

Act of Contrition

We now want to say a prayer that tells Jesus we are sorry for what we have done, and that we will try to be a better person going forward. This is called our 'Act of Contrition'.



Oh my God, I am sorry for my sins. I know I should love you above all things. Help me to do better and to avoid anything that might lead me to sin. Amen

Absolution

After the Act of Contrition, the priest will pray over us, in the name of Jesus, to forgive our sins. This is called 'absolution'.

He will say: "I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit. Amen." We respond with: "Amen."

The priest will say: "Go in peace." We then respond: "Thanks be to God."

We perform our penance as soon as we can after our confession.



Closing Prayer

Heavenly Father, please help all who are forced from their homes, especially those who are children. May we all come together and open our hearts to welcome with love and kindness these your children so that together we may build Your Kingdom here on Earth. Amen.



Let's start by thanking God for the good things in our lives - our blessings. Write them down on the hand print. In good times and hard times God is with you. With all of us.

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

NAME _____



Refugees are often forgotten. Today we will use our time together to learn about refugees and how we can help them. We will pray for them and turn our concern into action.

Opening prayer

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

Lord, thank you for our gifts and talents.

Lord, show us who needs our help.

Lord, use our hands to help those who are hungry.

Lord, open our hearts to love and comfort those who are sad and lonely.

Lord, help us to care for the sick.

Lord, may we all help and support each other to build a better world.

Amen

The Word of God

Matthew 10 40 & 42



Ajani's Story

Let's listen to a story about Ajani, who had to move to the UK with his family. After you have heard Ajani's story, please write or draw four things you remember about his story..



What will happen to my petal?

Your petal will join your group's other petals to make beautiful flower. Your group's flower will then join other flowers made by children across England and Wales to be part of the SVP's field of flowers. This sea of blue flowers will show that we value and love all people equally.

Sacrament of Reconciliation

After we have thought about the things we have done wrong in the past, it is time to tell the priest about these. This is call 'confession'. We do this to ask God top forgive us, and for us to be close to Him again. During confession, the priest is listening to us in the place of Jesus.

We go up to the priest.

The priest will say: "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

We make the sign of the cross as he says this, and we say "Amen" with him.

We begin with:

"Bless me Father, for I have sinned". Tell the priest how long it's been since your last confession.

Confession

We tell the priest about the things we thought about during our Examination of Conscience, the things we did wrong, and finish by saying: "I'm sorry for these and all of my sins." Speak to the priest as if you were speaking to Jesus.

The priest will then give us a prayer to say, or a good deed to perform after our confession to show that we are sorry. This is called our 'penance'.



Examination of Conscience



What do you think the welcome was like for Ajani and his family?

How does the story make you feel?

Did you think about Ajani in a kind way after you heard the story?

If you met someone like Ajani, would you welcome them?

Let's take a few minutes in silence to think about the things we say and do to others, and think about if we could have done things better or differently in the past. This is called an examination of conscience.

Do I welcome people that I meet?

Am I kind to everyone in my class or only to the people that like the same things as me?

Do I take the time to listen to new things about people or do I judge people too quickly?

Forget me not activity



The petal you have in front of you is from a forget-me-not flower, which represents remembrance, peace and love. Please write a prayer here for refugees and asylum seekers who are often forgotten. When you write your prayer, think about what you can do to be more welcoming to people arriving from different countries.



Extra! Write one thing on the back of your petal which you could do to be more kind and welcoming to people arriving from different countries.

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