



FAMILY PRAYER SHEET

12th Sunday of the year

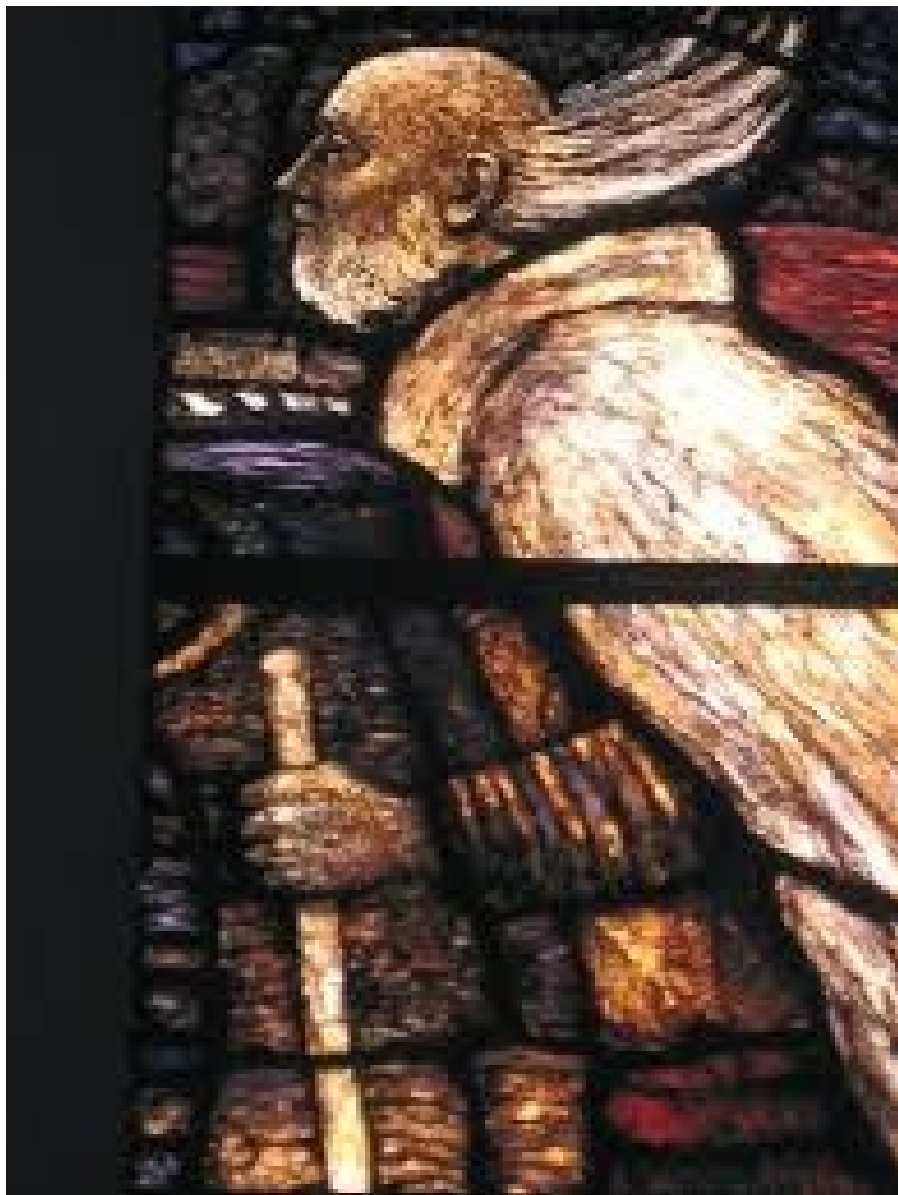


Dear NPCAT Families

This prayer sheet aims to help families pray together now that we cannot go to Mass, particularly over this celebration of Easter. 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 10:26-33

Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the housetops.

'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.

'So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.'

Alternatives for Younger Children

A short retelling: <https://www.youtube.com/watch?v=TvHqHzDuDcw>

In song: I Trust in Him <https://www.youtube.com/watch?v=lpnH8uSdCsM>

Reflection

We are important to God. That is a key message we can take away from this passage. We are called to share our faith in God and proclaim Jesus' teachings in our words and actions. This is sometimes a scary thing to do. However we are told we don't need to be afraid as God cares for us, just as he cares for everything else in creation such as the birds. We just have to put our trust in Him. God will provide for us, just as he does the creatures of creation.

Discussion Points

- What differences might you expect to find in people's actions and attitudes if every thought and action were known to all?
- What reasons for not being afraid did Jesus offer in this passage?
- Were there good reasons for the disciples to be afraid of proclaiming the gospel back then?
- How might Christians today acknowledge God's or Jesus' teachings in their daily lives?
- Why is it important to share your faith with others?
- What is revealed about God when Jesus said no sparrow will fall without his knowledge?
- According to this passage God sees everything that everyone does and thinks, God is aware of every part of creation, God values human life more than that of sparrows, and God will acknowledge those who acknowledge him. Does this image of God comfort you or disturb you?
- What are some examples of how God has provided for and protected those who seek God?
- Do you believe God will protect and provide for you if you sincerely seek the Lord?
- How can your actions and attitudes speak of the Lord? How do you experience God's protection and assurance in your life?

Questions taken from "Exploring the Sunday Lectionary: a Teenagers guide to the readings cycle A" by Sandy Rigsby and Steve Mason.

Activities



'Do not worry' bird feeders

You will need: pipe cleaners or string, cheerios (or hoop shaped cereal), toilet roll or paper towel tubes, peanut butter or fat such as lard, knives, bird seed, a plate.

With a knife, carefully coat the outside of the toilet roll tube with peanut butter or lard.

Cover a plate with birdseed and then roll the tube over the plate so that the seed sticks and completely covers the tube. Thread a pipe cleaner or string through the tube, as in the photo, so that it can be attached to a line or bird feeder in the garden.

An alternative bird feeder if you don't want to use peanut butter or lard, is to thread hoop shaped cereal, such as Cheerios, onto a pipe cleaner.



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

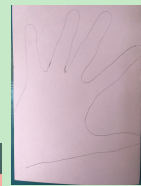
Held in God's hand's prayer activity

You will need: paper, pens, scissors

This is a visual way of showing the people we want to put into God's hands.

Fold your paper. Draw around your hand with the thumb and forefinger against the fold in the paper. Next cut around the drawing. When you unfold it should give you two hands and a heart shape in the middle. The heart can symbolise God's love.

Next write the names of those you want to pray for. You can decorate your hands if you wish. Then say a prayer to give thanks to God for all these people and ask God to look after them.



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

What can you do for others?

- Tell a joke.
- Feed the birds with your 'Do not worry' bird feeder

Prayers

God of all, you watch over us all with so much care. Help us to feel that you are near in all that we do. Help us to remember that everyone is precious in your sight. Amen.

Taken from: <https://cafod.org.uk/Education/Children-s-liturgy>

Lord, help us to be true to the mission you have given us, your apostles today. Help us to spread your love everywhere we go. We make all our prayers through Christ our Lord.

Taken from: <https://rcdow.org.uk/faith/catechesis/childrens-liturgy/>

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

