

Inclusive catechesis & prayer

Prayers for Peace



Introduction for catechists: We are all beloved children of God. Inclusive catechesis is about making sure that everyone has the chance to get to know about God the Father, Jesus His son, and the Holy Spirit. You can adapt this resource to meet the needs of your child / group, so that each one can build an engaging and joyful relationship with God – who loves each of us, just as we are.

Opening hymn: Playing quietly to introduce the liturgy. Our suggestion is *Peace is flowing like a river*. See missiontogether.org.uk/sing-with-mission-together

Sign of the cross: Where appropriate children are supported to make the sign of the cross.

Introduction for children

Sometimes when we watch the news on TV we see grown ups fighting and it can feel very scary. Today we are going to talk about peace. Peace is the feeling inside us when we feel calm and not scared. The world is at peace when all the people around the world try to be friends.

Bible reading

In the Bible, which is our special book about God, Jesus says something very important about peace: 'I have told you all this so that you may find peace in me. In the world you have trouble; but be brave, I have conquered the world.' John 16:33

Bible reflection

Sometimes grown ups can make mistakes and get angry or don't share together. That can feel scary because grown ups probably tell you to share and play nicely with your friends all the time. The good news is that God knows that grown ups get things wrong sometimes, and that is why he sent Jesus to us. When we see things that make us sad we can pray and ask God to help. It helps to know that we can trust Jesus and believe in him. That can give us peace in our heart and we feel calm. As well as praying we can ask grown ups if there is a way we can do something to help, like raising money or donating something. This can help us feel like we are helping God to help other people who need peace. Let's say a prayer together for all children who need peace today:

Mission Together prayer: to the right.

Sign of the cross: Where appropriate children are supported to make the sign of the cross.

Closing hymn: *Peace is flowing like a river*. This time children can join in with percussion instruments and sing along if appropriate for the group.

Follow up activities: *Praying with the World*. Found on page 2.

Mission Together Prayer

May all children
In the world
Share love
Share friendship and live
In the peace
Of God's love
Now and forever. **Amen.**

Mission Together is the children's branch of Missio, the Pope's charity for world mission.

23 Eccleston Square London SW1V 1NU missiontogether.org.uk missio.org.uk

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Activity: Praying with the World



Tips for catechists / parents

Hearing about war and violence on the news is difficult for the vast majority of adults and children but it can be particularly scary for children with barriers to learning as they may not understand where or why the violence is happening and it may make them feel particularly vulnerable and anxious.

Giving children something they can do when they are anxious, helps them to feel more in control of the situation - and it is important to stress that prayers make a really big difference. This reinforces that they are not helpless and they are doing something to help others.

Instructions

- Squeeze a few splodges of blue and green paint onto the card circle / paper plate.
- Carefully place the thick clingfilm over the splodges of paint.
- Encourage the child to press on the clingfilm so that the paint spreads out. This way they can control where the paint goes by using their hands - without getting their hands messy.
- When the circle is covered with paint you can carefully remove the clingfilm and leave the finished world to dry.
- Tell the children that all around the world other children are praying for peace in different ways too. God hears their prayers and ours and will work through us all to bring about peace. We are part of God's mission to make a better world for everyone.
- **Find suggestions for talking about war and conflict with children with barriers to communication on page 3.**

For this activity you will need:

- Circle of cardboard or plain paper plates for each child.
- Thick clingfilm that covers the circle / plate and leaves several cms around the circle perimeter.
- Blue and Green paint.
- Plenty of newspaper to





At the moment the situation in Ukraine is at the forefront of the news.

The images of the horrific suffering of the Ukrainian people are on the TV, radio and in the newspapers; it is hard for anyone to avoid hearing what is happening and even harder to understand it. Many of us are saying prayers for peace and mentioning the suffering of the people in the Ukraine in prayers at home, in school and at Mass, so even if children and young people don't watch the news they are likely to be hearing about the war somewhere. How do we answer questions that children and young people with barriers to learning or communication may ask about what is happening in the world without causing levels of anxiety that they can't cope with?

1. It's important to ask the child or young person what they think is happening (You don't want to introduce details that the child or young person didn't know and which cause distress)
2. It is important not to tell the child 'not to be afraid' because that dismisses the child's feelings. It is far better to let the child say how they feel and what their worries are. That gives you a good starting point to help them.
3. If a child shows concerns about their safety it may help (depending on the child's level of understanding) to show them on a map where Russia and Ukraine are. Alternatively you may be able to use a measure that they do understand (e.g. it's a thousand times your journey to school away)
4. Acknowledge that it is good to think of other people and to want to help and you can talk about how people are helping the people in Ukraine e.g. sending food parcels, donating money, how people in Poland are inviting Ukrainian people to stay in their homes.
5. Talk about what you can do to help. Maybe you could donate money to help refugees and maybe you could put a poster up in the window to show your support for the people in Ukraine. The people in Ukraine may not be able to see the poster but if they have family members here they can see the poster and know that you care.
6. Say prayers together to ask God to help people and for Peace. Praying is doing something to help and it's good to remind all children that when they are scared about anything prayer is a good thing to do.

Mission Together Peace Prayer

God our father
We join our hands around the world,
To pray for every boy and every girl.
May children who are feeling fear
know your loving peace is near.
Keep all your children safe from harm
Until the world returns to calm.

Amen

Fundraising ideas



Mission Together is the children's branch of Missio – the Catholic Church's official children's charity for overseas mission. Thanks to children in England and Wales, we can provide life-changing aid around the world in whatever form it's needed. That could be a new school, feeding programme, or a generator for a children's home. Mission Together helps all children, regardless of background or beliefs. That's how we show the all-embracing nature of the Catholic Church and the true meaning of 'mission'.

Fundraising is a brilliant way to involve everyone in raising money for Mission Together. Below are a few ideas for different times in the year. You can find other ways to get involved by visiting our webpage <https://missiontogether.org.uk/fundraising-ideas/> Please **share your** fundraising events with us @missioUK adding the hashtag #missiontogether

Ideas for Spring & Summer

Valentines biscuits: bake heart shaped cookies and sell them in pretty bags around Valentines Day. Try to involve children as much as possible, from adding ingredients and cutting cookies to shaking sprinkles.

Spring flower sale: everyone loves the first signs of spring after winter! Work with children to pot spring bulbs – snowdrops, mini daffodils, crocuses and hyacinths to sell as Easter gifts.

Easter bonnet competition: charge children to enter a competition for the best Easter bonnet. Prizes for the most fabulous creations!

Weeding Week: While the days are sunny and warm, why not raise money by weeding gardens? Ask for suggested donation, or sponsorship per bag of weeds. Maybe green fingered children could plant too!

Scavenger hunt: this is a great outdoor activity! Print off some sheets with summertime things to spot e.g. flowers in the garden, leaves on trees, birds singing. We have an accessible Scavenger Hunt available to download on our 'Inclusive Resources' webpage. Charge an entry fee. Every complete scavenger sheet is placed in a hat, with the pulled out winner receiving a prize.

Ideas for Autumn & Winter

Rake-a-Thon: With autumn leaves falling, who not fundraise for Mission Together by tidying gardens for a suggested donation. Make sure children have strong gloves and bags if they take up the Rake-a-Thon challenge.

Winter walks: brave the elements and hold a torch-lit hike or winter walk to raise money for Mission Together. Make sure you have plenty of adults to supervise and assist when organising outdoor events with children. Better still, get the whole family involved!

Christmas crafts: get children involved in making and selling Christmas cards, ornaments, wreaths, biscuits, and any other Christmassy gifts and treats you can think of. Donate the proceeds to Mission Together. Visit our Advent webpage for instructions for our Handy Advent Wreath and other craft ideas.

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