



NATIONAL YOUTH SUNDAY 2014

nationalyouthsunday.org.uk

FOR PRIESTS / YOUTH CHAPLAINS / DIOCESAN YOUTH OFFICERS /
ORGANISATION LEADERS

Introduction

Thank you for taking the time to read these notes; we hope they will assist your preparation for National Youth Sunday. The resources outlined below are designed for youth ministers to use not only on National Youth Sunday but throughout the whole of the 'youth ministry year.' The content mentioned here can all be found on www.nationalyouthsunday.org.uk.

The theme for National Youth Sunday is: 'How Happy Are You?' and is inspired by the Beatitudes. Pope Francis has set the Beatitudes as the theme for World Youth Days leading up to WYD 2016 in Krakow. The National Youth Sunday 2014 material aims to help young people consider the true and lasting happiness that is only found in relationship with God. Although the Beatitudes are the inspiration for this material, they are presented in a way that allows the theme to be used on the feast of Christ the King with the Gospel of the Day 'for I was hungry and you fed me...' (Matthew 25:31-46). So the theme asks young people to celebrate how their happiness is connected to the rest of the world. That is to say, how their faith and therefore their relationship with God helps them to mourn alongside others, to stand against injustice and to be peacemakers even when they feel inadequate.

Resource Outline

Part One: 'How Happy Are You?'

Posters and 'Be Attitude' cards

You will find a poster and two types of card in this pack. The intention of the poster is to get people thinking about their happiness and how they seek it.

The postcard contains the list of 'Be Attitudes' inspired by the Beatitudes and the credit cards come as a pack of eight. These credit cards offer eight insights about happiness drawing on the teachings of Christ and can be used in a variety of ways to provoke discussion, sharing or reflection on how living out our faith brings happiness.

Part Three - Liturgy Pack

For Parishes: On the next page you will find extracts for parish newsletters, suggested quotes for talks or homilies and intercessions for the Sunday Liturgy.

For Schools: There is an introduction and closing prayer with a simple outline on how the video clips can be used as a short reflection for the week preceding National Youth Sunday.

Of course, these resources may be adapted to any other situation or need.

Part Two - Short Videos

The 'Be Attitudes'

These video clips constitute the main part of the resources for National Youth Sunday.

They feature young people from around England and Wales exploring their own faith journey in relation to one of the 'Be Attitudes'.

Part Four - Online Campaign

The video clips will be published online at regular intervals throughout November in anticipation of National Youth Sunday.

The artwork, prayers and quotes relating to the theme and Be Attitudes will be available on a number of online platforms such as Facebook, Twitter, Tumblr, and YouTube. Please share them on social media in a way that best suits you. You are welcome to use the hashtag #HowHappy to link your online comments to this theme. We encourage you to make good use of social media by asking the young people you know to share the videos and post their own 'happiness testimonies'. They could nominate others to do the same.

Inspirational Quotes for Homilies – talks – retreats

As National Youth Sunday falls on the feast of Christ the King, a talk, retreat or homily can take many different directions in order to enrich the faith of those present. The quotes below are provided for inspiration on three areas that connect the feast day with the theme for National Youth Sunday.

Liturgy of the word

First Reading

Ezekiel 34:11-12, 15-17

**As for you, my sheep,
I will judge between
sheep and sheep.**

Psalm

Psalms 22:1-3. 5-6 resp.v1

**The Lord is my shepherd;
there is nothing I shall want.**

Second Reading

1 Corinthians 15:20-26, 28

**He will hand over the
Kingdom to God the Father,
so that God may be all in all.**

Gospel Acclamation

Mark 11:10

**Blessings on him who comes
in the name of the Lord!
Blessings on the coming
kingdom of our father David!**

Gospel

Matthew 25:31-46

**He will take his seat on his
throne of glory, and he will
separate men one from
another.**

For more information on the
liturgical celebration of
Christ the King please visit:

www.liturgyoffice.org

With the example and words of Jesus before us, we realise how much we need to be converted, so that the logic of being more will prevail over that of having more!

Pope Francis 29th WYD, 2014

What does it mean to be “Blessed”? To be blessed means to be happy.

Pope Francis 29th

Man is so great that nothing on earth can satisfy him. Only when he turns to God is he content.

St John Vianney

Happiness

Jesus challenges us, young friends, to take seriously his approach to life and to decide which path is right for us and leads to true joy.

Pope Francis
29th WYD, 2014

Happiness is not in us, nor is happiness outside of us. Happiness is in God alone. And if we have found him, then it is everywhere.

Blaise Pascal

Only he who made man makes man happy.

St Augustine

Do you really want to be happy? In an age when we are constantly being enticed by vain and empty illusions of happiness, we risk settling for less and “thinking small” when it comes to the meaning of life. Think big instead! Open your hearts!

Pope Francis, WYD, 2014

All too often, happiness is narrowed down to mean feeling good. There is of course nothing wrong with feeling good but such a narrow definition leaves little room for the delight of virtue and the joy of grace. To find happiness, we need to broaden our definition so that feeling good is put into the wider context of doing good and knowing good.

Christopher Jamison, Finding Happiness

Whether we realise it or not, prayer is the encounter of God’s thirst with ours. God thirsts that we may thirst for him.

CCC 2559

Let us put Jesus first! He can set us free from the kinds of idol-worship which enslaves us. Put your trust in God, dear young friends! He knows and loves us, and he never forgets us.

Pope Francis, WYD, 2014

Jesus is the kingdom of God in person; he is Immanuel, God-with-us. And it is in the human heart that the kingdom, God’s sovereignty, takes root and grows.

Pope Francis, WYD, 2014

Is Christ your King?

If Christ Jesus dwells in a man as his friend and noble leader, that man can endure all things, for Christ helps and strengthens us and never abandons us. He is a true friend.

St Teresa of Avila

The kingdom is at once both gift and promise. It has already been given to us in Jesus, but it has yet to be realised in its fullness.

Pope Francis, WYD, 2014

In a very real way, the poor are our teachers. They show us that people's value is not measured by their possessions or how much money they have in the bank. A poor person, a person lacking material possessions, always maintains his or her dignity.

Pope Francis, WYD 2014

Just as we need the courage to be happy, we also need the courage to live simply.

Pope Francis, WYD 2014

It is high time the ideal of success should be replaced with the ideal of service.

Albert Einstein

The Simple Path

Silence is prayer.
Prayer is faith.
Faith is love.
Love is service.

The fruit of service is peace.

Mother Teresa

Serving those in need

The bread you store up belongs to the hungry; the cloak that lies in your chest belongs to the naked; the gold you have hidden in the ground belongs to the poor.

St. Basil the Great

Walk with your feet on earth, but in your heart, be in heaven.

St John Bosco

Live so that people ask about Christ.

Paul Claudel

We have to remember all those who feel unloved, who have no hope for the future and who have given up on life out of discouragement, disappointment or fear.

Pope Francis, WYD 2014

Universal Prayers

It is recommended that each prayer is proclaimed slowly and followed by a noticeable silent pause, after which the reader says the invocation that is customary for the local congregation
e.g. Lord in your mercy R. Hear our prayer

Priest's Introduction

As we prepare for the coming of Christ our King, let us pray that all may glimpse the Kingdom of God through the power of the Holy Spirit working in and through us.

For the seed of the Kingdom of God, the Church,

May we be a constant source of love to those in need of help, healing and friendship.

For all who work with young people,

That their lives be an inspiration and their work filled with grace as they make disciples of the young people to whom they minister.

For the young people of our parish,

That they may experience being loved and valued members of our community as they seek God's call in their lives.

For young people who do not know God,

May their search for happiness draw them to an experience of the person of Jesus Christ, our King.

[Please insert prayers for your parish here.](#)

Priest's Prayer

Hear the prayers of your faithful, O Lord,
and grant that all humanity may come to joyfully anticipate your Kingdom to come.

Through Christ our Lord, **R.** Amen

Newsletter Insert

Sunday 23 November 2014 - Feast of Christ the King
National Youth Sunday - How happy are you?

Before National Youth Sunday

On National Youth Sunday we are asked to make a point of welcoming, encouraging and celebrating the young people around us. The theme for this year poses the question 'How happy are you?' It is intended to enable a reflection on how we can find true and lasting happiness. The postcards to be given to young people respond to this question with 'Be Attitudes', inspired by the Beatitudes in Matthew's gospel.

How can you take part in making the most of this opportunity to reach out and bless our young people? Your prayers for young people are really important and you are welcome to take postcards to give to young people you know.

If you would like to help [insert activity] please contact [insert local contact]. Please visit www.nationalyouthsunday.org.uk for resources to be used in schools and parishes.

On National Youth Sunday

The feast of Christ the King is the day on which we make young people our particular focus as a sign of how much we value them. If you are [insert target age range] you are warmly invited to [insert details of the event you running here].

Why not be a witness to young people online by telling them #HowHappy living your faith makes you. You are welcome to use this hashtag as you tell your story on Facebook or Twitter.



Resources for Schools – National Youth Week

It is our hope that the resources below and on www.nationalyouthsunday.org.uk will be of use in the week before National Youth Sunday and whenever exploring related themes.

A short act of worship for Assembly or form time

1. Introduction

- On a scale of 1 – 10 how happy are you?
- [Ask the students to show you where on the happiness scale they would be]
- How can a relationship with Jesus, living out our faith, contribute to our happiness?

The first time Jesus meets a crowd in Matthew’s gospel he congratulates those who live in such a way that helps others. Not perfect people, but people who are prepared to recognise the reality of their situation and strive for better. Inspired by his words we will be reflecting on eight Be Attitudes this week. To help us with this, we will be hearing from young people telling us how these Be Attitudes help them to be happy [introduce the Be Attitude clip you will watch].

2. Be Attitude video clip

3. Closing prayers based on the Be Attitudes

<p>Be humble — Let God work through you</p> <p>Jesus, Humble Lord, Help us to be honest and admit that we need your love. You have given us gifts, talents and the ability to do great things, but we need you to show us how.</p> <p>You who are Lord, forever and ever. All: Amen.</p>	<p>Be sorrowful — Grieving is ok, it shows your love</p> <p>God our Father, We bring to you, those we have loved and lost, through death or separation of any kind. Comfort us through those who will support us in our grief.</p> <p>Through Christ our Lord. All: Amen.</p>	<p>Be gentle — It will get you further than you think</p> <p>Lord of all Gentleness, Help us to always look for ways in which to treat people with respect, warmth and friendship.</p> <p>You who are Lord, forever and ever. All: Amen.</p>	<p>Be just — The truth sets people free</p> <p>Lord of Justice, In our dealings with others, help us always to be just and to rely on the truth that sets us free.</p> <p>You who are Lord, forever and ever. All: Amen.</p>
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<p>Be merciful — We all need forgiveness</p> <p>Father of Mercy, It is too easy to judge those who offend us. Help us to show them mercy and offer them the forgiveness we hope to receive.</p> <p>Through Christ our Lord. All: Amen.</p>	<p>Be pure — Open your heart and you will see God</p> <p>Sacred Heart of Jesus, You created us with a dignity that no one can take from us. Please remove anything that stops us from opening our hearts to you.</p> <p>You who are Lord, forever and ever. All: Amen.</p>	<p>Be peaceful — Everybody is a child of God</p> <p>Prince of Peace, You became human so that everyone could become children of God. Help us to find peaceful solutions to the difficulties we have with those around us.</p> <p>You who are Lord, forever and ever. All: Amen.</p>	<p>Be courageous — Dare to do good so God can work through you</p> <p>Lord, Jesus Christ, Give us the courage to walk with you throughout our lives, knowing that you want to do amazing things in and through us.</p> <p>You who are Lord, forever and ever. All: Amen.</p>
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These materials have been created by the National Office for Vocation (NOV) and representatives of the Catholic Youth Ministry Federation (CYMFed). We would love to hear how you have used these resources. Why not tell us about what you have done by emailing teresa@ukvocation.org.

Thank you

We would like to thank all the young people, parishes, dioceses and organisations involved in creating these resources. Your generosity enriches the Catholic Church of England and Wales beyond measure.