

# Family & Parish Based Catechesis Office Archdiocese of Adelaide



## Children's Ministry Update

Year of Mark

YEAR B : Mark

Volume10 Edition1: 2015

## From the Team

Hello and welcome to 2015! We are already well into this new year and trust that the renewal and rest you enjoyed over the break is still giving you energy in your work. To those who are beginner catechists, new to children's ministries within your parish, we warmly welcome you and look forward to supporting you and to those who are seasoned catechists and have returned to the ministry, we warmly acknowledge your generosity for this privileged work and emphasise our support in any way. Page 2 is dedicated to praising the gift you are to many and to your parish community.

This edition focuses on praying through the season of Lent. We know that praying is important but it is especially important during this special time of spiritual renewal and personal conversion. Lent is a time for using everything in our life to better connect ourselves with God. Our hope for you in reading this newsletter is that you will gain insight into the need for choosing Lent and acting Lent and in turn, extend this to the children and families you work with.

Below are two events we draw your attention to. Firstly, the training session for leading Liturgy of the Word for Children. It is interactive and aimed at those who have not undergone the training within the last 2 years and for those who are curious about it. You are encouraged to attend, especially in the light of the latest Sacramental Catechesis framework which specifies this as a component for the preparation of sacraments with the children. Secondly, you are all warmly invited to be commissioned by the Archbishop in your ministry for this year at the Mass held on Sunday 15th March. The Archbishop really looks forward to seeing the catechists and we follow the Mass with a special celebratory catechists' cake and coffee in the cathedral hall. It is a special time where your work is publicly acknowledged and valued.

We pray that this year is rich in blessings for you, Carmen Balales + Sr Jenny Seal fdnsc

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### Diary Dates

- **Children's Liturgy of the Word training**  
Saturday 28th Feb
- **Catechists Reflection morning**  
Tuesday 17th March
- **Diocesan Catechist Mass**  
Sunday 15th March
- **Lenten Series**  
Tuesdays 3, 17, 24, 31 March

### For Catechists and those interested in Children's Ministries

**CHILDREN'S LITURGY OF THE WORD training on Saturday 28th Feb**

**9:30am– 11:30am at Catholic Education Office Conference Centre**

**116 George St Thebarton**

**rsvp [carmen.balales@cesa.catholic.edu.au](mailto:carmen.balales@cesa.catholic.edu.au) by Friday 23rd Feb**

### **DIOCESAN CATECHIST COMMISSIONING MASS**

**Sunday 15th March, 11am at Cathedral**

**Main Celebrant: Archbishop Philip Wilson DD JCL**

**rsvp [jenny.seal@cesa.catholic.edu.au](mailto:jenny.seal@cesa.catholic.edu.au)**

**ALL WELCOME!!**

# PRAYING THROUGH LENT

Lent is a season of being invited by God in a deeply personal way. "Come back to me with all your heart," our Lord calls. "We will," we respond, but are we really ready?, our hearts must be prepared for conversion. Do we want a deeper relationship with God or is our busyness getting in the way?. It is an extraordinary invitation to each one of us. God invites us to let go and let God! God offers us the Lenten season and a full lifetime of unconditional love. "A clean heart create for me, O God," Psalm 51.

Lent offers us all a very special opportunity to grow in our relationship with God and with others. It is a chance to deepen our commitment to a way of life, embedded in our baptism. Lent provides us with time to reflect upon ourselves, to pray more deeply, acknowledge our failings and to be generous to those in need. A wonderful gift!! This takes desire and focus to give God more of a space to touch our hearts if we establish simple patterns. For example; first thing each morning, stand by the edge of the bed for one minute and just ask the Lord for the grace to let this new day be one in which we practice gratitude and thanks for all that comes our way.

## CHOOSING LENT, ACTING LENT

Choosing and acting Lent is important as we are experiential people. We experience things through our senses and share in God's own creative and loving activity when our hearts and hands work together for and with others. The following ideas represent a variety of choices and acts that may be adopted during the Lenten season:

**SYMBOLS IN THE HOME:** Enable the home to be a place of the holy with things that raise the mind and heart to God. Our world is full of images that lure minds and hearts elsewhere.

**CRUCIFIX:** Place the crucifix in a central spot where it can be obviously seen, even a child's drawing of Jesus's death for us can be a powerful stirring reminder of God's love.

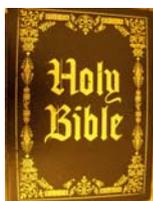
**WATER:** Place a bowl of water in a central spot as a reminder of our journey to the font of baptism for the renewal of commitment and life in Christ. Pray over the bowl saying: "Lord, may this water remind us of our baptism and be a blessing for our home. Bless us as we sign ourselves with it each day."

**SAND:** have a small bowl of sand to remind us of our journey. God let the people in their journey through the desert Jesus himself reenacted that journey to face his own temptations. The desert can be a place of retreat.

**CANDLE:** Place a candle in a central spot and pray together saying: "Lord, thank you for the gift of Your light and let this candle be a symbol of our faith in Your presence among us." Light the candle whenever we feel tempted away from the light of Jesus, when we are experiencing tensions in the home, whenever we need special graces.

**BIBLE:** The Word is important during Lent. The prominent presence of a Bible in the home represents our desire for God's Word in our lives.

**SYMBOL FOR ALMSGIVING:** The key is to focus on living more simply during Lent. Perhaps eat less and donate the money saved on buying less groceries to help the good works of Caritas. Also undergo a spring clean and donate the clothes, shoes etc. to St Vincent DePaul Society.



# CATECHISTS ARE GIFTS

*"A catechist is a person who facilitates the process of faith formation. This is done first by echoing the word of God in his or her own life, and second by helping others to do so. Through your work with adults, families, adolescents, and children, you are passing on a living faith" Joe Paprocki*

What is a catechist?: The primary goal of a catechist is to model God's love to others. As a result, the primary requisite of a catechist is a love for God, a love of God and a love for children. A catechist gives experiences for children and families that help them grow in their personal faith and spirituality and passes on a set of shared meanings and values that are Catholic and Christian. A catechist also initiates others into the faith community, into its life, its worship, symbols and practices. The role of the catechist is a vital ministry to the Church. It is a gift that has tremendous value to the world community at large because through the catechist's words and actions, the message of Christ continues to have a place in all human affairs.

Why should I become a catechist?: In choosing to become a catechist, you are answering God's call, the call of your baptism. This decision is one which will not only enrich the lives of the children and families you work with, but also your own faith life. You are God's mouthpiece, what a privilege!

Will I receive training and support?: The Adelaide Archdiocese offers support through our office, '**Family and Parish Based Catechesis Office**'. We offer various practical workshops that enhance personal faith development, raise awareness of current teachings and practices within the Church, unpack current practices in the teaching/learning process, stages of development, strategies for group management and available resources. We also come to your parish at your request to support as needed. Meetings and reflection days are provided for catechists throughout the year. Our contact details are located on page 8 of this newsletter. These are opportunities for catechists to grow in their own ministry. An annual commissioning mass is celebrated in the Cathedral with the Archbishop being the main celebrant for all catechists: this year it is being held on **15th March at 11am**. Come along!

## SPIRITUALITY OF THE CATECHIST

What is Spirituality? J Schaeffler, OP says "it is who we are and what we do because of what we believe and because of what we've experienced." It is the journey of continually coming home, of being home, of being with our God. Who we are speaks much louder than all that we say. As catechists we are called to echo and re-echo Jesus and the good news that he taught and lived. We give what we have and as faith filled Christians, we have been gifted with much. As committed disciples we are faced to act. As loyal catechists we are called to walk with others. Our spirituality is the foundation for who we are, for all that we do. We are called to deepen and grow our spirituality through the work of our ministry as catechists. Foundational to our spirituality is prayer as it helps bring to our awareness the awesome connection that we have with God.

Our ministry as catechists shapes who we are and what we do, while, at the same time, calling and enabling us to grow in spirituality in unique ways. Catechists are people who are called, people living the mission, planters of seeds, companions on the journey, people of witness, sharers of a way of life and prophetic voices of hope and courage. So, pay attention, be amazed and tell about it!



### PRAYING (Mary Oliver)

*It doesn't have to be the blue iris,  
it could be weeds in a vacant lot  
or a few small stones; just  
pay attention,  
then patch a few words together  
and don't try  
to make them elaborate,  
this isn't a contest  
but the doorway into thanks,  
and a silence in which  
another voice may  
speak.*



# MAKING CONNECTIONS

## Connecting Families with Parish

On this page, we offer some ideas which Parishes could use to assist families to connect with the Parish in the light of Prayer and Liturgy.

The gospel stories can be told using the method 'Gospels in Play dough'.

**Suggestion:** Have a Lenten prayer session with children and their parents in the Parish using the story below. Then give them a sheet with some of the ideas for home as outlined on the next page.

**GOSPELS IN PLAY DOUGH** is a book with a hands-on approach to teaching children about Jesus and to lead them to prayer. It contains various Scriptures stories adapted by Elizabeth Anstey (2009) ACT, bartonbooks.com.au. The story below has been used with permission.

Here is one story from the gospels where **Jesus shows his love for children:**

**Bible Reference:** Mark 10:13-16, Matthew 19:13-15, Luke 18:15-17

**Make figures out of play dough:** Jesus, disciples, parents and children

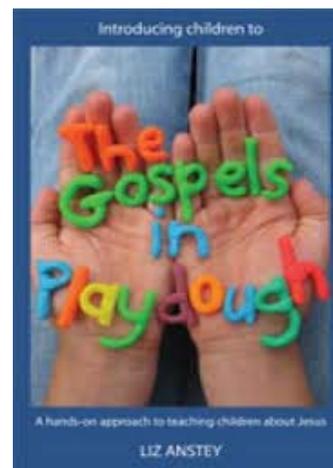
**Main concept:** Jesus tells the disciples that they are wrong when they do not let the children come to see him.

**Tell the Story as it unfolds:**

- Jesus is outside teaching with his disciples
- Parents bring their little children to Jesus so he can touch them and pray for them.  
*(Place one or two children with Jesus)*
- The disciples tell parents to stop bothering Jesus.  
*(Put Jesus on one side with the parents & children coming towards him & the disciples in between Jesus & the children)*
- When Jesus sees what the disciples are doing, he is upset with them. Jesus says, 'Let the little children come to me and do not try to stop them. People who are like these children belong to God's kingdom'. Then Jesus takes the children in his arms. He puts his hands on them and blesses them.

**Retell the story**

**Prayer:** Thank you Jesus for loving children.



# MAKING CONNECTIONS

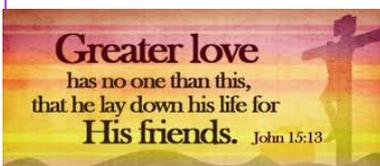
## Connecting Families with each other

On this page, we offer some ideas which Parishes could create on a page for families to encourage the breaking open of Scripture in the home. In this way, we can assist families to nurture their children's faith through the sharing of activities during the school holidays.

- Get a purple cloth—the colour for Lent—and place in on your sacred space in your home
- Find two small twigs or paddle pop sticks or pipe cleaners and tie them together to make a cross or draw and colour cross
- Make a sign: 'God is always with us'
- Place these on your sacred space
- Add any other symbols or prayers during the 40 days of Lent.



- As a family, light a candle to remind ourselves that Jesus is always with us. Gather together in prayer and make the sign of the cross.
- Reflect on all the good things of the day and thank God for them
- Reflect on all the ways that others have hurt us during the day. Pray to God for forgiveness of them and to look after them
- Reflect on all the ways that we have hurt or have been unkind to others. Pray to God with real sorrow for the poor choices of the day and ask God to help us to grow by learning from our mistakes and to make up better people.



- Draw a Lenten rainbow with all the beautiful colours
- Write on it: 'Nothing can separate us from God's love...God is always with us'
- Discuss what your family could do to show care and concern for all people and creation
- Read together the words written on the rainbow
- Parents can make the sign of the cross on the child's forehead and on each hand and say: 'Jesus said, 'I will always be with you' - and so will I
- Tell your children about the many ways you



- Tell the story of the last time Jesus was having a meal with his friends. Here, Jesus washed each of his disciples feet and said 'what you see me do, I ask you to do to each other'.
- There are many ways we can 'wash each other's feet' - or serve the other. How does your family 'feed' one another - 'serve' one another—help each other to grow? How do you cheer up one another?
- Being a disciple means we care deeply about each other in the family, the classroom and in the world.



# CATECHIST PRAYER PAGE

*They asked you - 'Teach us to pray.'*

*They watched you -*

*on the mountain, in the desert,*

*at the wedding, at the tomb,*

*in the street, in the synagogue,*

*in the boat, in the storm -*

*they watched you pray*

*and miracles happened.*

*They wanted to do the same.*

*So you taught them:*

*First, give praise and thanks—*

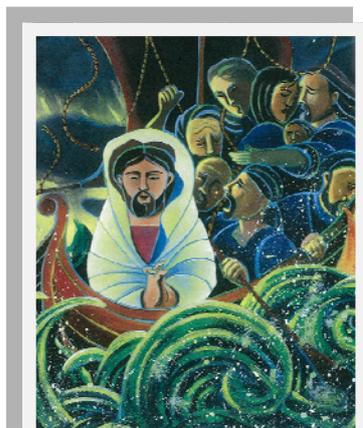
*always and everywhere,*

*for the heights and the depths,*

*for the joys and the sorrows,*

*for the struggles and the silence—*

*always in gratitude for the gift.*



**Artist: Brother Michael O'Neill McGrath**—a brother of the Oblates of St Francis de Sales who is artist and illustrator.

**Prayer by: Father Richard N Fragomeni**—a priest of the Diocese of Albany, New York, who is associate professor of liturgy and homiletics and chair of the Department of Word and Worship at Catholic Theological Union in Chicago.

*You taught them to seek,*

*to knock and keep on knocking,*

*to persevere through fear and grief,*

*harried and seasick*

*though they might be in the storm;*

*to lift up the worries of the world,*

*to live poised on the possibilities*

*of the impossible,*

*for all things are possible with God.*

*You taught them to surrender in faith—*

*'Not my will, but thine.'*

*You taught them not to lose heart*

*when praise turns to lamentation -*

*'Why have you forsaken me?'*

*So teach us, we pray.*

*Teach us to praise and to thank,*

*to lament and perform the great miracle:*

*when we pray, we are changed—*

*it is we who become the calm in the storm,*

*the stillness in the turbulence,*

*the rock in the flood.*

*Make us your answer to the prayer*

*of those who cry out to you*

*from the boat.*

*Amen.*

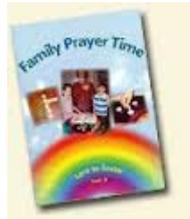
© 2008 Michael O'Neill McGrath & Richard N Fragomeni

'At the Name of Jesus' World Library Publications, Illinois

# RESOURCES

The following resources are available for borrowing from the Catholic Resource and Information Service (CRIS). CRIS is located at 112 Kintore St Thebarton ph 8301 6869. Other details and catalogue can be found on [www.adelaide.catholic.org.au/our-faith/catholic-resource-and-information-service](http://www.adelaide.catholic.org.au/our-faith/catholic-resource-and-information-service). Borrowing is free to all.

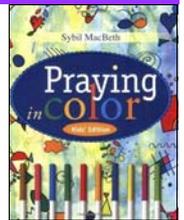
Family Prayer Time: Lent to Easter Yr B by Rina Wintour



Archdiocese of Brisbane

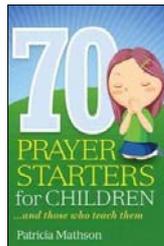
## CHILDREN

Praying in Colour (kid's edition) by Sybil Macbeth  
PBK 248.32



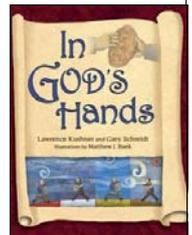
The Way of the Cross by Charles Singer 264.0274 SIN

70 Prayer Starters for Children... and those who teach them



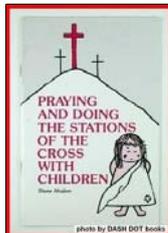
by Patricia Mathson, 242.8 MAT

In God's Hands  
by Lawrence Kushner  
(picture book) PBK 823.3



People at Prayer (CD Rom): 24 digital images from around the world CDR 248.34

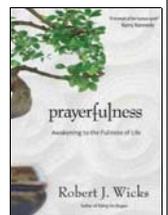
Praying and Doing the Stations of the Cross with Children by Diane Abajian



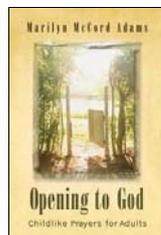
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## ADULTS

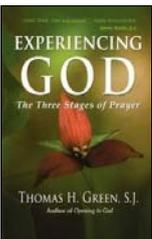
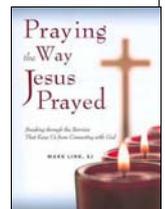
Prayerfulness: Awakening to the Fullness of Life by Robert J Wicks



Opening to God: A guide to prayer (CD set) by Thomas H Green sj CD

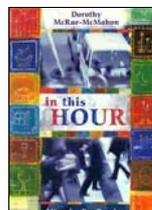


Praying the way Jesus prayed: Breaking through the barriers that keep us from connecting with God by Mark Link, Book 248.32



Experiencing God: The Three Stages of Prayer

by Thomas H Green SJ



In this Hour: Liturgies for Pausing  
by D. McMahon McRae, 264.1

# Your Parish Story

Children's Ministry Update

## INVIGOR8: Ecumenical Children and Family ministry conference



This great annual ecumenical conference is aimed to give parents and catechists new inspiration, new tools and new perspectives to help invigorate the way we parent and work with children and their families. I enjoyed a full day of networking with ecumenical children's ministry workers, exchanging ideas and resources. There were a variety of workshops offered to enhance the whole area of deepening the faith from birth to adolescence. Each offered fun, practical and engaging tips for catechists and parents too. I attended workshops that focussed on helping parents keep their baptismal promises and partner them in growing their faith, ideas on helping children grow in their faith as they transition into adolescence and the use of puppets in breaking open God's Word. In addition to the practical ideas, the EXPO was very extensive and offered the latest resources available across all the Christian churches in South Australia. I thoroughly enjoyed it and I do recommend you attend next year.

## CATECHISTS INDUCTION WORKSHOP

It was rather surprising to see and experience such a good response to an invitation printed in the weekly bulletin of Mater Christi parish, run by the Scalabrinians. A good number of people, mostly in their 20s and 30s, took part in two sessions meant to give them a "feel" of the situation pertaining to catechesis in the Archdiocese of Adelaide.

The first session run by Maria Keech and Maree Kutler-Naroba from the Child Protection Office. They presented a 90 minutes *Nutshell Volunteer Briefing* on the topic of child protection, one of the serious concerns shared by both church and government in Australia and elsewhere.

The second ground-breaking session (*Induction Session for Catechists*) was led by Carmen Balales and Sr. Jenny Seal from the **Office for Family and Parish-Based Catechesis**. The 20 plus participants were given some very useful tips on how to 'play ball', in this important ministry of the Church. The tools of the trade (resources from CRIS, available to anyone interested in getting acquainted with them), plus useful tips and strategies were discussed. We were presented with a snap shot into the world of a catechist.

Participants found both sessions particularly informative and helpful in many ways. The story of Jesus retains all its fascination and impact!

**Elena Moffa**

## Family & Parish Based Catechesis

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Sr Jenny Seal fdnsc Ph: 08 8301 6195  
jenny.seal@cesa.catholic.edu.au

Office Fax: 08 8301 6842

We're on the web



[www.adelaide.catholic.org.au/sites/ParishandFamilyBasedCatechesis](http://www.adelaide.catholic.org.au/sites/ParishandFamilyBasedCatechesis)

## Detailed Diary Dates 2015

- **CHILDREN'S LITURGY of the WORD LEADER TRAINING**  
WHEN: Saturday 28th February  
9:30am– 11:30am  
VENUE: Catholic Education Centre  
116 George Street, Thebarton
- **DIOCESAN CATECHISTS MASS**  
WHEN: Sunday 15th March  
11:00am  
VENUE: St Francis Xavier Cathedral,  
Wakefield St, City
- **CATECHISTS REFLECTION MORNING**  
WHEN: Tuesday 17th March,  
9:30am-12noon  
VENUE: St Paul's Retreat  
(The Monastery)  
15 Cross Rd, Urbrae
- **LENTEN SERIES: being with Jesus in his suffering; Jesus' Passion**  
WHEN: 3, 17, 24,31 March  
7:00pm– 9:00pm  
VENUE: Mary MacKillop Centre,  
4 High St, Kensington