



November Moment – Post-Primary

This November Moment pack offers a variety of resources to choose from – music, scripture readings, prayers and activities. You can design a custom-made prayer service or ritual using some of these elements in whatever order suits your class or school situation. This pack is accompanied by a suggested prayer service or ritual.

Prayer

Dear God,

Thank you for the gift of life. We are grateful for waking up every morning to a new day, with new hope and new potential. Sorry if we have not appreciated this gift as much as we should.

We have often woken up to a day that was challenging, when there seemed to be just too many problems, when coping was not easy. Help us to deal with such days with as positive an attitude as we can summon up.

We know that someday it will be our last day on this earth, but we believe that the gift of life will carry on into the next life.

Many of us have experienced grief when we have lost loved ones. Please be by our side when such moments come to us. Our sadness is just proof that we have loved.

Though our loved ones may have died, it is good to know we can still love them and even be of assistance to them by praying for the repose of their souls for them to rest in peace. We can show respect by visiting their graves, especially in November. The dark days may reflect our mood, but we know that brighter days lie ahead and that the new year is on the way.

(Original prayer. More prayers can be found in the YOUCAT Youth Prayer Book.)





Activities

- Create a remembrance wall or board in the classroom – students can be invited to write the names of their deceased loved ones on a Post-it note and put it on the wall/board, perhaps in a ceremonial way, as part of a prayer service.
- Students can be invited to light a candle for their deceased loved ones and put it on a sacred space table in the classroom, or in the prayer room or oratory, with a suitable ceremony and prayers.
- The class could visit the local cemetery for a prayer service. If any students have loved ones interred there, they could show the grave and speak about their loved ones buried there if they wish.
- Students can be invited to draw symbols and/or artwork on themes of hope and remembering.

Music

All music listed below is available for streaming via YouTube, Spotify, Apple Music, etc., or for purchase as individual tracks on iTunes or 7Digital (Irish site: <https://ie.7digital.com>).

Albums of suitable instrumental music:

- *Ripples of the Divine* – Marie Dunne CHF (album of suitable instrumental music)
- *The Quiet* – John Michael Talbot (album with many suitable instrumental pieces)

Suitable songs:

- 'In Their Memory' – Marie Dunne CHF
- 'Now is the Time for Tears' – Charlie Peacock
- 'The Clouds' Veil' – Liam Lawton
- 'Life Goes On' – Judy Bailey
- 'Love is the Boat for the Journey' – Ian Callanan
- 'Jealous of the Angels' – Jenn Bostic
- 'God Will Wipe Away All Tears' – Bernard Sexton
- 'Jesus Promised Me a Home Over There' – Jennifer Hudson
- 'When the Saints Go Marching In' – Bruce Springsteen
- 'Don't Forget to Remember' – Ellie Holcomb

Worksheet

A worksheet is included as part of this resource pack that aims to explore many of the relevant themes for the November Moment. Students could fill in the worksheet before the other activities to get them reflecting on these themes and to make the subsequent exercises more meaningful.

Scripture Readings

- Matthew 5:3-12 – 'Blessed are the poor in spirit ...'
- John 14:1-3 – 'Do not let your hearts be troubled ...'
- Psalms 34:17-19 – 'When the righteous cry for help ...'
- Isaiah 41:10 – 'Do not fear, for I am with you ...'

