



Catholic Schools Week 2025

Catholic Schools: Alive in Christ

19–25 January 2025

**Tuesday: Life to the Full in Our
Faith Community**





Introduction

'All it takes is one good person to restore hope.' (Pope Francis, *Laudato Si'*, 71)

'Let us learn to live with kindness, to love everyone, even when they do not love us.' (Pope Francis, via Twitter/X)

'Each one of us is called to be an artisan of peace, by uniting and not dividing, by extinguishing hatred and not holding on to it, by opening paths to dialogue and not by constructing new walls!' (Pope Francis, Address to Participants in the International Meeting for Peace, 30 September 2013)

Suggested Activities

- Use Worksheet 1, included below (p. 5).
- Use Worksheet 2, included below (p. 6).
- Conduct a brief prayer service or prayer moment as included below (p. 4).
- Have the student place Post-It notes on a prayer board or classroom wall describing acts of kindness (putting ourselves in the shoes of others, thinking of one another – this is essential to our being in a Christian community).
- Divide students into small groups. Have each group discuss a specific aspect of *Christus Vivit*, such as hope, community or personal vocation.
- Have the students make a poster with pictures, words or both on the theme 'Living fully in Christ means being of service in our faith community'. Add examples of how we serve others in our local Church or parish.
- Ask for music suggestions from students that express hope/joy. Play this music in the background while they are making posters individually or in groups. Before the class finishes, reflect on the tone/atmosphere of the class and if there seemed to be a good feeling in the group, highlight how it feeds into the well-being promoted through the theme for Catholic Schools Week.
- Think-Pair-Share: How can we engage more positively with the Church in our local community?
- Divide the students into small groups of three or four and ask them, 'How can we share joy, hope and courage with others?' List examples of how we experience this with friends.
- Have the students role-play situations when kindness is absent, for example on social media (Snapchat/TikTok), in the family, in school, playing sport, etc.
- Have the students role-play situations that show how kindness restores energy to our soul.

Music Resources

Play one of the following songs on the theme of community:

'Community' by Damien Dempsey: <https://www.youtube.com/watch?v=bkkaYT8LVIE>

'Refugee' by Paddy Casey: <https://www.youtube.com/watch?v=QKTCHOOpp6Q>

'What a Wonderful World' by Playing for Change:
<https://www.youtube.com/watch?v=ddLdoQRf7Vg>



Concluding Reflection

Let me tell you a personal experience [...] I'm an absolute fan of chocolate, and my favourite bar is Galaxy Darker Milk. One day I brought some into work and put it on the counter in the staff room to make myself a cup of tea. Before I could do that, the secretary called me away to the phone.

When I came back, my Galaxy bar was gone. I immediately thought that one of my colleagues must have taken my chocolate bar, thinking it was for public consumption. I felt anger rising in myself and the urge to confront them about this perceived injustice.

Luckily, I decided to pause, acknowledged my puzzlement and anger, and reflected on whether blaming would be the best course of action. I took a deep breath and looked around.

Guess what happened? I saw that my precious Galaxy bar had fallen into the crack between the counter and the fridge. I was so glad I hadn't shouted and accused my colleagues, but gave my brain a chance to discern. This enabled me to act according to my values and not follow my first instincts.

(from Elizabeth Öhlböck, *Living City* magazine, July 2022)





Prayer Service/Prayer Moment

Quotation

‘Certainly, as members of the Church, we should not stand apart from others. All should regard us as friends and neighbours, like the apostles, who “enjoyed the good will of all the people” (Acts 2:47; cf. 4:21, 33; 5:13). Yet at the same time we must dare to be different, to point to ideals other than those of this world, testifying to the beauty of generosity, service, purity, perseverance, forgiveness, fidelity to our personal vocation, prayer, the pursuit of justice and the common good, love for the poor, and social friendship.’ (Pope Francis, *Christus Vivit*, 36)



Prayer

God, please help us to be thankful for the communities in which we live – family, friends, parish, sports and all the other communities we are a part of. They enhance our well-being and help us to develop, to find hope and to live a fuller life. We know they are not perfect. After all, they are made up of imperfect human beings like ourselves. Help us to be understanding of people’s failings, help us to lift up rather than put down.

Music for Reflection

Allow for some quiet time.

Play ‘These Hands’ by Dave Gunning: <https://open.spotify.com/track/63p3mt7o15kbuAbHABoLi3>

Scripture Reading:

‘We urge you, beloved, to admonish the idlers, encourage the faint-hearted, help the weak, be patient with them’ (1 Thessalonians 5:14)

‘I have come so that they may have life and have it to the full’. (John 10:10).

‘For where two or three are gathered in my name, I am there among them’ (Matthew 18:20)

‘Bear one another’s burdens, and in this way you will fulfil the law of Christ’ (Galatians 6:2)

Music for Reflection

Allow quiet time with instrumental music.

Finish by playing ‘Slane’ by Bobby Fisher:

<https://open.spotify.com/track/4FzcyhUdMoTQuG7rrnw7eW>



Worksheet 1

Listen to 'These Hands' by Dave Gunning.

Audio only: <https://open.spotify.com/track/63p3mt7o15kbuAbHABoLi3>

With video: https://youtu.be/wX_olhXWutU

Reflect on the song and answer the following questions.

1. What has this song to say about service in our community?

2. How can selfishness be an obstacle to true relationships?

3. In what ways can our participation in communities be good for our own well-being?

4. List some of the communities that you are part of.



Worksheet 2

Read the following piece and answer the questions that follow.

Let me tell you a personal experience [...] I'm an absolute fan of chocolate, and my favourite bar is Galaxy Darker Milk. One day I brought some into work and put it on the counter in the staff room to make myself a cup of tea. Before I could do that, the secretary called me away to the phone.

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1. What, in your opinion, is the point of this story?

2. What are the qualities that create good communities?

3. What actions can you take to help your communities?

4. What factors can block the positive development of a community?
