

Hope Prayer Service

Opening Prayer: Gathering God, our Father, you have given us our minds with which to think, our hearts with which to love and our bodies with which to do good deeds. Help us in this celebration to appreciate these talents we can use to study, play and pray and to be joyful in the many gifts that you have given us. We pray this in the Holy Spirit with Jesus, our Lord. Amen.

Old Testament Reading—Baruch 5:5-9

Responsorial Psalm:

The response to the psalm is “**Let us sing praise to the Lord, our God.**”

O give thanks to the Lord, call on his name, make known his deeds among the peoples. **R**

Sing to him, sing praises to him, tell of all his wonderful works. **R**

Glory in his holy name; let the hearts of those who seek the Lord rejoice. **R**

Second Reading—Galatians 5:22-26

Gospel Reading—Luke 6:20-31

Universal Prayers:

Response: **Joyful Lord, hear our prayer.**

For our Pope, our Bishop, and our parish priests, that they may continue to be guided by God’s word and may experience joy in their lives through their daily commitment to helping and working with others, as Jesus did, we pray to the Lord. **R**

For the government leaders, that they may work for a world in which people care for and respect one another, we pray to the Lord. **R**

For the poor and marginalized of the world, that they may receive the care and attention they need and experience joy through the kindness and care of others, we pray to the Lord. **R**

For the students who are sad, that they may experience the joy of true friendship, we pray to the Lord. **R**

For those who are suffering from mental or physical illness in our community, that others may reach out to care for them, so they may feel compassion of others, we pray to the Lord. **R**

For students and staff at the school, that we may see the light of Jesus in each other and feel joy in each other’s company, we pray to the Lord. **R**

Closing Prayer: Dear Lord, As we go from this table of your word and the communion of your love, may we bring with us, Lord God, an appreciation of the gifts that you have given us: our friendships, our family, the beauty of nature that surrounds us, and especially a strong faith in the unique beauty of each person who is made in your image and likeness. May we find joy in the gifts that you have given us; we ask this through Christ our Lord. Amen.

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Northeastern Catholic District School Board

Growing our Faith through virtues

MARCH & APRIL
VIRTUE: HOPE

The Importance of HOPE:

Hope is the theological virtue by which we desire the kingdom of heaven and eternal life. We are at our happiest when we place our trust in Christ’s promises and rely not only on our strength, but on the help of the grace from the Holy Spirit. Hope is God’s gift to us at Baptism and unites us with the risen Christ. Hopeful people work for peace and justice on earth despite facing many obstacle. They trust that God’s plan will be fulfilled, even if not in their lifetime.



Hope is visible in our classrooms whenever we find prayer, trust in God’s faithfulness and work for justice and peace. It is hope above all that gives us strength to live and to continually try new things even in conditions that may seem hopeless. “Life is too precious to permit its devaluation by living pointlessly, empty, without meaning, love and finally without hope” Vaclav Havel

Lord, you know my dreams, and I know it is a lot to ask to realize those dreams when others have so little, but I ask that you hear my prayer of hope. I would like to think that my hopes and dreams are all part of your plans for me, but I trust that you will always know better. I put my dreams in your hands to mold and fit to your will. I surrender my hopes to you. Amen
Looks Like: Birds in the sky, a smile on a friend’s face, beauty in nature, playing with my friends, seeing God’s creation, getting my driver’s license, a brand new baby, a child’s face, beautiful art, being welcomed into the group.

Sounds Like: Silence, a pat on the back with words of encouragement, hearing children giggling, beautiful music, clapping, kids playing on the playground, food being cooked when you are starving, waves on the beach, cold wind blowing outside when you are warm inside, Mom’s voice, a purring cat.

Feels Like: Feeling like I belong, warm sunshine on my face, knowing God loves me, knowing someone cares about me, petting my cat or dog, a hug when I have not seen someone in a while, a quiet mind.

DEVELOPING CHARACTER THROUGH HOPE

A hopeful person:

- Inspired and inspires others
- Optimistic
- One who seeks good in the world
- Someone who sets and sticks to goals
- Someone who works for peace and justice
- Someone who sees the good in others even when they make mistakes
- Someone who works to include others
- Someone who works at creating a better world
- Someone who knows that God is in control and will bring about what is best for us

Scripture readings:

- The Resurrection of Jesus— Luke 24:1-12
- The People who Walked in Darkness Have Seen a Great Light—Isaiah 9:1-7
- A Shoot Shall Come out from the Stock of Jesse— Isaiah 11:1-9
- A Future with Hope— Jeremiah 29:11
- My Redeemer Lives—Job 19:25-27
- The Lord is my Shepherd— Psalm 23

PRAYER CENTRE IDEAS FOR HOPE



Lamb– To symbolize that Jesus is the sacrificial Lamb of God who died for us.

Butterfly – *The butterfly, with the power of flight, emerges from a lifeless cocoon in the spring. The butterfly is a symbol of the resurrection, and therefore joy.*

Egg – *The egg is a symbol of birth and rebirth. It is therefore a symbol of Christ’s resurrection and is seen at Easter.*

Three crosses – *To symbolize the three crosses on Calvary.*

Empty Tomb – *To symbolize the tomb where Jesus was laid.*

BUILDING LOVE IN OUR HOMES AND SCHOOLS

The word hope in the Bible expresses confidence and assurance concerning the future because it’s based on God’s promises, character and faithfulness. Christians always know that they have hope because they have God in their hearts. Hope is having Jesus to talk to. Hope is also being satisfied with what God has given you. It is something that makes you feel good inside. Hope is what you believe but you cannot see it. Hope helps you believe in Christ.

Lessons for Hope

Website by Dr. Jane Goodall

- High school students
- Lessons and ideas inspired by Dr. Jane Goodall’s book Reasons for Hope

The Twelve Gifts

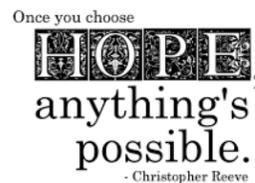
- Lessons on hope based on the book The Twelve Gifts of Birth by Charlene Costanzo (www.twelvegifts.com)

I am Second

- Website dedicated to people sharing their belief and faith in God and overcoming challenges
- Preview videos first as some may be more sensitive. Grade 4+

Symbols of Hope:

Have your students bring their own personal symbols of hope to school and place them at your prayer centre. Items can include a picture of a sibling (hope for the future) an image of a goal the student wants to achieve. You could also have them write their hopes and place them in a hope box and remember these hopes in your classrooms’ daily prayers.



Quotes about HOPE

“Hope dances in the puddles ‘til the sun comes out again”



“My lips will shout for joy when I sing praises to you; my soul also, which you have rescued.” ~ Psalm 71.23

“Make a joyful noise to the Lord, all the earth; break forth into joyous song and sing praises.” ~ Psalm 98.4

“Although you have not seen him, you love him; and even though you do not see him now, you believe in him now and rejoice with an indescribable and glorious joy, for you are receiving the outcome of your faith, the salvation of your souls.” ~ 1 Peter 1.8-9

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.” ~ Helen Keller

“Joy is a net of love by which you can catch souls.” ~ Mother Teresa

Resources to support HOPE

How Full is Your Bucket? Author: Tom Rath and Mary Reckmeyer (P/J)



Hope for the Flowers. Author: Trina Paulus

Growing Up With a Bucket Full of Happiness: Three Rules for A Happier Life Author: Carol McCloud (I)

Love, Hugs and Hope: When Scary Things Happen. Author: Lori Nawyn

The Giving Tree Author: Shel Silverstein (P/J/I)

Rain Brings Frogs: A little Book of Hope. Author: Maryann Cocca-Leffler

Oh!The Places You Will Go. Author: Dr. Seuss (P/J/I)

Brothers in Hope: Story of the Lost Boys of Sudan. Author: Mary Williams

The Rainbow Fish. Author: Marcus Pfizer (P/J/I)

I Dreamt. A Book About Hope. Author: Gabriela Olmus

The Twelve Gifts of Birth. Author: Charlene Costanzo

Circles of Hope. Author: Karen Lynn Williams

Hope is a Ferris Wheel. Author: Robin Herrera

A Sky of Diamonds—A Story for Children about Loss, Grief and Hope. Author: Camille Gibbs



“I pray that God will help you overflow with hope in Him”

Romans 15:13

Bulletin Board Ideas:

Tree of Joy

What makes you feel joyful? Have students write what makes them feel joyful and write on a heart. Hang the hearts on a tree

From Darkness to Light:

Cut out paper branches. Have paper branches run down the hallway, towards the bulletin board. During Lent, the students could add leaves, fruit and flowers to it. This gives the children the visual that out of the darkness comes life and growth.

Growth & Change “New Life”:

Place a tree with many branches on a bulletin board. In class, the children then decorate wooden clothespins with markers and glued on googly eyes to represent caterpillars. Next, tie-dye coffee filters with ink and water and glue to the clothespin. Add pipe cleaner antennae. When completely dry, wrap in brown tissue paper and secure to the branches. After Easter, open the tissue paper, unroll the wings of the butterflies and attach to the tree. They give the children the visual that Lent is a time for growth and change.

Music of Hope

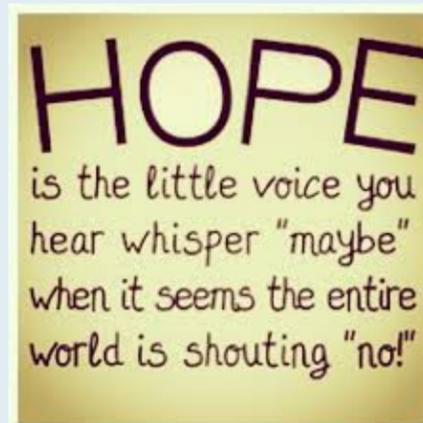
“Shout” by Worship House Kids (Video download from www.worshiphousekids.com)

Liturgical

Joy Joy Joy
Let Heaven Rejoice (CBWII 666)
Pass It On
Rain Down
Sing a New Song (CBWII 660)
Celebrate!
Children of the Light New Hope

Non-Liturgical

Here Comes the Sun ~ The Beatles
Alright ~ Darius Rucker
Celebration ~ Kool and the Gang
What a Wonderful World ~ Louis Armstrong



5 Links to Catholic Graduate Expectations

A Responsible Citizen
Acts morally and legally as a person formed in Catholic traditions

Seeks and grants forgiveness. Accepts accountability for one’s own actions

A Discerning Believer Formed in the Catholic Faith Community

Recognizes that “sin, human weakness, conflict and forgiveness are part of the human journey” and that the cross, the ultimate sign of forgiveness is at the heart of redemption

A Collaborative Contributor
Finds meaning, dignity, fulfillment and vocation in work which contributes to the common good

Respects the rights and responsibilities of self and others

A Reflective and Creative Thinker
Recognizes there is more grace in our work than sin and that hope is essential in facing all challenges

A Caring Family Member
Relates to family members in a loving, compassionate and respectful manner