

You, Me, Prayer and Liturgy

A resource for teachers and students



Acknowledgements

Grateful acknowledgement is given to the following people who contributed to the creation and production of this resource.

Sr Geraldine Larkins, Daniel Giles, Catherine Barianos, Jenni Kennedy,
Bernadette Casey, Michelle Sanders

You, Me, Prayer and Liturgy

Copyright © Catholic Education Sandhurst Limited 2021

Introduction

What is *You, Me, Prayer and Liturgy*: A resource for Teachers and Students?

You, Me, Prayer and Liturgy is a visual medium resource that describes important aspects of the Catholic Church that align with classroom Religious Education in Catholic Schools. It explores symbols, traditions and rituals that are used in the Church and in classrooms. The photos used within the resource show examples of students engaged in Catholic traditions and rituals that they may experience when visiting a Church or participating in prayer.

Who is *You, Me, Prayer and Liturgy* for?

You, Me, Prayer and Liturgy is aimed at supporting all students including those with diverse learning needs. It aims to introduce and prepare students to understand concepts, symbols and rituals when learning about the Catholic Church. *You, Me, Prayer and Liturgy* explores social situations that students may experience during their time within Catholic Schools, such as Liturgy in the Church and classroom prayer.

How can *You, Me, Prayer and Liturgy* be used?

You, Me, Prayer and Liturgy can be used within whole class settings to initiate discussion and wonderings. The *You, Me, Prayer and Liturgy* resource can be displayed digitally for all students to see and interact with or it may be printed as needed. It can also be used for preparing small groups or individual students on a one-to-one basis prior to participating in Liturgy, prayer and religious experiences.

You, Me, Prayer and Liturgy was developed by Catholic Education Sandhurst for use in Catholic Primary Schools and was written taking into account the evidenced based practice of social narratives.

More information can be found from AFIRM

(Autism Focused Intervention Resources & Modules): <https://afirm.fpg.unc.edu/node/589>

Contents

To go to the individual stories, click on the individual content headings below. There are individual tables of contents within the stories that link to specific sections of the stories.

| | |
|--|----|
| Introduction | 3 |
| 1. You, Me and Praying at School | 5 |
| 2. You, Me and Praying Together | 20 |
| 3. You, Me and Visiting a Church | 23 |
| 4. You, Me and the Bible | 37 |
| 5. You, Me and Prayers Before Meals | 44 |
| 6. You, Me and the Religious Education Lesson | 50 |
| 7. You, Me and Doing Good Things | 58 |

1. You, Me and Praying at School

Contents

There are many ways of praying6

What can I use when I pray?7

I begin my prayer with the Sign of the Cross9

I may do a few different things during prayer 11

What can I pray for? 13

Prayer at school..... 15

Praying as a congregation at Liturgies 17

It is good to pray at school..... 19



There are many ways of praying

I can pray in the Church with my family.



I can pray with my school community.



I can pray in my classroom.



I can pray on my own.



What can I use when I pray?

Sacred Space

I can help set up the sacred space when it is my turn.



Candle

A lit candle reminds me that Jesus is with me while we pray.



Rosary Beads

I can pray with Rosary Beads if I have them.



Hail Mary, full of grace
The Lord is with you
Blessed are you among
women and
blessed is the fruit of
your womb Jesus

Holy Mary,
Mother of God
Pray for us sinners
now and at the
hour of our death
AMEN!

Holy Pictures & Statues

Symbols help some people focus when they are praying.



What can I use when I pray? (cont.)



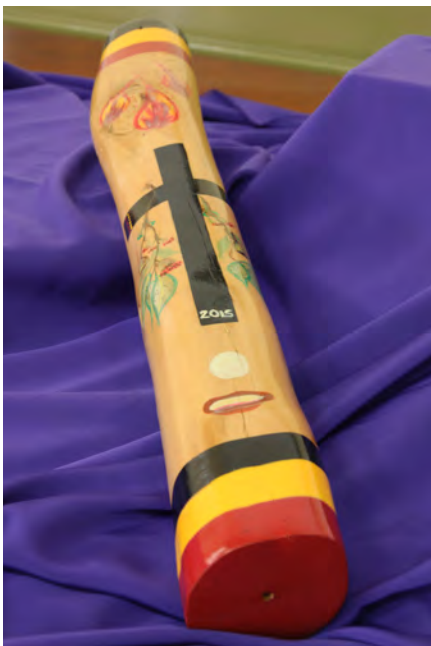
Cross or a crucifix



Bible



Prayer Book



Message Stick

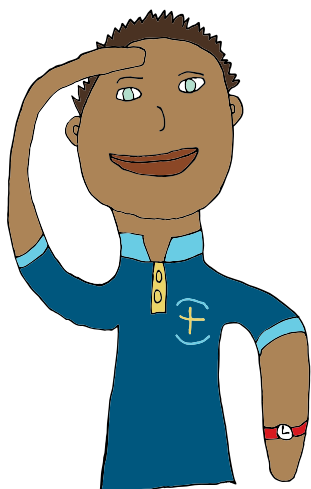


Labyrinths & Madalas

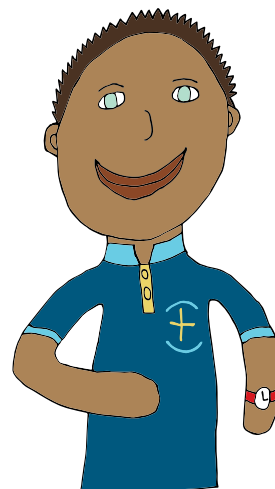
Labyrinths and madalas are creative ways for me to pray and think about what I am praying for.

I begin my prayer with the Sign of the Cross

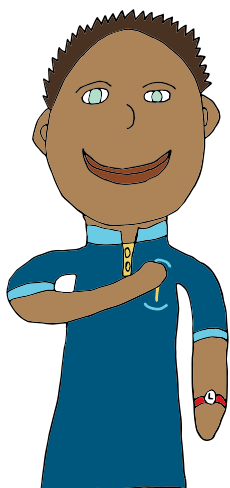
I say:



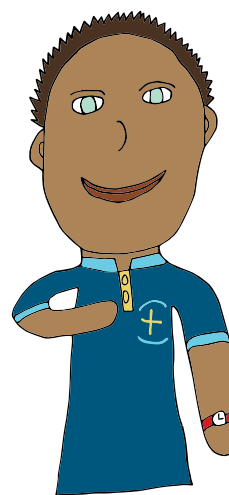
1: "In the name of the Father,



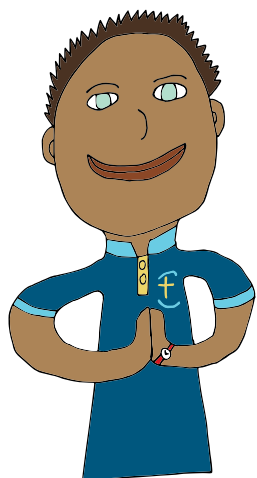
2: and of the Son,



3: and of the Holy



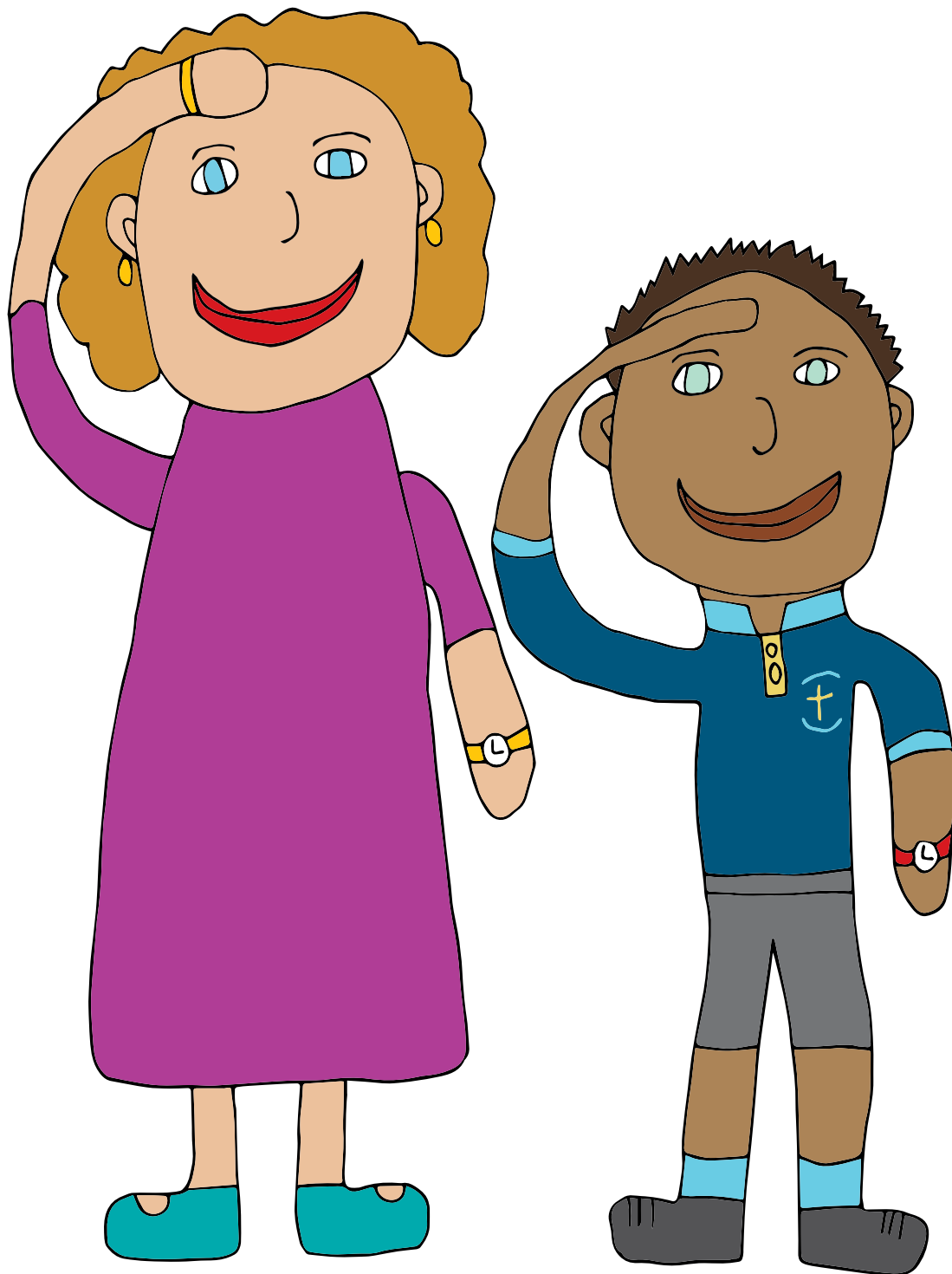
4: Spirit



5: Amen!",

while touching my forehead,
chest and shoulders to trace
the cross on my body.

I begin my prayer with the Sign of the Cross (cont.)



My teacher can help me learn how to make the Sign of the Cross.

I may do a few different things during prayer

I can read stories about Jesus from the Bible.



I can read prayers.



When it is my turn to pray, I can hold the candle if the teacher asks me to.



I can sing songs about God.



I may do a few different things during prayer (cont.)

I can see people reading from books during Liturgies.



I can silently meditate as I pray.



What can I pray for?

I can pray for many reasons.
I can pray for...

the students, teachers,
staff and families in my
school community,



the people and
organisations who help
others around the world,
e.g. Caritas



my parish community,



people who need
some support.

e.g. St Vincent de Paul Society



What can I pray for? (cont.)

family,



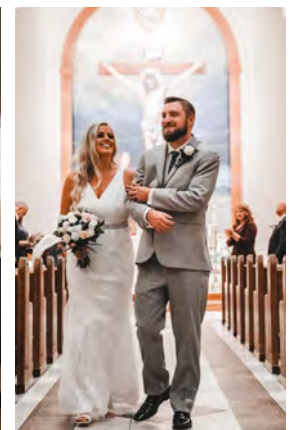
pets,



farmers,



people during special events and celebrations.
e.g. Baptism or Wedding



Prayer at school

There are different times when I pray at school.

In my classroom for morning prayer



To give thanks for my food

Bless us O Lord!
And these your gifts
Which through your
bounty we are about
to receive
Through Christ our
Lord!
AMEN!



During school assemblies



Prayer at School (cont.)

If my school has a Church, my class or the whole school will sometimes go there to celebrate a Liturgy.

When I am in the Church I can pray.

If my school has a chapel, I can pray in the chapel when my class visits.



Mass is celebrated by the priest and involves the Eucharist.



I can pray for students who are celebrating their Sacraments.



Praying as a congregation at Liturgies

If my teacher has asked me to take part in the Mass, I can take up the Gifts during the Offertory Procession.

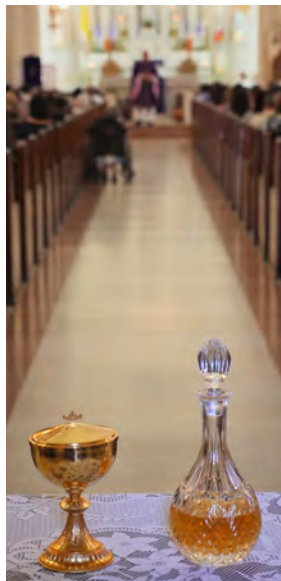


Photo on left by [Erica Johnston](#) on [One Secret Mission](#) CC BY 4.0. Image has been cropped.



Or I may read one of the readings or prayers.



If there are Altar Servers, I will see them helping the priest.

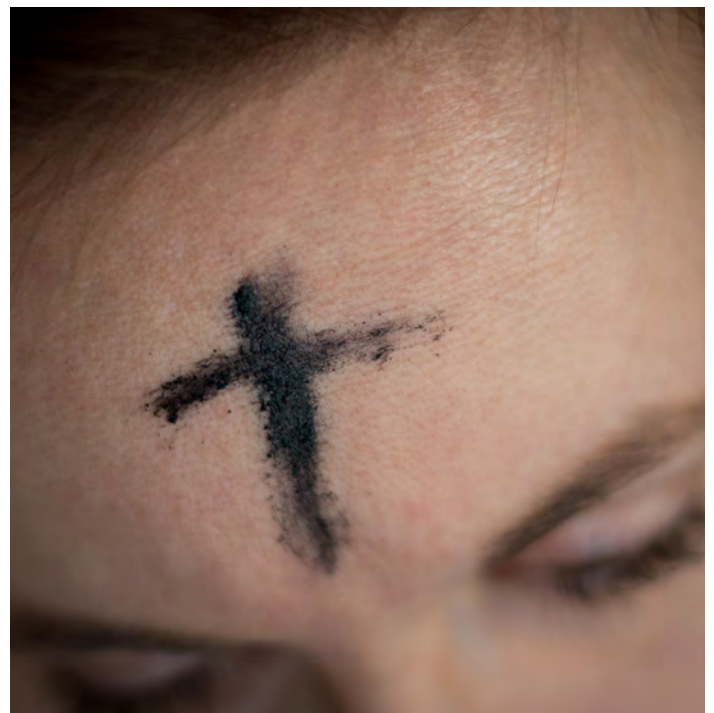
They wear special robes and often carry candles or a cross.



Praying as a congregation at Liturgies (cont.)



Some schools don't have a Church nearby, or the Church may not be big enough to fit all the students in, so our school can celebrate Liturgy in a hall or outside.



Seasonal celebrations, such as Ash Wednesday can be celebrated in the classroom or in the hall.

It is good to pray at school



Praying at school gives me a chance to talk and listen to God.

I can ask God to help me and thank God for all the special people and wonderful things in my life.

2. You, Me and Praying Together

Contents

When I pray, I can say a range of prayers 21

Ways we can pray together 22



When I pray, I can say a range of prayers

The Lord's Prayer

Our Father, who art in heaven,
Hallowed be your name.
Your kingdom come,
Your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses.
As we forgive those who
trespass against us.
And lead us not into temptation,
but deliver us from evil.
AMEN!

The Hail Mary



Hail Mary, full of grace,
The Lord is with you.
Blessed are you among
women and
blessed is the fruit of
your womb Jesus.

Holy Mary,
Mother of God.
Pray for us sinners
now and at the
hour of our death.
AMEN!

Grace before we eat our meals

Bless us O Lord!
And these your gifts.
Which through your
bounty we are about
to receive.
Through Christ our
Lord!
AMEN!



Morning prayer at school



Ways we can pray together

We can pray through art.



We can pray with scripture.



We can sing prayers.



We can pray in silence.



3. You, Me and Visiting a Church

Contents

What is a Church? 24

A Catholic Church is often named after a saint 26

Catholic Churches may also have other names 27

What is a Church used for?..... 28

What might I see in a Church? 30

Tabernacle..... 34

Sanctuary Lamp..... 35

Where can I see a Church? 36



What is a Church?

A Catholic Church is a special building dedicated to Jesus.

Some Catholic Churches look modern but still have some similarities.



Some Catholic Churches may look modern.

e.g. Sacred Heart Church, Wodonga

A Cathedral is a very large Catholic Church. It is often made of bluestone and has steeples.

e.g. Sacred Heart Cathedral, Bendigo



What is a Church? (cont.)

Catholic Churches can be made of bricks.

e.g. St Patrick's Church,
Pyramid Hill



Some Churches are made of wood.

e.g. St Kilian's Church,
Bendigo



A Catholic Church is often named after a saint

St Liborius Church, Eaglehawk



St Michael's Church, Tallangatta



St Monica's Church, Kangaroo Flat



Catholic Churches may also have other names

**Mary Help of Christians Church,
Heathcote**



**Sacred Heart
Cathedral, Bendigo**



**Holy Rosary Church,
White Hills**



What is a Church used for?

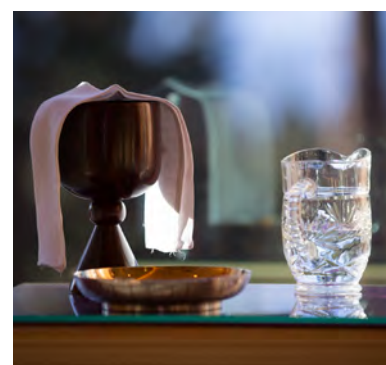
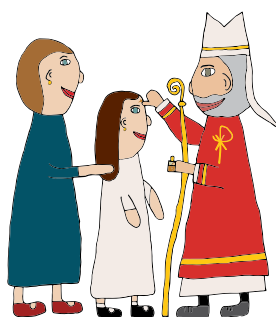
People go to a Church for many reasons.

Some reasons are:

To pray in a quiet place



To celebrate the sacraments



To participate in a Liturgy



What is a Church used for? (cont.)



People go to a Church to gather as a community of believers.



People go to a Church to celebrate their love for God.

What might I see in a Church?

Not all Churches look the same on the inside.



Although they may be different on the inside, they all have similar important items.

What might I see in a Church? (cont.)

Altar



Statues



Baptismal Font



Pews



What might I see in a Church? (cont.)

Lectern



Paten and Chalice



Priest

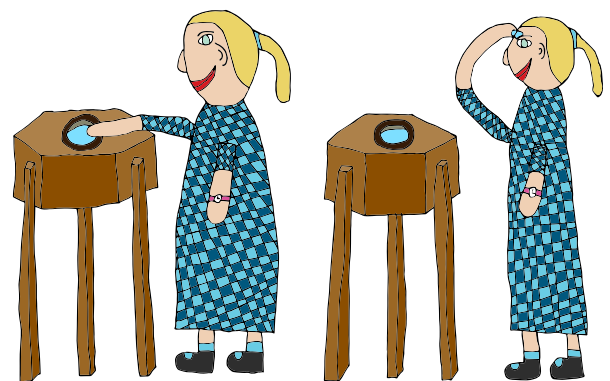


What might I see in a Church? (cont.)

Stations of the Cross



Holy Water font



Kneeling pews

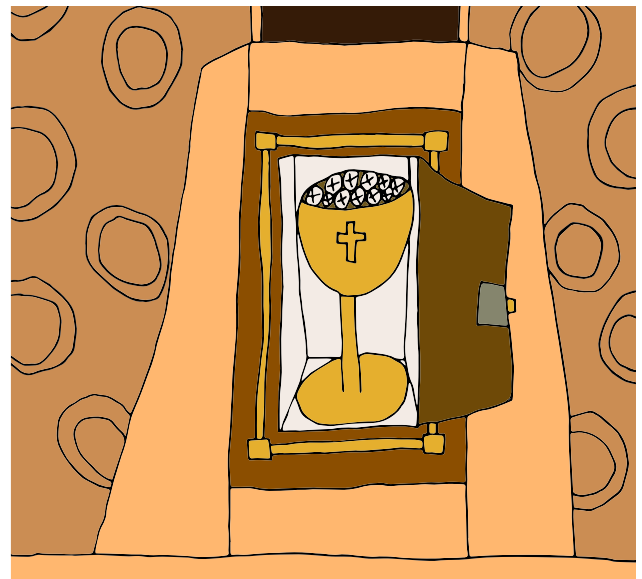


Tabernacle

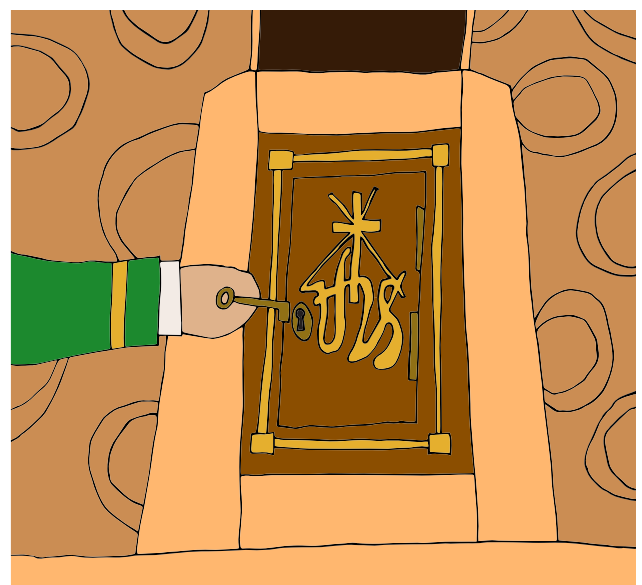
The tabernacle is a sacred box that is often placed near the back of the altar. Sometimes the tabernacle is placed at another location at the front of the Church.



It contains the Eucharistic Bread or Hosts left over from Communion.



It is usually locked for safe keeping.



Sanctuary Lamp

The Sanctuary Lamp is a candle or light with a red glass cover over it.

It is lit when the Eucharistic Bread or Hosts are placed in the Tabernacle.

It stays on until the Eucharistic Bread or Hosts are removed.



Bread, Wine
and Water.



Where can I see a Church?

A Church can be next to the school.

e.g. St Patrick's Church,
Tongala



A Church can be on the school grounds.

e.g. St Liborius' Church,
Eaglehawk



4. You, Me and the Bible

Contents

| | |
|---|----|
| The Bible is a sacred book | 38 |
| There are different styles of Bible | 38 |
| The Bible is separated into two sections | 39 |
| The Bible teaches us how to live a good life like Jesus | 40 |
| How to read the Bible | 42 |
| The stories in the Bible may be hard to understand..... | 43 |
| Bible stories | 43 |



The Bible is a sacred book

The books of Scripture within the Bible are “acknowledged by believers to be the Word of God recorded in human words under the inspiration of the Holy Spirit”. *Source of Life 2009.*

It is an important book for learning about God.

There are different styles of Bible

I may see a traditional Bible in my classroom.



I may see a children's Bible in my classroom.

This is a collection of Bible stories and parables.



The Bible is separated into two sections

The Old Testament
(Hebrew Bible) holds
many stories about God
and how people lived
before Jesus was born.



The New Testament
holds many stories
about Jesus' life.
Jesus told parables as a
way of teaching how to
live good lives.
I can read them in the
Gospels.



The Bible teaches us how to live a good life like Jesus



It teaches me it is important to help people who need support.



John the Baptist said, "Whoever has two coats must share with anyone who has none; and whoever has food must do likewise." *Luke 3:11*



It teaches me to be kind to other people.



"I give you a new commandment, that you love one another. Just as I have loved you." *John 13:34*

The Bible teaches us how to live a good life like Jesus (cont.)

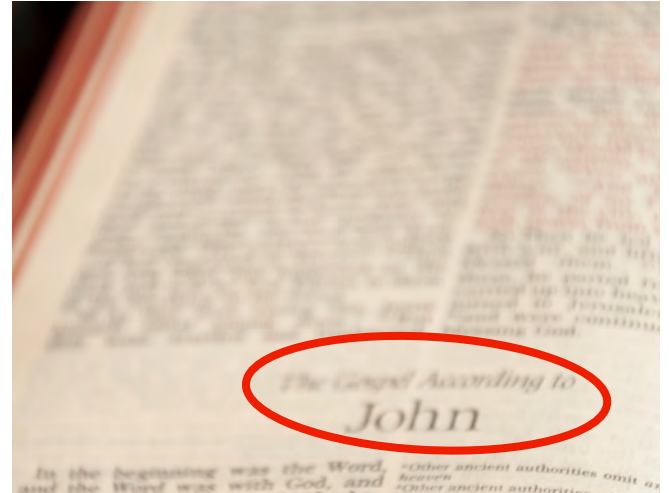


It teaches me to care for nature and God's creation.

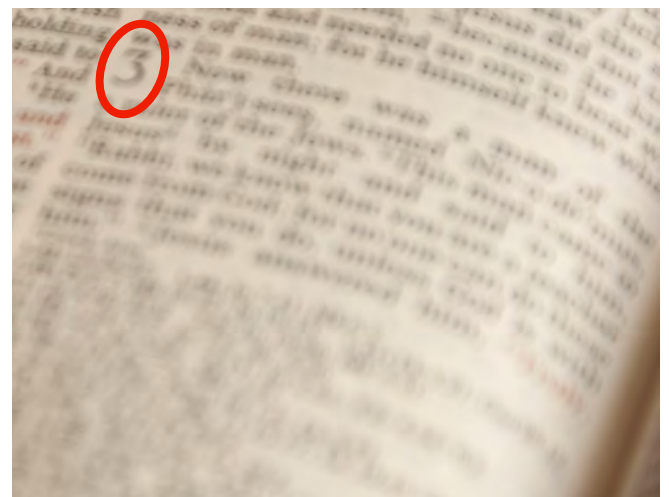
How to read the Bible

The Bible is divided into chapters and verses. A verse is usually one sentence long. For example, my teacher could ask me to look for John 3:16-20.

This means that I need to look for the book of John.



Then go to chapter 3. Big numbers are usually used for the chapter numbers.



Then find verses 16 to 20. The verse numbers are usually small.



The stories in the Bible may be hard to understand.

I can ask my teacher to explain the stories to me.



Bible stories



I can read Bible stories from the Bible.



I can read Bible stories in story books.



I can watch animated Bible stories.



I can draw illustrations of Bible stories.

5. You, Me and Prayers Before Meals

Contents

Many people pray before eating 45

What can I thank God for when I say grace?..... 46

At home, our families may say grace altogether 48

When we are on school camp..... 49



Many people pray before eating

Praying before a meal is a way to say thank you for the food which I am about to eat.

These prayers are often called 'saying grace' or 'giving thanks'.

Bless us O Lord!
And these your gifts.
Which through your bounty
we are about to receive.
Through Christ our Lord!
AMEN!

At school the teacher might ask us to say grace as a whole class. I can join in with this prayer.

The teacher can also ask us to sit in our seat and say our own personal 'thank you' prayer.



I can pray at home before I eat my meals.



What can I thank God for when I say grace?

I can thank the people who prepared the food for me to eat.



I can thank the farmers who grew the food.



What can I thank God for when I say grace? (cont.)

I can thank the people in the production factories who prepared the food for delivery.



I can thank the truck drivers who delivered the food to our local communities.



I can thank the sales assistants who sold the food in shops and markets.



At home, our families may say grace altogether

I may say grace everyday with my family before a meal.



I may say grace at a special family function before a festive meal.
e.g. Christmas



When we are on school camp

When I am on camp, I can say grace for the camp food. I can thank the chef, teachers and fellow students who helped prepare the meals for all the students.



6. You, Me and the Religious Education Lesson

Contents

We have Religious Education lessons at my school..... 51

I learn about the Sacraments 53

I learn about the parts of the Liturgy 54

We learn about the important people in our lives..... 55

I learn how I can be more like Jesus 56

I learn about organisations who help people..... 57

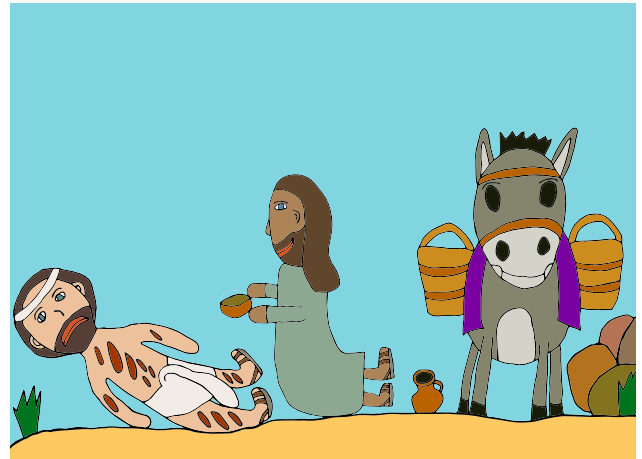


We have Religious Education lessons at my school

During these lessons, I learn about many topics, which include, God, Jesus, the Seasons of the Church, the Sacraments, Living a life like Jesus, Bible stories and caring for God's creation.

Jesus told many stories which we call parables. Sometimes I read and listen to parables from the Bible.

e.g. The Parable of the Good Samaritan



The teacher retells stories about Jesus and the parables Jesus told by using Godly Play figures.



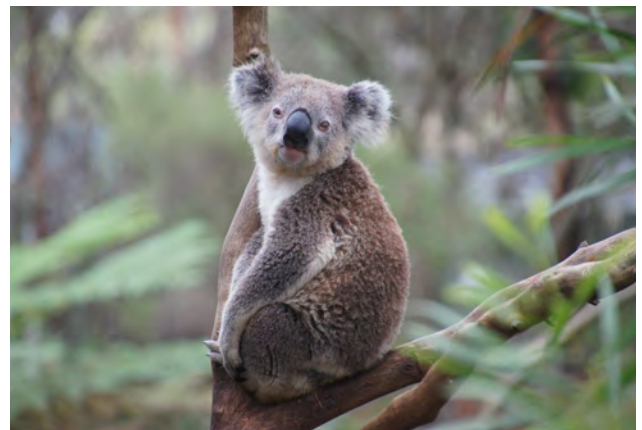
I can take part in a role play.



We have Religious Education lessons at my school (cont.)

I learn about Creation that God made and how to protect all living and nonliving things in our environment.

e.g. animals, insects, plants, rocks, waterways, etc



I can also learn about plants and gardens and the importance of looking after them.



I can learn how to look after our environment and be a responsible steward.

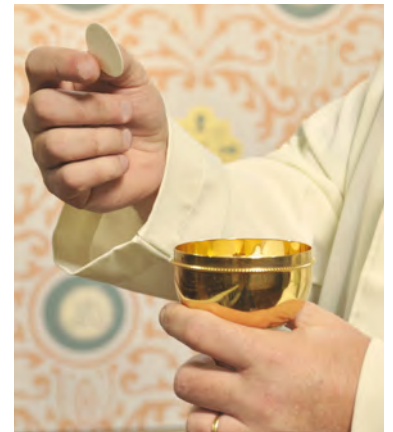


I learn about the Sacraments

Baptism



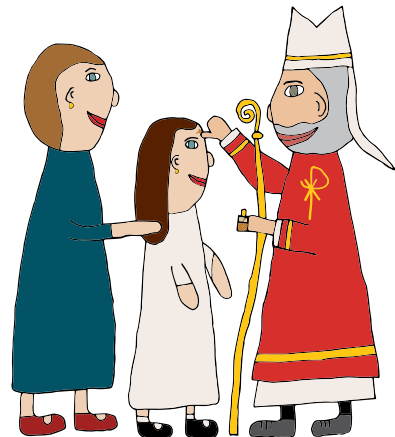
First Eucharist



Reconciliation



Confirmation



I learn about the parts of the Liturgy

We gather



We listen



We respond



We are sent out to talk about what we have learnt about Jesus



We learn about the important people in our lives

Parents and family



Friends



Carers



Teachers



Who is important in your life?

I learn how I can be more like Jesus

Being kind to other people and helping them out.

e.g. Sharing my toys with someone else



Playing with someone who may feel lonely.



Standing up for someone else.



I learn about organisations who help people

There are some people who don't have everything they need to live. There are many organisations who help them. I learn ways that I can help them too.



People who don't have a house to live in



Families who don't have enough food



St Vincent de Paul Society



Caritas

7. You, Me and Doing Good Things

Contents

Jesus did many good things to help others 59

Jesus works through us..... 59

People may do kind things for me each day 60

Students can be kind to each other 61

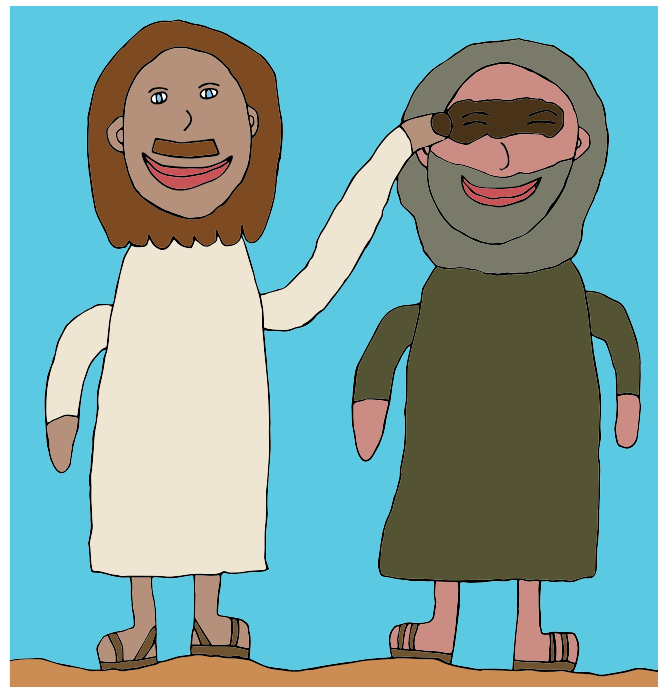
We might do things as a class or as a whole school
to help people in our community and around the world 63



Jesus did many good things to help others

He was kind and thoughtful. He fed people who were hungry, helped people get better from their sicknesses and showed people how much God loves them and all creation.

By helping others, Jesus enabled them to join their communities once again.



Jesus works through us



Jesus continues to do good things for others by working through people such as you and me.

For example, I can play with children at school who are by themselves in the playground.

Doctors and other medical staff who work throughout Australia may travel overseas as volunteers after a natural disaster.

Some people may volunteer for a local charity that helps people who need some support.

e.g. St Vincent de Paul Society



People may do kind things for me each day

My parents give me food to eat, a house to live in and a bed to sleep in.

They also love me and help me learn what I need to for life.

How do your parents show you they love you?



At school, my teachers help me to learn. They also look after me and make sure I am safe.

One way they do this is by looking after students during yard duty.

How does your teacher look after you?



Students can be kind to each other

Other students may also be kind to other students in the classroom and in the playground.

They can offer to play with me when I am by myself.

I can also offer to play with them.





Some schools have a Buddy Seat or a Friendship Seat where students can find other friends to play with.

If my school has a Buddy or Friendship Seat, I can go there if I am looking for new friends to play with.

I can also go there to find people who need somebody to play with.



I can help students when I am in the playground or in the classroom.

If I see another student hurt, I can let a teacher know.

We might do things as a class or as a whole school to help people in our community and around the world



We can bring packaged food or gold coin donation when the school fundraises throughout the year. My teacher will tell me when to do this.

e.g. St Vincent de Paul Society, casual clothes day fundraiser



We also help Caritas and raise money for Project Compassion during Lent.



We can help with jobs around the house and at school.

What sort of responsibilities do you have?



I can share my things with others.

For example, I can share my toys when I am at home and I can share my pencils in the classroom.

