

# “Virtues to Live by”



## SPRING



A RESOURCE CREATED BY  
THE LEEDS DIOCESAN PRIMARY  
HEADTEACHERS' ASSOCIATION

# “Virtues to Live by”

## Guiding Principles

To ensure children and young people are given opportunities to:

1. Experience a positive and purposeful ethos providing a sense of belonging to their school community.
2. Grow in their knowledge and understanding of the virtues.
3. Practise the virtues to further the call to live life to the full.
4. Appreciate the connection between biblical and practical wisdom and living.
5. Hear the Christian story and encounter it in practice.
6. Understand their uniqueness and dignity as made in the image and likeness of God.
7. Know that our limitations are also opportunities for growth.
8. To notice, to reflect, to pray and to play
9. To exercise the cognitive, affective and behavioural components of character: know it in your head, feel it in your heart and show it with your hands.

# “Virtues to Live by”

## FAITH

### Before You Begin – An overview for teachers

“For we walk by faith, not by sight.” (2 Corinthians 5:7)

I welcome miracles.  
I believe in great possibilities.  
I have faith in my destiny.  
I release fear and worry.  
My heart knows what is true.  
I trust in the journey of life.”

Linda Kavelin Popov

#### Definition

**FAITH** – is to trust. Faith helps us grow in friendship with Jesus and his friendship helps us become the best we can be by trusting in him so we can become more like him. Growing in friendship with Jesus means learning to trust him and knowing that he is always with us. Faith is always open to new things because if you have faith you are a trusting person.

A person of faith believes in God and all that God has done. But faith is not simply a belief that something is true, it is a way of living. We are called not only to keep the faith but to live a faithful life filled with hope and love.

#### Virtue to Live By

*I know that faith is a gift from God*

*Faith helps me grow in friendship with Jesus*

*I show my faith by living my life filled with hope and love*

#### Biblical sources

“See, I am doing a new thing! Now it springs up; do you not perceive it?  
I am making a way in the wilderness and streams in the wasteland.” (Isaiah 43:19)

“Jesus paid no attention to what they said, but told him, “Do not be afraid, only believe.” (Mark 5:36)

“Blessed are the poor in spirit, theirs is the Kingdom of Heaven” (Matthew 5:3)

"On one occasion, while Jesus was standing by the Lake with the crowd pressing in on Him to hear the word of God, He saw two boats at the edge of the lake. The fishermen had left them and were washing their nets. Jesus got into the boat belonging to Simon and asked him to put out a little from shore. And sitting down, He taught the people from the boat. When Jesus had finished speaking, He said to Simon, "Put out into the deep and let down your nets for a catch." "Master," Simon replied, "we have worked through the night without catching anything. But because you say so, I will let down the nets." When they had done so, they caught such a large number of fish that their nets began to tear. So they signalled to their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink. When Simon Peter saw this, he fell at Jesus' knees. "Go away from me, Lord," he said, "for I am a sinful man." For he and his companions were astonished at the catch of fish they had taken, and so were his partners James and John, the sons of Zebedee. "Do not be afraid," Jesus said to Simon, "from now on you will catch people." And when they had brought their boats ashore, they left everything and followed Him." (Luke 5:1-11)

"For we walk by faith, not by sight." (2 Corinthians 5:7)

"It is with your heart that you believe..." (Romans 10:10)

"Now faith is the assurance of things hoped for, the conviction of things not seen." (Hebrews 11:1)

"... faith working through love." (Galatians 5:6)

"And whatever you ask in prayer, you will receive, if you have faith." (Matthew 21:22)

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast." (Ephesians 2:8-9)

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." (Proverbs 3:5-6)

"His master said to him, 'Well done, good and faithful servant. You were faithful with a few things, I will put you in charge of many things; enter into the joy of your master.'" (Matthew 25:23)

"Beloved, you are acting faithfully in whatever you accomplish for the brethren, and especially when they are strangers." (3 John 1:5)

## **Catholic sources**

"I do not seek to understand in order that I may believe, but I believe in order that I may understand." (St. Anselm, *Proslogium*)

"... it is the things believed not the act of believing them that is peculiar to religion." (Blessed John Henry Newman, *Parochial and Plain Sermons*, 1, p. 191)

"Trust and trust alone should lead us to love." (St. Therese of Lisieux, *Collected Letters*)

"Faith is the radical trust that home has always been there and always will be there." (Henri J. M. Nouwen)

"The history ... of our families, of our communities, the concrete history we build each day in our schools is never "completed", never exhausts its possibilities. On the contrary, it is always open to what is new, to what has not been taken into account until now. Though it may seem impossible, it is definitely not so because the horizon of new possibilities is rooted in the creative power and love of God." (Pope Francis)

## Other sources

"I believe in Christianity as I believe that the sun has risen. Not only because I see it, but because by it I see everything else." (C. S. Lewis)

"Faith is not an easy virtue but in the broad world of [our] total voyage through time to eternity, faith is not only a gracious companion, but an essential guide." (Theodore Hesburgh, *The Way*)

## Why Practise Faith?

Faith is about placing our trust in God or Jesus. There are many examples in the gospels when Jesus told people not to give up especially when they thought something was impossible or because they were afraid. Jesus asked them to have faith. Faith is a gift that comes from knowing and living what you believe no matter what happens. Our friendship with Jesus needs to deepen if our faith is to grow. If we are faithful this will show itself by a life filled with trust, hope and love.

## How do we Practise Faith?

A good way to practise faith is to place our trust in God and Jesus through deepening our friendship with God. We can do this by spending time with God in moments of quiet and prayer. It is also important to realise that our faith grows when it is tested. Faith gets stronger when what you believe is tested by other people and things that happen in life and you find that you still believe because your faith is rooted in God and Jesus. When you are faithful you make promises to others and keep them. You can perform a role or do a job as best you can.

## Key Words:

Faith, faithful, faithfulness, trust, God, Jesus,

## Signs of living the virtue of faith:

I know God loves me and I trust God to take care of me

I ask God to guide in my life

I spend time with God in moments of quiet and prayer

I share my belief in God with others

My words and actions show my faith in God's love

## Reflection Questions:

When do you show faith in your life?

How can you stop worrying too much and have faith instead?

How often do you say one thing and do another? How can you become more faithful?

**Quotes:**

"Jesus said, 'With God all things are possible' (Matthew 19:26)

"Do not be afraid; only have faith." (Mark 5:36)

"And now here is my secret, a very simple secret; it is only with the heart that one can see rightly, what is essential is invisible to the eye." (Antoine De Saint-Exupery)

"I do dimly perceive that whilst everything around me is ever changing, ever dying, there is underlying all that change a living power that is changeless, that holds all together, that creates, dissolves, and re-creates. That informing spirit or power is God." (Mahatma Gandhi)

# “Virtues to Live by”

## SIMPLICITY

### Before You Begin – An overview for teachers

“For where your treasure is, there your heart will be also.” (Matthew 6:21)

#### **Definition**

By living simply you will come to know what really matters in your life and be less afraid of not having more and more things. When you live simply you don't look out for the next thing to buy or follow. Little by little you realise that you don't need that many things to live a happy life. Living simply gives you time to think of others, do good and care for creation. Living simply helps you put more trust in God.

#### **Virtue to Live By**

*I know what really matters in life*

*I can give time to think of others, do good and care for creation*

*Living simply helps me put more trust in God*

#### **Biblical sources**

“Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your strength.” (Deuteronomy 6:4-5)

“Be still, and know that I am God.” (Psalm 46:10 NIV)

“For where your treasure is, there your heart will be also.” (Matthew 6:21)

“But seek first the kingdom of God and his righteousness, and all these things will be added to you.” (Matthew 6:33)

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3)

“Religion does bring large rewards, but only to those who are content with what they have. We brought nothing into the world, and we can take nothing out of it; but as long as we have food and clothing, let us be content with that.” (1 Timothy 6:6-8)

“The whole group of believers was united, heart and soul; no one claimed for his own use anything that he had, as everything they owned was held in common.” (Acts 4:32)

The Parable of the Rich Fool (Luke 12:16-21)

## Catholic sources

“Too many possessions keep us from God: the parable of the rich fool teaches us that a life of too much ease, comfort, luxury and accumulation distracts us from God and tempts us to feel that true happiness can come from what we possess materially. Simplicity of lifestyle encourages us to trust more in God than in our personal capabilities.

- Simplicity of life undergirds mission: when we live simply, we are not attached to our own plans, designs or ambitions. Simplicity also allows for pastoral mobility because change is not feared.
- Simplicity of life aids pastoral charity: if our lives are choked by possessions, eating, drinking, shopping, expensive travel and vacations we will soon discover we have little time or energy to pour out ourselves in generous service to others.
- Simplicity of life is a witness to the world: simplicity of life offers a good example, encouraging people to practise selflessness, justice and charity. It is also a constant reminder to people that this world is not our permanent abode.
- Simplicity of life fosters solidarity with the poor: when we live simply, we are often closer to people who are poor because we understand their plight and they feel able to approach us.” (Ignatius Kaigama, Archbishop of Jos, Nigeria)

“We need to take up an ancient lesson, found in different religious traditions and also in the Bible. It is the conviction that “less is more”. A constant flood of new consumer goods can baffle the heart and prevent us from cherishing each thing and each moment. To be serenely present to each reality, however small it may be, opens us to much greater horizons of understanding and personal fulfilment. Christian spirituality proposes a growth marked by moderation and the capacity to be happy with little. It is a return to that simplicity which allows us to stop and appreciate the small things, to be grateful for the opportunities which life affords us, to be spiritually detached from what we possess, and not to succumb to for what we lack. This implies avoiding the dynamic of dominion and the mere accumulation of pleasures. Such sobriety, when lived freely and consciously, is liberating. It is not a lesser life or one lived with less intensity. On the contrary, it is a way of living life to the full. In reality, those who enjoy more and live better each moment are those who have given up dipping here and there, always on the look-out for what they do not have. They experience what it means to appreciate each person and each thing, learning familiarity with the simplest things and how to enjoy them. So they are able to shed unsatisfied needs, reducing their obsessiveness and weariness. Even living on little, they can live a lot, above all when they cultivate other pleasures and find satisfaction in fraternal encounters, in service, in developing their gifts, in music and art, in contact with nature, in prayer. Happiness means knowing how to limit some needs which only diminish us, and being open to the many different possibilities which life can offer.” (Pope Francis, *Laudate Si* para. 222)

## Why Practise Simplicity?

Practising simplicity creates space to help us see what is truly important in life and opens up our capacity for wonder, to see the beauty of the simple things in life and to think of others. Reflecting on how to live more simply can, little by little, help us realise that we don't need that many things to live a happy life. Living simply helps us to let go of our control over things and other people and put more trust in God.



## **How do we Practise Simplicity?**

A good way to practise simplicity is to learn to have gratitude for the good things that happen each day. This will help us learn what is really important in life. We can practise simplicity by thinking of others first rather than ourselves, by trying to be fair in our decisions and actions and by giving away things that we really do not need.

### **Key Words:**

Simplicity, living simply, trust, wonder, sufficient, possessions, creation

### **Signs of living the virtue of simplicity:**

I understand that simple things can make me happy

I am thankful for all I have

I can work, play, rest and pray each day

I take care of my belongings and those of others

I share my things with those who need my help

I do not waste food or resources

I only take what I need

### **Reflection Questions:**

How can I live more simply so I am happy with what I need – no more, no less?

Am I thankful for what I have?

Is my identity bound up with the things I possess?

Do I always share my things with those who are in need?

# "Virtues to Live by"

## CHARITY

### Before You Begin – An overview for teachers

"This is my commandment, that you love one another as I have loved you." (John 15:9)

#### Definition

Charity is love, a virtue through which we love God above all else and we love our neighbour as we love ourselves. You accept someone as they are, you care for them, and care what happens to them. You always think about the other person rather than thinking about yourself. When you love you put into practice the "golden rule", to treat others with the respect and kindness that you want for yourself. You show love for people you do not know by simple acts of kindness and by wanting the best for them.

#### Virtue to Live By

*I show my love for God through my loving concern for everyone, especially those in need of my help.*

*I treat others with the respect and kindness that I would want for myself.*

#### Biblical sources

"You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is: You shall love your neighbour as yourself." (Matthew 22:37-39)

"Love is always patient and kind; it is never jealous; love is never boastful or conceited it is never rude or selfish; it does not take offence, and it is not resentful. Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes. Love does not come to an end." (1 Corinthians 13:4-8)

"We love because God first loved us... people cannot love God, whom they have not seen, if they do not love their brothers and sisters, whom they have seen. The command that Christ has given us is this: all who love God must love their brother and sister also." (1 John 4: 20-21)

"Be completely humble and gentle; be patient, bearing with one another in love." (Ephesians 4:2)

"And over all these virtues put on love, which binds them all together in perfect unity." (Colossians 3:14)

"If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing." (1 Cor. 13:2)

"Do everything in love." (1 Cor. 16:14)

"Above all, love one another deeply." (1 Peter 4:8)

"God is love. Whoever lives in love lives in God, and God lives in them." (1 John 4:16)

"Love your enemies." (Matthew 5:44)

"Always treat others as you would like them to treat you." (Matthew 7:12)

### **Catholic sources**

"Love is the fundamental and innate vocation of every human being". (FC, 11; CCC, 2393)

"Love is the virtue by which we love God above all else and our neighbour as ourselves." (CCC, 1822)

"Love is the free self-giving of the heart" (YouCat 402)

"Personal behaviour is fully human when it is born of love, manifests love and is ordered to love. This truth also applies in the social sphere; Christians must be deeply convinced witnesses of this, and they are to show by their lives how love is the only force (cf. 1 Cor 12:31-14:1) that can lead to personal and social perfection, allowing society to make progress towards the good." (The Social Doctrine of the Church, 580)

"Christian charity truly extends to all, without distinction of race, creed, or social condition: it looks for neither gain nor gratitude. For as God loved us with an unselfish love, so also the faithful should in their charity care for the human person himself, loving him with the same affection with which God sought out man. Just as Christ, then, went about all the towns and villages, curing every kind of disease and infirmity as a sign that the kingdom of God had come (cf. Matt. 9:35ff; Acts 10:38), so also the Church, through her children, is one with men of every condition, but especially with the poor and the afflicted. For them, she gladly spends and is spent (cf. 2 Cor. 12:15), sharing in their joys and sorrows, knowing of their longings and problems, suffering with them in death's anxieties. To those in quest of peace, she wishes to answer in fraternal dialogue, bearing them the peace and the light of the Gospel." (Decree on the Missionary Activity of the Church [Ad Gentes], 12)

"Not all of us can do great things. But we can do small things with great love." (St. Teresa of Calcutta)

"Spread love everywhere you go. Let no one ever come to you without leaving happier." (St. Teresa of Calcutta)

"Let us always meet each other with a smile, for a smile is the beginning of love." (St. Teresa of Calcutta)

"Only the simple appeal of the commandment of love – constant, humble and unpretentious, free of vanity but firm in its conviction and dedication to others – can save us." (Pope Francis)

"The power of love is a service that resurrects what is destroyed, no matter how much it is so. Its unattainable and unquestionable source is God's loving fatherhood and motherhood." (Pope Francis)

### **Other sources**

"Love is the only force capable of transforming an enemy into a friend." (Martin Luther King)

### **Why Practise Charity: Love of Neighbour?**

There is no alternative to love. Love is the most important virtue, because God is love and so love comes from God. The gift of love is always dynamic, a force that sustains us and seeks to transform and bring wholeness and newness of life. Love is, therefore, inescapably outgoing, it cannot be kept to oneself but exists in being shared.

### **How do we Practise Charity?**

We can show our love for God, who has given us the gift of love, by spending time with God in times of quiet reflection, prayer and worship. We also show our love for God by the way we love others. We love others by caring for them and treating them with tenderness. We also show our loving concern for those we do not know by charitable works and wanting the best for them.

### **Key Words:**

Love, Neighbour, Charity

### **Signs of living the virtue of Charity:**

I treat others as I would want them to treat me

I do simple acts of kindness to show my love

I show my love for God by caring for others

I give my time to help others

I share what I have with others

### **Reflection Questions:**

How do you show your love for God?

Why is love the most important virtue?

How do you show your love for other people

# “Virtues to Live by”

## FORGIVENESS

### Before You Begin – An overview for teachers

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” (Colossians 3:13)

*I make amends for my mistakes  
I accept Divine forgiveness  
I have the humility to forgive others  
I allow forgiveness to dissolve my anger  
I am generous with forgiveness  
I bless my woundedness*  
Linda Kavelin Popov

#### Definition

To give someone another chance after they have done something wrong so they can make a new start. When we forgive we let go of our feelings of resentment, anger and revenge. When we forgive we show our love for the person rather than focusing on the wrong. When we forgive someone we show that our relationship with them is more important than the wrong they have done. We also need to forgive ourselves so that we do not give up when we have done wrong or made a mistake, but have the courage to act differently and have faith that, with God’s help, we can change.

#### Virtue to Live By

I accept God’s forgiveness

I show my love for God by forgiving myself and others

I let go of my hurt feelings and give myself a new start

I let go of my hurt feelings and give others a new start

#### Biblical sources

“You, Lord, are forgiving and good, abounding in love to all who call to you.” (Psalm 86:5)

“And forgive us our debts, as we also have forgiven our debtors.” (Matthew 6:12)

“If you forgive others the wrongs they have done to you, your Father in heaven will also forgive you. But if you do not forgive others, then your Father will not forgive the wrongs you have done.” (Matthew 6:14-15)

"Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times." (Matthew 18:21-22)

"And whenever you stand praying, if you have anything against anyone, forgive him that your Father in heaven may also forgive you your trespasses." (Mark 7:11:25)

The Parable of Zacchaeus (Luke 19:1-10)

The Parables of the Lost Sheep, Coin and Son (Luke 15:1-32)

### **Catholic sources**

"There is no offence, however serious, that the Church cannot forgive. There is no one, however wicked and guilty, who may not confidently hope for forgiveness, provided his repentance is honest. Christ who died for all men desires that in his Church the gates of forgiveness should always be open to anyone who turns away from sin." (*Catechism of the Catholic Church*, para. 982)

"We should pray that God forgives us when we are bad. God wants to give us a new beginning. And we should do exactly the same: forgive people who did us evil. And make a new start ..." (*YouCat for Kids*, p. 213)

"There are those who say: 'I have committed too many sins, the Good Lord cannot forgive me.' This is a gross blasphemy. It is the same as putting a limit on God's mercy, which has none: it is infinite. Nothing offends the Good Lord as much as doubting his mercy." (St. John Vianney)

"God has been very gracious to me, for I never dwell upon anything wrong which a person has done, so as to remember it afterwards. If I do remember it, I always see some other virtue in that person." (St. Teresa of Ávila)

### **Other sources**

"You must forgive those who transgress against you before you can look to forgiveness from above." (Talmud, Judaism)

"Let them pardon and overlook. Would you not like that Allah should forgive you? Allah is forgiving and merciful." (Qur'an 24:22)

"If you want to see the brave, look at those who can forgive." (Bhagavad Gita 14:24, Hinduism)

"Where there is forgiveness, there is God himself." (Adi Granth, Sikhism)

"Life appears to me to be too short to be spent in nursing animosity or in registering wrongs." (Charlotte Brontë)

### **Why Practise Forgiveness?**

Jesus teaches us that God has forgiven us much so we ought to forgive others in return. Forgiveness is very important in life, because we make choices that hurt ourselves and others. If we are sorry for something that we have done or failed to do, then we can forgive ourselves. If we can forgive ourselves we

can move forward and learn from mistakes and moral failures. If we forgive others for something they have done wrong, we show that our relationship with them is stronger than the wrong they committed.

### **How do we Practise Forgiveness?**

By admitting our failures and wrong doing and letting go of our feelings of sadness, shame or anger so that we make a new start, asking God to give us the courage to change. We can forgive people who have done wrong to us or others by letting go of our strong feelings of resentment that can manifest themselves in keeping a record of wrongs or holding a grudge or revenge and instead treat people with gentleness and mercy.

### **Key Words:**

Forgiveness, forgive, mercy, mistakes, sin, guilt

### **Signs of living the virtue of Forgiveness:**

I accept God's forgiveness

I can forgive

I accept forgiveness from others

I have the courage to give myself and others a new start

I know that with God's love I can change

I understand that saying sorry is one way of making amends

### **Reflection Questions:**

Why is it important to forgive yourself?

When have you felt anger dissolve in the gentleness of forgiveness?

Am I willing to keep on forgiving?

## "Virtues to Live by"

***"Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals."***

*(Pope Francis 2013)*

### Spring Term:

## FAITH

### **Faith:**

Is to trust. Faith helps us to grow in friendship with God and his friendship helps us to become the best we can be by becoming more like him. Growing in friendship with Jesus means learning to trust him and knowing that he is always with us. Faith is always open to new things because if you have faith you are a trusting person.

A person of faith believes in God and all that God has done. But faith is not simply a belief that something is true, it is a way of living. We are called not only to keep the faith but to live a faithful life filled with hope and love.

### **Blessing**

Bless us with faith, peace, love and happiness.

Bless us spiritually and with good health.

Bless us with energy and joy to share the Good News with all we meet.

### **OPENING PRAYER:**

Loving God, send your Spirit to open our hearts to Jesus.



Guide us to a deeper relationship with you.

Grant us a greater appreciation of our faith.

Give us the courage and confidence to joyfully share our faith with others.

May our school be a beacon of light that all may see your loving presence.

We make this prayer through Christ our Lord through whom all good things come.

### **READING:**

I tell you the truth if you have faith as small as a mustard seed you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you.

Matthew 17:20-21

### **REFLECTION**

*Jesus wasn't condemning the disciples for having little faith; he was trying to show how important faith would be in their lives. If you are facing a problem that seems as big and immovable as a mountain, turn your eyes from the mountain and look to Christ for more faith. Only then will your work for him be useful and possible.*

***What blessings have occurred in my life as a result of faith?***

***How can I replace worry with faith in the creative power of change?***

LIVING OUR VIRTUE

Inspire each one of us that we may help our children to:

- Recognise that faith is a gift from God for all.
- Recognise we grow and strengthen our faith through times of prayer and reflection.
- Recognise the blessings they have received from God.
- Trust God with our worries and concerns
- See hope in every situation.
- Know that our faith guides us in making decisions throughout our lives.
- Be faithful to their beliefs and to others.
- Understand that our faith helps us to live a life of love
- Cherish the gift of faith.

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents.

## **CONCLUDING PRAYER**

Loving God, Creator of all things, you call us to be in a relationship with you and others.

Thank you for calling us to our different roles within our Catholic school, for the opportunity to share with others what you have given to us. May all those with whom we share the gift of faith discover how you are present in all things.

May we all come to know you the one true God, and Jesus Christ, whom you have sent.

May the grace of the Holy Spirit guide our hearts and lips so that we may be witnesses to your Gospel of truth & love. **Amen**

**VIRTUE TO LIVE BY**

**I know that faith is a gift from God.**

**Faith helps me grow in friendship with Jesus.**

**I show my faith by living my life filled with hope and love.**

## “Virtues to Live by”

***“Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals.”***

*(Pope Francis 2013)*

### **Spring Term:**

## SIMPLICITY

### **Simplicity:**

You know what really matters in your life. You live simply and don't look out for the next thing to buy or follow. You are not afraid to live with less things. Little by little you realise that you don't need many things to live a happy life. Living simply gives you time to think of others, do good and care for creation. Living simply helps you put more trust in God.

### **Blessing**

#### ***May the God***

Of new beginnings lead us forward this day.

#### ***May the God***

Who lives within us

Be revealed to everyone we meet this day.

#### ***May the God***

Who created the universe renew our spirits with joy and peace this day and every day of our lives.

**Amen**

## **OPENING Prayer**

Out of nothingness we came  
through birth into life:  
**With the Spirit of God within us.**

From the life of God  
the universe unfolded into being:  
**With the Spirit of God within it.**

From the heart of God  
creation goes on till the end of time:  
**With the Spirit of God within it  
and with our spirit in it.**

Let us embrace the God who enfolds us.  
**We delight in God and in ourselves.**

## **READING:**

'There is no need to be afraid, little flock, for it has pleased your Father to give you the kingdom. 'Sell your possessions and give to those in need. Get yourselves purses that do not wear out, treasure that will not fail you, in heaven where no thief can reach it and no moth destroy it. For whatever your treasure is, that is where your heart will be too.

LK 12:32-34

## **REFLECTION**

God tells us that we should not live in fear but that He will provide for us. He wants all humanity to live life to the full. Living life to the full means living a life of contentment, appreciating each person and everything, learning that the simplest things can give enjoyment.

**What do I really need to live my life to the full?**

**What can I do to enable others to live life to the full?**

If we live simply we are treasuring our connection with God's world and all peoples.

### **How can I live simply?**

We know we are beginning to live simply when we glimpse that we are content with less; when we discover we don't have to compete with other people in relation to what they have or what they have achieved.

We know we are beginning to live simply when we find ourselves delighting in little things; when we can affirm the achievements of other people of any age and background; when we appreciate the gifts of others; when we find ourselves valuing the present moment and worrying less about tomorrow and its mysteries.

### **LIVING OUR VIRTUE**

Inspire each one of us that we may help our children to:

- Appreciate the beauty of God's world
- Recognise how God provides for all our needs
- Understand that there is enough for everyone.
- Share what they have with others.
- Be thankful for what God has provided
- Understand their responsibilities in caring for God's world.
- Learn to be thankful even when it is difficult.
- Encourage others to care for creation.
- Know that possessions do not lead to lasting happiness.

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents.

### **CONCLUDING PRAYER**

Help us, God of wonder and delight,  
to reverence the mystery of life all around us  
and come to know the interconnectedness of all things.  
May we live life to the full and develop body, mind and spirit so that we  
may be more aware of the sacred presence of the Spirit moving through  
all creation.

Through Christ our Lord, who lives and reigns with you and the Holy Spirit,  
One God, forever and ever. Amen.

## **VIRTUE TO LIVE BY**

### **Simplicity**

I know what really matters in life.

I can give time to think of others, do good and care for creation.

Living simply helps me put more trust in God.

## "Virtues to Live by"

***"Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals."***

*(Pope Francis 2013)*

### Spring Term:

## CHARITY

### Charity:

Charity is love - a virtue by which we love God above all things for his own sake and our neighbour as ourselves for the love of God. When you love you put into practice the "golden rule", to treat others with respect and kindness that you want for yourself.

## BLESSING

### May God the Father Bless Us

May God the Father bless us  
May Christ take care of us  
The Holy Spirit enlighten us  
All the days of our life.  
The Lord be our defender  
And keeper of body and soul.



Both now and forever.  
On our heads and our houses  
The blessing of God.  
In our coming and going  
The Peace of God.  
In our life and believing  
The love of God.  
At our end  
And new beginning  
The arms of God  
To welcome us  
And bring us  
Home.

Amen

## **OPENING PRAYER:**

**Jesus, I Give you my whole self**

Lord Jesus,  
I give you my hands to do your work.  
I give you my feet to go your way.  
I give you my eyes to see as you do.  
I give you my tongue to speak as you do.  
I give you my mind that you may think in me.

I give you my spirit that you may pray in me.

Above all, I give you my heart

That you may love in me

Your Father and all humankind.

I give you my whole self

That you may grow in me.

So that it is you, Lord Jesus,

Who live and work and pray in me.

Amen

## **READING:**

For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you made me welcome, lacking clothes and you clothed me, sick and you visited me, in prison and you came to see me." Then the upright will say to him in reply, "Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and make you welcome, lacking clothes and clothe you? When did we find you sick or in prison and go to see you?" And the King will answer, "In truth I tell you, in so far as you did this to one of the least of these brothers of mine, you did it to me."

Matt 25:35-40

## **REFLECTION**

The real evidence of our belief is the way we act. To treat all those we encounter as if they are Jesus is no easy task. What we do for others demonstrates what we really think about Jesus's words to us - feed the hungry, give the homeless a place to stay, look after the sick.

**What will I do this Lent to support those who are hungry and thirsty in our local community and wider world?**

**What can I do to support those who are lonely and homeless?**

**Is there someone in my family or community who is unwell? Could I visit them this week and pray for their healing & peace?**

## LIVING OUR VIRTUE

Inspire each one of us that we may help our children to:

- Recognise their responsibility to care for the poor, homeless, sick or those in need.
- Appreciate even a small contribution can make a big difference in the long run.
- Create opportunities to fund raise for those in need.
- Recognise ways they can live the “golden rule” at home in school and in their local communities.

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents.

## CONCLUDING PRAYER

God our Father may we love you above all things and with our hearts and souls

May we love our neighbours as ourselves for the love of you.

May we act with kindness and tolerance in judging others.

My we give generously to those in need this lent.  
May we give generously of our time  
**Amen**

**VIRTUE TO LIVE BY**

**I show my love for God  
through my loving concern for everyone  
especially those in need of my help.**

**I treat others with the respect and kindness that I would want for  
myself.**

## "Virtues to Live by"

***"Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals."***

*(Pope Francis 2013)*

### Spring:

## **FORGIVENESS/MERCY**

### **Forgiveness:**

You give someone another chance after they have done something wrong so they can make a new start. You let go of your feelings of sadness, anger and revenge. You show your love for the person rather than focusing on the wrong. When you forgive someone you show that your relationship with them is more important than the wrong they have done. You also forgive yourself so that you do not give up when you have done wrong or made a mistake, but have the courage to act differently and have faith that, with God's help, you can change.

### **OPENING PRAYER:**

You beckon us to follow you on the way of forgiveness O God.

**Forgive us, and make us a community of reconciliation.**

You beckon our community into the fullness of life.

**Forgive us, and make us a community of reconciliation.**

You beckon the whole universe into wholeness.

**Forgive us, and make us a community of reconciliation.**

**Forgive us and transform us into a community of grace.**

## **Prayer of St. Francis**

Lord, make me an instrument of your peace,  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy;

O Divine Master, grant that I may not so much seek to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.

For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.

## **READING:**

### **Based on Psalm 129(130)**

*Out of the depths I call to you,  
Lord hear my cry for help.  
Listen compassionately to my pleading.  
If you never overlooked our sins,  
who could survive?*  
Lord, help me to start again.

Your forgiveness wipes my slate clean.

Your love blots out all my sins  
as if they had never happened.

Your forgiveness is like re-birth,  
a chance to start again with a new, fresh life.  
I have only to ask  
and your forgiveness is immediate.  
Lord, teach me to forgive as I am forgiven...

Teach me your life-giving generosity.  
No matter who is right or who is wrong,  
help me to sweep away the bitterness,  
the nurtured anger  
the stored-up resentment of years.  
Enable me to start again.

*Out of the depths I call to you,  
Lord hear my cry for help.  
Listen compassionately to my pleading.  
If you never overlooked our sins,  
who could survive?*

Lord, help me to forgive and be forgiven.  
Help me to start again. (Frank Topping)

## **REFLECTION**

When we have done wrong it makes us feel isolated and distant from God but this is precisely when we need God most.

Focusing on our sins and those of others should not lead to self-pity, causing us to think more about ourselves more than God. Feeling sorry for ourselves will only increase feelings of hopelessness and anger.

Speaking to God will turn our attention to the only One who can really help.

Keeping a record of sins, (or holding a grudge) is like building a wall between you and another person, and it is nearly impossible to talk openly while the wall is there.

God does not keep a record of our sins: when he forgives, he forgives completely, tearing down any wall between us and him.

When you pray realise that God is holding nothing against you. His lines of communication are completely open

(Take a moment in silence to accept God's forgiveness and ask God to give you the grace to forgive someone who has hurt you.)

## LIVING OUR VIRTUE

Inspire each one of us that we may help our children to:

- Know that God loves them and has forgiven their sins and always will.
- Recognise everyone makes mistakes
- Understand that good relationships with others are more important than focusing on a wrong.
- Let go of feelings of sadness or anger.
- Accept forgiveness when it is offered.
- Recognise ways they can show they forgive others.
- Understand that every day is a new beginning.

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents.



## **CONCLUDING PRAYER**

God our Father, let us go forth together and in everything let us be at peace with each other. We ask this through Christ Our Lord. **Amen**

## **VIRTUE TO LIVE BY**

### **Forgiveness**

**I accept God's forgiveness.**

**I show my love for God by forgiving others and myself.**

**I let go of my hurt feelings and give myself a new start.**

**I give others a new start.**

# Acts of Worship

## Virtue: Faith/Faithfulness

### **Virtue statement:**

*I know that faith is a gift from God; Faith helps me grow in friendship with Jesus;  
I show my faith by living my life filled with faith and love.*

### **Week 1 – theme – Faith is a gift from God**

#### Gathering together

Focal point:

White/ gold cloth (Christmas season)

A wrapped gift – the word 'FAITH' written inside

The kings from a nativity set

Candle

Key word cards: Faith, hope, love, trust, gift

#### Word

Ephesians 2:8-10

For it is by God's grace that you have been saved through faith. It is not the result of your own efforts, but God's gift, so that no one can boast about it.

God has made us what we are, and in our union with Christ Jesus he has created us for a life of good deeds, which he has already prepared for us to do.

#### Response to/reflection on the Word

When do we receive gifts? Who do we receive gifts from? How do they make us feel? (from people who love us, feel valued, cared for etc)

Discuss the gifts the three kings brought. Reveal the gift of faith from the box on the focal point. How did the three kings show faith? Rather than material gifts (like those given at Christmas/ birthdays etc), this a very important gift, a gift from God.

Play some reflective music. What does faith mean to us? Refer to the key word cards.

#### Going forth

#### Ideas for music:

We three kings

My lighthouse by Rend Collective

(<https://www.youtube.com/watch?v=reAlJKv7ptU>)

How great thou art

# Acts of Worship

'God beside me' Fischy music

**Virtue:** Faith/Faithfulness

**Virtue to live by:**

*I know that faith is a gift from God; Faith helps me grow in friendship with Jesus;  
I show my faith by living my life filled with faith and love.*

**Week 2 – theme – growth in Faith**

Gathering together

Focal point:

Green cloth (back to ordinary time)

Image of a flourishing tree/plant or an actual plant

(Mustard) seeds

Candle

Word

Matthew 13: 31-32 The Parable of the Mustard Seed

He gave them another parable: "The kingdom of heaven is like a mustard seed that a man took and sowed in his field. It is the smallest of all the seeds, but when it has grown it is the greatest garden plant and becomes a tree, so that the wild birds come and nest in its branches."

Response to/reflection on the Word

Play reflective music/You tube video of the parable of the mustard seed:

<https://www.bing.com/videos/search?q=mustard+seed+dana+hanson&view=detail&mid=3DED5989C8812482CAFE3DED5989C8812482CAFE&FORM=VIRE>

Whilst the music is playing, asking the children the following and ask them to reflect on the questions.

Who is the seed? How do we grow our friendship and relationship with God?

How can we grow in faith like the mustard seed?

Going forth

Give each class a pack of seeds and a plant pot, asking them to grow their plant as a symbol of them growing their faith.

Ideas for music:

'Seek ye first the kingdom of God'

'Father in my life I see'

'As the deer'

## Acts of Worship

'You shall go out with joy'

'The song of a young prophet'

<https://www.bing.com/videos/search?q=the+song+of+a+young+prophet&view=detail&mid=B785C9727056FD790BF2B785C9727056FD790BF2&FORM=VIRE>

'Bring it all to me' – Fischy Music

'You've got a friend in me' – Toy Story

'You've got a friend' – James Taylor

'You've got a friend' – Aretha Franklin

NB: there is a Godly Play story about the parable mustard seed:

<https://www.bing.com/videos/search?q=mustard+seed+godly+play&&view=detail&mid=4E167BB2A7BE837C08764E167BB2A7BE837C0876&&FORM=VRD GAR&ru=%2Fvideos%2Fsearch%3Fq%3Dmustard%2520seed%2520godly%2520play%26qs%3Dn%26form%3DQBVD MH%26sp%3D-1%26pq%3Dmustard%2520seed%2520godly%2520play%26sc%3D1-23%26sk%3D%26cvid%3D4B71657F90AC4F39861D04FBBC4F76EC>

# Acts of Worship

## **Virtue: Faith/Faithfulness**

### **Virtue to live by:**

*I know that faith is a gift from God; Faith helps me grow in friendship with Jesus;  
I show my faith by living my life filled with faith and love.*

### **Week 3 – theme – living our faith**

#### Gathering together

Focal point:

Green cloth (back to ordinary time)

Candle

#### Word

Luke 5:1-11

On one occasion, while Jesus was standing by the Lake with the crowd pressing in on Him to hear the word of God, He saw two boats at the edge of the lake. The fishermen had left them and were washing their nets. Jesus got into the boat belonging to Simon and asked him to put out a little from shore. And sitting down, He taught the people from the boat. When Jesus had finished speaking, He said to Simon, "Put out into the deep and let down your nets for a catch." "Master," Simon replied, "we have worked through the night without catching anything. But because you say so, I will let down the nets." When they had done so, they caught such a large number of fish that their nets began to tear.

So they signalled to their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink. ....

And when they had brought their boats ashore, they left everything and followed Him."

#### Response to/reflection on the Word

Ask the children to re-listen to part of the Gospel reading:

"Master," Simon replied, "we have worked through the night without catching anything. But because you say so, I will let down the nets." When they had done so, they caught such a large number of fish that their nets began to tear.

What does this say about living our faith?

Draw out the trust and the faith that the disciples showed in Jesus when they were in the boat.

How can we show this in our everyday lives? How can we show that we live our faith?

## Acts of Worship

### Going forth

Ask the children to think about the children to think about how we can live out our faith in the coming week.

Say together:

Living God,  
You walk alongside us and  
Speak to us throughout the scriptures.  
Your Son, Jesus Christ,  
Listens to our hopes and fears  
And shows us how to live for one another.  
Send us the Holy Spirit  
To open our hearts and minds  
So that we may be your witness  
Throughout the world.  
Amen  
(From the 'God who speaks')

Ideas for music:

'Follow me'  
'Do not be afraid'  
'Father I place into your hands'  
'Lord of all hopefulness'  
'Eagles' wings'

# Acts of Worship

## Virtue: Simplicity

### **Virtue to live by:**

*I know what really matters in life. I can give time to think of others, do good and care for creation. Living simply helps me put more trust in God.*

### **Week 1 – theme – what really matters**


#### Gathering together

Focal point:

Green cloth

Candle

Symbols of 'success' – money, toy car, phone, football shirt, you tube picture

etc, 'like' symbol 

Symbols of God's world – e.g. child smiling, rainbow, image of friendship, Cafod logo, Fairtrade logo

#### Before you begin

Discuss the symbols/ artefacts on display. Which do they recognise? Which do they think is important?

#### Word

Psalm 46:10

"Be still, and know that I am God."

Or

Matthew 6:21

"For where your treasure is, there your heart will be also."

#### Response to/reflection on the Word

Play some reflective music.

What do you think is important to God? Which of these things is important to you? Which *should* be important?

#### Going forth

What simple task can you do to make the world a better place this week?

## Acts of Worship

### Ideas for music:

'If I were a butterfly'

'Sing a simple song'

'This little light of mine'

'Shine Jesus shine'

'Magic penny'

'Count your blessings'

'Be still'

'Ka-ching' Shania Twain

'Price tag' – Jessie J



# Acts of Worship

## **Virtue: Simplicity**

### **Virtue to live by:**

*I know what really matters in life. I can give time to think of others, do good and care for creation. Living simply helps me put more trust in God.*

### **Week 2 – theme – trusting God**

#### Gathering together

Focal point:

Green cloth

Candle

Everything else bare

#### Word

Philippians 4:19

And my God will supply every need of yours according to his riches in glory in Christ Jesus.

#### Response to/reflection on the Word

Play quiet reflective music. Ask the children to think about one thing in their lives that they could do without.

Could they place their lives and their trust in God? They could pray first thing in the morning to ask God to be with them, and thank Him at night.

#### Going forth

Make a change in your life to allow more space for God.

#### Ideas for music:

'Father in my life'

'The love I have for you'

'Sing of the Lord's goodness'

'Changes' – David Bowie

# Acts of Worship

## Virtue: Simplicity

### **Virtue to live by:**

*I know what really matters in life. I can give time to think of others, do good and care for creation. Living simply helps me put more trust in God.*

### **Week 3 – theme – social justice**

#### Gathering together

Focal point:

#### Word

Acts 4:32-35

The whole group of believers was united, heart and soul; no one claimed for his own use anything that he had, as everything they owned was held in common. The group of those who believed were of one heart and mind, and no one said that any of his possessions was his own, but everything was held in common. ... For there was no one needy among them, because those who were owners of land or houses were selling them and bringing the proceeds from the sales and placing them at the apostles' feet. The proceeds were distributed to each, as anyone had need.

#### Response to/reflection on the Word

Play reflective music:

How did Jesus' followers show that they lived simply? What did they do to ensure everyone had enough? How did they live Jesus' teachings?

What can we do to follow this example?

#### Going forth

#### Ideas for music:

'We are the Church' – Christopher Walker

'Children of God' - Christopher Walker

'Will you come and follow me?'

'Oh Lord, all the world belongs to you'

'Jesus said, love everybody'

'Simplicity' Rend Collective

<https://www.youtube.com/watch?v=otCkCfyg5bU>

## Acts of Worship

### Other ideas:

Pope Francis said: "The climate is a common good, belonging to all and meant for all." What can we do to help create a world fit for all?

Could use Cafod resources for climate change as an addition/ alternative:

<https://cafod.org.uk/Education/Primary-teaching-resources>

<https://www.youtube.com/watch?v=v8unGCTWUWI&feature=youtu.be>

# Acts of Worship

**NB:** there are other ideas for reflection/activities about love of neighbour on <http://www.rewithsoul.co.uk/primary-ks2-2/unit-1-love-neighbour/>

**Virtue: Love/Charity**

**Virtue to live by:** *I show my love for God through my loving concern for everyone, especially those who need my help. I treat others with the respect and kindness I want for myself.*

**Week 1 – theme – following God’s Greatest Commandment**

Gathering together

Focal point:

Purple cloth (Lent)

Crucifix

Candle

Symbol of your chosen charity for Lent

Word

Matthew 22:37-39

Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbour as yourself.’

Response to/reflection on the Word

Discuss different rules we have in life (e.g. school/class rules, driving, laws etc).

Why do we have them?

For our faith to be strong we have rules to follow called commandments.

These rules help us build our relationships with God and with others.

Reflective music: How could you show love to God and others this week?

Could have a short role play of a scene not showing love (e.g. children leaving another out in a game). What could they do differently? Replay the role play.

Going forth

What small action could they do this week to follow this commandment?

Could decorate a scroll and give it to someone? Or they could write on it to show how they will follow this rule.

## Acts of Worship

### Ideas for music:

'A new commandment'

'Oh the love of my Lord'

'From heaven you came'

'Let there be love shared among us'

'Bind us together'

'Oh Lord all the world belongs to you'

'When I needed a neighbour were you there?'

'We are one in the spirit'

'Love is in the air' – Paul Young/ Milk & Sugar

'Perfect' – Ed Sheeran/ Andrea Bocelli

### Images of scrolls:

<https://clipartion.com/wp-content/uploads/2015/10/scroll-template-free-download.jpeg>

# Acts of Worship

**Virtue:** Love/Simplicity

## **Virtue to live by:**

*I show my love for God through my loving concern for everyone, especially those who need my help. I treat others with the respect and kindness I want for myself.*

## **Week 2 – theme – Love of neighbour**

**NB – could link to Cafod Family Fast day, March 6<sup>th</sup> 2020**

### Gathering together

Focal point:

Purple cloth (Lent)

Crucifix

Candle

Symbol of your chosen charity for Lent

### Word

Luke 10:29-37

But he wanted to justify himself, so he asked Jesus, "And who is my neighbour?"

In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. So too, a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he travelled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.'

"Which of these three do you think was a neighbour to the man who fell into the hands of robbers?"

The expert in the law replied, "The one who had mercy on him."

Jesus told him, "Go and do likewise."

Alternatively, from You tube play:

## Acts of Worship

<https://www.bing.com/videos/search?q=you+tube+good+samaritan&view=detail&mid=63861F9485BE1FB014DD63861F9485BE1FB014DD&FORM=VIRE>

or

<https://www.churchofjesuschrist.org/media-library/video/2011-10-010-parable-of-the-good-samaritan?lang=eng>

Could look at images of the story, e.g. Mafa art work, Van Gogh's depiction, He Qi's images etc.

### Response to/reflection on the Word

Put up one of the images chosen during the reflection, e.g.

<http://diglib.library.vanderbilt.edu/diglib-viewimage.pl?SID=20191119287172857&code=&RC=48381&Row=&code=act&return=act>

Who is our neighbour? Who is your neighbour in school? At home? In Bradford? Across the world?

How do we show during Lent that we love our neighbour?

What actions can we do as a school family to make a difference to those in need?

Introduce the school's Lenten charity. Discuss why we have chosen this particular charity. Remind the children that they can also pray, or fast as well as alms give, to support others.

### Going forth

To fully take part in the charitable activities (including alms giving, fasting or praying for others).

### Ideas for music:

'A new commandment'

'Oh the love of my Lord'

'From heaven you came'

'Let there be love shared among us'

'Bind us together'

'Oh Lord all the world belongs to you'

'When I needed a neighbour were you there?'

'We are one in the spirit'

'Love is in the air' – Paul Young/ Milk & Sugar

'Perfect' – Ed Sheeran/ Andrea Bocelli

# Acts of Worship

## Virtue: Charity

### **Virtue to live by:**

*I show my love for God through my loving concern for everyone, especially those who need my help. I treat others with the respect and kindness I want for myself.*

### **Week 3 – theme –**

#### Gathering together

Focal point:

Word Matthew 25: 34-41

“Then the king will say to those at his right hand, “Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.” Then the righteous will answer him, “Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?” And the king will answer them, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.”

#### Response to/reflection on the Word

Show quote from Pope Francis: ‘To live charitably means not looking out for our own interests, but carrying the burdens of the weakest and poorest among us’.

Play reflective music. What does this mean? Who are the weakest and those in need in our own communities? In our country? In our world. (Show images below as the music is playing – could transfer to power point).

#### Going forth

Carrying on the work supporting charity from the previous week

Choose own images to use.



# Acts of Worship

## Virtue: Forgiveness

### **Virtue to live by:**

*I accept God's forgiveness. I show my love for God by forgiving others and myself. I let go of my hurt feelings and give myself a new start. I give others a new start.*

### **Week 1 – theme – God forgiving us**

#### Gathering together

Focal point:

Purple cloth

Crucifix

Candle

#### Word Psalm 86

You are my God;

have mercy on me, Lord,  
for I call to you all day long.

Bring joy to your servant, Lord,  
for I put my trust in you.

You, Lord, are forgiving and good,  
abounding in love to all who call to you.

Hear my prayer, Lord;  
listen to my cry for mercy.

#### Response to/reflection on the Word

This psalm is about God's everlasting mercy and forgiveness. Pope Francis says; 'The Lord never tires of forgiving, it is we who tire of asking for forgiveness'.

*Play reflective music. Have you ever needed to ask for forgiveness from God? Do you say sorry to God when you have made a mistake?*

We pray for those children who are making/have recently made their First Reconciliation. Say the Act of Contrition with the children.

#### Going forth

## Acts of Worship

Remember to ask for God's forgiveness if you make a mistake. Learn the Act of Contrition (give the children a copy to hand out at the end of the worship).

### Ideas for music:

'Sing my soul'

'Come back to me'

Sung version of 'Our Father'

'Lord Jesus Christ, you have come to us'

'God of mercy and compassion'

'Come bring your burdens'

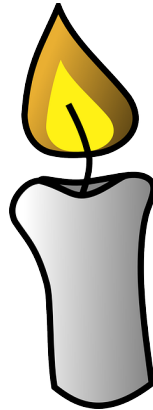
'Forgiven' – Mary Mary

'Father I have sinned' <https://www.youtube.com/watch?v=vq8JNLwX5sM>

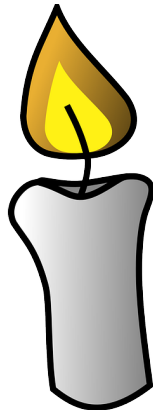
'Sorry seems to be the hardest word' – Elton John

## Acts of Worship

**Oh my God,  
Because You are so good,  
I am very sorry that I have sinned  
against you,  
And by the help of Your Grace,  
I will not sin again.**



**Oh my God,  
Because You are so good,  
I am very sorry that I have sinned  
against you,  
And by the help of Your Grace,  
I will not sin again.**



# Acts of Worship

## Virtue: Forgiveness

### **Virtue to live by:**

*I accept God's forgiveness. I show my love for God by forgiving others and myself. I let go of my hurt feelings and give myself a new start. I give others a new start.*

### **Week 2 – theme – Forgiving each other**

#### Gathering together

Focal point:

Purple cloth

Crucifix

Candle

#### Word Colossians 3:13

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

#### Response to/reflection on the Word

This teaching from Jesus, asks us to forgive each other as God forgives us.

Remember the words to the Father's Prayer:

'Forgive us our trespasses as we forgive those who trespass against us'.

*Play reflective music during an examination of conscience:*

*Have I prayed every day?*

*Have I been moody or grumpy about going to church?*

*Have I asked the Holy Spirit to help me do what is right?*

*Have I tried really hard to follow in Jesus' footsteps?*

*Have I been obedient and respectful to my parents?*

*Have I lied?*

*Have I been selfish?*

*Have I been helpful towards others?*

*Have I been kind and generous with others?*

*Do I forgive others when they hurt me?*

#### Going forth

Say the 'Our Father' at home, pausing when you say; 'Forgive us our trespasses as we forgive those who trespass against us'. Think about the words you speak.

# Acts of Worship

## Ideas for music:

'Sing my soul'

'Come back to me'

Sung version of 'Our Father'

'Lord Jesus Christ, you have come to us'

'God of mercy and compassion'

'Come bring your burdens'

'Forgiven' – Mary Mary

'Father I have sinned' <https://www.youtube.com/watch?v=vq8JNLwX5sM>

'Sorry seems to be the hardest word' – Elton John

## **Further resources:**

'Pray as you go' app has information about praying the 'Examen'

Meditation resources

# Acts of Worship

## Virtue: Forgiveness

### **Virtue to live by:**

*I accept God's forgiveness. I show my love for God by forgiving others and myself. I let go of my hurt feelings and give myself a new start. I give others a new start.*

### **Week 3 – theme – Forgiving each other**

#### Gathering together

Focal point:

Purple cloth

Crucifix

Candle

(Prepare before the worship)

Ask two children to role play a child pushing the other, seven times.

#### Word Matthew 18:21-22

"Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

#### Response to/reflection on the Word

This reading tells us that we must forgive each other, no matter how many times we make mistakes. This is hard sometimes.

*Play reflective music: How many times should we forgive someone? Forgiveness does not mean we let people hurt us, or let them 'get away with it', but we try to forgive them anyway. You give someone another chance after they have done something wrong so they can make a new start. You let go of your feelings of sadness, anger and revenge. You show your love for the person rather than focusing on the wrong. When you forgive someone you show that your relationship with them is more important than the wrong they have done.*

Say together:

Dear Lord,

Please give me the strength and courage to forgive others when they hurt me by what they say or do.

Amen.

## Acts of Worship

### Going forth

Do you need to forgive somebody? Today, offer up a prayer for them. Give each class a large, heavy stone to take back to class. This weight represents the feelings of sadness, anger and revenge you have if someone hurts you. It also is a symbol of the strength that God gives you to forgive others.

### Ideas for music:

'Sing my soul'

'Come back to me'

Sung version of 'Our Father'

'Lord Jesus Christ, you have come to us'

'God of mercy and compassion'

'Come bring your burdens'

'Forgiven' – Mary Mary

'Father I have sinned' <https://www.youtube.com/watch?v=vq8JNLwX5sM>

'Sorry seems to be the hardest word' – Elton John

## Our Virtue to Live by:

# Faith

**I know that faith is a gift from God.**

**Faith helps me grow in friendship with Jesus.**

**I show my faith by living my life filled with hope  
and love.**

*"For we walk by faith, not by sight." (2 Corinthians 5:7)*



## Our Virtue to Live by:

# Simplicity

I know what really matters in life.

I can give time to think of others, do good and care for creation.

Living simply helps me put more trust in God.

*"For where your treasure is, there your heart will be also."  
(Matthew 6:21)*

## Our Virtue to Live by:

# Love

**I show my love for God through my loving concern for everyone especially those in need of my help.**

**I treat others with the respect and kindness that I would want for myself.**

*"This is my commandment, that you love one another as I have loved you." (John 15:9)*

Our Virtue to Live by:

# Forgiveness

I accept God's forgiveness.

I show my love for God by forgiving others and myself.

I let go of my hurt feelings and give myself a new start.

I give others a new start.

*"Forgive as the Lord forgave you." (Colossians 3:13)*

# FAITH CIRCLE TIME: YEAR: EARLY YEARS FOUNDATION STAGE

## Virtue 5 Faith:

Faith is to Trust.

Faith helps us to put our trust in God.

### Knowledge:

Know that people have Faith. That prayer helps your faith grow stronger,

### Skills:

Learn to make the sign of the cross.

Learn that the Bible is a book of faith.

Faith – in the end it will be all be fine

### Attitudes:

Begin to accept people have Faith. Faith helps us to Trust in God.

### Signs of living the Virtues:

I know God loves me and I trust God to take care of me

I ask God to guide in my life

I spend time with God in moments of quiet and prayer

I share my belief in God with others

My words and actions show my faith in God's love

### Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

Send a movement around the circle.

Teacher starts with one movement eg:- clap/wiggle, child on right begins movement and so on around the circle. As children become more confident the teacher says 'Change' and the movement is passed back round the other way around the circle.

Change movement eg:- wiggle/tap knees/ tap shoulders/stamp foot.

**Step 2. Round**

Introduce new puppet into the class

Puppet would like to know the names of everybody and something they like about Nursery/Reception

**Trigger statement:**

"Hello my names is..." I pray to God about .....

**Step 3. Open Forum**

Puppet explains they wanted to talk to God but didn't know the words to use.

How can we help puppet to pray?

Encourage children to think about praying

Children respond

**Step 4. Celebration**

Ask children to look around the circle. Remind them the focus of their Circle Time. Is there anyone in the circle who you would like to Thank God for

.

**Step 5. Ending Ritual**

Children hold hands and pass a friendly squeeze around the class.

## FAITH CIRCLE TIME: YEAR: 1/2

### Virtue 5 Faith:

**Faith is Trust**

**Faith helps us to put our Trust in God**

#### **Knowledge:**

People have Faith. People gain strength from their faith. People grow in faith and strengthen their Friendship with God. People make decision because of their Faith.

#### **Skills:**

Demonstrate acceptance and respect for others.

#### **Attitudes:**

Appreciate that people have different Faiths.

Appreciate that people can gain strength from their Faith

#### **Signs of Living the Virtue:**

##### **Virtue 5 Faith:**

**I know God loves me and I trust God to take care of me**

**I ask God to guide in my life**

**I spend time with God in moments of quiet and prayer**

**I share my belief in God with others**

**My words and actions show my faith in God's love**

#### **Rules:**

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### **Skills - Thinking, Looking, Listening, Speaking, Concentrating**

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### **Step 1. Game**

Wink Statues

The children sit in an inward-facing circle. A detective is chosen and leaves the room. A wizard is then chosen. The detective returns and stands in the centre of the circle. The wizard then winks at a chosen child, trying to do so unobserved by the detective (e.g. winking when the detective's back is turned). The child must "freeze" until the end of the game. The game continues with more "victims" until the detective identifies the wizard.

#### **Step 2. Round**

Teacher starts the round off by talking about why he/she puts Faith in God

#### **Trigger statement:**

"I put Faith in God when ... .."

**Step 3. Open Forum**

Puppet has a friend who does not know about God He/she would like a friend to tell him or her about how Jesus is our friend do?

Children with a "Jesus is my friend because .....

**Step 4. Celebration**

Children nominate someone who is a good friend of Jesus and the class – All give then a silent cheer.

**Step 5. Ending Ritual**

Children make up a sign for 'I'm OK', 'You're OK' and pass it round the circle.

**Resources**

Open Forum puppet

## FAITH CIRCLE TIME: YEAR: 3/4

### Virtue 5 Faith:

**Faith is to Trust**

**Faith helps us to put our Trust in God**

#### **Knowledge:**

Know that there are different faiths, Know people can gain strength from their faith. Know that to spend time in prayer or silently with God strengthens the friendship with Jesus.

#### **Skills:**

To be able to be silent and spend time with God.

To put our Trust in God

#### **Attitudes:**

Respect people of different Faith.

To respond to Jesus call to grow in Faith.

#### **Statements for Assessment:**

##### **Signs you have faith:**

I know God loves me and I trust God to take care of me

I ask God to guide in my life

I spend time with God in moments of quiet and prayer

I share my belief in God with others

My words and actions show my faith in God's love

#### **Rules:**

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### **Skills - Thinking, Looking, Listening, Speaking, Concentrating:**

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### **Step 1. Game**

Children to stand in a circle and count down from the number of children there are, say starting at 30. Each child has to say 1 number and sit down when they say their number. The children are not allowed to indicate to another that they are going to sit down. If they sit down at the same time as someone else the group has to start again. The group will have succeeded when every child has had a turn to say a number and sit down without doing it at the same time as someone else. Before you begin ask the children what rules might be useful?

#### **Step 2. Round.**

How did the children feel that said a number at the same time as someone else? What kinds of things did we do or say that were helpful / not helpful?

Discuss with the children the need for Faith and Trust in each other – ask for how this could be developed

#### **Trigger statement:**



We could...

### **Step 3. Open Forum**

To support children new to Circle Time the teacher can prepare a simple role-play of a child asking for help.

#### **Teacher in role:**

At times my faith is not as strong as I would like it to be - How can we develop Faith in God ...

The children respond "Would it help if I?" or

"Would it help if you?" or

"Would it help if we?"

[As soon as you think your class is ready children can request help from their peer group]

### **Plan, do and review (The teacher can be included here!)**

#### **Step 4. Celebration**

Children share an example of when they have seen someone live their Faith or demonstrate any Virtue.

#### **Step 5. Ending Ritual**

Talk about acceptance starting with ourselves! [Many adults spend a huge amount of time judging and blaming ourselves!!!]

Love Yourself/Hug Yourself – Say God Loves Me!

Each child wraps their arms around their body and gives themselves a hug. [Some children will not want to do this. Suggest that they just sit and quietly observe]

# FAITH CIRCLE TIME YEAR 5 & 6

## Virtue 5: (Spring 1) Faith

Faith is to Trust

Faith helps us to put our Trust in God

### Knowledge:

A person of Faith believes in God and all that God has done.

Know that people live their lives in different ways and that different cultures may have different life patterns.

We grow in Faith when we pray and spend time with God

We know that Jesus is our friend

### Skills:

Spend time with God. Learn to pray

### Attitudes:

Faith is always open to new things. Because if you have faith you are a trusting people.

### Signs of Living the Virtue:

I know God loves me and I trust God to take care of me

I ask God to guide in my life

I spend time with God in moments of quiet and prayer

I share my belief in God with others

My words and actions show my faith in God's love

### Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating:

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

In pairs, children study the appearance of their partners, then turn back to back and slightly alter their appearance, e.g. push up sleeve, roll down sock, unbutton cardigan. They then face each other again and try to guess what change has been made.

### Step 2. Round

#### Trigger statement:

[Ask children to choose one statement. Other statements could be used during the week]

I am different because..... makes me different. I respect... in others. I trust in God when .....

### **Step 3. Open Forum**

To support children new to Circle Time the teacher can prepare a simple role-play of a child asking for help.

Teacher in role: I need help because sometimes I find it difficult to have trust in God/ people making are fun of my faith (altar serving). I just feel sad and really want acceptance...would you be willing to think of one thing I could say to them that might help them understand and accept me?

The children respond "Would it help if I?" or  
"Would it help if you?" or  
"Would it help if we?"

[As soon as you think your class are ready children in class can request help from their peer group]

**Plan, do and review (The teacher can be included here!)**

### **Step 4. Celebration**

Ask the children to look round the circle. Ask the children to identify someone who they feel has shown respect towards them. Ask the children if there is anyone they would like to nominate.

### **Step 5. Ending Ritual**

Ask children to close their eyes and imagine a huge pan in the middle of the circle. Tell them they are all going to help make an imaginary friendship cake but first they have to add the ingredients to the pan. In turn each child stands up and adds their ingredient e.g. I'm going to add peace; I'm going to add a warm smile...

# SIMPLICITY CIRCLE TIME: EARLY YEARS FOUNDATION STAGE

## Virtue 6 (Spring 1): Simplicity:

Simplicity means I am thankful. I use only what I need. I know simple things can make me happy. Living simply gives me time to think and care for God's Creation

### Knowledge:

Understanding that living simply makes the world a better place e.g. thinking of others before yourself, finding pleasure in nature, giving your time to others.

Understand that we are stewards of this world – enjoying and looking after God's World

Knowing what we need can be different to what we want

### Skills:

Looking carefully at the world and finding joy.

### Attitudes:

Respect other people's needs, feelings and opinions.

Be mindful of the planet as a living thing that needs look after

### Statements for Assessment:

I know that the world is full of amazing and wonderful things.

I know that I must develop an effective, caring relationship with the planet.

I am able to see things from different points of view.

### Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

Living Legends

(This game provides a positive focus for each child as part of the whole.)

Each child chooses an alliterative adjective to preface their name. Explain that the description should be positive; for example, friendly Fiona, kind Karl, marvellous Mary, wonderful Wayne. Ask for volunteers to begin the game, so that the more confident children show the others what to do. Each child is then asked to introduce themselves with a symbolic gesture. For example, joyful John might

open his arms and jump with joy. The other children say the child's name in the same tone of voice and copy their gesture.

(Make sure all children are able to think of a suitable word; if they are stuck ask the other children for suggestions.)

### **[Step 2. Round**

I was alone in the classroom the other day and began to stare out of the window. After looking outside for a short time I was amazed at all the beautiful and wonderful things that were there. I don't usually take very much notice of what is around me because I'm busy doing things. What do you think I saw that was so amazing that I usually take for granted?

#### **Trigger statement:**

I think you saw.....It is amazing because.....

### **Step 3. Open Forum**

Puppet says s/he was listening to sounds all around the other day. S/He was surprised at how many sounds he could hear that he didn't usually take any notice of or listen very carefully to. I wonder what sounds we can hear in the world around us if we listen very carefully now?

Children respond

### **Step 4. Celebration**

Let's give a silent cheer for noticing so many beautiful and wonderful things in the world around us.

### **Step 5. Ending Ritual**

I can sing a Rainbow

## SIMPLICITY CIRCLE TIME: YEAR 1/2

### Virtue 6 (Spring 1): Simplicity:

Simplicity means I am thankful. I use only what I need. I know that simple things can make me happy. Living simply gives me time to think and care for God's Creation.

#### **Knowledge:**

Understanding that living simply makes the world a better place e.g. thinking of others before yourself, finding pleasure in nature, giving your time to others.

Understand that we are stewards of this world – enjoying and looking after God's World

Knowing what we need can be different to what we want

#### **Skills:**

Looking carefully at the world and finding joy.

#### **Attitudes:**

Respect other people's needs, feelings and opinions.

Be mindful of the planet as a living thing that needs look after

#### **Statements for Assessment:**

I know that the world is full of amazing and wonderful things.

I know that I must develop an effective, caring relationship with the planet.

I am able to see things from different points of view.

#### **Rules:**

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### **Skills - Thinking, Looking, Listening, Speaking, Concentrating**

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### **Step 1. Game**

Living Legends

(This game provides a positive focus for each child as part of the whole.)

Each child chooses an alliterative adjective to preface their name. Explain that the description should be positive; for example, friendly Fiona, kind Karl, marvellous Mary, wonderful Wayne. Ask for volunteers to begin the game, so that the more confident children show the others what to do. Each child is then asked to introduce themselves with a symbolic gesture. For example, joyful John might open his arms and jump with joy. The other children say the child's name in the same tone of voice and copy their gesture.

(Make sure all children are able to think of a suitable word; if they are stuck ask the other children for suggestions.)

#### **[Step 2. Round**

I was alone in the classroom the other day and began to stare out of the window. After looking outside for a short time I was amazed at all the beautiful and wonderful things that were there. I don't usually

take very much notice of what is around me because I'm busy doing things. What do you think I saw that was so amazing that I usually take for granted?

**Trigger statement:**

I think you saw.....It is amazing because.....

**Step 3. Open Forum**

Puppet says s/he was listening to sounds all around the other day. S/He was surprised at how many sounds he could hear that he didn't usually take any notice of or listen very carefully to. I wonder what sounds we can hear in the world around us if we listen very carefully now?

Children respond

**Step 4. Celebration**

Let's give a silent cheer for noticing so many beautiful and wonderful things in the world around us.

**Step 5. Ending Ritual**

All the children stand up.

One child crosses the circle and shakes hands with another child. She adds, 'Thank you for Circle Time,' and sits in the chair of the person she had shaken hands with. Repeat until all the children have had a turn. Give the last child a cheer for being patient. Do encourage children to shake hands with someone they do not usually play with.

## SIMPLICITY CIRCLE TIME: YEAR: 3/4

### Virtue 6 (Spring 1): Simplicity:

Simplicity means I am thankful. I use only what I need. I know that simple things can make me happy. Living simply gives me time to think and care for God's Creation.

#### Knowledge:

Develop understanding of different types of relationships – understand that when we live simply we put trust in God.

#### Skills:

Find joy in the simple things in life. Find joy in nature and find joy in friendship. Treat the world with respect.

#### Attitudes:

Appreciate different ways of loving and its importance to a range of relationships.

Be open to the wonder and beauty in the world.

Trust that God will meet all of my essential needs,

Have the confidence not to follow the crowd

#### Statements for Assessment:

I know that the world is full of amazing and wonderful things.

I know that I must develop an effective, caring relationship with the planet.

I am able to see things from different points of view.

#### Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch, we may sit and watch before making a decision to join in.

#### Skills - Thinking, Looking, Listening, Speaking, Concentrating:

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### Step 1. Game

"A Chill Out Activity " – On the Beach.

What to do – Children sit in a circle. Children close their eyes and imagine they are walking on a beach which is made up of tiny pebbles. They hear the pebbles scrunching under their feet with each step they take. (Shake a rain stick to make appropriate sound). Can they feel the tiny pebbles between their toes? Imagine what they feel like.....It is warm and sunny. Think of the sun on your face.....Imagine its warmth. Now think of it on your back, feel the heat as you walk along....You can see the blue sea, twinkling and glittering in the sunlight...Imagine that you are walking down the beach to the water's edge (Shake the rain stick to stimulate walking on the pebbles). You are near the sea now. You can feel the breeze from it gently wafting over your body. Can you taste the salt in the air? You can hear the waves rolling in and then the wave trickling back out again (Tip the rain stick slowly to make this sound.) Breathe in and out to the rhythm of the waves. You feel warm and relaxed. Think of a gentle thought that makes you feel; warm inside, like stroking a cat, cuddling someone you love, watching a happy television programme.....The beach scene is going to fade away gradually but no one can take away your special thought. Tuck that special thought into your memory box. You



can get it out in your mind if you ever need to cheer yourself up. Now I want to open your eyes and smile at as many people as possible. (*More Quality Circle Time - Jenny Mosley LDA*).

### **Step 2. Round**

The teacher discusses with the children what they felt during that game/meditation, the wonder and beauty in the sea, in my special thought, in the sounds.

#### **Trigger statement:**

I see beauty and wonder in.....

### **Step 3. Open Forum**

To support children new to Circle Time the teacher can prepare a simple role-play of a child asking for help.

#### **Teacher in role:**

Some of the children in my class seem to be able to see the beauty and wonder in the most ordinary things, things that we see every day. I've often heard other children say about a butterfly or snail they have seen, "Wow, look at that! Isn't it incredible". I just can't seem to see the beauty in the ordinary things around us. I'd really like to wake up to the wonder and beauty of it all. Can you help me...

#### **The children respond** "Would it help if I?" or

"Would it help if you?" or

"Would it help if we?"

[As soon as you think your class are ready children in class can request help from their peer group]

### **Plan, do and review (The teacher can be included here!)**

### **Step 4. Celebration**

Would anybody like to nominate someone who has really appreciated something 'simple' in the last few days.

Let's give them a silent cheer.

### **Step 5. Ending Ritual**

Pass a 'thumbs up' sign around the circle and say, "I think you're wonderful!!"

# SIMPLICITY CIRCLE TIME: YEARS 5/6

## Virtue 6 (Spring 1): Simplicity:

Simplicity means I am thankful. I use only what I need. I know that simple things can make me happy. Living simply gives me time to think and care for God's Creation.

### Knowledge:

Know that their actions affect themselves, others and the world around them.

Know that they are expected to form an effective relationship with the world around them.

### Skills:

Be able to see things from different points of view

### Attitudes:

Appreciate different ways of loving and its importance to a range of relationships.

Be open to the wonder and beauty in the world.

Trust that God will meet all of my essential needs,

Have the confidence not to follow the crowd

### Statements for Assessment:

I know that the world is full of amazing and wonderful things.

I know that I must develop an effective, caring relationship with the planet.

I am able to see things from different points of view.

### Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating:

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

All children standing in an inward facing circle. Teacher starts by saying, "The Great Spirit woke up one morning and said, 'Let there be.....(name of child in the circle – she is important).'" The child whose name is called goes into the middle of the circle and everyone says, "When the Great Spirit made ..... he said, It is good" The child in the middle begins again, "The Great Spirit woke up one morning and said, etc..... Continue this until all children have been in the middle and have been celebrated.

### Step 2. Round

The talking tool passed around.

Teacher starts by say 'Being Rich and Famous is important – what is more important >>>>>>>

Each child takes a turn

2<sup>nd</sup> round

Our world is full of amazing things. Things that take our breath away, things that are full of awe and wonder. Things that are so special. What amazing things have you seen or heard or thought about?

### Trigger statement:

I am amazed when.....

### **Step 3. Open Forum**

#### **Teacher in role:**

I need help to feel happy sometimes – sometimes for no reason I feel low and I have wasted too much time looking at the lives of others and feeling jealous.

The children respond: “Would it help if I?” or

“Would it help if you?” or

“Would it help if we?”

**Plan, do and review (The teacher can be included here!)**

### **Step 4. Celebration**

Some people say and do things for us that make us feel really good – they use gentle words and actions. Is there anybody in our circle who has made you feel really warm and good inside because of something they have said or done?

### **Step 5. Ending Ritual**

<https://cafod.org.uk/Education/Kidz-Zone/Our-Earth> or

**Play a Hymn – Lord for tomorrow**

**How Great Thou Art**

**The Lord’s My Shepherd**

## CIRCLE TIME: YEAR: EARLY YEARS FOUNDATION STAGE

### Virtue 7 – Charity & Love of Neighbour:

**Definition:** Charity is love, We love God and we love our neighbour as we love ourselves

**Feeling words:**

Happy, glad, Love, share, give (charity) kind.

**Knowledge:**

Know that everyone is special and different.

Know the commandment 'Love One Another, as I have loved you,'

Charity is an act of love.

**Skills:**

Recognise their worth as individuals by identifying positive things about themselves.

Knowing that giving and helping others is rewarding, and brings us closer to God.

Our actions, no matter how small, can make a big difference help others in need.

**Attitudes:**

I show love of God through concern for others.

Know it in your head, feel it in your heart and show it in your hands.

Show respect for different people's views.

**Signs of living the Virtue:**

I try to love others as I love myself.

I know we are happiest when we are united.

I share with others and give what I can to help our neighbours in our local and international communities

**Rules:**

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

**Skills - Thinking, Looking, Listening, Speaking, Concentrating**

Throughout Circle Time it is vital that teachers praise children for using the above skills.

**Step 1. Game**

'Bag of sweets' game.

Teacher tells the class to imagine they all have a favourite toy on their knees. Think of what they have, e.g. car, doll teddy etc.

"Now you are going to share it with the person next to you."

Choose certain children to stand up and offer their toy to others.

### **Step 2. Open Forum**

Puppet is looking really glad. S/he tells the children that s/he's feeling really glad because his/her friend and s/he have been playing together and they've had such a wonderful time..."We really love each other," says puppet.

Teacher: What have you each been doing that has made you feel like you love each other?

Puppet: We've, been taking turns, we've been sharing and I just love it when we all get along together. [The following round is aimed at our youngest children. Some of them will be able to identify actions which express love but even for adults love is an extremely complex concept so we need to start simply and with where children are at.]

### **Trigger statement:**

I love it when...

### **Step 3. Celebration**

Ask the children to look around the circle. Remind the children about the focus of their circle time. Is there anybody in the circle who the children would like to nominate or say thank you to for showing love to them this week?

### **Step 6. Ending Ritual**

Pass a gentle back rub around the circle. God Loves You!

Sing - Magic Penny.

#### **Resources:**

Speaking puppet

Open forum puppet

## CHARITY CIRCLE TIME: YEAR: 1/2

### Virtue 7 – Charity & Love of Neighbour:

**Definition:** Charity is love. We love God and we love our neighbour as we love ourselves

#### **Knowledge:**

Know that everyone is special and different.

Know the commandment 'Love One Another as I have loved you,'

Charity is an act of love.

#### **Skills:**

Recognise their worth as individuals by identifying positive things about themselves.

Knowing that giving and helping others is rewarding, and brings us closer to God.

Our actions, no matter how small, can make a big difference help others in need.

#### **Attitudes:**

I show love of God through concern for others.

Know it in your head, feel it in your heart and show it in your hands.

Show respect for different people's views.

#### **Signs of living the Virtue:**

I try to love others as I love myself.

I know we are happiest when we are united.

I share with others and give what I can to help our neighbours in our local and international communities

#### **Rules:**

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

#### **Skills - Thinking, Looking, Listening, Speaking, Concentrating**

Throughout Circle Time it is vital that teachers praise children for using the above skills.

#### **Step 1. Game**

Play Twinkle, Twinkle music in the background

Twinkle, Twinkle: This is like fruit salad, but is adapted for very young children. Go round the circle, calling the first child 'Twinkle, Twinkle' and the next 'Little Star'; the third is 'Twinkle, Twinkle', the fourth 'Little Star' and so on round the circle. You then say, 'All the Twinkle, Twinkles stand up and run round and find a new space.' Then ask all the Little Stars to stand up, run round and find a new space.

#### **Step 2. Round**

Discuss with the children how you show love and help towards others. Try to be very specific about what the children might see or hear if you were showing love or help towards another. Next, ask them to close their eyes or look down. Can the children visualise a time when they were showing love or help towards another. Next, ask them to share what they did.

**Trigger statement:**

I showed love/help by...

**Step 3. Open Forum**

Puppet: I'm feeling really sad...I don't know how to show love/make friends...I just keep saying the wrong thing and I don't know what to do and I just feel like giving up...

Teacher: How could we help puppet if she was in our class?

**Step 4. Celebration**

Ask the children if they would like to nominate or thank someone who has shown them love or help.

Do ask the children to be specific in terms of the actions that demonstrated love or help.

**Step 5. Ending Ritual**

Do the actions for Know it in your head, Feel it in your heart and show it in your hands.

Or Sing Magic Penny

**Resources:**

Speaking object

Puppet

# CHARITY CIRCLE TIME: YEARS 3 / 4

## Virtue 7 – Charity & Love of Neighbour:

**Definition:** Charity is love. We love God and we love our neighbour as we love ourselves.

### Knowledge:

Know that everyone is special and different.

Know the commandment 'Love One Another as I have loved you,'

Charity is an act of love.

### Skills:

Recognise their worth as individuals by identifying positive things about themselves.

Knowing that giving and helping others is rewarding, and brings us closer to God.

Our actions, no matter how small, can make a big difference help others in need.

### Attitudes:

I love God through concern for others.

Know it in your head, feel it in your heart and show it in your hands.

Show respect for different people's views.

### Signs of living the Virtue:

I try to love others as I love myself.

I know we are happiest when we are united.

I share with others and give what I can to help our neighbours in our local and international communities.

### Rules:

We listen to each other. We do not say or do anything that would hurt another person.

We signal when we want to say something. We may say pass.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating:

Throughout Circle Time, it is vital that teachers praise children for using the above skills.

### Step 1. Game

#### Do You Love Your Neighbour?

Instructions: Everyone sits in a circle. One person stands in the middle of the circle. This person chooses someone in the circle and asks them, "Jill (name): Do you love your neighbour"? If Jill says "No", then the people either side of Jill, have to swap places, and the person in the middle tries so sit in their place. If the answer is "Yes", then everyone has to swap places.

The aim is for the middle person to get him/herself into a place in the circle. If he/she succeeds, then the person who does not have a space goes in the middle and asks someone 'Do you love your neighbour?'

#### Questions after the game

- How did it feel when people kept getting to a space before you?
- Did it feel different to be giving away sitting in the circle to standing in the middle?

### Step 2. Round

Discuss with the children how, as individuals, we can all be different yet similar in many ways. Ask them to look at the person next to them and think why and how they are different to each other.

Neighbours: Who are they? Ask pupils in pairs to make lists of their neighbours –school, home, etc  
Are neighbours just people we know or live near?

### Trigger statement:

If we were all exactly the same.....



### **Step 3. Open Forum**

How in school can we show our love for our neighbours? **Think, pair, share? (Ideas for Fundraising)**

### **Step 4. Celebration**

Children nominate someone who has shown love of neighbour.

### **Step 5. Ending Ritual**

Sing – When I needed a neighbour

<https://www.youtube.com/watch?v=B7a7LdgRh-k>

# CHARITY CIRCLE TIME: YEARS 5/6

## Virtue 7 – Charity & Love of Neighbour:

Charity is Love. We love God and we love our neighbour as we love ourselves

### Knowledge:

Know that everyone is special and different.

Know the commandment 'Love One Another as I have loved you,'

Charity is an act of love.

### Skills:

Recognise their worth as individuals by identifying positive things about themselves.

Knowing that giving and helping others is rewarding, and brings us closer to God.

Our actions, no matter how small, can make a big difference help others in need.

### Attitudes:

Understand and be empathetic towards self and others.

Self-Awareness: feeling confident about expressing beliefs about the importance of Jesus teachings, the concept of neighbour and loving others.

Respect for all: developing skills of listening and a willingness to learn from others' views. Open-mindedness: being willing to learn and gain new understanding from others people's beliefs about Jesus and his teaching on Loving God and your neighbour.

Know the positive impact of Jesus teaching and that he is an inspiration for Christian people today.

### Signs of living the Virtue:

I try to love others as I love myself.

I know we are happiest when we are united.

I share with others and give what I can to help our neighbours in our local and international communities.

### Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating:

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

#### Do You Love Your Neighbour?

Instructions: Everyone sits in a circle. One person stands in the middle of the circle. This person chooses someone in the circle and asks them, "Jill (name): Do you love your neighbour"? If Jill says "No", then the people either side of Jill, have to swap places, and the person in the middle tries so sit in their place. If the answer is "Yes", then everyone has to swap places.

The aim is for the middle person to get him/herself into a place in the circle. If he/she succeeds, then the person who does not have a space goes in the middle and asks someone 'Do you love your neighbour?'

#### Questions after the game

- How did it feel when people kept getting to a space before you?
- Did it feel different to be giving away sitting in the circle to standing in the middle?

### Step 2. Round

Discuss with the children how, as individuals, we can all be different yet similar in many ways. Ask them to look at the person next to them and think why and how they are different to each other.

Neighbours: Who are they? Ask pupils in pairs to make lists of their neighbours –school, home, etc  
Are neighbours just people we know or live near?

**Trigger statement:**

If we were all exactly the same.....

**Step 3. Open Forum**

How do we 'love our neighbours? What does 'love' in this context mean – help, care for?

Think of jobs people have that involve caring for people or keeping them safe e.g. nurses, firemen, refuse collection, teachers. Ask the question: are these people just doing jobs, or are they 'loving their neighbour? What difference do they make to our lives? **Think, pair, share?**

**Step 4. Celebration**

Children nominate someone who has shown love of neighbour.

**Step 5. Ending Ritual**

Ask the children to invent a hand sign meaning "You are special." The children stand in a circle. One child crosses the circle, stands facing another child and completes the hand sign. The child receiving the hand sign responds back. The first child sits down in the place of the child they have greeted. That child now crosses the circle and repeats the sequence.

# **FORGIVENESS CIRCLE TIME: YEAR: FOUNDATION STAGE**

## **Virtue 8: Forgiveness**

**Forgiveness is to let go of hurt feelings and make a new start.**

### **Knowledge:**

Understand what forgiveness means.

Understand what a friend is and how to be a friend.

Understand that everyone makes mistakes and we need to say sorry.

### **Skills:**

Consider the consequences of their words and actions for themselves and others.

### **Attitudes:**

Consider the importance of being a friend and keeping friends.

Consider the importance of being sorry and forgiving others when they are sorry.

### **Signs of Living the Virtue:**

I accept God's forgiveness

I can forgive

I accept forgiveness from others

I have the courage to give others and myself the courage to have a new start.

I know that with God's love I can change.

I understand that saying sorry is one way of making amends.

### **Rules:**

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### **Skills - Thinking, Looking, Listening, Speaking, Concentrating**

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### **Step 1: Game**

'Name Game'

Teacher sets up a rhythm 'Hello' clap - clap etc

To introduce everyone in the circle

Go round the circle, child/children say the next persons name on the clap - clap

Use quiet claps!

### **Step 2: Round**

Teacher talks to puppet about mistakes he/she has made

E.g. 'I didn't let my friend play outside with me'

'I pushed my friend in the line'

'I didn't share the blocks in the construction'

Teacher asks the children what mistakes they have made.

### **Trigger Statement:**

I like to...with my friend.

**Step 3: Open Forum:**

Teacher tells children that puppet is upset. When s/he was playing with the bricks in the construction corner one of her/his best friends hit her/him – he/she does not know what to do. She/he knows s/he must not hit him/her back because it would make things worse... and perhaps start a fight.

What should puppet do? Can the children help?

Teacher asks children to respond.

Teacher praises children for their ideas.

**Step 4: Celebration:**

Is there anyone the children would like to say thank you to perhaps for saying sorry in a way that you knew they really meant it.

**Step 5: Ending Ritual:**

**Songs – Children of God in one Family**

- 'When someone hurts me' to the tune  
'Rock - a - bye - Baby'

'When someone hurts me or makes me feel sad,  
I hope they say sorry and then I am glad,  
I can forgive them and make friends again'  
All will be happy - all friends again.

**Resources:**

Speaking puppet

Open forum puppet

# FORGIVENESS CIRCLE TIME: YEAR 1/2

## Virtue 8 - Forgiveness

Forgiveness is to let go of hurt feelings and make a new start.

### Knowledge:

Understand ideas of good and bad, and right and wrong.

### Skills:

Recognising ways in which their own choices and behaviour affects others.

### Attitudes:

Show a willingness to care about/for others.

Show a willingness to forgive others and ask for forgiveness

### Signs of living the virtue:

I accept God's forgiveness

I can forgive

I accept forgiveness from others

I have the courage to give myself and others a new start

I know that with God's love I can change

I understand that saying sorry is one way of making amends

### Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

How are you feeling?

Children are given feelings and asked to express that emotion on their face.

### Step 2. Game

Puppet : I'm not sure what forgiving means...Does it mean if someone hurts me I just say, "Oh, that's o.k?"

Lead a brief discussion on what forgiveness means. Keep the discussion very simple and related to children's experiences.

Ask children to think of something that maybe someone did in class or on the playground that they have forgiven. It might help if you ask children to lower their heads or close their eyes.

### Trigger statement:

I forgave my friend when...

### Step 3. Open Forum

Puppet: Sometimes it's hard to forgive you know...

Teacher: Why's that puppet?

Puppet : Well the other day me and my friend were hanging our coats up...she pushed me and I fell over...then s/he said, "Sorr – eee, but s/he said it with his/her hands on his/her hips ...like this...and s/he wasn't smiling...well I didn't think s/he meant it."

Teacher: It sounds like you were feeling a bit confused puppet and you were wanting a 'sorry' that sounded sorry...What do you think?

Puppet: Yes, that's just it...

Teacher: I wonder if anyone could show us what they think Puppet would like to hear?

#### **Step 4. Celebration**

Ask the children to look around the circle. Is there anyone they would like to nominate or say thank you to for showing forgiveness. Give the children a little time together in private to decide on what it is they intend to share. They may want to keep it as a private matter.

#### **Step 5. Ending Ritual**

Send around the Sign of Peace

Peace be with you

# FORGIVENESS CIRCLE TIME: YEAR: 3/4

## Virtue 8: Forgiveness

**Forgiveness is to let go of hurt feelings and make a new start**

### Knowledge:

Know how to cope with some friendship problems.

### Skills:

Recognise that actions have consequences for themselves and others.

### Attitudes:

Consider why understanding and respect are important in relationships.

### Signs of Living the Virtue:

I accept God's forgiveness

I can forgive

I accept forgiveness from others

I have the courage to give others and myself the courage to have a new start.

I know that with God's love I can change.

I understand that saying sorry is one way of making amends.

### Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating:

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

Use a picture – such as this – <https://radianceonline.files.wordpress.com/2012/04/10-good-thief-2.jpg>

Ask the children to think about both thieves. Which one understood the need for forgiveness. How was Jesus a role model in this story.

### Step 2. Round

Ask the children what forgiveness means to them. Are there some things they would find more difficult to forgive than others? How might someone show forgiveness?

### Trigger statement:

Forgiveness means...

### Step 3. Open Forum

To support children new to Circle Time the teacher can prepare a simple role-play of a child asking for help.

I need help because me and my friend fell out really badly...she told someone something I had told her in secret...we're back friends now but I'm finding it hard to forgive her. I want to but I just don't seem to be able to forget what she did because it really hurt me. I really trusted her.



**The children respond** “Would it help if I?” or  
“Would it help if you?” or  
“Would it help if we?”

[As soon as you think your class is ready children in class can request help from their peer group]

**Step 4. Celebration**

Ask the children to look around the circle and to nominate or say thank you to someone who they feel shows support and kindness to others.

**Step 5. Ending Ritual –  
Send around the sign of Peace  
Peace be with you**

# FORGIVENESS CIRCLE TIME: YEARS 5/6

## Virtue 8 Forgiveness.

Forgiveness is to let go of hurt feelings and make a new start.

### Knowledge:

Know that mistakes are part of learning.

### Skills:

Seeing their mistakes and making amends.

### Attitudes:

Appreciate different ways of loving and its importance to a range of relationships.

### Signs of Living the Virtue:

I accept God's forgiveness

I can forgive

I accept forgiveness from others

I have the courage to give others and myself the courage to have a new start.

I know that with God's love I can change.

I understand that saying sorry is one way of making amends.

### Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating:

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

Pass the 'Talking Tool' around – children give examples of how they could or do make amends

### Step 2. Round

Talk about what forgiveness means. Ask the children if there is anyone who has never made a mistake! This is a nice way of helping children to understand that we all make mistakes and that there will be times when we forgive and times when we are asking for forgiveness. Next, see if you can develop a shared understanding of what forgiveness means.

### Trigger statement:

Forgiveness means...

### Step 3. Open Forum

To support children new to Circle Time the teacher can prepare a simple role-play of a child asking for help.

Teacher in role: I need help because someone who was my friend upset me... she's said she's sorry and she won't do the thing again but the thing is as soon as I feel we're mates again things start coming into my head like I tell myself I was stupid for forgiving her...

I really want to move on and the problem isn't with her it's with me...she really has done all sorts of things to build trust again...the problem is with me...I'd really like to think of some things I can do when these thoughts come into my head...

The children respond "Would it help if I?" or  
"Would it help if you?" or  
"Would it help if we?"

[As soon as you think your class are ready children in class can request help from their peer group]

#### **Step 4. Celebration**

It is wonderful when someone forgives us or says it is "alright" when we have done something that's hurt us in some way. Is there anybody in the group that you would like to nominate who has shown understanding and forgiveness for something that you've said or something that you have done and triggered feelings of happiness and joy?

#### **Step 5. Ending Ritual**

Electric Squeeze;

All the children and the teacher stand in an inward facing circle and hold hands. The teacher squeezes the hand of the child on her/ his right, who squeezes the hand of the child on their right and so on all around the circle until the squeeze comes back round to the teacher. This may be done several times to see how fast the 'squeeze' can travel around the circle.

## Virtues to Live by

# I have faith

## when

I know God loves me and I trust God to take care of me.

I ask God to guide me in my life.

I spend time with God in moments of quiet and in prayer.

I share my beliefs in God with others.

My words and actions show my faith in God's love.

## Virtues to Live by

# I live simply

## when

I understand simple things can make me happy.

I am thankful for all I have.

I can work, play, rest and pray each day.

I take care of my belongings and those of others.

I share my things with those who need my help.

I do not waste food or resources.

I only take what I need.

## Virtues to Live by

# I show love

when

I treat everyone as I would like to be treated.

I do simple acts of kindness to show my love.

I show my love for God by caring for others.

I give my time to help others.

I share what I have with others.

## Virtues to Live by

# I forgive

when

I accept God's forgiveness

I can forgive others.

I accept forgiveness from others

I can change after I have made a poor choice

I know that with God's love I can change.

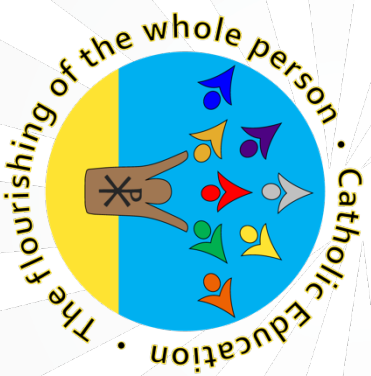
I have the courage to give myself and others a new start.

I understand that saying sorry is one way of making amends.

# Virtues to Live by

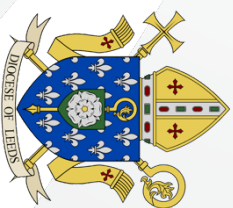
is presented with this certificate in recognition of living out the virtue of

## Faith



PRESENTED BY: \_\_\_\_\_

DATE: \_\_\_\_\_

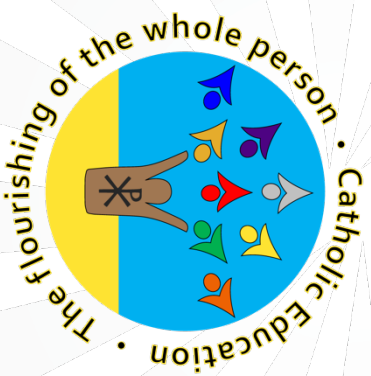




# Virtues to Live by

is presented with this certificate in recognition of living out the virtue of

## Simplicity



PRESENTED BY: \_\_\_\_\_

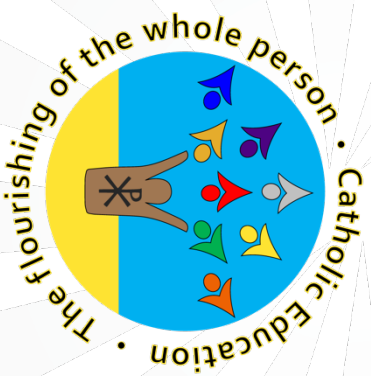
DATE: \_\_\_\_\_



# Virtues to Live by

is presented with this certificate in recognition of living out the virtue of

# Love



PRESENTED BY: \_\_\_\_\_

DATE: \_\_\_\_\_



# Virtues to Live by

is presented with this certificate in recognition of living out the virtue of

# Forgiveness



PRESENTED BY: \_\_\_\_\_

DATE: \_\_\_\_\_



# Christian Meditation

## **Virtue to Live By: Faith**

Signs of living the virtue of faith:

I know God loves me and I trust God to take care of me. I ask God to guide in my life.

I spend time with God in moments of quiet and prayer. I share my belief in God with others.

My words and actions show my faith in God's love.

*"For we walk by faith, not by sight." (2 Corinthians 5:7)*

*"And whatever you ask in prayer, you will receive, if you have faith." (Matthew 21:22)*

*"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast." (Ephesians 2:8-9)*

## **Setting the Scene/Focal point on floor or low table:**

White cloth for Epiphany (6<sup>th</sup> Jan) and Baptism of the Lord (7<sup>th</sup> Jan), Green cloth Ordinary time (14<sup>th</sup> Jan), candles, dimmed lights, spiritual/reflective image on interactive whiteboard or as part of prayer focus, Bible, prayer stones, religious artefacts, plants, shells, objects to link to the theme.

Meditative music/ peaceful/calming hymns quietly playing:

[Epiphany Prayer & Meditation Music](#)

[Catholic Meditation Music](#)

[Praise & Worship Instrumental Hymns](#)

**Gathering** – children enter to calm meditative music and sit in a horseshoe around the focal point.

## **Faith meditation**

We share this time together in meditation as members of our school community and most importantly as friends with one another and as friends of Jesus. Just as the disciples were friends of Jesus, so are we. When we spend time with Jesus in prayer and meditation it brings us closer to him and deepens our faith. Our meditation today focuses on the virtue of faith.

Faith helps us grow in friendship with Jesus and his friendship helps us become the best we can be by becoming more like him. Growing in friendship with Jesus means learning to trust him and knowing that he is always with us. Faith is being open to new things. A person of faith believes in God and all that God has done. But faith is not simply a belief that something is true, it is a way of living. We are called to keep our faith and to live a faithful life filled with hope and love.

Now let us be with Jesus to think about our faith in the Lord. It is important to have faith and stay strong especially when times are difficult. Having faith in God and persevering are important virtues to help us in all different situations in life.

## **Stillness exercise**

Close your eyes, sit comfortably, place your hands on your knees, allow the music to help you relax, take a deep breath in slowly and deeply through your nose, hold your breath for 3-4 seconds and breathe out through your mouth. Continue to take a few deep breaths, allowing the music to help you relax each part of your body from the tips of your toes to the top of your head. Lift your shoulders and then relax, relax your arms, legs, stomach, face, concentrating on your breathing inhale...exhale...inhale...exhale...every part of your body.

Talking to Jesus and praying to him helps strengthen our faith and keeps our friendship with Jesus strong. It also helps us share Jesus with others

Good friends share special times together. Let us now share this special time with our friend Jesus.

## Christian Meditation

**Let us focus on this...take a deep breath...inhale and exhale...and relax...**

Imagine yourself outside of the beautiful city of Jericho... you are with Jesus and a large crowd surrounds you. The crowd are asking Jesus to stay longer.

It is a beautiful day and Jericho is a wealthy city with many beautiful houses and gardens. The air is filled with sweet aromas of flowers and balsam groves that are used to make medicine and perfume.

Jesus needs to leave the city. As you begin to walk with Jesus you notice a blind beggar sitting near a balsam grove. He can hear the voices of the crowds and is asking why there are so many people here. But many people ignore him and walk away. Some people are rude to the blind man, saying hurtful things to him. You feel sorry for the man. Finally, someone tells the man that people are here to see Jesus of Nazareth.

The beggar reaches out and calls, "Jesus, Son of David, have mercy on me."

Jesus hears the man and asks, "Who is calling me?"

A person in the crowd replies harshly, "Oh that is just Bartimaeus, the beggar. He is always begging for something!" Another person angrily tries to shush Bartimaeus telling him to be quiet and leave Jesus alone. But Bartimaeus has great faith and repeatedly cries out louder, "Son of David, have mercy on me!"

Jesus stops, looks across the crowd of people and begins to walk towards Bartimaeus. He looks at the people and then towards Bartimaeus and says to the crowd, "Bring him to me."

A man goes to Bartimaeus and tells him Jesus is calling him. Bartimaeus cries out with joy...you can see the happiness in Bartimaeus face... and hear the depth of love and faith in Jesus in his voice. Bartimaeus stands up quickly, throwing off his cloak and hurries towards Jesus... you watch... and listen to Jesus. "What do you want me to do??" Jesus asks him.

"Master, let me receive my sight," Bartimaeus pleads.

Jesus looks at Bartimaeus and then says, "Recover your sight; your faith has made you well."

And immediately he recovered his sight. You watch as Bartimaeus clouded eyes become clear.

"I can see! I can see!" he cries. Bartimaeus looks upon the face of Jesus who is smiling at him. Bartimaeus smiles, glorifying God. And all the people, when they saw it, gave praise to God.

As the crowd focus on Bartimaeus Jesus turns to you placing his hand on your shoulder, "Come," he says to you, "I want to teach you something. Did you see that Bartimaeus wasn't discouraged when people ignored him and then tried to silence him? ...It made him persevere all the more didn't it?" ...You nod your head... Jesus continues, "This man showed great faith. As Bartimaeus faith in me helped him persevere...so your faith in me will help you keep trying when things are difficult."

Think about this for a moment...how does your faith in Jesus help you when things are tricky? Is this at school in lessons when the learning can be hard, with disagreements in friendships or at home with your family? ...Praying and having faith in Jesus can help you persevere.

Jesus now turns to you, looks you in the eyes and asks, "Do you believe that you are my friend?"

You nod your head...Jesus sees by the expression on your face that you do believe, "Then you will have faith in me and come to me when you need faith and need to persevere. Know that I am always there for you, and you coming to me to help you, you will grow in great faith."

You know Jesus is right. Now spend a few moments with Jesus telling him what you need help with and how having faith in him can help.

It is time to leave Jesus...say goodbye... Jesus hugs you goodbye... Tell Jesus you have faith in him and you will talk to him soon. Slowly get up and walk away... turn and wave goodbye to Jesus. He is smiling at you... as you walk away know that Jesus is always there for you.

## Christian Meditation

When you are ready, open your eyes and come back into the room. Bring your consciousness back to the word faith. As you breathe in, concentrate on the virtue of faith... and as you breathe out, concentrate on Jesus...take a few breaths and relax. Begin to gently wiggle your toes and fingers and slowly sit up.

Take a few deep breaths and listen to this prayer.

### **Closing prayer**

Dear Jesus,

Thank you for my time with you in meditation.

Jesus, thank you for always being there for me, even I can't see you. Your Holy Spirit lives in me, to help me and to have faith in you. Sometimes it isn't easy to keep trying but I believe you are my special friend and I know you will help me persevere when I am ready to give up. Mould me in Your image and fill my heart with faith in You. Guide my actions so that I can live by faith and the strength to remain faithful to You always. My heart is filled with joy for having faith in you.

Amen.

# Christian Meditation

## **Virtue to Live By: Simplicity**

Signs of living the virtue of simplicity:

I know what really matters in life. I can give time to think of others, do good and care for creation. Living simply helps me put more trust in God.

*"For where your treasure is, there your heart will be also." (Matthew 6:21)*

*"Blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3)*

*"Be still and know that I am God." (Psalm 46:10)*

### **Setting the Scene/Focal point on floor or low table:**

White cloth for The Presentation of the Lord (2<sup>nd</sup> Feb), Green cloth Ordinary time, candles, dimmed lights, spiritual/reflective image on interactive whiteboard or as part of prayer focus, Bible, prayer stones, religious artefacts, plants, shells, objects to link to the theme.

Meditative music/ peaceful/calming hymns quietly playing:

[Catholic Meditation Music](#)

[Praise & Worship Instrumental Hymns](#)

**Gathering** – children enter to calm meditative music and sit in a horseshoe around the focal point.

### **Simplicity meditation**

We share this time together as members of our school community and most importantly as friends with one another and as friends of Jesus. Just as the disciples were friends of Jesus, so are we.

When we spend time with Jesus in prayer and meditation it brings us closer to him and helps us to think about what really matters in life. God tells us that we should not live in fear but that He will provide for us. He wants all humanity to live life to the full. Living life to the full means living a life of contentment, appreciating each person and everything, learning that the simplest things can give enjoyment.

Our meditation today focuses on the virtue of simplicity.

Simplicity is about you knowing what really matters in your life. You live simply and don't look out for the next thing to buy or follow. You are not afraid to live with less things. Little by little you realise that you don't need many things to live a happy life. Living simply gives you time to think of others, to share what you have with others, do good and care for creation.

Living simply helps you put more trust in God and living simply helps us to grow in friendship with Jesus. Now let us be with Jesus to think about the virtue of simplicity and living simply.

### **Stillness exercise**

Close your eyes, sit comfortably, place your hands on your knees, allow the music to help you relax, take a deep breath in slowly and deeply through your nose, hold your breath for 3-4 seconds and breathe out through your mouth. Continue to take a few deep breaths, allowing the music to help you relax each part of your body from the tips of your toes to the top of your head. Lift your shoulders and then relax, relax your arms, legs, stomach, face, concentrating on your breathing inhale...exhale...inhale...exhale...every part of your body.

Being with Jesus in meditation, talking to him and praying to Jesus helps us to appreciate the simple things in life and keeps our friendship with Jesus strong. It also helps us share Jesus with others through our actions and living life as God intended us to, simply.

Let us now share this special time with our friend Jesus.

# Christian Meditation

**Let us focus on this...take a deep breath...inhale and exhale...and relax...**

It is a hot day, and you are walking along a dusty street trying to catch some shade from the trees. Feel how much cooler it is when you walk in the shade of the large green leaves on the branches. The birds are also enjoying the shade of the trees...can you hear them singing? ... what a beautiful birdsong it is. Notice the butterflies on the other side of the street settling onto the flowers of yellow, red, pink, and white...smell their sweet scent...take a moment to cherish the awe and beauty of this moment...

As you begin to walk further along the street, you see Jesus just ahead of you with his disciples. They turn around and see you... Jesus calls you by name and asks you to join them. Go on, go ahead. As you approach Jesus he smiles and says, "What a wonderful day it is. God's creations are simply wondrous!" You and the disciples nod in agreement.

Just then, you all hear a voice calling "Jesus." ...Look around to see who it is. There is a young boy running towards Jesus. He is wearing very nice clothes. They look extremely expensive. You think he must be rich to have such fine clothes to wear. When he reaches you, he doesn't look at you, but only looks at Jesus...he is panting out of breath from running...he catches his breath and asks, "Jesus, what do I have to do to go to heaven?"

Jesus smiles and replies, "Well...keep my commandments."

"I do! I do!" shouts the boy, "I always try to do what my parents tell me and try to be good."

Jesus once more smiles at the boy and says, "If you really want to follow what I teach, there is one more thing you need to do."

The boy looks excited in anticipation of hearing what this is and asks, "What is it Jesus?"

"You must learn to share your things with others, especially those who do not have as much as you have," Jesus replies, "You do not need as much as you have. Sharing with others helps you appreciate what you have and makes you realise you do not need that much. Appreciating the simple things in life, sharing with others and, having less brings us closer to God."

The boy looks down, he is unhappy. He turns away from Jesus. He doesn't even say thank you to Jesus. He just walks away. You and Jesus watch the boy walk away. Jesus looks sad... he sighs... and turns to you... "I know it can be difficult to share things, but it helps us appreciate what we have and that we don't need that much after all. Sharing with others helps us to appreciate simplicity in life."

Think for a moment about the boy in this story.

What would you have done? ... Do you sometimes find it difficult to share what you have with others? Do you try to live simply?... Do you appreciate the small things and not worry about wanting what other people have?... Do you appreciate what God has given you? ... and are happy to share with others?...

Jesus now asks you, "Do you think it was important what I asked the boy to do? Are you willing to share? especially with those people who are poor or have greater needs than you?" ...

Spend a moment talking to Jesus about what you would do...about living more simply...

It is time to leave Jesus...say goodbye... Jesus hugs you goodbye... Tell Jesus you have learnt that simplicity is important and helps to strengthen your friendship with him and with other people in your life.

Slowly get up and walk away... turn and wave goodbye to Jesus. He is smiling at you... as you walk away know that Jesus is always there for you.



# Christian Meditation

When you are ready, open your eyes and come back into the room. Bring your consciousness back to the virtue of simplicity. As you breathe in, concentrate on the word live... and as you breathe out, concentrate on the word simply...take a few breaths and relax. Begin to gently wiggle your toes and fingers and slowly sit up.

We know we are beginning to live simply when we glimpse that we are content with less; we are happy to share what we have, and we don't have to compete with other people in relation to what they have or what they have achieved. We know we are beginning to live simply when we find ourselves delighting in little things; when we can affirm the achievements of other people and when we appreciate the gifts of others, when we find ourselves valuing the present moment.

Take a few deep breaths and listen to this prayer.

## **Closing prayer**

Dear God,

Thank you for my time with Jesus in meditation. Thank you for helping us understand how important it is to appreciate the simple things in life, to live simply and to share with others. We know how important it is to really notice what others have provided for us and we should always be thankful for everything we have.

Guide our actions so that we can live more simply and make every effort to appreciate what we have and share with others in greater need than ourselves. We know living simply will bring us closer to You. Amen.

# Christian Meditation

## **Virtue to Live By: Charity**

I treat others as I would want them to treat me. I do simple acts of kindness to show my love.  
I show my love for God by caring for others. I give my time to help others.  
I share what I have with others.

*"You shall love the Lord your God with all your heart and with all your soul and with all your mind.  
This is the great and first commandment. And a second is: You shall love your neighbour as yourself."  
(Matthew 22:37-39)*

*"Be completely humble and gentle; be patient, bearing with one another in love." (Ephesians 4:2)*

## **Setting the Scene/Focal point on floor or low table:**

Purple cloth Lent, candles, dimmed lights, spiritual/reflective image on interactive whiteboard or as part of prayer focus, Bible, prayer stones, religious artefacts, plants, shells, objects to link to the theme. Meditative music/ peaceful/calming hymns quietly playing e.g.

<https://www.youtube.com/watch?v=pW8r1JzsuPk>

<https://www.youtube.com/watch?v=xoguomq8VvY>

**Gathering together** – children enter to calm meditative music and sit in a horseshoe around the focal point.

## **Stillness exercise**

Close your eyes, sit comfortably, place your hands on your knees, allow the music to help you relax, take a deep breath in slowly and deeply through your nose, hold your breath for 3-4 seconds and breathe out through your mouth. Continue to take a few deep breaths, allowing the music to help you relax each part of your body from the tips of your toes to the top of your head.

Lift your shoulders and then relax, relax your arms, legs, stomach, face, concentrating on your breathing inhale...exhale...inhale...exhale...every part of your body.

## **Charity meditation**

We share this time together in meditation with Jesus. As we are now in the season of Lent we are going to focus on the virtue of charity and how this is linked to love of God and each other. Christian charity truly extends to all, without distinction of race, religion, where we are from or what we have or have not got. For as God loved us with an unselfish love, so also the faithful should in their charity care for the human person himself, loving each other with the same affection with which God sought out man. Just as Christ, then, went about all the towns and villages, curing every kind of disease and infirmity as a sign that the kingdom of God had come. (cf. Matt. 9:35ff; Acts 10:38)

Lent is an opportunity to grow in charity. The limitation of charity does not happen with God. It happens within each one of us. We decide whether we will love God above all else and our neighbour as ourselves in each moment of the day.

It is through the Lenten season that we focus on three of the great spiritual gifts Christ gives to us on the path to holiness: prayer, penance, and almsgiving. Often, we know we need to pray and that all of us should be praying more. We know we should ask God for forgiveness during Lent particularly at reconciliation and try to give up something, to live simply and appreciate the simple things in life. We know we should do something extra to help others in more need than ourselves and give to the poor showing our love and care for our brothers and sisters in Christ.

## Christian Meditation

As we journey through Lent, let us focus on offering our prayers, penances, and alms with a genuine spirit of charity. Remembering, as St. Catherine of Siena said: "Nothing great is ever achieved without much enduring."

Let us must take a moment to breathe deeply, inhaling and exhaling, relaxing our body and focusing our mind. Spend a moment thinking about when you could pray more..., practice self-control...and think of how we can help others...

Does praying to God help you to be grateful for what you have and out others first? Maybe you can think of a time where you were tempted and were strong and used self-control. How good did that make you feel? Happy...proud...elated...in control of yourself...thankful...

We know there are things in the world that tempt us to make poor choices and at time Jesus was tempted to do things to prove he was the Son of God...but instead, Jesus chose to worship and love God...let us take a moment to reflect on this fruit of the Holy Spirit.

Today's we will learn that Jesus faced temptation but did not sin but used self-control. Our story gets us thinking about how God is faithful even when we wander away from Him.

Let us focus on this...take a deep breath...inhale and exhale... Take this time to feel safe and loved in the presence of the Lord. Take a deep breath and imagine you are with Jesus on this journey.

We know that Jesus was baptised in the River Jordan by John the Baptist. We learned that The Holy Spirit descended on Jesus in the form of a dove, and God spoke from heaven saying, "This is my Son, whom I love; with Him I am well pleased."

Immediately after all this happened, God sent Jesus into the wilderness where he fasted for 40 days going without food to spend time praying and thinking about God and returning ready to spread the message of God.

Before we listen to this story, imagine just for a moment that you are walking with Jesus, feel the heat of the desert sun on your face, on your arms, legs, everywhere. The hot sun is intense as you walk with Jesus. You walk for many hours, in the burning sun, no food and only stopping to pray. Watch Jesus as he concentrates on his mission, to know God better, to serve God and to be with God as one. Imagine this journey for 40 days and nights...the dedication, love and trust Jesus showed in God...

Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was very hungry. Can you imagine how hungry you would be?... imagine how Jesus must have felt.

The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written:" 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'"

Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'"

## Christian Meditation

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour. "All this I will give you," he said, "if you will bow down and worship me."

Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God and serve him only.'"

Then the devil left him, and angels came and attended him.

Do you think Jesus was tempted during the time he spent in the wilderness? If you were in Jesus' place, what would you have done?

Instead of giving into the temptation to turn the stones into bread, Jesus remembered what God's Word says. Way back in the Old Testament book of Deuteronomy we can read about how the Israelites were wandering in the desert and they were really concerned about what they were going to eat. In fact, they cared more about food than their God who provided it! We need God more than we need anything else in the world because it's God Himself who sustains us. That's what Jesus remembered when Satan tempted Him, and knowing this truth allowed Jesus to resist temptation. Jesus faced temptation but did not sin.

Listening to this story about Jesus and learning from his experiences helps us to be practice discipline, keep our promises and be closer to God.

During Lent, we make our Lenten promises and being more charitable will enable us to achieve this and make us a stronger person. We can use the Gifts of the Holy Spirit to help us show charity to others and grow closer to God.

Spend a moment thinking of a time when someone tried to help you when you were in need... how did it make you feel...has anyone tried to help you when you didn't need any help? how did that make you feel?...can you tell when someone genuinely wants to help you?..

Now let us pray: O Holy Spirit, please help us to use your gifts to help us be charitable to those around us. Help us to be conscious of you working through us and to draw closer to God. Help us to pray more and putting others needs first without being asked to do so.

We ask this through Christ our Lord. Amen.

When you are ready, bring your consciousness back into the room, thinking of the words charity and love. As you breathe in, concentrate on the word charity... and as you breathe out, concentrate on love...take a few breaths and relax. Begin to gently wiggle your toes and fingers and slowly sit up.

Following the example of Jesus, as a perfect role model, helps us to be a better person, making good choices to help others and ourselves. It can be challenging but we are all strong enough and determined to do show more charity to others, to pray, use self-control and be a better person.

Let us finish our time together with the Lord's prayer.

Our Father, who art in heaven...

# Christian Meditation

## **Virtue to Live By: Forgiveness**

I accept God's forgiveness. I show my love for God by forgiving others and myself.

I let go of my hurt feelings and give myself a new start. I give others a new start.

*"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." (Colossians 3:13)*

*"You, Lord, are forgiving and good, abounding in love to all who call to you." (Psalm 86:5)*

### **Setting the Scene/Focal point on floor or low table:**

Purple cloth for Lent, torch, mirror, candles, dimmed lights, spiritual/reflective image on interactive whiteboard or as part of prayer focus, Bible, prayer stones, religious artefacts, plants, shells, objects to link to the theme.

Meditative music/ peaceful/calming hymns quietly playing e.g. Philip Chapman

[https://www.youtube.com/channel/UC9Fz-N\\_zG5glahvE4NWKbrw/playlists?view=58](https://www.youtube.com/channel/UC9Fz-N_zG5glahvE4NWKbrw/playlists?view=58)

[Catholic Meditation Music 1 HOUR Instrumental Reflection Hymns - YouTube](#)

**Gathering together** – children enter to calm meditative music and sit in a horseshoe around the focal point.

### **Stillness exercise**

Close your eyes, sit comfortably, place your hands on your knees, allow the music to help you relax, take a deep breath in slowly and deeply through your nose, hold your breath for 3-4 seconds and breathe out through your mouth. Continue to take a few deep breaths, allowing the music to help you relax each part of your body from the tips of your toes to the top of your head. Lift your shoulders and then relax, relax your arms, legs, stomach, face, concentrating on your breathing inhale...exhale...inhale...exhale...every part of your body.

### **Reflection meditation**

We come together in meditation as members of our school community. We look to God to help us practice the virtue of forgiveness. Let us take this time to be with God and focus on the importance of being forgiving, living in the light of Christ and to give someone another chance after they have done something wrong so they can make a new start. When we forgive, we let go of our feelings of resentment, anger, and revenge. We also need to forgive ourselves so that we do not give up when we have done wrong or made a mistake but have the courage to act differently and have faith that, with God's help, we can change.

Let us give time to think carefully about your actions to see how you can become a better person.

### **Let us focus on this...take a deep breath...inhale and exhale...**

Jesus teaches us that God has forgiven us much, so we ought to forgive others in return. Forgiveness is very important in life because we make choices that hurt ourselves and others. If we are sorry for something that we have done or failed to do, then we can forgive ourselves. If we can forgive ourselves, we can move forward and learn from mistakes.

Jesus lives his teachings as a role model for us to learn from even when his friends betrayed him, he forgave them.

# Christian Meditation

Jesus shared the Last Supper with a disciple he knew was going to betray him. This must have been a very difficult thing to do. You might find it difficult sometimes to forgive a friend who has upset you. Let us go to Jesus to learn from him how to be forgiving.

Imagine you are with Jesus and the disciples in the Garden of Olives...Jesus has finished praying and is standing next to you...

There is a lot of noise coming from outside of the garden, listen... it is getting louder...there is angry shouting and yelling. A group of soldiers and Pharisees are entering the garden. Judas is with them. He should have been with you and Jesus and the other disciples.

Judas is walking towards Jesus...he kisses him...listen carefully...Jesus is speaking to Judas.

"Judas are you betraying the son of man with a kiss? ... Suddenly Peter takes his sword and cuts the ear of the high priest's servant.

The soldiers grab Jesus and lead him out of the garden...Peter follow them...the other disciples are running away...how could they do this to their friend Jesus? ... Follow Peter.

I will give you some time to be with Jesus and Peter. How could Judas betray Jesus?... That must have made Jesus very sad.

Jesus speaks to Peter about how he will deny knowing Jesus three time before the cock crows. Peter says he would never do this. But we know that he does.

Think about that for a moment. Talk with Peter about how he could deny knowing Jesus three times...

Is Peter sorry for what he is about to do? Have you ever done something you regret and are sorry for? Talk to Jesus asking for his forgiveness.

'Jesus, I am sorry for my sins and for what I have done to upset others. I am sorry that Judas betrayed you and that Peter denied knowing you. Help me forgive others when they upset me just as you forgave Judas and Peter. Help me love others as you love us and forgive us for our sins.'

And now, slowly begin to come back into the room. Be aware of your breathing and of your body. Bring your consciousness back in to the room as you are breathing in and concentrating on the word forgiveness and as you breathe out, concentrate on Jesus. Take a few breaths, opening your eyes, slowly move your fingers and toes. Take a few deep breaths and listen to this prayer.

## Closing prayer

Dear Lord

Thank you for our time with you in meditation. We are thankful for the opportunity to think about forgiveness to become better people. Help us to do and say the right thing, shining our light in doing God's work with everyone we meet. Help us to forgive others and forgive ourselves. I will try to be true to Your Word and pray that You will love me and come to make Your dwelling place within me. I promise to give You praise and glory in love and in service all the days of my life.

May we always reflect the light of Jesus. Help us to keep our faces turned toward you and help us to keep anything from coming between us and you. Amen.