

GOING
DEEPER

GOING
DOWN
UNDER
WYD08



yo



our time





Dear Friend,

Congratulations on your achievement of coming to World Youth Day 2008!

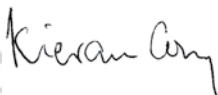
I appreciate that many of you have made a long journey in preparation for WYD; long before you have even set foot on a plane. Whether this has included the organisation of pilgrim groups, raising awareness of the themes of WYD or raising funds for the journey, it's all got you here.

Of course your journey will continue alongside the many thousands of pilgrims making their way to Sydney and to this truly international event. There will be lots of opportunities to explore and express your faith in community and there will also be the opportunity to create internal space for yourself with prayer, reflection and meditation.

This booklet offers guidance and examples of prayerful resources, gathered from many of the dioceses in England and Wales who are bringing pilgrim groups. It is intended to be used as a companion in the quieter moments of your pilgrimage and an aid to help realise the incredible power of the Holy Spirit at the heart of your experience of World Youth Day.

I look forward to joining you soon.

Yours in Christ,



Kieran Conry

Bishop Kieran Conry
(Bishop of Arundel & Brighton
and Bishop responsible for Youth Ministry)



when
we've lost
our way,
point us
in the
right light peace
direction.


love

perspective

courage

meaning





A First Sunday prayer,
composed by a young adult.

In the noise of the city,
Bring us peace.

When things don't make sense,
Give us meaning.

When we've lost our way,
Point us in the right direction.

When it's tough to be Christian,
Shine your light in our lives.

When we're alone,
Give us courage to make friends.

When careers take over,
Help bring perspective to our lives.

When life is full,
Help us focus on what's important.

When love is difficult,
Break our hearts of stone.

When we ask,
Give us hearts for love alone.

Preamble.

How often we trust in words spoken to us by friends, sometimes even by strangers. We listen to and believe much of what is said in the media or on the web for example, words spoken by people we do not know, by people who may have no real care for us and our true well-being.



In the invitation to Life it is God who speaks to us. In the call to proclaim His word it is God who speaks to us. In the assurance that we are precious, that we are loved, that we can do great things in our generation, it is God who speaks to us. It is the One who seeks only our good who speaks to us. Do I trust in His word?

Lord God, help me to trust in the word you have spoken to me. Give me the graces I need to understand that you wish me only to have life. Let me use the gifts that I have, the gift that I am to bring your life to others. Teach me to have confidence in how you see me so that I may better know the value I have. Give me courage in my youth to follow your way and the strength to use the gift of my youth for the spreading of your word. This prayer I make in Christ your Son, who lives with you and the Holy Spirit, one God forever and ever. Amen.

(Courtesy of the Diocese of Cardiff)

The call of Jeremiah

The word of Yahweh was addressed to me, saying,
'Before I formed you in the womb I knew you;
before you came to birth I consecrated you;
I have appointed you as a
prophet to the
nations'.

I said,
'Ah, Lord God;
look I do not know
how to speak; I am a
child!'

But the Lord God
replied,
'Do not say, "I am a
child".

Go now to those to whom
I send you and say
whatever I command you.
Do not be afraid of them,
for I am with you to
protect you-it is Yahweh
who speaks!'

GO

Prayer by
Thomas Merton

My Lord God, I have no
idea where I am going
I do not see the road ahead
of me.

I cannot know for certain
where it will end.

Nor do I really know myself,
and the fact that I think I am
following your will does not mean
that I am actually doing so.

But I believe that the desire
to please you does in fact please you.

And I hope I have that desire
in all that I am doing.

I hope I will never do anything
apart from that desire.

And I know that if I do this,
you will lead me by the right road
though I may know nothing about it.
Therefore, I will trust you always.
though I may seem to be lost
and in the shadow of death.

I will not fear,
for you are ever with me
and will never leave me
to face my perils alone.

(Courtesy of the Dioceses of Clifton,
Plymouth and Portsmouth)

trust not lost no fear right road never alone pleasing you
faith ever with me my desir



"We are the fruits of this mission of the Church through the working of the Holy Spirit. We carry within us the seal of the Father's love in Jesus Christ which is the Holy Spirit. Let us never forget this, because the Spirit of the Lord always remembers every individual, and wishes, particularly through you young people, to stir up the wind and fire of a new Pentecost in the world". Pope Benedict XVI



"Have no fear of moving into the unknown. Simply step out fearlessly knowing that I am with you, therefore no harm can befall you; all is very, very well. Do this in complete faith and confidence". Pope John Paul II

(Quotes sourced courtesy of the Diocese of Salford)



who is he?

The Still Point

Art galleries capture His life in paintings,
Libraries are lined with books exploring
His thought.


Hospitals and schools are dedicated to
His memory.

He is focus of controversy,
The rallying point of unity,
The object of love,
The subject of debate,

A basis for hope and the goal of lives.
No one interested in the meaning of life and
Its ultimate questions
can ignore Him.

He towers above the giants of history.
To some he is an uneasy feeling
in times of silence.

(Courtesy of the Diocese of Liverpool)



Preamble. It is no accident that we are 'called' by name and also 'called' to a vocation. Both point towards the Lord's love of us and our individuality.

Spend some time in reflection on the passage, try to hear the Lord calling you by name. Ask him what you can do or be for him, or what he wants you to be or do.

(Courtesy of the National Office for Vocation)

AMBER

Called by Name

Over one hundred years ago,
Cardinal John Henry Newman
wrote:

God has created me to do him
some definite service;
He has committed some work to
me which he has not committed
to another.

I have my mission - I may
never know it in this life,
but I shall be told it in the
next.

I have a part in this great
work; I am a link in a chain,
a bond of connection between
persons.

He has not created me for
naught.

I shall do good, I shall do
his work;

I shall be an angel of peace,
a preacher of the truth in my
own place,

while not intending it,
if I do but keep his
commandments and serve him in
my calling.

Therefore I will trust him.

Whatever, wherever I am,
I can never be thrown away.

I ask not to see, I ask not to
know, I ask simply to be used.

The 5 fingers of prayer

Your thumb is nearest to you so begin by praying for those closest to you; they are the easiest to remember. Say a special prayer for those people who have helped you in your faith and shown you how to be close to Jesus.

The next finger is the pointing finger. Pray for those who teach, instruct, and heal - this would include teachers, doctors and priests. Pray now for a priest you know or one of your teachers. They need support and wisdom to point people in the right direction.

The next finger is the tallest finger. It reminds us of our leaders. Pray for our politicians and the leaders of our country, leaders of business and industry, and leaders of our Church. These are the people who shape our nation and guide public opinion. They need God's guidance the most. Pray now for our Bishops or for the Prime Minister or someone who you know who is in charge of a lot of people.

The fourth is the ring finger - this is the weakest finger and the only one without an independent tendon - it should remind us to pray for those who are weak, in trouble or in pain. They need our prayers day and night. Pray now for someone who you know is suffering in mind body or spirit.

(Courtesy of the Diocese of Leeds)



Last, the little finger, the smallest of all. This is where we should place ourselves in relation to God and others. "The least shall be the greatest among you." Your little finger should remind you to pray for yourself. By the time you have prayed for all the other groups, your own needs will have been put into perspective and you will be able to pray for yourself more effectively. Pray now, that God will reveal to you His great love and show you how to live a full and happy life according to His will.



b
ca
w
C
din
ta
a
yak
b
for

stubby - small
bottle of beer dunny -
loo bonzer - great
sk - boxed bag of cheap
ine daks - trousers
dinkie die - truth
akum - genuine or honest
ll poppies - high
chievers tucker - food
obie - australian shrimp
sized lobster with claws
dilly - container used
boiling water ankle
biter - young child

Ignatian EXAMEN (or PRAYER of DAILY AWARENESS)

This is a way of praying about real life, and of finding God there, for really busy people, at the end of the day.

There are 5 sections to this prayer, each quite short; the whole prayer, or reflection, can be done in only 10-15 minutes.

1) Be comfortable somewhere; breath deeply & slowly; close your eyes if it helps. Become conscious of placing yourself before God, who is waiting for you, looking at you & smiling. Once you are more in tune with that reality, offer the day just ending to God. Ask God to reveal the day, as God sees it. Ask, too, for a spirit of gratitude for whatever was given in the day, even if you are not at this moment aware of having received much, or even anything. Give it to God as a deeply-felt desire.

2) From getting up in the morning through all the commutes & journeys, meetings, encounters, frustrations, successes, hopes, disappointments, delights, hurts and events of the day, right up to this moment, let your day play back to you again. For some people this can be done continuously, like a video playing in your mind; for others it might be a bit more random. Either is good. With practice, you can come to see that this is actually God showing you the day and all the people in your day. Notice "the warm spots and the cold spots". Give it to God to bless.

3) Let come to mind one or two points that have delighted you today and still delight you now as you think of them again. These are any kind of event or encounter that has brought you joy or laughter, or satisfaction; or something that just moves deep inside you, saying "Yes!" This might be something that was said to you or something you said. It was probably an offer God was holding out to you, so thank God not only for the offer but also for having been able to accept it. Be in that moment again but don't spend time or effort trying to explain it or analyse it; just be there once more, before it vanishes into time & history. Give it to God with joy.

4) Now bring to mind anything negative that surfaces for you; a word, a thought, a reaction that left you saddened ... or annoyed ... or even angry. This might be something you've said that you wish you hadn't said, or perhaps you kept silent when you should have spoken; or an action that you were forced into, perhaps professionally, that left you feeling uneasy or just bad. It might be something that God was offering, an opportunity, but maybe you backed away or could not accept it. No explaining, reasons or analysis for now. Be aware, and accepting, if you find that these are things you would rather not look at, right now; don't force it, but don't suppress it either. Whatever it is that is negative in your day, acknowledge and own it now. Give it to God to heal.

5) Finally, thinking ahead, looking forward ... your journey away from the place where you are at this moment, if only to end the day or to sleep; can you imagine that already? Can you also imagine tomorrow morning? What comes to mind, that is already in your diary for tomorrow; the same as most other days, or different? See in the imagination the place you will go to and how you will get there. What you are doing now is blessing the day ahead of you, because God has been with you throughout this little reflection, your personal Examen. And as God's Spirit has been calling you and offering you opportunities all day long, as you can now see a little more clearly, so God will continue to call you tomorrow and for all the time to come. Give it to God to fill with hope.

Perhaps you might like to finish with a formal prayer such as the Our Father or ask your favourite saints to pray for you, or just a Sign of the Cross.

The Examen, or Prayer of Daily Awareness, comes from the Spiritual Exercises of Saint Ignatius of Loyola, founder of the Jesuits, and is used by all sorts of people in all walks of life, to achieve a more aware and abundant life. (Courtesy of Magis-UK Office)

World Youth Day is more than a name for a youth festival. It is a call to **solidarity** where **faith** and **justice** meet. CAFOD is working with Caritas agencies around the world to put the 'world' in World Youth Day!

*Today it is your task, dear young people, to **live** and **breathe** the Church's **universality**.*

Pope Benedict XVI

These were the words of the Pope at WYD 2005.

At WYD, it's so easy to stick with other English speakers, even your own group. But WYD is a real chance to meet people from throughout the world. Your challenge is to make that effort and to meet and talk to people!

WYDSYD Challenge

For those dull moments in the queue for food... whilst you're waiting for your catechesis to start... when you're squashed on public transport... once you've nabbed your spot for the vigil... The WYDSYD Challenge is here!

If CAFOD came along to your WYD prep sessions, you would have been given the chance to pick a WYDSYD challenge for your group. If you haven't got one already, pick your favourite from the choices below. Challenge 4 is open to everyone, even if you're already doing one of the others!

Speak to as many high-ranking **Church officials** as you can about their views on **climate change** / living sustainably. See if you can get a question in during catechesis, maybe?

Aim high – what about our Cardinal, Cardinal Pell or even the Pope?

Get the names and photos of people from **25 different countries**. You get extra points if they're sporting a CAFOD temporary **tattoo**!

Don't forget to have a nice chat whilst you're at it and get a **message** for people in England and Wales from them.

Photo competition – take **three** photos which perfectly demonstrate **living simply, living sustainably and living in solidarity**.

Super duper prizes await the best entrants!

We want to know about it: come and see us at Customs House in Sydney, email youth@cafod.org.uk with what you find out (with your full name and diocese). Best stuff will feature on the CAFOD website. Your photo or interview might even end up in a press release!

Find out how **climate change** is affecting people in **three different countries**.

Share what it means for us in the UK and your life in particular.

Push yourself on this one – why not try to get people from **three continents** or from countries you know nothing about?

Top tips...

Make a note of who you're talking to & what they say. Get a photo with them wearing a CAFOD tattoo! Can you film it on your phone/camera?



organised by
Caritas
AUSTRALIA

CAFOD's sister agency

witness. aspire. act.

tuesday 15th july

Daily: Street art for change and activities inside Customs House

2-4pm: Witness through action: young people and the MDGs workshop
4.30-6.30pm: Opening Mass at Barangaroo*

wednesday 16th july

Morning: Catechesis*
Daily: Street art for change and activities inside Customs House
2-4pm: Conversations with Cardinal Rodriguez, President of Caritas Internationalis
7-8.30pm: We are peace-building and reconciliation in the world
Fr Robert Schreier, C.P.P.S.

thursday 17th july

Morning: Catechesis*
Daily: Street art for change and activities inside Customs House
2.30-5.30pm: Papal arrival*
7-9pm: The unintended pilgrimage: the refugee experience
Darfur Australia Network

friday 18th july

Morning: Catechesis*
Daily: Street art for change and activities inside Customs House
1.30-3pm: Climate change in Oceania workshop
3-6pm: Stations of the Cross*

corroboree

Come and hear the ancient songs of the Aboriginal Corroboree sung by traditional song men from the Northern Territory. In league with some of Australia's most exciting contemporary musicians, the night promises music, joy and culture like you have never heard before.

Evenings: 15th-18th July, Customs House Forecourt. | Opposite Circular Quay Station
CAFOD will be there each night—look out for the CAFOD flag!

Inspired by the WYD experience of global church? Interested in sharing your experience of solidarity with young people?
Want to DO more?

Why not become a CAFOD youth volunteer? **Want to put your FAITH into ACTION?**

Whether you're at uni or work, you can volunteer with CAFOD. We'll provide training and support. Whether you've got an hour a week or just a few hours a couple of times a year, you can make a real difference by motivating young people to take action for global justice.

generation Great weekend
7-9 Nov.

Great Generation: a weekend to meet other WYD pilgrims, find out more about CAFOD's international work, learn new skills, and find out how YOU can volunteer with us.

when 7-9 November 2008

where Savio House, Bollington, nr Macclesfield

cost £30 suggested donation (some subsidies available)

book application form at www.cafod.org.uk/wyd

interested? speak to Anna/Stephen

during WYD when they visit your group/

at Customs House – ask your group

leader to point us out

www.cafod.org.uk/wyd

Registered under the Charities Act 1060 No. 285776

CAFOD, the Catholic Agency for Overseas Development, is part of Caritas International, a worldwide network of Catholic relief and development agencies.



member of

Caritas
International



Tim Hughes will host an evening to introduce the Alpha Course with live worship, praise and testimonies.

This will be followed by an 'Alpha Taster' the next day where we will host a time of worship, live talks and prayer, spending time looking at some of these issues covered on the Alpha course such as 'Who is the Holy Spirit?' and 'Why and how should we tell others?' Again there will be live worship led by Tim Hughes.

Our events will take place on the evenings of Wednesday 16th and Thursday 17th July during the Youth Festival at World Youth Day.

It would be really wonderful to have a good group of young people from around the world with us!

Alpha

@ World Youth Day



2 Events

Wednesday 16th

Thursday 17th

8-10pm

Please be in touch
if you have any
questions.

catholics@alpha.org



is now.



This document has been produced by the
Catholic Bishops' Conference of England and Wales
www.catholicchurch.org.uk
Designed by Helen Pooley helen.pooley@cbcew.org.uk