

## CALLED AND CHOSEN VIDEO FOLLOW UP ACTIVITIES

Dear Families,

Thank you for taking time to watch the video on Called and Chosen. Here are some activities that you might like to do with your children either in your own home or as a group of families gathered together. Included with this letter are several parent pages from the CGS website. These were mostly designed to meet the needs of families in lockdown due to COVID-19, so may include references to this. However, all the information contained in them can be used in conjunction with this video, at any time by families wherever you are.

1. Set up a prayer table.
2. Enthroned the Bible with a procession.
3. Have a prayer time together around the Bible on your prayer table.
4. Make prayer cards together.
5. Artwork - drawing, painting, collage about God's Word or about being called and chosen.
6. Think about songs that you know that go with this theme. Write these up on large cards or make a song book. The children are usually keen to help with this.
7. Find your children's Baptismal candle and white garment. Look at photos of your children's Baptism and remember this special moment when they became part of God's family and were gifted with His divine life and light.
8. Make a family candle for your prayer table.

If you would like to know more about the Catechesis of the Good Shepherd please check out our website: [cgsaust.org.au](http://cgsaust.org.au).

In the light and love of our Good Shepherd,

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# Enthroning the Bible in your home

*If you are setting up a prayer table in your home for the first time or if you have not gathered in this space as a family for a while, you may want to take the time to 'enthroned' the Bible, so that there is a special place where this particular way in which God comes to be with us is honoured in your midst.*



## What does this mean?

The term 'enthroning the Bible' is used to describe the act of reverencing and placing the Bible in a special place of focus. At this time when we are unable to go to Mass to encounter Jesus in the Eucharistic, we can turn our focus to another most important way in which God comes to be with us, through His Word. We encounter Jesus powerfully with us when we proclaim His Word. We can do this in our homes and not just on Sundays, but on other days throughout the week.

## How do we do this with the children?

If you have a family Bible you might want to take time to carefully explore this special book, we call the Holy Bible, with your children. Present it and open the pages to look at it together. You can discuss with them why this book is holy and what makes it so precious to us.

- The Holy Bible is God's Word through which God is speaking to us.
- It as a Book which contains precious mysteries which God wants to share with us. These mysteries are something God wants to share with everyone.

Depending on the age of your children they may already know some of these mysteries. For instance, they know about:

- Jesus coming to be with us as a tiny baby
- Jesus dying and rising from the dead
- Jesus is the Light of the Word, the Good Shepherd, the True Vine
- Something about the Kingdom of God and how to live in His Kingdom

Try to let the children tell you what they already know. You might be surprised.

## Placing the Bible on your prayer table

After this, you might choose to have a procession, carrying this Holy Bible to your prayer space. You may have a favourite song to sing as you process. A suggestion could be *"God's Word is a lamp unto My Feet"*.

If your prayer table is not already set, you could prepare the prayer table at the same time.



Each family member could carry something as you prepare the prayer table.

- A coloured cloth - this could be a scarf, pillowcase or table napkin
- The Holy Bible
- A stand or cushion to rest the Holy Bible on
- Candles to be lit during prayer time
- A statue or picture of the Good Shepherd
- A prayer card that the children have chosen or made
- Flowers
- Candle snuffer and tray - if available

*Processions are loved especially by the youngest children but readily engaged in by the older children, especially if they are involved in setting it up and getting it ready. Let them be as creative as they want.*



The structure suggested here is simply to give some basic ideas. Let this be a springboard to see what your children come up with.

**Preparing** As you prepare, some questions you could ask might be:

- How can we honour the Bible here in our home?
- What can you think of that you would want to bring in the procession?
- Where will we start our procession?
- What part of the Bible should we read when we get there?
- What other songs would you like to sing?

**Prayer** Once you have reached the prayer table and decorated it, light the candles and read a little from the Bible. If the children are uncertain about what scripture to proclaim, you may consider using one of the following:

- Your word is a lamp for my feet, a light for my path. -Psalm 119:105
- Serve the LORD with gladness; come before him with joyful song. -Psalm 100:2
- The Lord is my Shepherd, there is nothing I lack. -Psalm 23:1

Then spend some time reflecting together on what God is trying to tell us with these words. Invite your children to pray - Ask them if they would like to say something to Jesus. Wait and let them take their time. Join them by saying your own prayer to Jesus. Conclude with a song. Don't forget to snuff the candles!

**Further Reflection** Afterwards or the next day they might want to draw or paint or write in a journal of their own or make some song cards or prayer cards.

*There are many different types of celebrations that you can have around your family prayer table. We encourage you to begin this ritual of gathering at the prayer table each day and develop your own family prayer traditions.*

## Making Prayer Cards for your prayer table at home

A prayer card is a single word; a short phrase or verse from sacred scripture often from the psalms, or perhaps the words of Jesus. They can also be words from the Bible that have become a part of the traditional prayers that we say at home or at Mass.

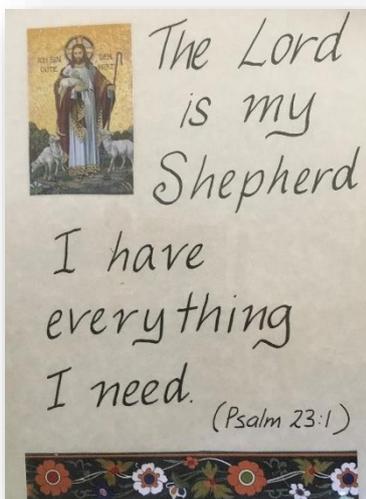
In the atrium, the child chooses a prayer card, along with other items, to place onto the prayer table either for their personal reflection or when preparing for communal prayer.

*When a child chooses a prayer card to place on the prayer table it is not just a mere decoration. Rather it is a reflection that comes from their heart expressing something intangible and sometimes even unconscious. This action is in fact prayer.*

### Prayer cards for the 3-6 year old child

You could create prayer cards for your young child to choose for your prayer table at home. Examples of word or short phrase prayer cards might be:

Hosanna, Alleluia, Amen, Rejoice, Glory to God, Our Father, Hail Mary.



#### Psalm prayer cards:

- Psalm 23:1 - The Lord is my Shepherd, I have everything I need
- Psalm 32:11- Rejoice in the Lord and be Glad
- Psalm 46:10 - Be still and know that I am God

#### Longer Verses from Scripture which is part of a traditional prayer:

- Our Father, who art in heaven
- Glory to God in the Highest
- Hail Mary, full of grace the Lord is with you

For the 3-6 year old child, choose words of joy, wonder and thanksgiving, which flow naturally from this age child. Words from the Scriptures help to build the child's prayer language.

You might choose to use a single phrase from longer prayers like the Our Father, rather than the whole prayer, and gradually add more phrases as the child develops.

Children may make their own cards and decorate them with borders or pictures.



## For the 6-12 year old child

Older children also enjoy making prayer cards. You could make creating prayer cards for your prayer table a whole family activity.

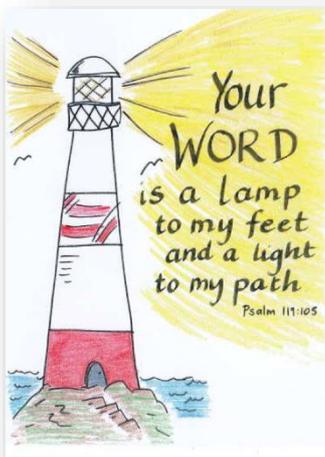
Along with the prayer cards listed above, the older child may include prayer cards with new themes to meet their stage of faith development. At this age the child is interested in the whole universe and what makes it work. They connect deeply with the plan of God and are now in a morally sensitive period. As such they begin to reflect on the mercy of God. They are aware of others and their needs and can cry out to God for help not just for themselves but for others as well.

The psalms are examples of how we can pray and remind us of God's promises. They express our thoughts but also help us to discover God's voice speaking to us.



Here is a list of possible psalms for 6-9 year olds:

- Psalm 23:1-4 *The Lord is my shepherd, I shall not want. He makes me lie down in green pastures .....*
- Psalm 16:11 *You show me the path of life.  
In your presence there is fullness of joy.*
- Psalm 19:1 *The heavens are telling the glory of God;  
and the firmament proclaims his handiwork.*
- Psalm 89:11 *I will sing of your steadfast love, O Lord.*
- Psalm 33:6 *By the word of the Lord the heavens were made,  
and all their host by the breath of his mouth.*
- Psalm 113:1 *Praise the Lord!*  
(or 2,3,4) *Praise, O servants of the Lord; praise the name of the Lord.*
- Psalm 119:105 *Your word is a lamp to my feet and a light to my path.*

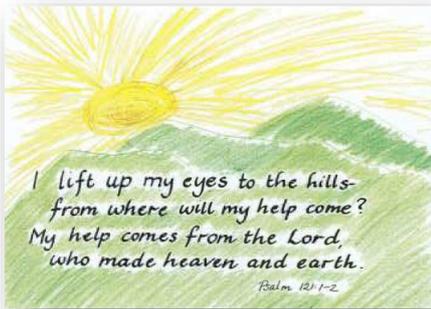


6-9 year old children also enjoy the prayers of the Church such as: The Our Father, The Hail Mary, the Glory Be and might want to make a copy of their own.

For the 9-12 year old children, prayers of the Incarnation such as: The Magnificat (Luke 1:46-55), Simeon's Prayer (Luke 1:29-32), Zechariah's Canticle (Luke 1:68-79), can be added.



Here are some extra suggested psalm verses for 9-12 year olds:



Psalm 3:5 *I lie down and sleep;  
I wake again, for the Lord sustains me.*

Psalm 4:6b *Let the light of your face shine on us, O Lord!*

Psalm 8:1 *O Lord, our Sovereign,  
how majestic is your name in all the earth!  
You have set your glory above the heavens.*

Psalm 117:1 *Praise the Lord, all you nations!  
Extol him, all you peoples!*

Psalm 34:8 *O taste and see that the Lord is good;  
happy are those who take refuge in him.*

Psalm 46:1 *God is our refuge and strength*

Psalm 67:1 *May God be gracious to us and bless us  
and make his face to shine upon us,*

Psalm 95:6 *O come, let us worship and bow down,  
let us kneel before the Lord, our Maker!*

Psalm: 100:5 *For the Lord is good;  
(or any verse!) his steadfast love endures forever,  
and his faithfulness to all generations.*

Psalm 121:1-2 *I lift up my eyes to the hills - from where will my help come?  
My help comes from the Lord, who made heaven and earth.*

## Art Supplies

**Paper:** you can use any paper you might have available at home, plain, coloured or even parchment.

**Pencils etc:** The younger children can use lead pencils or coloured pencils. The older children might also choose felt or calligraphy pens to write and decorate their prayer cards. Waterpaints are also great for colouring and decorating the card. Some children like to decorate the borders of their prayer cards with printed borders to glue on, or draw their own borders.

