

FAMILY PRAYER SHEET

32nd Sunday of the year



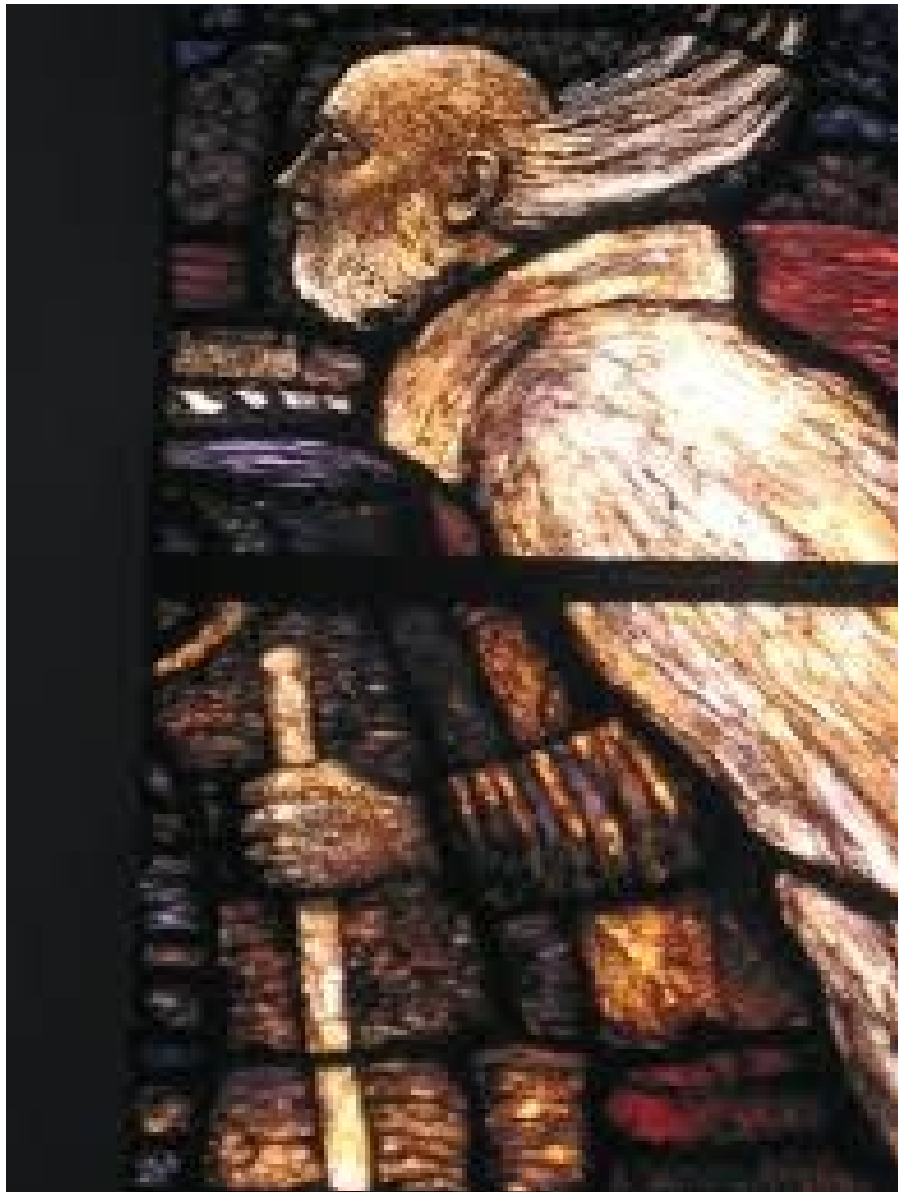
Forming lives ready to face the future

Dear NPCAT Families

This prayer sheet aims to help families pray together now that we cannot go to Mass. We hope that you will be able to use the activities to help our children and adults grow in faith at this time. We have tried to include activities that use resources that you might already have at home. If you don't have access to all of these resources, we hope that the activities give you inspiration to do something to explore the gospel and themes.

God Bless.

Angela O'Brien, Lead Lay Chaplain



Reading the Gospel from this Sunday's Mass

A reading from the Gospel according to Matthew 25:1-13

Jesus told this parable to his disciples: 'The kingdom of heaven will be like this: Ten bridesmaids took their lamps and went to meet the bridegroom. Five of them were foolish and five were sensible: the foolish ones did take their lamps, but they brought no oil, whereas the sensible ones took flasks of oil as well as their lamps. The bridegroom was late, and they all grew drowsy and fell asleep. But at midnight there was a cry, "The bridegroom is here! Go out and meet him." At this, all those bridesmaids woke up and trimmed their lamps, and the foolish ones said to the sensible ones, "Give us some of your oil: our lamps are going out." But they replied, "There may not be enough for us and for you; you had better go to those who sell it and buy some for yourselves." They had gone off to buy it when the bridegroom arrived. Those who were ready went in with him to the wedding hall and the door was closed. The other bridesmaids arrived later. "Lord, Lord," they said "open the door for us." But he replied, "I tell you solemnly, I do not know you." So stay awake, because you do not know either the day or the hour.'

Alternatives for Younger Children

A short retelling: https://www.youtube.com/watch?v=2C_O45giAoE

In song: A song about following God's teachings and being ready to go. "Ready, set, go" <https://www.youtube.com/watch?v=N438LIR3VHM>

Reflection

The customs surrounding marriage were much different in Jesus' time. However, wedding feasts, meeting bridegrooms, and lamp oil were all commonplace to the disciples. Jesus used ordinary objects and customs in his stories. This parable is unique to the Gospel of Matthew and emphasises the necessity of being prepared.

Discussion Points

- What was the difference between the wise virgins and the foolish virgins?
- What happened to the five foolish virgins?
- In the parable who fell asleep?
- How do you think the foolish virgins felt when they realised they would not have enough oil?
- Describe a situation today where someone could miss out because they were not prepared properly?
- What do you think this parable means?
- Why do you think Jesus told this parable to his disciples?
- How can this parable be applied today?

Reflection based and questions taken from "Exploring the Sunday Lectionary: a Teenagers guide to the readings cycle A" by Sandy Rigby and Steve Mason.

Activities

Playdough peace prayers

You will need: playdough in different colours

Have little balls of playdough in different colours. Talk about conflict and how sometimes when people disagree it can lead to people getting hurt. Take two of the balls of playdough in different colours and as the children roll them together to make a new ball that might be a different colour as they mix pray that people can come together and find peaceful ways to sort out their differences.

Activity taken from <http://flamecreativekids.blogspot.com>

Make your own poppy

You will need: Anything you can use to make a poppy.

As it's Remembrance Sunday why not take some time to make a poppy. You could do this by drawing, painting a paper plate to look like a poppy or make them from the bottom of plastic bottles and paint them. You could use wool or tissue paper to make a collage poppy. (Remember to sand paper the cut edge of the bottle before you paint it.) These can then be displayed to show our remembrance of those who gave their lives in conflicts.



What can you do for others?

- Mark the two minutes silence at 11am on Sunday morning.
- Send the poppies you make to others.

Prayers

God, it's difficult to see the point of wearing a poppy, or what difference two minutes' silence will make when we could be shouting protests. But we can recognise a broken life being valued, a gift being given, and taking two minutes to reflect on how much we have.

We look to the future, not to the past. We cannot change what has been but do not need to repeat its mistakes. So as old and young come together before you, take the very best of our lives; bind us into one people of faith and help us to share our common values, love of Jesus and care for each other; to build dreams, and, with your Holy Spirit, turn them into reality. Amen.

Taken from:
<https://www.rootsontheweb.com/lectionary/2007/32-november-december-2007-ca/proper-27/prayers/childrens-prayer-remembrance>

Almighty and merciful God, graciously keep us from all adversity, so that, unhindered in mind and body alike, we may pursue in freedom of heart the things that are yours.
Amen.

Taken from:
<https://www.pathwaystogod.org/sites/default/files/32nd%20Sunday%20in%20Ordinary%20Time%20Year%200A.pdf>

An Act of Spiritual Communion

Introduction

You might find it helpful to have a space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.

Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Examen: Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do.

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love?

You may wish to conclude by saying: Lord Jesus, you have revealed yourself as the way to the Father: Lord, have mercy. Lord, have mercy. You have poured out on your people the Spirit of truth: Christ, have mercy. Christ, have mercy. You are the Good Shepherd, leading us to eternal life: Lord, have mercy. Lord, have mercy.

The Word of God: The readings for the Mass of the Day can be found in a People's Missal or online Universalis [<https://universalis.com/mass.htm>]. Either read all the texts or choose just to read the Gospel of the Day. Or use the gospel reading that is on this sheet.

Silent reflection: Pause for a moment of silent reflection.

Prayers & Intercessions:

Pray for family and loved ones so that they may be held in God's compassionate care.

Pray for other countries who are struggling with the effects of the COVID 19 virus. If the following intentions are said in a family or other group you may wish to conclude each one with the response: Lord, in your mercy. Hear our prayer

For those in authority: may they offer advice with care and integrity, may they seek to protect the poor and vulnerable.

For all who work in healthcare: give strength to all who look after the sick so that they may bring comfort and relief to the suffering.

For the Church: may she offer prayers and consolation for all those affected.

For our local community and all for those in need: may those who are isolated know the support and service of their neighbours.

Lord's Prayer: Our Father...

Spiritual Communion: Prayer of St Alphonsus

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now

receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

Conclusion: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Additional Prayers

Pope Francis' prayer to the Virgin for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. Your, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas — we who are put to the test — and deliver us from every danger, O glorious and blessed Virgin.

Prayer for the Household

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen

Taken from "When Mass cannot be celebrated publicly"

<https://www.cbcew.org.uk/wp-content/uploads/sites/3/2020/03/No-Mass-A4.pdf>

Blessed Nicholas Postgate, Pray For Us

