



CALLED TO ACTION

Session 2: Life and Dignity of the Human Person

living the Faith
celebrating Prayer
promoting Justice
ready to Serve

Song – Come as You Are – Deirdre Browne

Come as you are. That's how I want you.
Come as you are. Feel quite at home.
Close to my heart, Loved and forgiven,
Come as you are, Why stand alone.

No need to fear, Love sets no limits,
No need to fear, Love never ends.
Don't run away, Shamed and disheartened
Rest in My love, Trust Me again.

I came to call sinners, Not just the virtuous,
I came to bring peace, Not to condemn.
Each time you fail, To live by My promise,
Why do you think I'd love you the less.

Come as you are, That's how I love you,
Come as you are, Trust Me again.
Nothing can change the love that I bear you,
All will be well, Just come as you are.

Video Link:

<http://www.youtube.com/watch?v=16RywnFAjY>

Prayer

Blessed be life - I tell you it's good to be alive!

Blessed is she who bore me and tenderly nurtured me.

Blessed is the fruitful seed in the womb.

Blessed is the growing embryo destined to be born this Day.

Blessed is every child of God come to full term.

Blessed are all the children of the universe.

Blessed are those whose special needs magnify God's glory.

Blessed are the elderly whose life journey is drawing them nearer to a reunion with the
Author of Life.

Blessed be the Virgin Mary who shows us how to nurture life and did not refuse to bear the
Son of God.

Blessed be the Lord Jesus who humbled himself to take on our flesh and glorified every stage
of human life as he lived it with us.

Blessed be the miracle of LIFE and the God of LIFE who provides for every living creature.

Adapted from *The Beatitudes of life – Brother Martin?* - Carlo to confirm



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Scripture – Men and Women: the Image and Likeness of God (Genesis 1: 26-31)

Then God said, Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.

So God created humankind in his image, in the image of God he created them; male and female he created them.

God blessed them, and God said to them, “Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.” God said, “See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

Church Teaching Catechism of the Catholic Church 1934-1935

1934 Created in the image of the one God and equally endowed with rational souls, all people have the same nature and the same origin. Redeemed by the sacrifice of Christ, all are called to participate in the same divine beatitude: all therefore enjoy an equal dignity.

1935 Human equality rests essentially on their dignity as persons and the rights that flow from it:

Every form of social or cultural discrimination in fundamental personal rights on the grounds of sex, race, color, social conditions, language, or religion must be curbed and eradicated as incompatible with God's design.

Ice-Breaker - We 'Can' do it

Get the participants to stand shoulder to shoulder in a circle with their hands extended pointing towards the centre of the circle. Ask them to put their hands together (like playing Volleyball). Place an object (e.g. a bag of lollies) on the hands of one of the participants, the objective is to move the object around the circle without it falling on the ground and the participants standing shoulder to shoulder.

Ask the participants, what was the fun part of the activity? Will the activity be just as enjoyable if there is only one person?

Each member of the group is necessary for the activity to be successful and enjoyable. It will not be the same if one of them is missing. Just like the human family will not be the same if one of us is not there.



Activity | Rivers of Life

Background:

We are all made in the image and likeness of God. Therefore, the Catholic Church proclaims that all human life is sacred and has dignity; that every person is precious, that people are more important than things. No person is an accident, everyone is necessary and the world will not be the same if any of us were not born. God recognises that our life is sacred, he respects us and he loves us. Therefore, we should recognise our dignity and sacredness of our lives and the lives of others.

Task: Rivers of Life

A river is a meaningful symbol for many cultures because it is associated with life. Even Jesus started his ministry when he was baptised by John in the River Jordan. It was during his baptism that Jesus was first anointed as the Son, the Beloved with whom the Father is well pleased (Luke 3:22).

Ask each person in the group to take a piece of blank paper and a pen (preferably a large piece of paper like A3 and multi coloured pens)

Ask each person to draw a River of Life where they will indicate the key stages in their life to date. On the smooth flowing or tributary part of the river, they will draw something to symbolise their positive experiences and influences. On the rough waters of the river, they will illustrate times when they encountered difficult challenge in life that potentially became source of valuable learning.

Each person shall decide if the river flows straight or twist or have some turning points (that indicate a turning point in one's life). It can also be narrow or widen to show changing perspective in different stages in life.

Give the group up to ten minutes to complete their River of Life. Encourage them to be creative by using different colours and symbols to express their feelings. Discuss the rivers as a group and allow each person to explain his/her river. When everyone had a chance to share, emphasise that no two rivers are the same, each river is unique because each one of us is unique. All our experiences whether positive or negative enable us to be where we are today. Challenge everyone to be thankful for the gift of our lives and the lives of others and to protect and defend the sacredness and dignity of all people.

Closing Liturgy - Remembering our Baptism (refer to Symbols of Baptism in Creative Prayer Resource)

Take time to reflect on the symbols that the Church use in the Liturgy of Baptism (water, candle, chrism oil) and if possible allow the group to touch, see and smell them.

Water: 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.

Oil: A symbol of royalty. Kings and Queens, Prophets and Priests were anointed with oil in the scriptures because they were given special responsibilities for God's work. At baptism, God gave all of us special responsibilities.

Light: 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.



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