

# National Youth Sunday

22<sup>nd</sup> November 2015



## Resource Guide

### FOR TEACHERS AND SCHOOL CHAPLAINS

**Thank you** for your work with young people and for taking the time to read this resource guide in preparation for National Youth Sunday (NYS) 2015. The resources in this pack, and online, have been created to support both your celebration of National Youth Sunday and the forthcoming Year of Mercy.

In his address to young people on Palm Sunday this year, Pope Francis focused on the Beatitude, 'Blessed are the pure in heart – for they shall see God' (Matthew 5:7). The theme for National Youth Sunday combines this Beatitude with the celebration of Christ the King as we are invited to make Jesus our '**King of Hearts**'.

It is no coincidence that the feast of Christ the King is dedicated to welcoming, involving, and empowering young Catholics throughout England and Wales. At a time in their lives when so many things demand to be 'king' of their hearts, we make the most of this feast day in our efforts to introduce them to Jesus Christ, our King.

The aim of this year's theme is to provoke thought, conversation and prayer around the question, 'who, or what, rules my heart?' in the hope it will lead young people to invite Jesus to become King of their hearts.

Since each of us comes to this encounter by different paths, the 'playing cards' (available from RP Books) introduce a suit of topics that touch our hearts.

They can be grouped into three approaches, through which schools can enable young people to encounter Christ.

**Heart of Welcome** – A thousand words have been heard before even one is spoken. Young people are attracted to an encounter with Christ by the witness of believers. How can your school express a heart of welcome that invites people to a deeper faith in Jesus Christ?

**Heart to Heart** – By creatively sharing the Good News we demonstrate how Jesus restores us, our relationship with God, with other people and with creation. How can this be explored in anticipation of the feast of Christ the King?

**Heart of Mercy** – For some of us, it is in giving that our hearts are opened to receive. How can young people be encouraged to take part in the many acts of mercy practised in your school?

Printed resources are also available to order from Redemptorist Publications using the order form on [www.nationalyouthsunday.org.uk](http://www.nationalyouthsunday.org.uk).

#### Online Resources

Available to download from [www.nationalyouthsunday.org.uk](http://www.nationalyouthsunday.org.uk)

- Newsletter inserts.
- Questions for discussion, sharing and prayer.
- Meditation.
- Examination of conscience.
- Liturgical resources.



#### Video Clips

- Meet Bishop for Youth, Bishop Ralph Hesketh, who will introduce you to National Youth Sunday.
- Watch Fr David Cain's video homily on finding happiness by helping others.



#### Social Media

- Follow us on social media to pass on:
- Bible passages.
  - Video clips.
  - Inspirational quotes.



#### Printed Resources

- King of Hearts posters.
- Playing cards.
- Homily hints.
- Universal prayers.
- Children's liturgy.

The NYS resources are not prescriptive plans, but tools that can be used in a variety of circumstances. They have been developed by the National Office for Vocation (NOV), in collaboration with the Catholic Youth Ministry Federation (CYMFed) and are distributed in partnership with Redemptorist Publications.

# INSPIRATIONAL QUOTES

The quotes below are provided for inspiration on three areas that connect the feast day with the theme for National Youth Sunday.

## ASSEMBLY IDEAS

### WHO IS IMPORTANT YOU?

#### Preparation

Before the assembly – ask a group of students to video two or three teachers answering the following question:

'If you had to leave the country in an emergency and could only take three people with you, who would you choose?'

#### During the assembly

Ask the same question of the students. Once they have considered their answer, invite them to guess the responses of the teachers interviewed. Play the video to reveal the answers.

#### Conclusion

We all have reasons for the people we have chosen, in one way or another they are important to us.

Jesus asks us to follow him; he wants to become the King of our hearts because we are important to him. The question is, are we willing to follow?

### VIDEO CLIPS

Meet Bishop Ralph Hesketh, who will introduce the theme and celebration of National Youth Sunday.

Fr David Cain illustrates how we can find happiness by helping others.

### PRAYER

Let us invite Jesus to become the King of our hearts:

**'Lord, I have let myself be deceived; in a thousand ways I have shunned your love, yet here I am once more, to renew my covenant with you. I need you. Save me once again, Lord, take me once more into your redeeming embrace.'**

Pope Francis

**'You pay God a compliment by asking great things of Him.'**

St Teresa of Avila

There is a God-shaped vacuum in the heart of every [person] which cannot be filled by any created thing, but only by God, the Creator, made known through Jesus.

Blaise Pascal

The face is the mirror of the mind, and eyes without speaking confess the secrets of the heart.

St Jerome

Despite everything, I believe that people are really good at heart.

Anne Frank

Peoples everywhere, open the doors to Christ!

Pope Saint John Paul II

Being Christian is not the result of an ethical choice or a lofty idea, but the encounter with an event, a person, which gives life a new horizon and a decisive direction.

Pope Emeritus Benedict XVI

I invite all Christians, everywhere, at this very moment, to a renewed personal encounter with Jesus Christ... I ask all of you to do this unflinchingly each day.

Pope Francis

### 'ALL WHO ARE ON THE SIDE OF TRUTH LISTEN TO MY VOICE'

JOHN 18:37

I would rather die and come to Jesus Christ than be king over the entire earth. Him I seek who died for us; Him I love who rose again because of us.

St Ignatius of Antioch

He that is kind is free, though he is a slave; He that is evil is a slave, though he be a king.

St Augustine

Let us more and more insist on raising funds of love, of kindness, of understanding, of peace. Money will come if we seek first the Kingdom of God – the rest will be given.

Blessed Mother Teresa

## MATTERS OF THE HEART

Since the Bible teaches us that God does not look to appearances, but to the heart (cf. *1 Sam 16:7*), we can also say that it is from the heart that we see God.

Pope Francis

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

Helen Keller

## HEART TO HEART

By accepting Christ, you open yourselves to the definitive Word of God, to the One in whom God has made himself fully known and has shown us the path to himself.

Pope Saint John Paul II