

# LEADER INSTRUCTIONS

These interactive stations may be used with the Called to Action resource or for other ministry with young people. Each session relates to the numbered section of Called to Action.

## Station for Session 1

Resources required: clear pitcher of water and bowl.

## Station for Session 2

Resources required: A large bowl of water (preferably a clear bowl), a small container of oil (and possibly a small towel for wiping hands afterwards), a nice candle and sufficient smaller candles – one for each participant. Individual candles should be free-standing and large enough that participants can write their baptism name and one or more gifts on the candle. Décor relief paint (available from an art supply store).

## Station for Session 3

Resources required: Small cards that participants can write names of people on. Pens to write with, a hole punch and string or ribbon. A tree to hang the names on (we used a branch that had broken off a tree during a storm).

## Station for Session 4

A selection of articles (one for each participant plus a few extra) that speak of human rights, freedom or justice issues. Try to collect these over a two week period so as to get a range of stories. Choose some from different parts of a daily newspaper, some from a local newspaper etc.

Strips of cardboard that can be used to make into wrist bands (pre-cut to an appropriate width – we recommend about 2 cm). A stapler and a pair of scissors. Alternatively if your budget allows it you could purchase the silicon wrist bands (about \$1 each on Trademe).

## Station for Session 5

Resources: Empty pot with stone in it

Note: Ask participants to bring a pantry item from home to go into the pot. The grocery items can be donated to Vinnies or another organisation in your community that runs a food bank.

## Station for Session 6

Resources: One A4 sheet of paper for each participant and some to spare. Pens for them to write their prayers on the paper bags. A hole punch and string or ribbon to attach the bags to the lights. One string of Christmas lights which will have the bags attached to them. Initially have the lights turned off. When all bags have been completed, turn the lights on as part of your closing prayer.



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## Station for Session 7

Resources. Have the beginning of a number of prayers started. Examples might include:

*Our Father, who art in heaven ...*

*Loving God, we pray for companions on our journey...*

*Compassionate God we pray for ...*

*God of Justice we pray for...*

*God of Justice, we ask that you will help us hear the voices that challenge ...*

*We pray to Saint Teresa of Avila ....*

*God of Justice and Charity, as we strive towards ....*

*We pray for all members of our faith community, may ...*

*God of humanity, we pray that differences of any kind will ...*

*God of solidarity, we pray ...*

Designate an area as the prayer wall where the prayers will be placed.

Provide pens and a method of attaching prayers to the wall eg blue tack if attaching to a wall or pins if attaching to a notice board.

## Station for Session 8

Pre-loved items like small pieces of wood, flax or bamboo, branches or other nature items that could be used to make a cross.

Ribbons, string, twine etc – whatever you have available at home or you might be able to get something from the local recycle/second hand shop?

Items to make up a prayer focus eg material, bible, a cross that you have made as inspiration.



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# WATER PRAYER

## Instructions

Sit on the floor in front of the clear pitcher of water and bowl. Silently read the scripture passage from the Beatitudes printed below. Spend some time in quiet reflection to identify issues and situations in your world where the Beatitudes are not being lived out. Silently say a prayer seeking resolution of these issues or situations.

After you have prayed, take the pitcher and pour a small amount of water into the bowl. As we pray the bowl will fill with the prayers of our group. We make this prayer as a symbol of the importance of pouring out our prayers in our community, so that all our joys and concerns become as one in God.

## Scripture passage from the Beatitudes:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account.”



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# SYMBOLS OF BAPTISM

## Instructions

You may not remember your baptism, for many of us it was when we were a baby. Take time to reflect on the symbols that the Church uses in the Liturgy of Baptism (water, candle, chrism oil)...

**WATER** is a symbol of life and cleansing. It washes the things that hold us back from reaching our full potential and gives new life and nourishment for our faith journey. Put your hand in the water. Lift a hand full of water above the bowl. Feel the water in your hand. Pause and reflect of what is holding you back from reaching your full potential. As you release the water back into the bowl of water, ask God to give you strength and courage to move forward towards your full potential.

**OIL** is a symbol of royalty. Kings and Queens, Prophets and Priests were anointed with oil in scriptures because they were given special responsibilities for God's work. At baptism, God gave all of us special responsibilities. Take a small amount of oil and bless yourself in the name of the Father, Son and Holy Spirit. As you do this say a prayer of thanks for the gifts that God has placed in you. Sit for a few minutes in silence and reflect on how you are (or how you would like to) use these gifts in your family and faith community.

**LIGHT** is a symbol for the presence of Christ in our lives. The light of Christ will guide us along the journey of life. Let us always keep the flame of faith, hope and love alive in our hearts. Take a blank candle and a tube of Décor Relief Paint (available from art shops). Write your baptism name on the candle. You might also like to write one or more of the gifts you would like to share. Light the candle and place it in a candle stand. At the end of this time of prayer return to this station and take this candle home with you as a symbol of the presence of Christ in you.



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# TREE OF LIFE

## Instructions

Spend some time in quiet reflection, identifying some of the key people in your life.

Focus first on members of your family (both immediate and extended), kin or non kin.

Who is it that encourages you in your faith?

Who is it that shares gifts that you really appreciate?

Secondly focus on your faith community.

Who is it that supports and nourishes you in this community?

Who is it that shares gifts that you really appreciate?

Write the names of these people on the cards provided. Punch a hole through the card, and tie a ribbon/string to the paper. Hang each card on the tree provided.

As you make each card say a prayer thanking God for the gifts of that person and their presence in your life.



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# PRAYING FOR JUSTICE

## Instructions

Take some time to read some of the articles placed before you. Each article tells of a situation where people are being denied their human rights and freedom or where there is an issue of justice.

Select one article and highlight key phrases that speak to you. Consider whether this situation exists in your own country/community? What is the same or different between the two?

Take a strip of cardboard and cut it to a length that will comfortably go around your wrist, but not so long as it will slip off. Be sure to allow an overlap where you will staple the two ends of the card together.

Write or draw on the card:

You might write one or two phrases that speak to you from the chosen article.

You might write a prayer for resolution of the issue.

You might draw an image of the situation as it is now and another that reflects a solution.

Once you have finished use the stapler to staple the two ends of the card together, around your wrist.

Pause in silence for a few minutes and really pray for a solution to the issue. Wear this wrist band home with you and share the issue with family or friends in an effort to increase awareness of this situation.



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# STONE SOUP

**Sit in front of the pot with a stone in it and read the story below:**

Some travellers come to a village, carrying nothing more than an empty cooking pot. Upon their arrival, the villagers are unwilling to share any of their food stores with the hungry travellers. Then the travellers go to a stream and fill the pot with water, drop a large stone in it, and place it over a fire. One of the villagers becomes curious and asks what they are doing. The travellers answer that they are making "stone soup", which tastes wonderful, although it still needs a little bit of garnish to improve the flavour, which they are missing. The villager does not mind parting with a few carrots to help them out, so that gets added to the soup. Another villager walks by, inquiring about the pot, and the travellers again mention their stone soup which has not reached its full potential yet. The villager hands them a little bit of seasoning to help them out. More and more villagers walk by, each adding another ingredient. Finally, a delicious and nourishing pot of soup is enjoyed by all.

## Reflection

Think about your own life.

Journal your own story about food....

of being hungry,  
of having plenty,  
of sharing or  
of receiving.

Reflect on the significance of this story now . . . place your pantry item in or by the pot.

Make a silent prayer for all those who are hungry – either physically or spiritually.



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# PRAYER FOR WORKERS

## Instructions:

Many young people around the world will do domestic or repetitive tasks for very little pay. An example of such a job might be to make a paper bag:

- Take an A4 sheet of paper and fold the bottom right corner to meet with the top left hand corner.
- Fold the left corner in towards the right so it makes the side straight. Repeat for the other side (folding the right side to the left). The two sides should be roughly equal.
- Fold down the top triangle to make the top edge straight.
- Fold in the side again so it covers the gap next to the folded down triangle. But tuck it under the folded triangle and really push down on the folds to make it stronger.

Spend a few minutes in silent reflection.

Consider young people overseas who are working in factories for minimal wages so that we can have cheap imported items such as t-shirts.

Consider young people who are living in poverty, unable to find paid employment.

Consider young people who are sold into roles of slavery.

Write a prayer on the bag you have created.

When completed tie your bag to the Christmas lights strung across this space. When the lights are turned on later we will pray that our prayers give hope and light to all those in the situations that our prayers speak of.



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# PRAYER WALL

## Instructions:

In this area you will find a number of sheets that each have the beginning of a prayer written. Take a few minutes to read over the sheets and then select one that is meaningful to you.

Continue to write the prayer with your own words. You may choose to complete the prayer or to leave it at a stage that another member of our group can pick up the prayer and continue with it.

You may like to return to this station intermittently throughout our period of prayer and add to this or another prayer.

The leader will indicate when this prayer session is coming to its conclusion and at that time we invite you to return to this station and finish any incomplete prayers.

Prayers may be attached to the prayer wall at any time during this time of prayer, either when you finish writing a prayer or as the time of prayer comes to an end.



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# THE CROSS OF A GOOD STEWARD

## Instructions:

We are called to be good stewards or care takers of God's creation. Part of that requirement is to care for the Earth including the environment. Where we can re-use an item or make a new item from something that already exists this is a small action towards being a good steward.

Before you is a selection of items that have been pre-loved or have come from the garden together with ribbon and scissors.

We invite you to take two items and one piece of ribbon or string and to make a cross with these items. As you are making the cross reflect on the actions you would usually take. If you wanted a new cross is this something that you would normally go to the shop and buy or would you consider making it from items that already exist?

When you have completed your cross, place it on the prayer focus for others to see.

Make a silent prayer to change any actions that you regularly perform that go against being a good steward of Mother Earth.

When we conclude tonight, please take the cross home with you. You may like to get a priest or leader to bless the cross for you.



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