

## **Children's liturgy – Third Sunday in Ordinary Time (Year B)**

### **Preparing the worship space**

Colour: green

Props: card cut-outs of fish, magnetic fishing set with words attached.

**Welcome:** Today we hear about how Jesus called his disciples to follow him. They left what they were doing and went with him straight away. Let's think a bit about how we can follow Jesus in our lives.

**Song suggestions:** Follow me, follow me (175, Celebration Hymnal for Everyone)

**Opening prayer:** Christ Jesus, you call us all to follow you. Help us to answer that call and live our lives as you have asked us to. Amen.

**First reading (optional):** Jonah 3:1-5, 10

**Psalm:** Psalm 24:4-9, r 4

**Gospel acclamation:** everyone stands and sings the gospel acclamation together. Options include: 'Change your lives and believe in him', Christopher Walker; 'Halle, halle, halle' (Caribbean) from 'Sing With the World', Alison Adam & John Bell; 'Celtic Alleluia' (traditional).

**Gospel:** Mark 1:14-20

**Gospel reflection:** What do you remember from that reading?

Simon and his brother Andrew are fishing by a lake when Jesus asks them to follow him. At once, they leave their fishing nets behind and go with Jesus. James and John do the same when they are asked. They leave their father behind as well as their boat and their fishing nets. They follow Jesus and become his disciples.

Do you think it was an easy decision for them to make to follow Jesus in this way?

How do you think the people that they left behind, like their families and friends, felt when they left so quickly? How would you feel if you had to leave your family, friends and all your things behind?

Jesus asks us all to follow him. But unlike Simon, Andrew, James and John in this reading, we cannot see Jesus and go with him as he travels round the country. So what do you think Jesus wants us to do? How can we follow Jesus?

We can follow Jesus by living our lives as he would want us to. By being kind to others, sharing all that we have, and caring for all people, especially those who are poor or sick, so that the world becomes a fairer place for everyone to live in.

How will you follow Jesus this week?

**Intercessions:** *You may want to ask the children to offer their own prayers or you can use the suggestions below.*

We try to follow Jesus in all that we do and so we pray together:

We pray for the Church throughout the world: that it may continue to follow Jesus' example and reach out to welcome and help those who are poor, sick and alone. Lord, in your mercy...

We pray for our parish, family and friends: that we may follow Jesus by sharing what we have with those who do not have enough and forgiving those who have hurt us. Lord, in your mercy...

We pray for our parish, family and friends: that, even if we find it difficult, or others laugh at us, we may stand up for what we believe in and follow Jesus' call. Lord, in your mercy...

**Closing prayer:** Lord Jesus, help us to join together with other people across the world in helping others, especially those who are poor, so that all people may know that we are your followers. Amen.

### **Activity suggestions**

Ask the children to colour in the accompanying illustration of the disciples leaving their nets to follow Jesus. On the back ask the children to draw or write how they will follow Jesus in their lives.

Give all the children a fish shape cut out of card. Ask them to draw or write on it how they will follow Jesus.

Make magnetic fishing rods, with a dowel, string and small magnet (or borrow those from a child's magnetic fishing set). Attach words to the fish, like "hope", "love", "sharing", "forgiveness", "kindness". Ask the children to catch a fish, then discuss with them what that word means and why it is important if we follow Jesus.

Ask the children to go home and share all that they have heard and thought about today. Ask them to try to follow Jesus in all that they do during the week, by sharing or being kind or caring for others, especially people who are poor.

## Children's liturgy – Fourth Sunday in Ordinary Time (Year B)

### Preparing the worship space

Colour: green

Props: pictures of teachers and pupils from around the world; "How does poverty stop children getting to school" board game, counters and dice. A link to the webpage [worldgifts.cafod.org.uk](http://worldgifts.cafod.org.uk)

**Song suggestions:** *A new commandment, I give unto you* (4, Celebration Hymnal for Everyone).

**Welcome:** Today we hear about how Jesus was a great teacher. Let's think about how important it is for everyone to get a chance to go to school and learn.

**Opening prayer:** Christ Jesus, teach us how to be kind and generous, sharing what we have with our friends, family and people all over the world. May we always listen to your word. Amen.

**First reading (optional):** Deuteronomy 18:15-20

**Psalm:** Psalm 94:1-2, 6-9, r.9

**Gospel acclamation:** everyone stands and sings together. Options include: *Change your lives and believe in him*, Christopher Walker; *Halle, halle, halle* (Caribbean) from 'Sing With the World', Alison Adam & John Bell; *Celtic Alleluia* (traditional).

**Gospel:** Mark 1:21-28

**Gospel reflection:** What do you remember from today's reading?

Jesus starts to teach in the temple, where the Jewish people went to pray. The people are surprised and impressed with the way he teaches. Why do you think that is?

The people in the temple believe what Jesus says and they trust him, more than the church teachers they usually listen to. Why did they see Jesus as special?

Jesus teaches the people through the stories he tells. But he also teaches them - and us - through the things he does. He lives out what he is teaching. Can you think of an example when Jesus teaches us through his actions? What does he want us to learn?

Teachers are very important, they help us to learn about all sorts of things. What is your teacher's name? What do they help you to learn?

Why do you think it is important for us to go to school and to learn?

Some children who live in poorer countries around the world do not have the chance to go to school. Can you think of reasons why that might be?

Some children live in places where it isn't safe for them to travel to school or the school is too far away. Some children have to do jobs instead of going to school or they have to look after their little brothers and sisters while their mum and dad go to work. Some families cannot afford to pay the school fees or buy the uniforms or books their children need to go to school.

Do you think it is fair that children like these do not have the chance to learn? What do you think can be done to help?

CAFOD believes that every child has a right to go to school. CAFOD helps children around the world to have that chance.

For example, CAFOD have been able to help Frank who is 15 and his brother, John who is 13 in a part of Africa called Uganda.

Frank and John lost their parents, so they didn't have the uniforms and books they needed to go to school. CAFOD helped them and now they are back in school and have the chance to be the best they can be. They both enjoy school and Frank dreams of becoming an engineer, while John wants to be a doctor.

*[Photo on CAFOD's World Gifts webpage, under Schools Starter Pack]*

**Intercessions:** *You may want to ask the children to offer their own prayers or you can use the suggestions below.*

We hope that all we say and do shows that we are trying to be more like Jesus, our teacher, and so we pray together:

We pray for our Church all over the world: that it may teach God's word the way that Jesus did, through words and actions. Lord, in your mercy...

We pray for children in the poorest countries: that they may have the chance to go to school, to learn and ask questions, and have a brighter future. Lord, in your mercy...

We pray for teachers: that they may help children want to learn all kinds of interesting things at school that will help them as they grow up. Lord, in your mercy...

We pray for our parish, family and friends: that we may work together with others to make sure all children have the chance to go to school. Lord, in your mercy...

**Closing prayer:** God of hope, through your Son Jesus you teach us to love and care for all our brothers and sisters wherever they are in the world. Help us to work together with others to make sure that all children have a chance to go to school and dream of a brighter future. Amen.

### **Activity suggestions**

Ask the children to colour in the accompanying illustration of some girls at school in Bangladesh. On the back, ask them to write or draw one way in which Jesus teaches us through his actions.

Ask the children to think about their favourite teacher and to explain what it is they like about them.

Ask the children to think about all the help they get so that they can go to school. Where does their uniform come from? Their books? Who takes them to school? How do they get there? Write a prayer of thanks for what they have.

Ask the children to write a prayer for all children around the world to have the chance to go to school.

Ask the children to go home and share all that they have heard and thought about today. As they travel to school every day this week, ask them to think of the children they have heard about during the liturgy. If they have written a prayer, ask them to say it at home with their families during the week.

## **Children's liturgy – Fifth Sunday in Ordinary Time (Year B)**

### **Preparing the worship space**

Colour: green

Props: A bandage, plaster, medicine, stethoscope

**Song suggestions:** Lay your hands (347, Celebration Hymnal for Everyone)

**Welcome:** Today we hear about how Jesus healed people who were sick. Many people who were ill came to Jesus and he made them better. Who makes you feel better when you are sick? Let's think some more about healing today.

**Opening prayer:** Merciful God, look after all those who are sick. Help us to bring them comfort and make them feel better in any way that we can. Watch over all doctors, nurses and carers and give them strength in their difficult job. Amen.

**First reading (optional):** Job 7:1-4, 6-7

**Psalm:** Psalm 146:1-6 r. 3

**Gospel acclamation:** everyone stands and sings the gospel acclamation together. Options include: 'Change your lives and believe in him', Christopher Walker; 'Halle, halle, halle' (Caribbean) from 'Sing With the World', Alison Adam & John Bell; 'Celtic Alleluia' (traditional).

**Gospel:** Mark 1:29-39

**Gospel reflection:** What do you remember about the reading?

Simon's mother-in-law is sick. She has a fever and is in bed. Jesus arrives at the house, takes her by the hand and helps her out of bed. Immediately she feels better.

Later that day lots of people who were ill came to the place where Jesus was. Some of them may have travelled a long way. Jesus helps them all, curing them and making them feel better.

What does this story tell us about Jesus? How does he heal the people that come to him?

When was the last time that you were sick? How did you feel? Who helped you and made you feel better? What did they do to make you feel better?

*Hold up a bandage and ask the children how many of them have had to wear one before.*

*Hold up some medicine and ask how many of the children have had to take medicine before.*

*Hold up the stethoscope and ask the children if they know what it is and whether the doctor has ever used one on them before.*

Sometimes when we are sick we have to see a doctor or go to the hospital. How long does it take to get from your house to the doctors?

In some countries around the world people have to travel a very long way to see a doctor. This is very difficult, especially when they are ill. How do you think this makes them feel? How do you feel when you hear this?

CAFOD has provided Mani Kasuna in Nigeria with a bicycle. Mani is a health visitor, who helps people to stay healthy or to get better when they are sick. What difference do you think having a bicycle makes to Mani's work?

Now that he has a bicycle, he is able to travel around more easily from village to village and visit his patients. This means he is able to help more people. This is very good news!

*There are pictures of Mani in the accompanying photo PowerPoint that you could print off and show to the children.*

Jesus healed all those who came to him for help. Although we cannot heal people the way Jesus did, we can help them by making sure that wherever they are in the world, they are able to reach a doctor, or that the doctor can reach them, and that they get the medicine that they need. How do you think we can do this?

What one thing will you do to help someone who is sick this week?

**Intercessions:** *You may want to ask the children to offer their own prayers or you can use the suggestions below.*

We believe in Jesus who healed the sick and so we pray together:

We pray for people who are sick around the world: that they may be comforted and find strength in the help of others. Lord, in your mercy...

We pray for all doctors, nurses and healthcare workers: that they may be inspired by the healing ministry of Jesus and treat their patients with love, compassion and care. Lord, in your mercy...

We pray for our parish, family and friends: that we may care for one another when we are ill and work together to make sure that all people have the chance to get the medicine and care they need when they are sick. Lord, in your mercy...

**Closing prayer:** God of love, inspire us all to follow Jesus' example of loving care and healing, and to treat all those who are ill with care, compassion and tenderness. Amen.

### **Activity suggestions**

Ask the children to colour in the accompanying illustration of Mani. On the back ask them to write a prayer for all those people in the world who are sick.

Get one child to imagine that they are Jesus in this gospel reading. Get another to imagine that they are Simon's mother-in-law. Get another to be Simon, or a member of the crowd who see Jesus healing many people. Then get the other children to ask questions of the characters in the reading eg "How does it feel to...", "What did you think when..." and any other questions that they might have to bring the reading alive.

Ask the children to go home and share all that they have heard and thought about today. Ask them to say the prayer that they have written together during the week. Ask them to visit CAFOD's website for children ([picturemyworld.cafod.org.uk](http://picturemyworld.cafod.org.uk)) and play the Mani's healthy village game.

## **Children's liturgy – Sixth Sunday in Ordinary Time (Year B)**

### **Preparing the worship space**

Colour: green

**Song suggestions:** *Lay your hands* (347, Celebration Hymnal for Everyone)

**Welcome:** Today we hear about another person that Jesus healed. Let's think some more about healing and how to stay healthy together.

**Opening prayer:** Healing God, watch over all your children when they are sick. May we share generously with others so that all people around the world may have the chance to live happy and healthy lives. Amen.

**First reading (optional):** Leviticus 13:1-2, 44-46

**Psalm:** Psalm 31:1-2, 5, 11

**Gospel acclamation:** everyone stands and sings together. Options include: *Change your lives and believe in him*, Christopher Walker; *Halle, halle, halle* (Caribbean) from 'Sing With the World', Alison Adam & John Bell; *Celtic Alleluia* (traditional).

**Gospel:** Mark 1:40-45

**Gospel reflection:** What do you remember from today's reading?

A man who has a skin problem comes to Jesus and asks to be healed. Jesus makes the man better but asks that he not tell anyone what has happened. Instead he asks the man to visit the priest and give thanks to God for his cure.

How do you think this man felt when he realised that Jesus had healed him? Why do you think Jesus does not want the man to tell anyone about what he has done?

The man does not do as Jesus asks; instead he goes round telling everyone the story. Why do you think he does this?

We try to be like Jesus today in our world. Can you tell me some ways that we can do that?

Even better than healing people when they are sick is to help them so that they do not get ill in the first place.

CAFOD is an organisation that helps some of the world's poorest people with basic things they need, like staying healthy. CAFOD is part of our Catholic Church. They tell us a story about a mummy called Stella and her baby Thomas, who live in a very troubled country called South Sudan in Africa, where there is a lot of fighting and many people have had to leave their homes. It is hard to stay well and healthy.

CAFOD is giving out mosquito nets to families like Stella's. These nets go over your bed or your baby's cot at night and stop nasty bugs biting you and making you sick. It is a very simple gift, but it can really save children's lives.

[See CAFOD's World Gifts page, 'The net that protects', for photos of Stella and Thomas: [worldgifts.cafod.org.uk](http://worldgifts.cafod.org.uk)]

CAFOD helps people stay healthy in lots of different ways, for example by making sure they have clean water to drink, or teaching them how to grow to grow lots of fruit and veggies. How do you stay healthy in your life? (*Eating fruit and vegetables, drinking lots of water, playing outside, etc.*)

**Intercessions:** *You may want to ask the children to offer their own prayers or you can use the suggestions below.*

We try to be like Jesus today in our world, reaching out to those who need our help, and so we pray together:

We pray for the work of CAFOD: that it may go on helping all our brothers and sisters in the poorest countries around the world. Lord, in your mercy...

We pray for people all around the world: that they may be healthy and happy and have a chance to change their lives for the better. Lord, in your mercy...

We pray for our parish, family and friends: that we may help other people and always share generously everything that we have. Lord, in your mercy...

**Closing prayer:** Christ Jesus, you always looked after people who were sick. Help us to be like you. May we always care for other people, especially those who are poorly. Amen.

### **Activity suggestions**

Ask the children to colour in the accompanying illustration of ways that CAFOD works to help people to stay well and healthy. Ask them to also draw a way that they try to stay healthy in their own lives.

Ask the children to go home and share all that they have heard and thought about in today's liturgy and to think about how they can live healthy lives and help those who are sick.