison knows that her neighbor was not the killer because she could see him at home from her house but does not like him so says she didnt see him at home</p>
<p>Jimmy is now single because his wife left him and now the neighbor is married but he she still cheats on her husband with Jimmy.</p>	<p>Hailey steals her neighbors dog because she really loves it but when the neighbor asks, she says she hasn't seen it.</p>
<p>Hailey kills her sister because she likes her sister's boyfriend and needs to get her out of the picture</p>	<p>Hailey gets very mad and starts yelling and screaming at God.</p>





# Introduction to Theological Virtues

## Scenario for Discussion

- Boy 1: *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?*



# Introduction to Theological Virtues



Does Charity abolish  
the Ten Commandments?

# Introduction to Theological Virtues



Does Charity 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).
- CCC 1824: Charity keeps the commandments of God and his Christ: "Abide in my love. If you keep my commandments, you will abide in my love." (John 15: 9-12)

# Charity and Commandments

- These “new” commandments that Jesus put forth do not abolish the Ten Commandments, rather it fulfils them and gives meaning to them.
- We are called to follow them precisely because we love God above all things, and we love others above ourselves.
- When we act in love, or charity, we naturally follow the Old Law, but it has new meaning.

## Charity is the highest virtue. Why?

- Because any other virtue that you exhibit is necessarily driven by charity, either toward God or toward your neighbor.





# Charity and Commandments



## How Charity Relates to the Commandments:

- Charity, as a fundamental virtue in Catholic teaching, aligns with the Ten Commandments by emphasizing love and benevolence toward our neighbours.
- Each of the Ten Commandments reflects the essence of charity, guiding us in our interactions with others and our devotion to God."

## Practical Application of Charity in Daily Life:

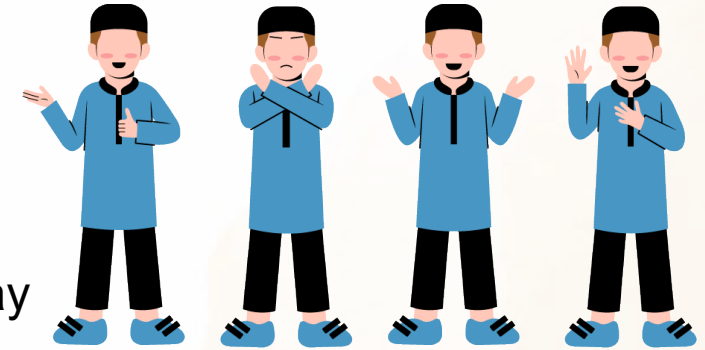
- Practicing charity in our daily lives can take many forms, from small acts of kindness to more significant acts of service and love.
- It's not enough to know the commandments; it's crucial to apply them practically by showing love, compassion, and kindness to those in home, society or to whom in need.

## Encouraging Teens to Embrace Charity and Commandments in Their Lives:

- Commandments help us to making ethical choices and living virtuous lives."
- By embracing Commandments, we contribute to a more compassionate and just society, fostering a sense of purpose and moral responsibility.

## Activity 2

# Silent Charades Challenge



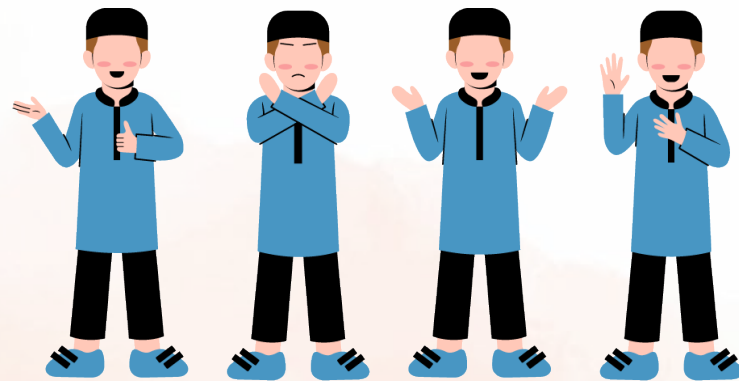
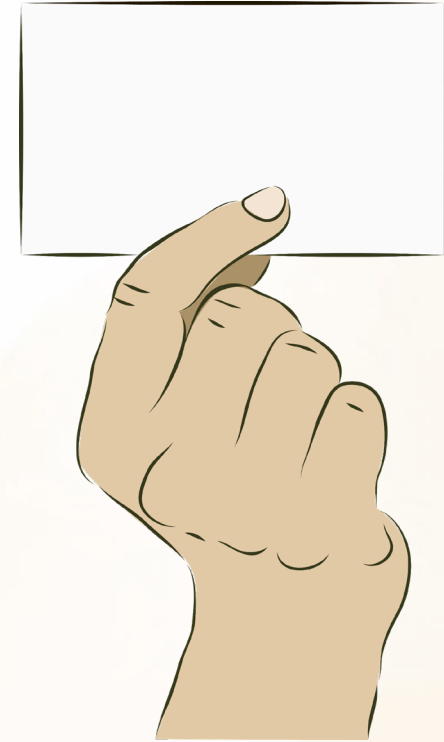
- ◇ **Materials needed:** Flash cards containing state rules for role play
- ◇ **Time required :** 30min including 10 min to prepare for the role play

Look both ways before crossing the street.	Follow classroom instructions and listen to teachers.
Conserve water and electricity.	Using appropriate language in public places.
Returning goods found in trains and common places.	No smoking in public places.
Respecting places of worship.	Regulate noise levels during certain hours to ensure a peaceful environment for residents.

## Activity 2

# Silent Charades Challenge

- ◇ **How to play the game** : Children sit in their groups. They are given flash cards to prepare a mime. Groups takes turn on the mime and the rest of the groups should identify what state law are they talking about, and they have to say which of the 10 Commandments relates to it.



- ◇ **Intention of the game:** Introduce to the kids how the ethical principles in the 10 commandments are used in the laws of the state.



Charity is the highest virtue. Why?





## Charity is the highest virtue. Why?

Because any other virtue that you exhibit is necessarily driven by charity, either toward God or toward your neighbour.



# BREAK



GROUP 2 - HOPE  
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**DAY 1**

**SESSION 3**  
**Loving God**

# Ice Breaker - Head Shoulders Knees CUP



- ◇ **No of players :** The whole group can play this game ( need a larger space for the kids to spread out and pair up)
- ◇ **Items Needed:** Plastic Cups
- ◇ **How to Play:**

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



# Ice Breaker - Head Shoulders Knees CUP



## How to Play:

- ◇ The objective of the game is to grab the cup when told to do so.
- ◇ Choose a “caller.” Allocate a teacher to be the caller . She should be loud enough for everyone to hear.
- ◇ Ask the players to pair up and face each other.
- ◇ Each pair gets a cup that is placed between them.
- ◇ The “caller” shouts commands like head, shoulders, knees, toes, waist, back, and neck. At the end of the command list, the “caller” throws the word “cup.”
- ◇ The players try to grab the cup.
- ◇ Whoever gets the cup is the winner of that round. He goes and finds a new partner to play with. The others are out and sit down.
- ◇ The game goes on until you have only one player left.

# Activity 1

## Fully Minded



This is a brainstorming activity where the children in their groups discuss in their groups and the teacher picks a person who can share ideas to the whole class. Children to write down their answers on sticky notes and they have a pen and pencil is given to write down their ideas.

**Scenario 1:** Pretend that you have your best friend's birthday party in the coming weekend, and you have tuitions at the same time. You really want to go because all your friends are attending. How will you convince your parents to skip tuitions and attend the party? How do you get ready? What are the possible sacrifices you will make to attend the party? Why do you think you have to attend the party?





## Activity 1

# Fully Minded

Once they have discussed the previous scenario discuss Scenario 2

**Scenario 2:** Liya is in year 11. She has got a new job in a shop, but she was asked to work on Sundays and was offered double the pay. She is aware this is going to affect her Sunday Holy Qurbana and Catechism classes. She has to choose either the job or The Holy Qurbana. What should she do? Why?

### Reflection:

- ◇ How is Liya's choice affecting her 'Love for God'?
- ◇ How is Liya's choice affecting her from 'Following the Commandments'?

# Commandments that shows us how to love GOD

- I am the LORD your God, you shall not have other Gods before me - He alone is God, and we should allow nothing to prevent us from serving and obeying Him. As our Creator and Sustainer, He has given us everything, and wants us to acknowledge Him as the source of all good things and instruction in right living.
- You shall not take the name of the LORD your God in vain - God is far greater than anything we can see or imagine, and idolatry limits Him in our minds.
- Remember to keep holy the LORD'S Day - The quality of our relationship with God depends on the love and regard we have for Him. We are expected to always honor who and what He is, and never disrespect Him in word or action.



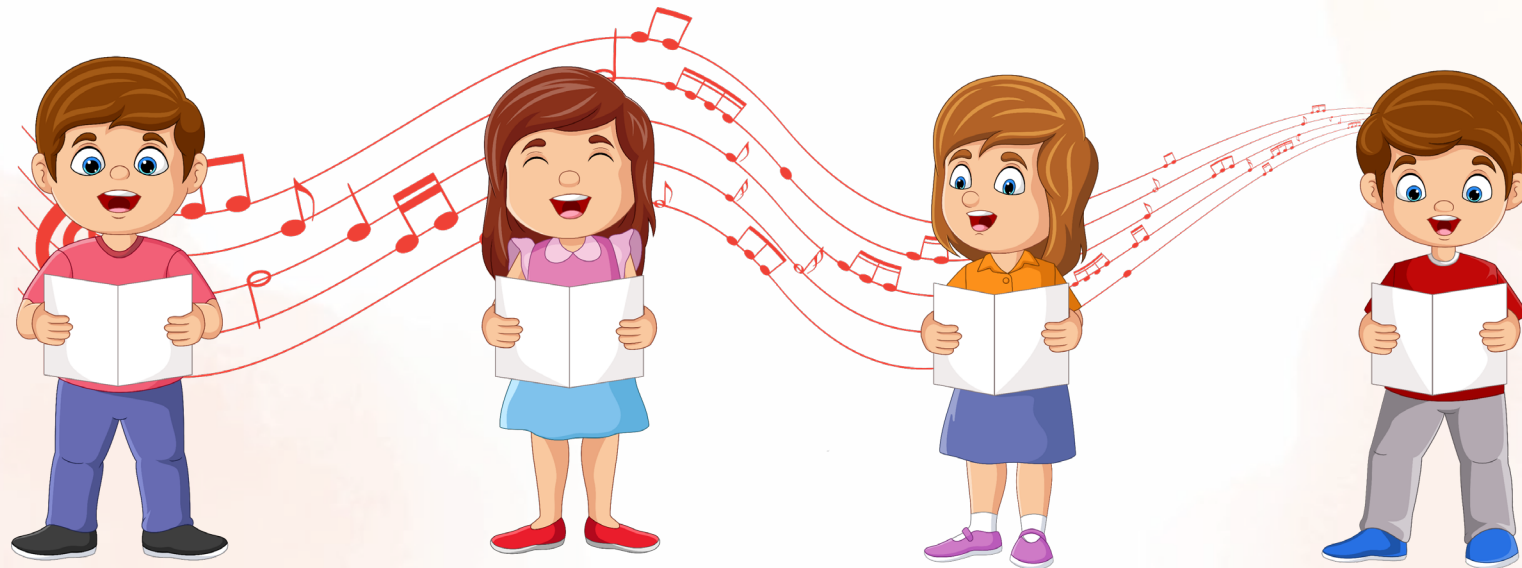
## Activity 2

# Holy Qurbana Songs

Activity All children together sing

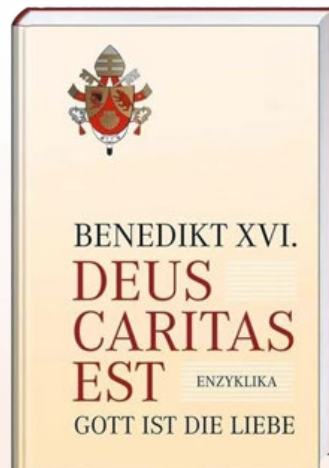
Song: Athynnathamaam Swarlokathil (Glory to God in the highest) 3times

<https://www.youtube.com/watch?v=Kig-gopluFQ>



# Loving God / First three commandments

- In "Deus Caritas Est" (2005) 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"



## Discussion Question (2 minutes)

- Do you love God? How?



# Loving God / First three commandments

- Loving God must be lived on many levels and in many ways and must continually grow deeper. Ultimately, love of God calls us to be a total gift of ourselves to God, making Him the centre of our lives.
- First three commandments focuses on the 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.





Serving God and loving Him above all things means there are many glorious and positive things we are called to. Here are a few of the high callings we receive from this Commandment.



1. Adoration



3. Sacrifice



2. Prayer



4. Promises  
and Vows





## 1. Adoration:

To adore God is one of our highest callings. 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.



## Discussion:

What are some of the forms of adoration and prayer in the church and family?

## 2. Prayer:

We are called to “pray always.” Prayer is the active way in which we unite ourselves to God, making Him the center of our lives.



### Discussion:

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



### 3. Sacrifice:

At the heart of love is sacrifice. 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, knowing that we are achieving the reason for our existence.



#### Discussion:

Discuss the daily sacrifices our parents make for us?  
And why?



### 3. Promises and Vows:

There are various times when we are called to show honor 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. Some are called to unique expressions of vows in the religious life offering chastity, obedience and poverty to God in a solemn way.



#### Discussion:

Identify the promise /vow your parents keep? Short term promises and eternal promises?







# Day 1: Summary & Conclusion

The love between God and man is the highest form of love (charity), as well as revealing unselfish love of one's fellow man. Love is most eloquently shown in the life, teaching and death of Jesus Christ.

**Let us read 1 Corinthians 13 which describes virtue of love at its best:**

*Though I speak with the tongues of men and of angels, and have not charity (love), I am become a sounding brass, or a tinkling cymbal. And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains and have not charity, I am nothing. And though I bestow all my good to feed the poor, and though I give my body to be burned and have not charity, it profits me nothing.*



# END OF DAY 1





DAY 2

# LOVING YOUR CHURCH





# RUN SHEET FOR THE DAY



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# 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**

# Ice Breaker - Opening prayer with Mother Mary



Children to learn to sing Magnificat because it is easier to memorise that way.

<https://www.youtube.com/watch?v=9NtJg9uNzoA>

## (THE MAGNIFICAT Lk 1: 46-50)

*My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior  
for he has looked with favour 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.*

*He has mercy on those who fear him  
in every generation.  
He has shown the strength of his arm,  
he has scattered the proud in their conceit.*

*He has cast down the mighty from their thrones,  
and has lifted up the lowly.  
He has filled the hungry with good things,  
and the rich he has sent away empty.*

*He has come to the help of his servant Israel  
for he remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children forever.*



## Reflective prayer to get the students thinking

Students sitting in a quiet prayer mode with their eyes closed and legs crossed. Teacher asking them the questions softly so that the students can reflect and think about it .

- ◇ What does it mean to praise God?
- ◇ When and How can we praise God?
- ◇ Remembering God's work is one way to praise Him.
- ◇ What magnifies the Lord's presence your life?
- ◇ How can you serve others on behalf of God?



God has made us. He gave us life. He gave us our parents and a nice world to live in. He sent Jesus to teach us and to die on the cross for us so that we could be forgiven for our sins. He loves us and listens to us when we pray to Him. Those are all good things God has done for us.

We sing to thank God for all the good things He has done.

- ◇ Let's pray for the intentions of Pope Francis; 1 Our Father, 1 Hail Mary, and 1 Glory be





## Activity 1

# Find the Fishers of Men

(The 12 Apostles)

**Time Required:** 20 min

**Materials required:** Different coloured chart papers to create the letters of the 12 Apostles, Printed cuttings of the names of the apostles

**Rules:** Only 1 or 2 students get to go hunting for the letter combinations that fit perfectly. Students should go and hunt for the letters and if they cannot find, send the next student/s to go and find it. The first group who forms all the names of the 12 Apostles are the winners of the game.



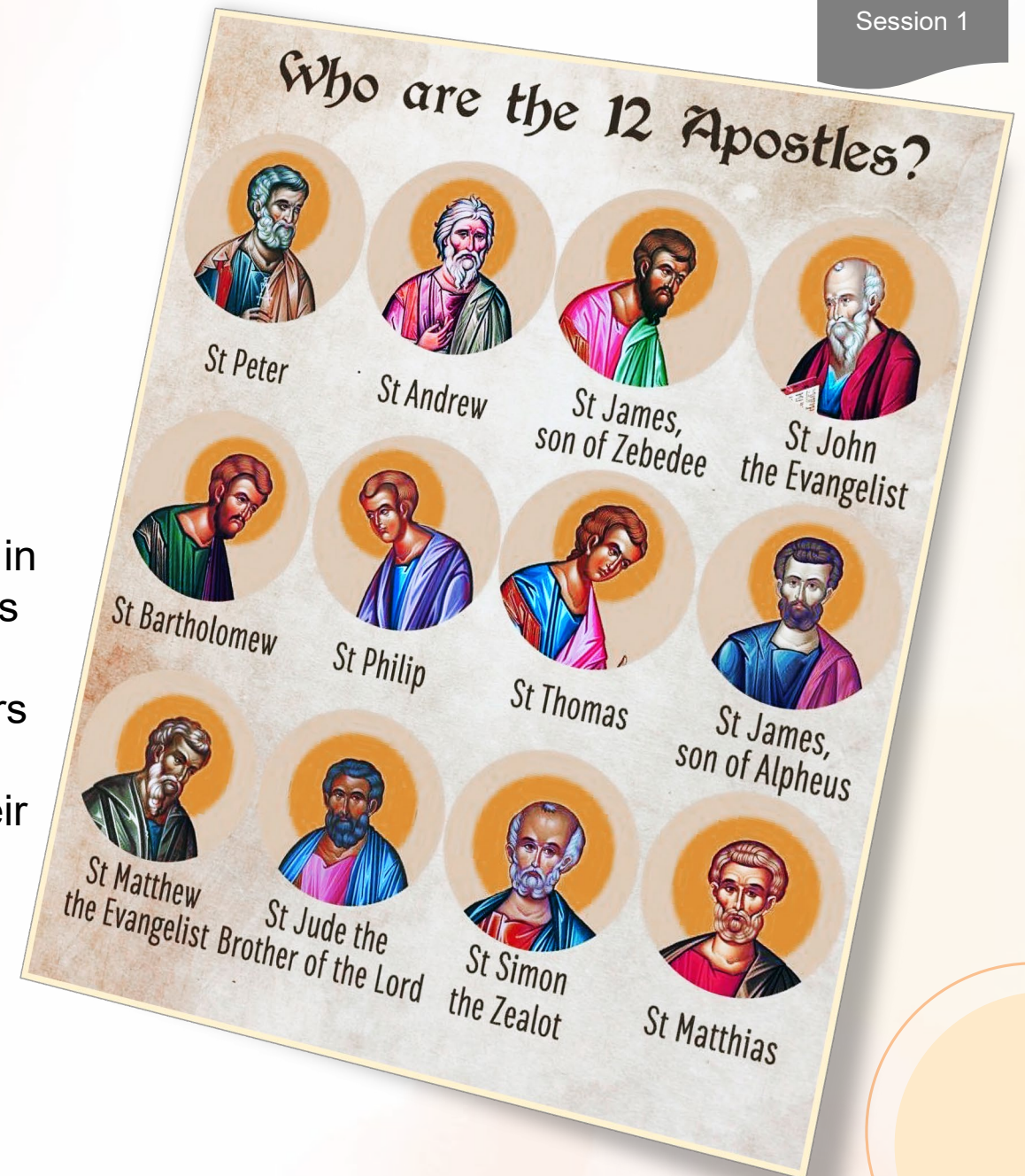


## Activity 1

# Find the Fishers of Men

(The 12 Apostles)

Form the groups, according to the number of children in each group, about 6-10. Letters of the apostles' names will be hidden in different parts of the room and 1 or 2 children from each group will go and hunt for the letters while the rest of the children in the group will form the name of the 12 Apostles using the letters found by their team members. The name of the 12 Apostles will also be displayed on the board to make it a little easier for the children.



## Activity 1

# Find the Fishers of Men

(The 12 Apostles)

PE	T	IP
BART	HOLOM	EW
MAT	THE	W
THO	M	AS

## Activity 1

# Find the Fishers of Men

(The 12 Apostles)

PHI	L	ER
AN	DR	EW
JAM	ES	
J	O	HN

## Activity 1

# Find the Fishers of Men

(The 12 Apostles)

JAM	E	S
S	IMO	N
TH	ADDE	US
JU	D	AS

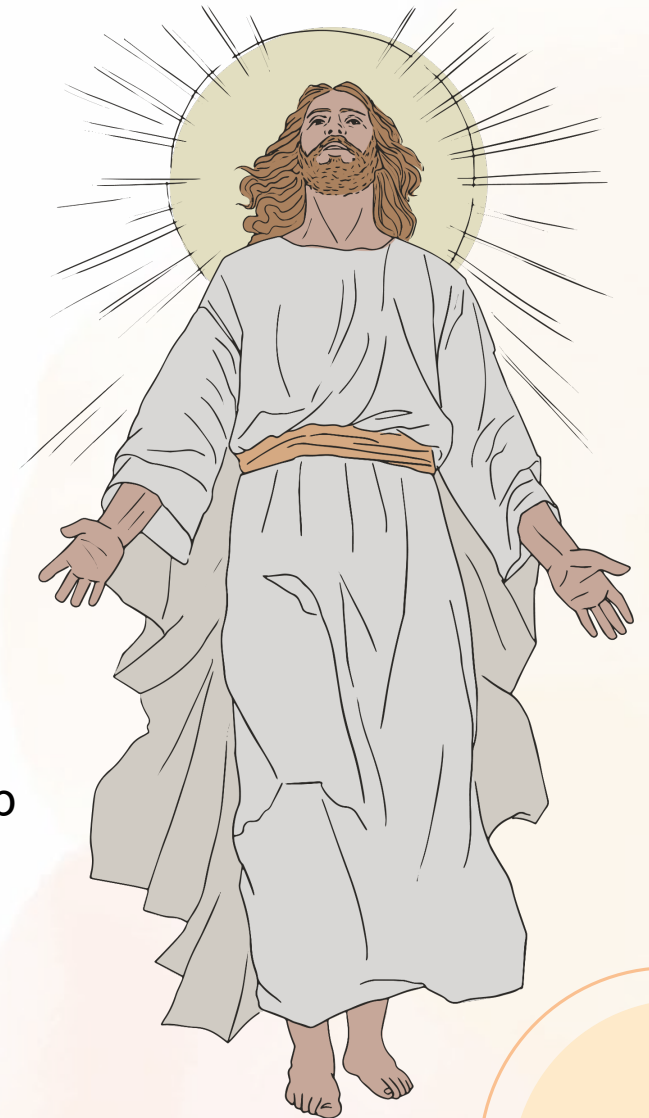
## Activity 1

# Find the Fishers of Men

(The 12 Apostles)

### Intention of the game:

- ◇ Through this game, children will learn the names of the 12 Apostles and also get to know each other through their interactions.
- ◇ Also explain to the kids that the very first church started just 50 days after Jesus was resurrected. That day is called Pentecost, and it's the day we celebrate as the birthday of the Christian Church. The Church is the group of people who follow Jesus, the ones who are His body - His hands and feet in the world. The body of Christ is held together by the Holy Spirit (1 Corinthians 12:1-11). When the Holy Spirit visited those 120 disciples at Pentecost, they became the body of Christ - the very first Church.







# Love towards the Church

Display on board the passage and ask a student (Pick someone who can read well) to read it out loud.

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

Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, “Who do people say that the Son of Man is?” And they said, “Some say John the Baptist, but others Elijah, 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.”

# Conclusion & Summary



- Church is founded on the Christ Experience of the 12 Apostles and this Christ experience is handed down to us through centuries.
- This handed down experience is not something based on material research or data evidence but on your special bonding with God the Father in Jesus through the Holy Spirit in connection with an apostle.

# Conclusion & Summary

- “But who do you say that I am?” Simon Peter answered, “You are the Messiah, the Son of the living God.” For flesh and blood has not revealed this to you, but my Father in heaven.





## Activity 2

# Cup Stack Challenge



**Time Required:** 20 min

**Materials required:** Paper cups, rubber bands, scissors & string .

**Group Size:** Any size group in teams of four or five ( Or each group needs to pick 4 people from their group who they think can complete the task successfully. Rest of the team can encourage them )

**How to play the game :** Divide students into teams of four. Provide each team with six cups, one rubber band and four pieces of string that are each two feet long. Students must work as a team to stack all of the cups in a pyramid. Here's the catch: they cannot touch the cups directly. Student must create a tool using the string and rubber bands to move the cups. Students have 10 minutes to complete this task. Extend the game by conducting another round, but with new challenges, such as stacking the cups without talking or with one player in the group blindfolded.

<https://www.youtube.com/watch?v=D7JbJtBuzSI>



## Activity 2

# Cup Stack Challenge

Once the activity is completed they come together as a group and discuss with the teacher the following questions

### Debriefing Questions

1. How did you resolve the conflicts that came up?
2. What were some of the challenges your group faced during construction?
3. What creativity and collaboration techniques did your group undertake to complete this activity successfully?
4. How did you support your team members throughout this activity?



## Activity 2

# Cup Stack Challenge



### Intention of the Game:

- Through this game we intend to give the message that the church is not a building. The church is the body, with Jesus Christ being the head and followers of Jesus Christ being its parts (Colossians 1:17-18; 1 Corinthians 12:12-27).
- As we continue reading the Book of Acts, the church grows and spreads to far regions. As the church later faced challenges such as persecution from without and disagreement from within, it continued to strive to function like this early church. No group of people is perfect, but even today, being part of a group devoted to one another and the teachings of Jesus Christ is a blessing like no other.

# BREAK



GROUP 2 - HOPE  
Department of Catechesis  
Syro-Malabar Eparchy of Melbourne



**DAY 2**

**SESSION 2**

# Ice Breaker - Cups and Downs



**Time Taken:** 15 min

**Materials required:** 50 cups ( 25 of them to be placed upside down)

**Location:** Outdoor game for larger groups

**Group size :** Any

**How To Play:** [https://www.youtube.com/watch?v=0MtZGYH\\_e0A](https://www.youtube.com/watch?v=0MtZGYH_e0A)

Divide the whole group into two teams . One will be “ups” and the other “downs”. Place the cups in the play area, half of them upside down. Divide the group into the “ups” and the “downs” teams. The “ups”-team tries to turn cups the right way up and the “downs” upside down. Give them 5 min to run around and do that. Whichever team has the most cups their way wins.

# Know your Syro-Malabar Church

Through this session we intend to cultivate the feeling of Pride in kids of their Syro-Malabar identity.

## 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).*

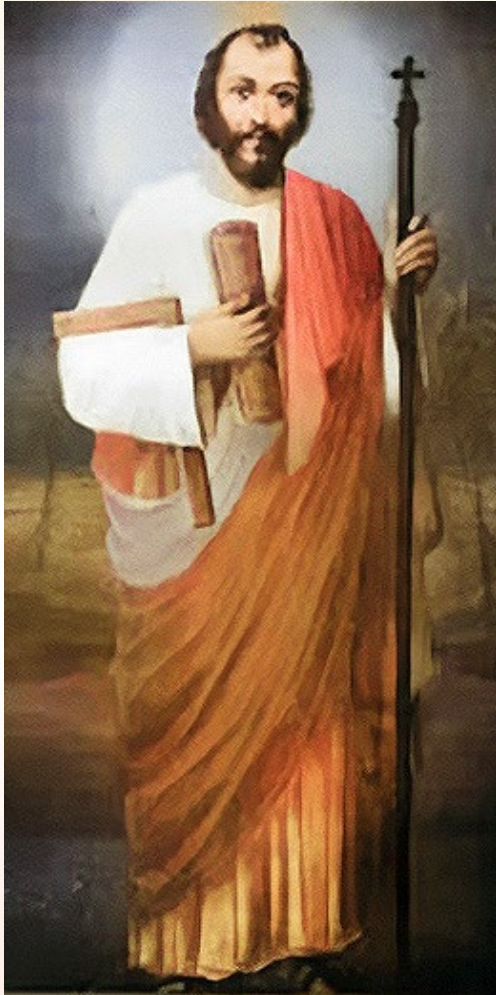
## The proud history of who we are.

*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.*





# The Apostle Thomas



- The Apostle Thomas's character is outlined in The Gospel According to John. His devotion to Jesus is clearly expressed in John 11:5–16: when Jesus planned to return to Judaea, the disciples warned him of the Jews' animosity ("now seeking to stone you"), to which Thomas soon replied, "Let us also go, that we may die with him."
- St. Thomas came to India and evangelized it in the period between 52 and 72 AD during his missionary journeys in India. He was martyred on July 3rd 72 AD at Madras.
- Thomas became the first apostle to explicitly acknowledge Jesus' divinity crying "My Lord and my God."

# Activity 1

## 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









## Activity 2

# Syro-Malabar Traditions

This activity intends to make kids understand how Syro-Malabar Nasranis are still following the Passover traditions. We also discuss the 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 avoided.
- The sweet drink among the Nasranis may be an incultured form of Charoset in the Jewish Passover Seder plate.
- The head of the family serves the food.
- Meals include bitter food. 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)



## Activity 2

# Syro-Malabar Traditions

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 2

# Syro-Malabar Traditions

- 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 2

# 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 2

# 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.



## Intention of this activity :

This activity intends to make kids understand how Syro-Malabar Nasranis are still following the Passover traditions.

We also discuss the 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 avoided.
- ◇ The sweet drink among the Nasranis may be an incultured form of Charoset in the Jewish Passover Seder plate.
- ◇ The head of the family serves the food.
- ◇ Meals include bitter food. 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)





# BREAK



GROUP 2 - HOPE  
Department of Catechesis  
Syro-Malabar Eparchy of Melbourne



**DAY 2**

**SESSION 3**

# Building Christian Resilience

Reaching eternity and our heavenly father is our only aim in life. And to accomplish that successfully, we need to develop habits to build our Christian resilience. Any building needs pillars, likewise, building Christian resilience also needs the three pillars such as:

1. Prayer Life (Personal and Family)
2. Keeping Sunday holy
3. Love your church and live in your church.



# Building Christian Resilience

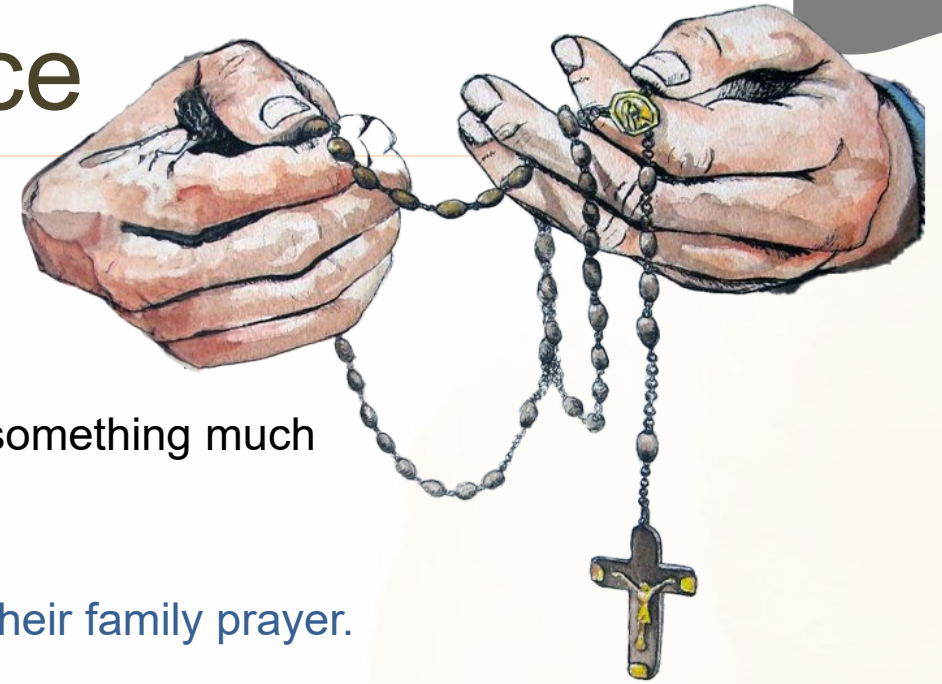
## How does God make us resilient?

When we walk with Him and trust Him, we can rely on him for the strength we lack. Our faith makes us resilient, because not only can we endure difficult situations knowing we are not alone, but we can also find meaning in them, knowing that God is working them together for our good (Romans 8:28, Genesis 50:20).

Resilience comes from suffering. Look at what Paul says in Romans chapter 5. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.

SUFFERING  
PRODUCES  
ENDURANCE  
PRODUCES  
CHARACTER  
PRODUCES  
HOPE  
ROMANS 5:3-4

# Building Christian Resilience



## 1. The Power of Prayer.

Watch this video

<https://www.youtube.com/watch?v=fjWBr2yQJe8>

Even it doesn't look very good for our eyes, God's plan will be something much better than we could possibly imagine.

A family that prays together stays together.

A class discussion on the different ways their families conduct their family prayer.  
Some ideas for discussion.

- We need to have an altar or a prayer room with appropriate position for the BIBLE.
- Pictures of sacred heart of Jesus, Holy Family, Mother Mary are highly recommended.
- A picture of Divine mercy in the house.
- A prayer mat is highly recommended as we are not worthy to sit on a chair in front of our Lord.
- Bible verses stickers on the wall.
- Burning Candle
- Flowers from our own garden
- Allocate specific time for prayer (between 30 – 40 minutes)

Praying time and space is different . Even if it's part of an ordinary house prayer changes them.





# House Blessings

# House Blessings

A Practice Instituted by Jesus

- A Blessing
- Peace and Joy



**Whatever**  
**house you enter,**  
**first say,**  
*'Peace to this house.'*



**Luke 10:5**

# House Blessings

A practice Jesus followed

- Offers Peace
- Sharing a meal





# The origins

Exodus 12:13 Protection from Evil



The blood will be a sign for you on the houses where you are, and when I see the blood, I will pass over you. No destructive plague will touch you.

EXODUS 12:13

# Priest as Christ



- Christ entering the home
- Sharing Word of God
- Sharing the meal
- Building fellowship
- Get to know each other



# Why do we bless our homes?

- As a protection
- Acknowledging our homes as a sacred place
- A place set apart
- A sense of peace
- Acknowledging it as a safe place
- Blessed space
- Inviting God to be there



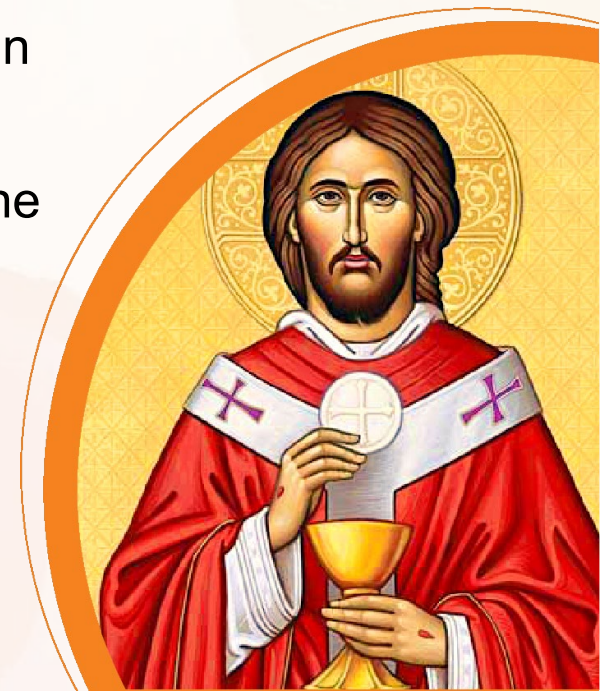


## When we invite our parish priest to our homes...

- Invites Christ
- Humanises the priest - one among us
- Lordship of Christ in our homes
- Invites God's blessing over our home

# Why Parish Priest?

- When a priest blesses your home, he places your house under the authority of God. Your family will receive graces, and your home will be freed from any unwanted spirits.
- In the Catholic Church, it is usually performed by a parish priest who sprinkles holy water as he walks through every room of the house, accompanied by the occupants of the house, while praying for the occupants.
- Parish priest has the special authority and grace over the people entrusted in his care.
- Why can't another Priest do the blessing instead? Does every Priest have the power of ordination to bless a home?
- Every Priest does have the power of ordination.
- But the Parish Priest only has the "Power of Jurisdiction".
- Power of ordination is subjected to Power of Jurisdiction





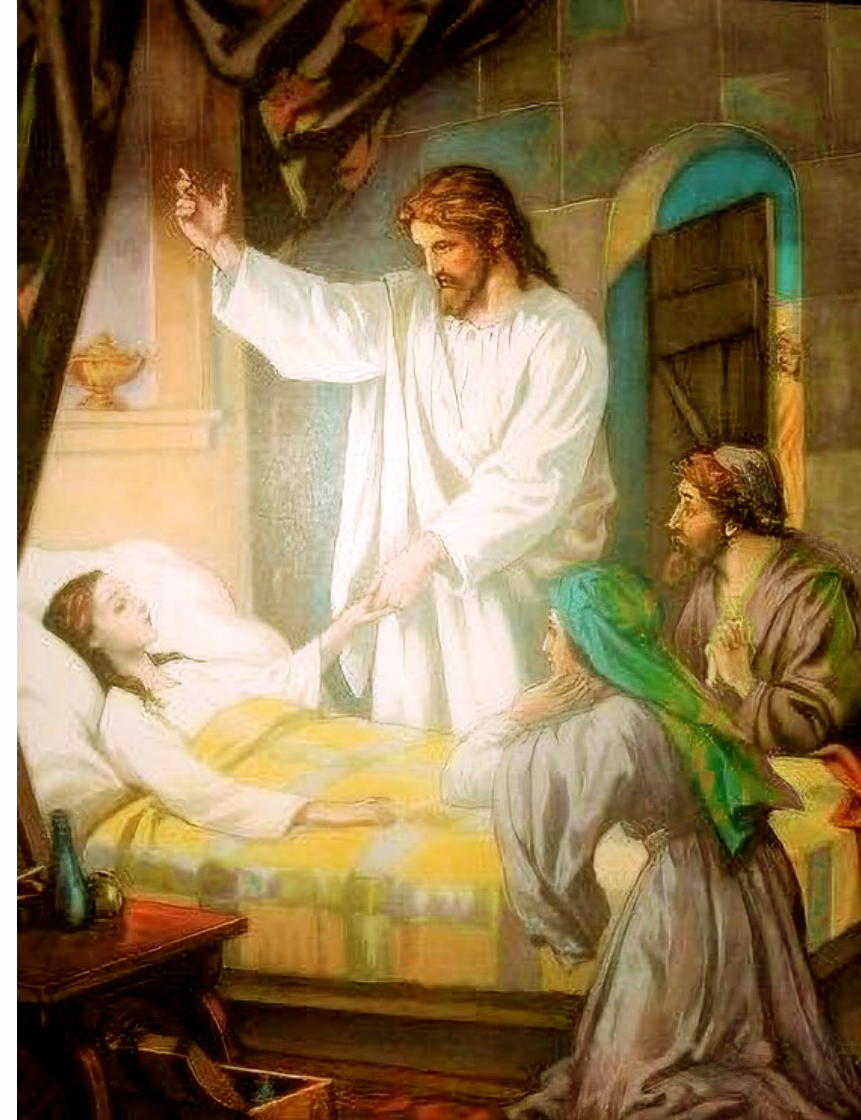
# Cleansing & Healing

## ○ Healings

- Priest blesses homes when people are sick
- After the death of family member

## ○ Cleansing

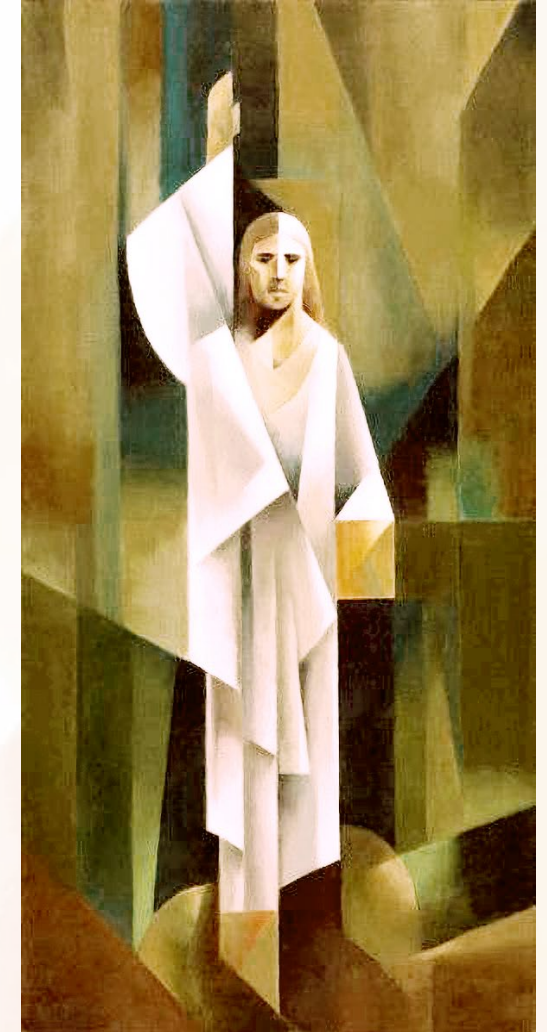
- Protect the inhabitants of a house from misfortune and the ongoing effects of bad habits
- Removing the effects of unholy acts and words occurred in the past.





# Other Benefits

- Blessings are called "sacramentals" because they prepare us to receive the grace of the sacraments and help us to grow to be more like Christ (see Catechism of the Catholic Church, no. 1670). Blessings consist of prayer, Scripture, and sometimes a special ritual sign (see Catechism of the Catholic Church, no. 1668).
- Blessing nurtures hope and wards off fear; it is a companion and assurance in time of peace and a consolation and hope in time of crisis. Blessing is indispensable in celebrations, initiations, rituals, sacrifices, and rites of passage.
- The power of the blessing acts as fertilizer for supernatural supplies and growth. It is a supernatural force for unstoppable progress, growth, greatness and vitality.
- Samuel 7:29: Now therefore, let it please You to bless the house of Your servant, that it may continue before You forever; for You, O Lord God, have spoken it, and with Your blessing let the house of Your servant be blessed forever.”
- Your home is an extension of your body and spirit—so holding a house blessing can help welcome positive energy into your space and life. The blessing as a way to imbue your home with love, harmony, health, happiness, and prosperity



# The Prayers

- Sign of the Cross
- Our father in Heaven
- Blessing the house and its members
- Psalms -84
- The God who protected Israelites protect this home
- As the basic unit of church, bestow your paternal blessing
- Receive this home as your temple - Be with us every day as a refuge in times of sorrow and help in needs
- Bible readings – Ex 12, Lk 19:1-19
- Like the holy family of Nazareth – a home of prayer and Peace
- In all situations help the family to follow God's will
- Protect the children and help them grow in holiness
- Sprinkles holy water
- Thanksgiving (Ps 117)



## Activity

# Dragon Tail (Extra)



This game for teens is best played outdoors or in a large party area. The dragons need space to run around.

**Items Needed:** bandanas for each team

How To Play: <https://www.youtube.com/watch?v=qhpTCyxio4c>

Each team should have at least 4 players.

The team members form a “dragon” by linking arms. The last player in the link places a bandana hanging in his back pocket. That’s the tail. The first player is the head.

The dragons chase each other. The heads try to capture the other dragon’s tail.

If the dragon becomes detached, the separated tail end can’t move. The head and those still attached to it must go back to the separated part and reconnect before continuing the chase.

The detached part can try to protect itself by curling up around the tail.

The dragon that loses its tail (bandana) is out.

# 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 - Activity 3: Balloon Stomp - Conclusion			
Lunch Break			
Session 2 - Introduction - Ice Breaker - Theme Presentation - Activity 1: 10 Commandments - Activity 2: Silent Charades Challenge - Conclusion			
Tea Break			
Session 3 - Introduction - Ice Breaker - Theme Presentation - Activity 1: Fully Minded - Activity 2: Holy Qurbana Songs - 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**



# Ice Breaker - Virtue Sprint Relay



**Objective:** The objective of Virtue Sprint is to reinforce positive Christian virtues while completing the relay.

**Materials Needed:** Open space for the relay course, Cones or markers to set up the course, Index cards with virtues and their contrary virtues written on them, Paper balls with prayers written on them, stopwatch or timer, whistle.

**How to Play:** Set up a relay course with markers or cones, a station where teachers stand with an index card with the name of the virtue. The first participant needs to take a paper ball when the whistle goes. The paper will contain small prayers such as our father , memorare etc . Once he reaches the cone he needs to say the prayer to the teacher holding the index card. If he doesn't know the prayer the next in line comes forward. The teacher hands over the index card and the student races back to send the next student and the game continues until all seven virtue cards are collected . The first team to collect all virtue cards wins the game.

**Intention of the game:** After the relay, gather the participants for a brief discussion on the importance of each virtue and the challenges faced during the game. Encourage reflections on how these virtues can be applied in their daily lives and how they contribute to building a strong Christian character.

# Purity of life and respect for sexuality, marriage & family

- There is a connection between purity of heart, of body, and of faith (CCC 2518). We are invited to live chastely in our thoughts, words and deeds. Chastity is necessary for the right living of one's sexuality.
- Chastity is the virtue that moderates our desire for sexual pleasure according to the principles of faith and right reason. In married people, chastity moderates the desire in conformity with their state of life, by remaining faithful to their life partner; in unmarried people who wish to marry, the desire is moderated by abstention until they get married; and those who resolve not to marry because of their consecrated life, keep chaste by their celibate life committing themselves to God and his people with an undivided heart.

## Did you know?

The only qualification of God that's three times acclaimed in the Bible is Holiness.

**Discuss with Students:** Why we need to be holy? Because our God is holy!



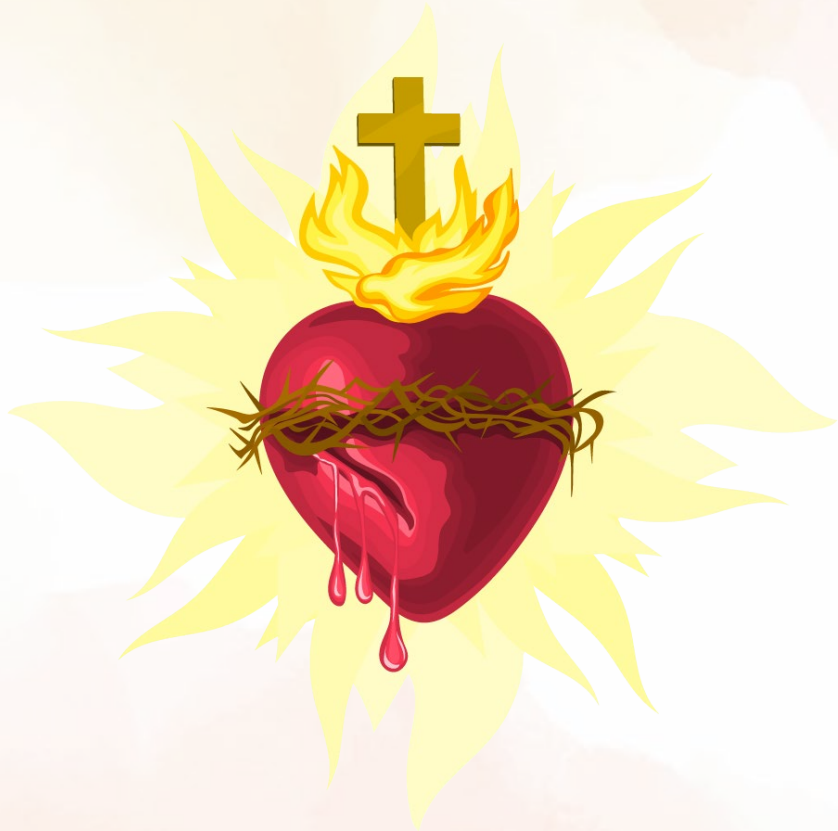
# Purity of life and respect for sexuality, marriage & family

## Display on Board

CCC2518: "Blessed are the pure in heart, for they shall see God." "Pure in heart" refers to those who have attuned their intellects and wills to the demands of God's holiness.

Purity of heart is contained mainly in three areas:

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



# Activity 1

## Image of God



**Materials Required:** Digital camera or photo and a small mirror.

### Instructions:

Ask if anyone knows what an "image" is. Accept varied answers and comment positively on them so kids will continue to participate. Have the following definition to summarize and clarify the meaning of "image."

The dictionary gives this definition: "a physical likeness or representation of a person, animal, or thing, photographed, painted, sculptured, or otherwise made visible."

Take a picture of someone in the group with a digital camera or bring a photo of someone most everyone will recognize like a famous person. Ask them if the photo or "image" is actually that person. Of course it's not. The image can't speak, think, etc., but it does show a lot about the person and what they are like.

In the same way, we are created in the "image of God." We are NOT God, but created to be like Him and reflect what He is like.

God is Holy so we should try to be Holy as we are the image of God.



## Activity 2

# Storytelling Circle

**Time Taken :** 45minutes

Students watch a video of Saint Maria Goretti

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

**Instructions:** Students to be in their groups with their teachers.

Form a circle, and each participant takes turns sharing personal stories or positive examples related to purity, respect, and family values. This encourages open communication and the sharing of experiences.



## Activity 3

# True or False Quiz

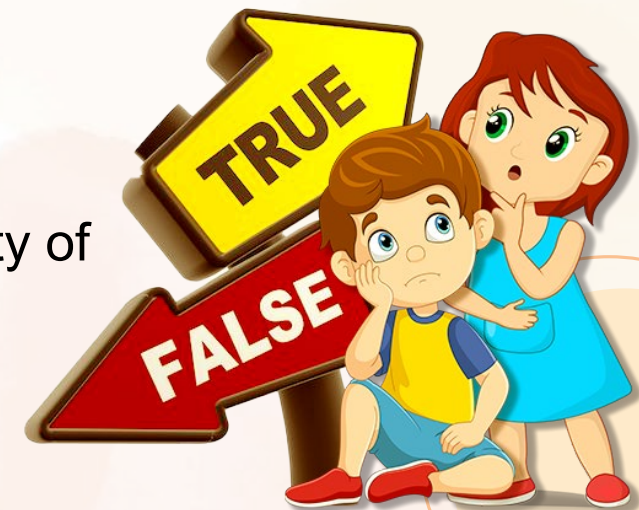
Create a quiz that includes statements about purity, respect for sexuality, marriage, and family. Participants can answer 'true' or 'false,' and after each question, discuss the correct answers along with the reasons behind them.



## Activity 3

# True or False Quiz

1. Is it important to treat others with kindness and respect, recognizing that every person is created in the image of God?
2. Should we wait until marriage to engage in intimate relationships, as it aligns with Catholic teachings on purity?
3. Is it important to show love and support for our family members, following the example of the Holy Family (Jesus, Mary, and Joseph)?
4. According to Catholic teachings, is marriage a sacred and lifelong commitment between a man and a woman?
5. Should we strive to avoid impure thoughts and actions, seeking purity of heart and mind in line with Catholic values?





## Activity 3

# True or False Quiz

6. Does the Catholic Church encourage open communication between family members to build strong and loving relationships?
7. Is it a Catholic teaching to respect and cherish the gift of human life from conception to natural death?
8. According to Catholic beliefs, is it essential to follow the teachings of the Church on matters of morality and family life?
9. Should we honor and obey our parents, as it is one of the Ten Commandments and reflects Catholic values?
10. Is marriage considered a sacrament in the Catholic Church, signifying God's grace and love in the union of a husband and wife?





# BREAK



GROUP 2 - HOPE  
Department of Catechesis  
Syro-Malabar Eparchy of Melbourne



**DAY 3**

**SESSION 2**

# Activity 1

## Respect Charades



**Time Required:** 20 minutes

**Materials Required:** Paper cuttings of the scenarios

**Groups:** This activity can be done in individual groups

### Respect Activity

On the next slide, you will find different examples of respectful behaviors. Cut them out on slips of paper and put them in a bowl. Students can take turns drawing a slip of paper and acting out the behavior while others guess what it is. After each respectful behavior is correctly guessed in the charades game, take a few moments to explore with the kids why that behavior is considered respectful. Discuss the impact of these actions on others and how they contribute to a positive and respectful environment. This discussion will help deepen the children's understanding of respect and why it's important in their interactions.

# Activity 1

## Respect Charades



**Listening Attentively:** Pretend to listen carefully, nodding and showing interest.

**Holding a Door Open:** Pretend to hold a door for someone else.

**Helping Someone Carry Heavy Items:** Mime lifting and carrying a heavy object with another person.

**Waiting Your Turn in Line:** Act out standing in line and waiting patiently.

**Shaking Hands:** Pretend to greet someone with a handshake.

**Covering Mouth When Coughing/Sneezing:** Act out coughing or sneezing into your elbow.

**Giving Up Your Seat for Someone:** Pretend to stand up and offer your seat to another person.



# Respect for persons and their goods

The Commandments express man's fundamental duties to God and neighbor. Respect for persons and goods is a clear indication that we love our neighbour. As such, they represent grave obligations. To violate them knowingly & willingly in a significant way is to commit mortal sin, The Catechism of the Catholic Church says (ccc2534) One cannot adore God without loving all men and his creatures.

Commandments:

- Honour 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

The last seven commandments are meant to keep us from hoarding, building up, keeping away from others, taking from others, stealing, harming, or even killing others.



## Activity 2

# Respect Rules

**Materials needed:** Post it notes, Chart Paper, Pens

**Instructions:** Discuss some rules that they are supposed to follow. Create a poster (this can be a class activity) where you lay out the respect rules in the classroom, Church or at home. Write down the rules on a post it note and stick it to the poster. Pick one or two groups to share their roles.

**For example:** In this Catechism classroom, we use kind words; we look after our class property and others' property; we help and support each other; we care for each other.



# Conclusion

## Scenario:

Steve and his family lives in Sydney. When he purchased a car/house, he had to borrow \$ 20 k from his friend. This transaction had no documental proof. The friend just gave him money. After a few months, Steve passed away because of a heart attack. When mourning month is over the friend came to Steve's home and told Steve's widow that they owe him \$20k and he needs it in a 3 months' time. She asks for any proof of financial deal. But the friend was unable to produce one except he knew the fact that he gave the amount for the purchase of his home. But the widowed wife of Steve said that she is not going to give the amount back as she did not have any documental proof. Do you agree with the wife of Steve? Why?



# Conclusion

## Conclusion:

God helps us in many different ways to live a moral life. He gives us grace, which awakens in us the desire to say no to temptation and sin and to choose only that which is good. He gives us the Theological and Cardinal Virtues and the grace to practice human virtues so that we can grow stronger in them. God gives us help and grace through the Church and through our reception of the Sacraments. He also teaches us how we should live. One way he does this is by giving us laws to guide our actions. The Ten Commandments are laws that God has revealed to us. Heeding the guidance God gives us in the Commandments will help us know how to serve God and how we should live with each other. It also helps us to be open to the grace of the Holy Spirit and what God can accomplish in us and through us by that grace.





# BREAK



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**DAY 3**

**SESSION 3**

## Activity 1

# I am grateful

**Materials Required:** Flip Chart papers and markers

**How to play:**

<https://www.youtube.com/watch?v=qwBP2FQv5Pk>



## Activity 2

# Balloon Train



### What you need:

Large marked open space (like a tennis court), A balloon per player, 8+ Players

### How to play:

Divide into two teams, the two teams stand in two rows, with a finish line clearly marked in front of each team. Each person place their balloon between themselves and the person standing in front of them and hold it in position between their bodies. So, you have person, balloon, person, balloon, etc forming a train. The person in front holds their balloon on their chest with both hands.

On the word go, the two teams with balloons race to the finish line. The first team to reach the finish line with all balloons between them wins.

(To make this more fun, use water filled balloons.)



# FINALE PREPARATIONS

# END OF DAY 3





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Thank  
you