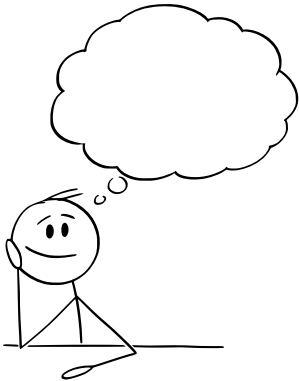




FEAR NOT



Remember that I commanded you to be strong and brave. So don't be afraid. The Lord your God will be with you everywhere you go.

Joshua 1:9

Have a think for a moment:

- Is there anything that's making you sad that you'd like God's help with?
- Is there something new you'd like to give a go but makes you feel nervous to try?
- What are you finding difficult at the moment?

As these thoughts come to mind, imagine each worry as a boat caught in a storm. Colour in a boat to symbolise your fears or worries then place it back in the sea.

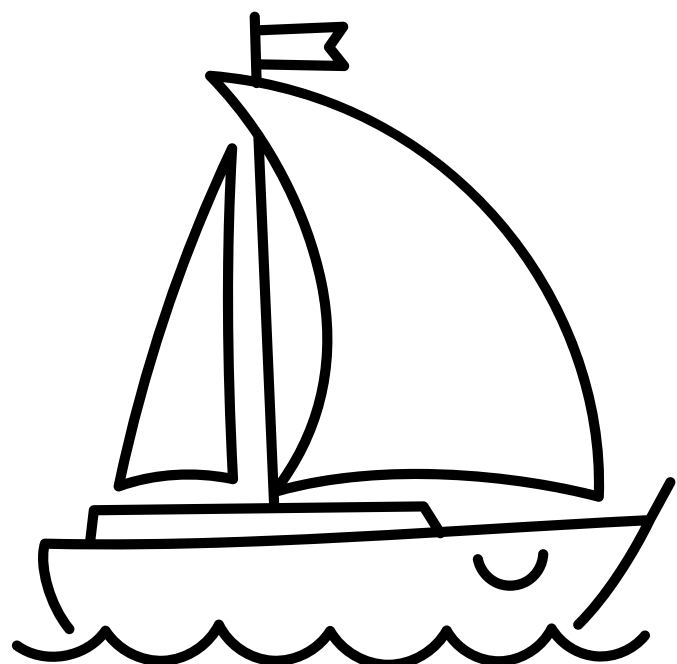
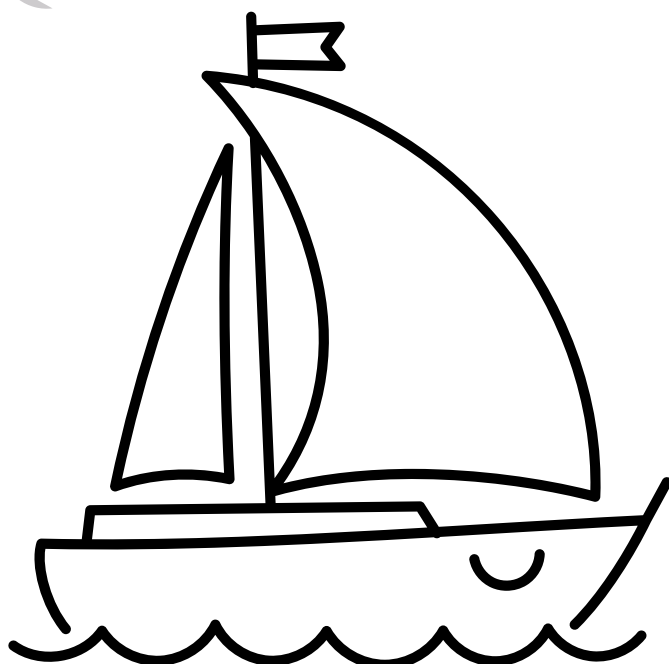
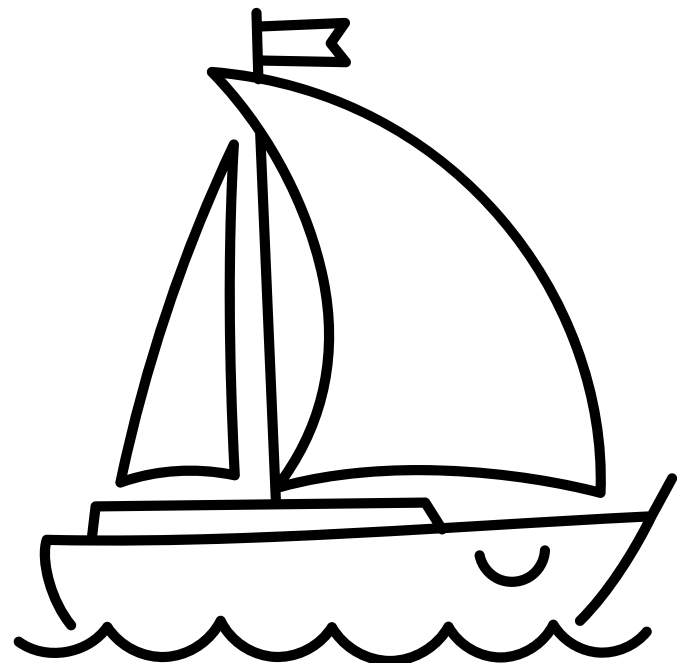
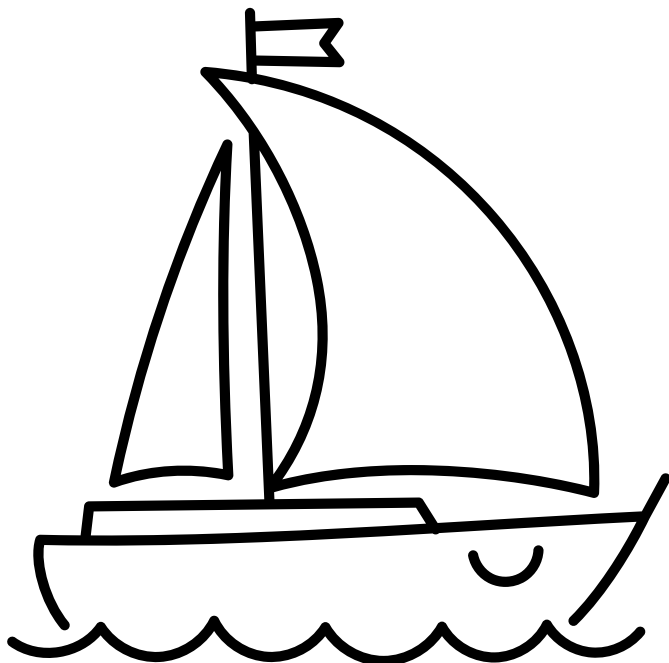
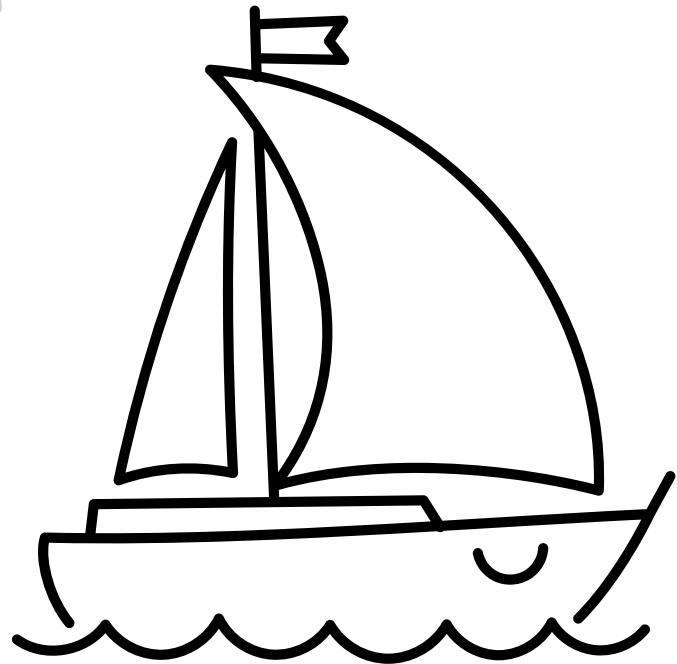
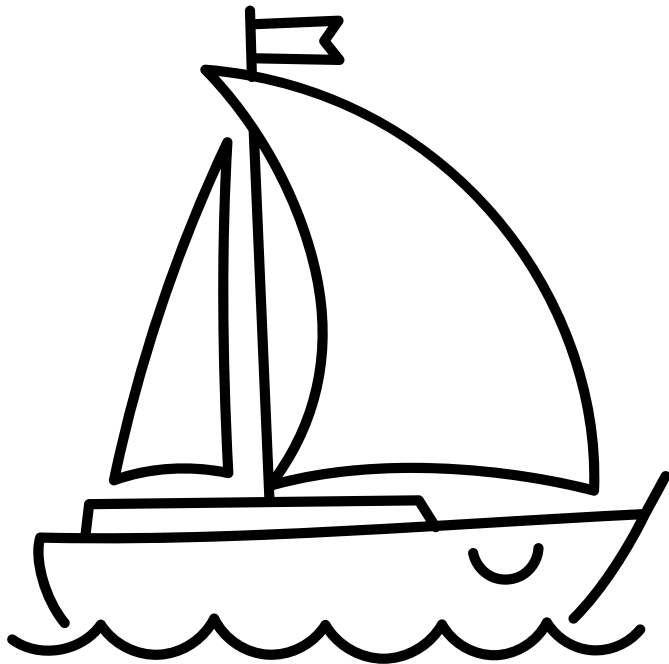
When you step back, you'll see all the unspoken concerns filling the stormy sea—things we often hold inside. Be reminded that God is with us through every wave. As these thoughts come to mind, imagine each worry as a boat caught in a storm. **Colour in your boat and think about the answers to those questions. You don't need to write them on the boat. Place your boat back into the 'sea'.**

When you step back, you'll see all the concerns, represented by the boats, filling the stormy sea—things we often hold inside. Be reminded that God is with us through every wave. Ask Him to bring peace to your heart and to those around you.

Fear not; calm will follow the storm, and perhaps soon.

St Vincent de Paul







WORLDWIDE EMBRACE

Spend some time looking at the images of different doors.

- What do you notice in each of the pictures?
- What does the door tell you about who might be behind it?
- Are there any doors that stand out to you?
- Who might be waiting behind that door?

It can be easy to pray for those we see all the time, but it can be harder to pray for people we've never met or who aren't part of our every day lives, especially if they are hidden behind a barrier. Why not use the blank papers to draw the door of your school or place of worship?

Blessed Frédéric Ozanam said:

I would like to
embrace the whole
world in a network of
charity

Blessed Frédéric Ozanam

Charity is putting our love for others into action. One of the first steps towards this is recognising and choosing to love others.

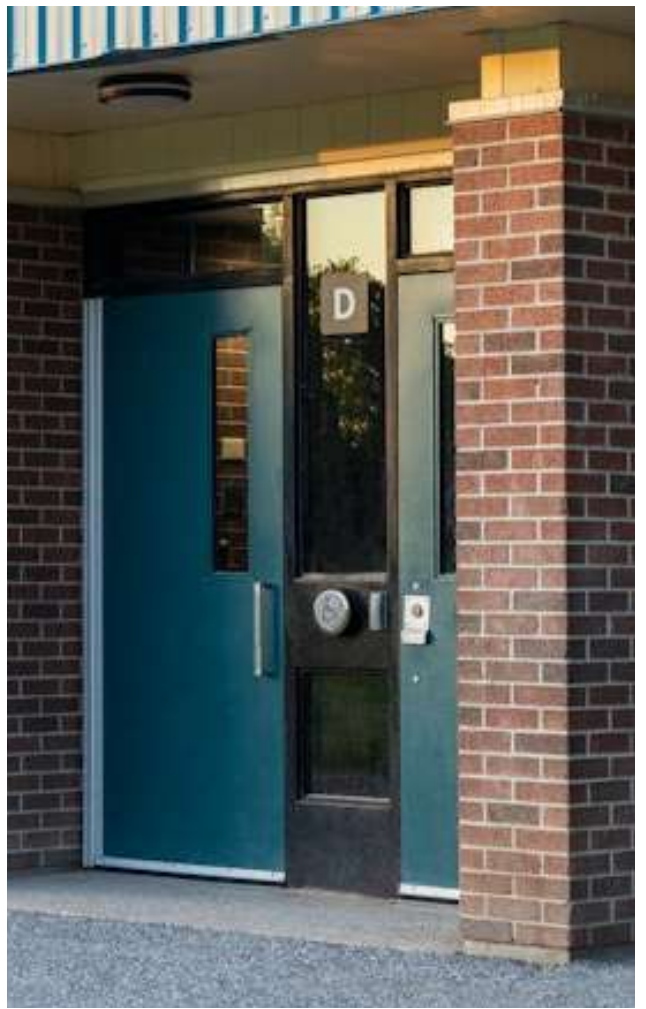
Take a blank piece of paper and write a prayer of love for the people behind the door that touched your heart. Once you've finished your prayer, place it beneath the image of the door. As you leave this place, consider how you might turn this love into acts of kindness for those who live behind the doors you pass each day.

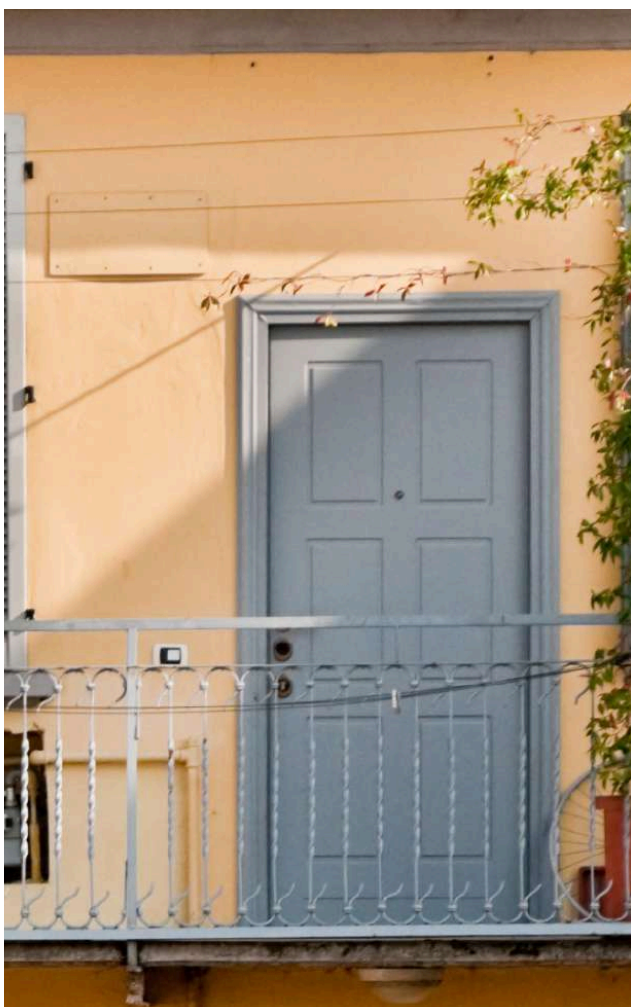
For example: A prayer for those who are homeless.

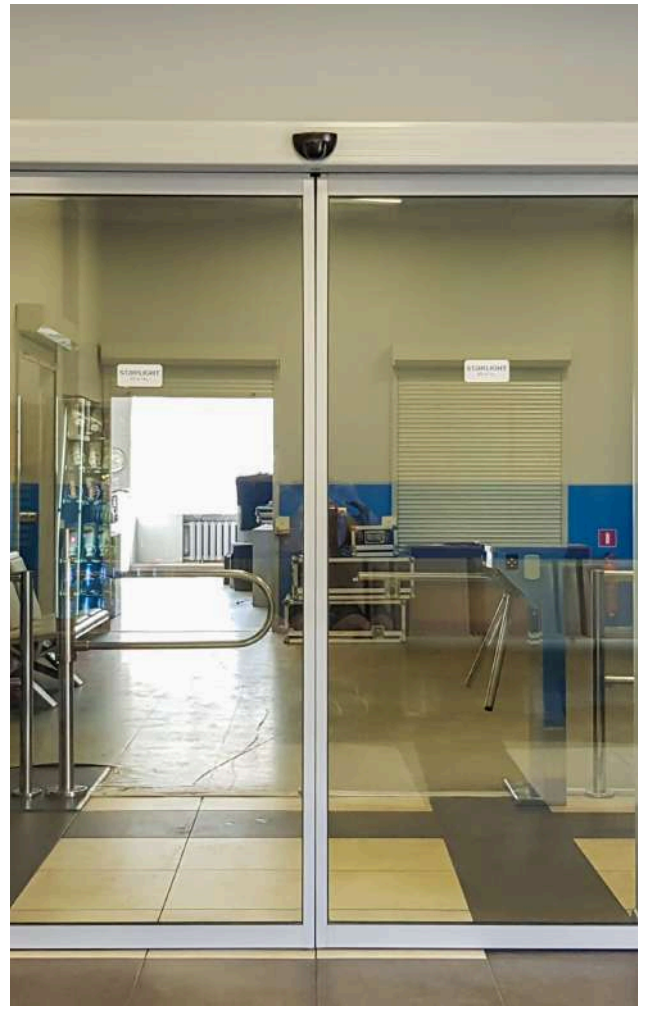






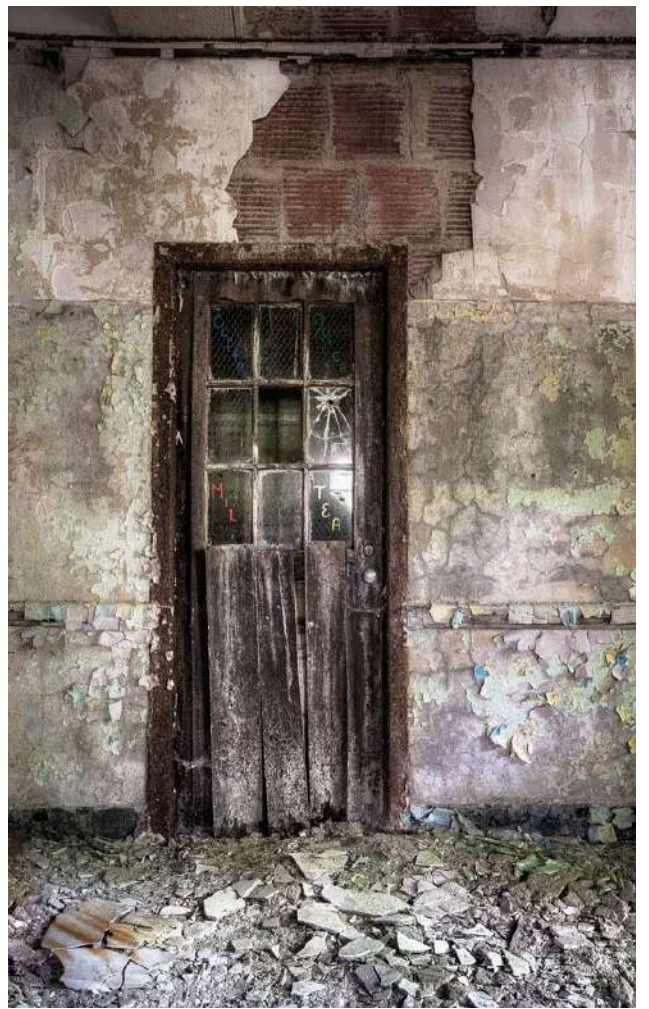




















WINDING ROAD



Sometimes the words in quotes are difficult to understand, but what this is saying is that we have to trust God. We don't always know what the next thing is that's going to happen, but God does, and His plan is always the best plan.

Let us go in simplicity where merciful Providence leads us, content to see the stone on which we should step without wanting to discover all at once and completely the windings of the road.

Blessed Frédéric Ozanam

Begin by choosing a stone from the pile.

Take time to sit quietly with the stone in your hand.

- How does it feel?
- Does it feel cold?
- Is it smooth or rough?
- Is it perfectly round or have jagged edges?

As you hold it in your hand, let the warmth of your hand slowly warm the stone. As you do so, think about your hopes for your future.

Jeremiah 29:11

"I say this because I know what I have planned for you," says the Lord. "I have good plans for you. I don't plan to hurt you. I plan to give you hope and a good future."

Take a minute to pray that God will lead you to the right stones to step on, taking you on a journey of hope and joy.

When you are ready, **add your stone to the path that is part of the display.**





CHAIN OF HOPE

I beg you not to think of the distance between us. Rather, think of us as strongly united, incapable of ever being separated, because separation is impossible in the close union created by holy charity.

St. Louise de Marillac

We are all pilgrims on a shared journey and are called to support one another in hope and charity.

Take a moment in prayer to think of someone you know very well who brings you hope. Write their name, or draw picture to represent them on one side of a strip of paper.

My best friend, Jo

Lonely people in our parish

Take another moment in prayer to think about a person or a community who are in need of hope. On the other side of your strip of paper, write a prayer or message of hope for that person or community.

Form a loop with the paper strip and secure it to the chain. This shows that when we do something kind for others it brings us together in a community of hope. As you create the chain, reflect on how each link represents a relationship strengthened by faith and charity.

As you leave this station, remember that our bonds of love and charity not only connect us with each other but also with God's endless grace.







St Vincent
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Turning Concern into Action

HEART OF BLESSINGS

Often we turn to God to ask for help with something or to ask for God to provide for us, but it is also important to take time to thank God for the doors that are opened for us and the blessings in our lives.

These blessings could be small moments, big opportunities, people, or experiences.

Take a moment to reflect on all of the blessings in your life. Decorate both sides of your door. **Write down one or two of the moments you'd like to thank God for. Place this back into the heart shape (open door showing) to represent all of the many blessings that God has given us.**

For example: Thank you for blessing me with my best friend.

Let us never forget the
blessedness of serving
others, for in giving, we
receive.

St. Vincent de Paul



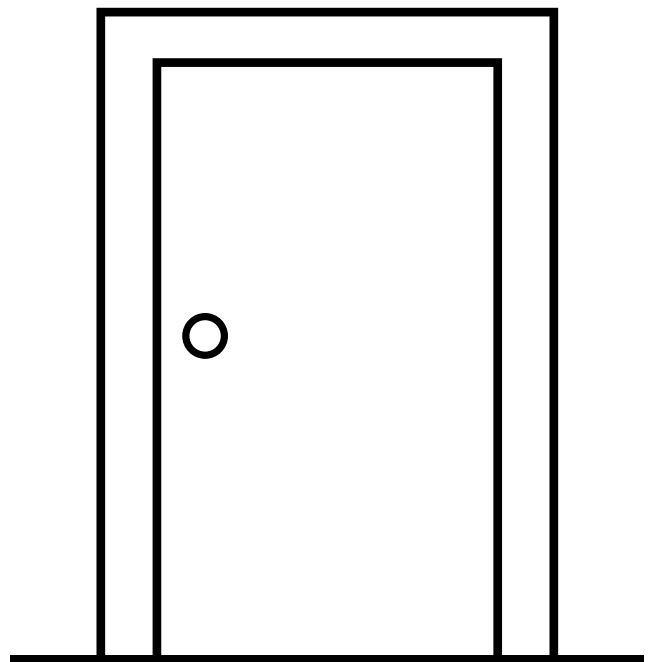
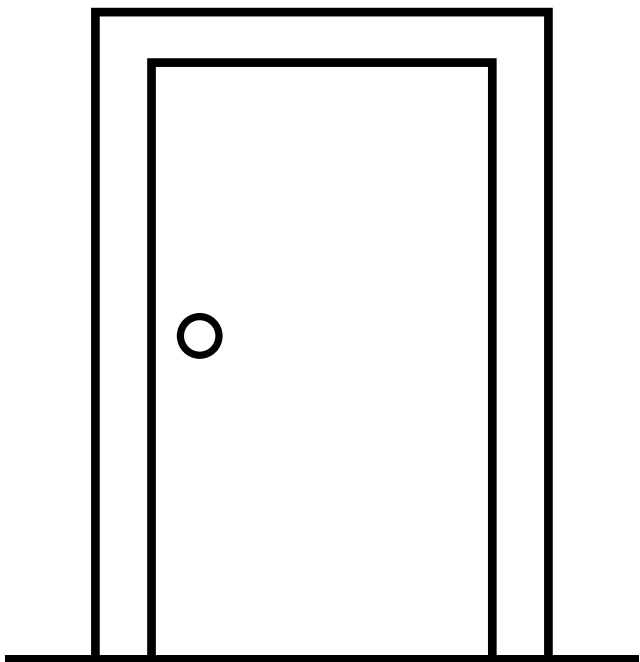
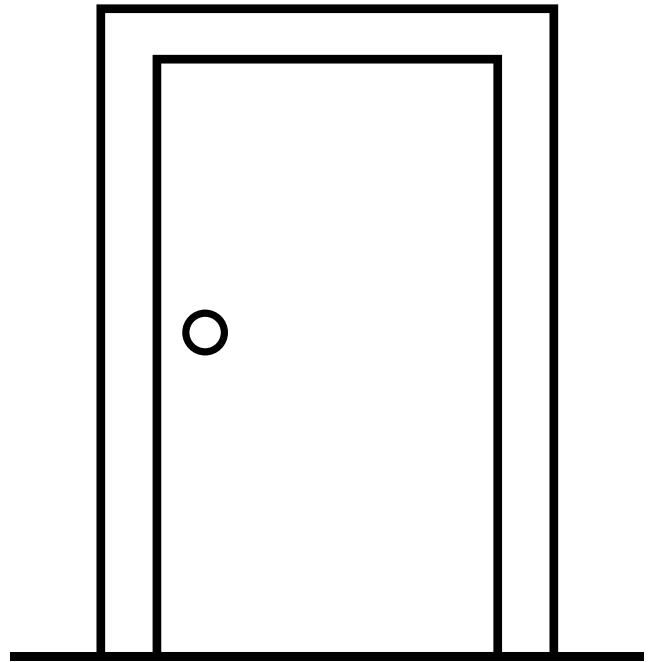
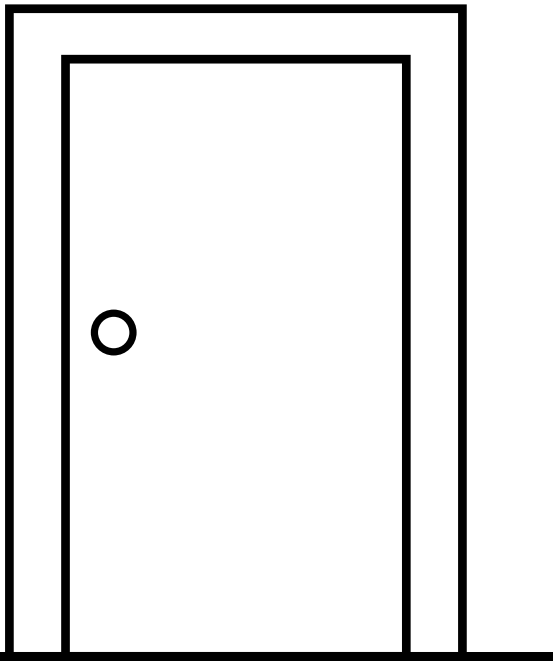
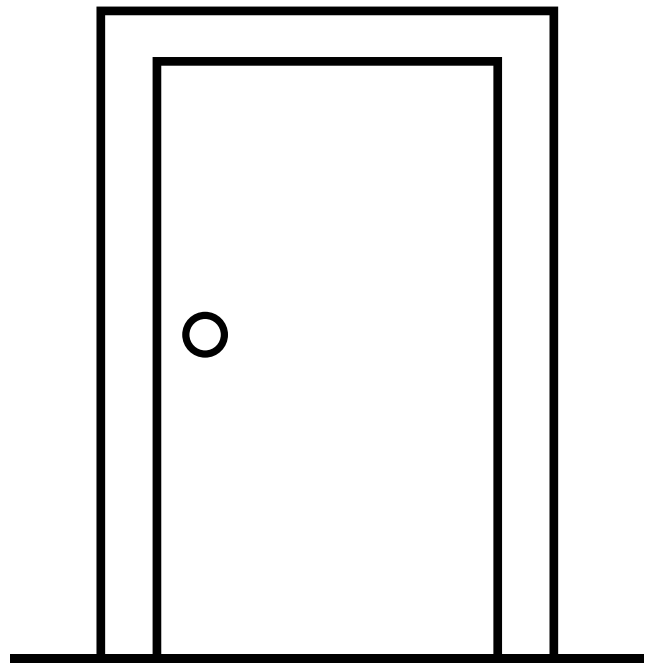
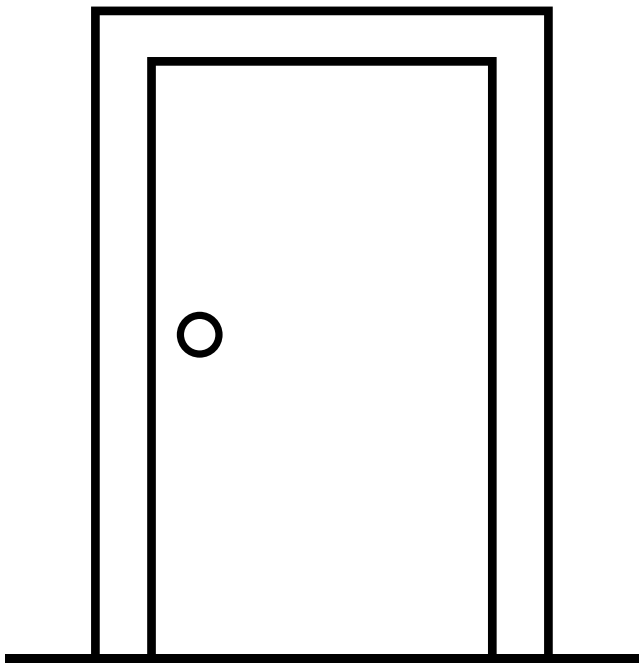
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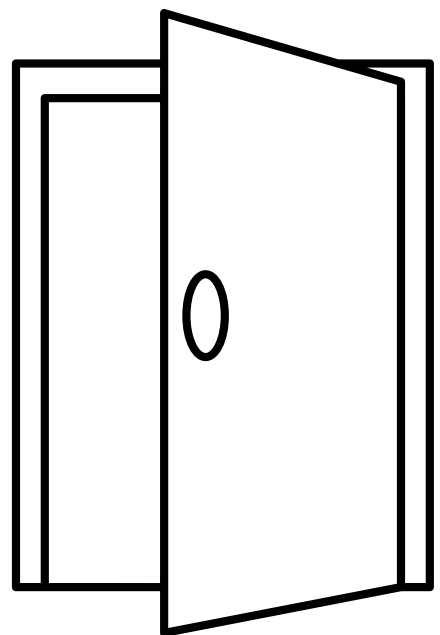
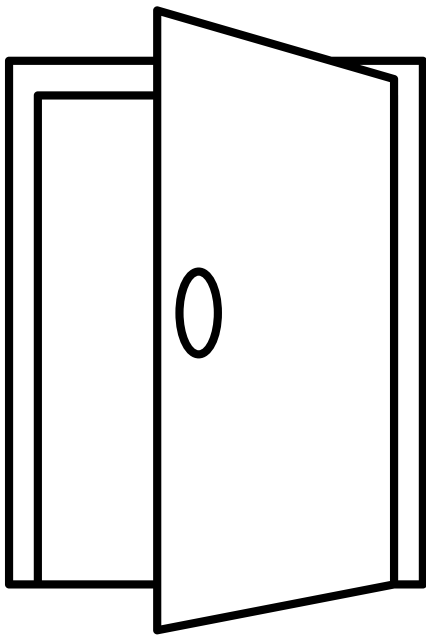
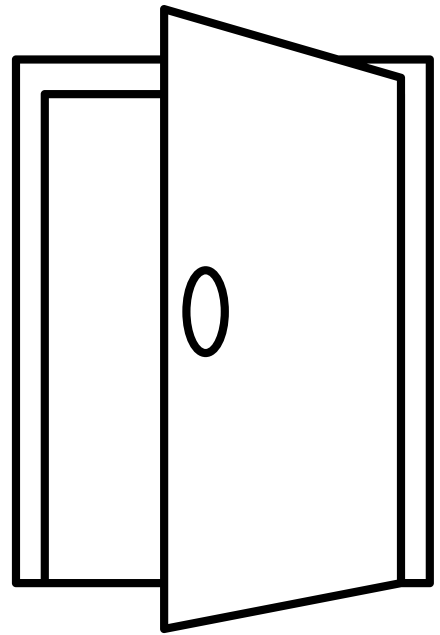
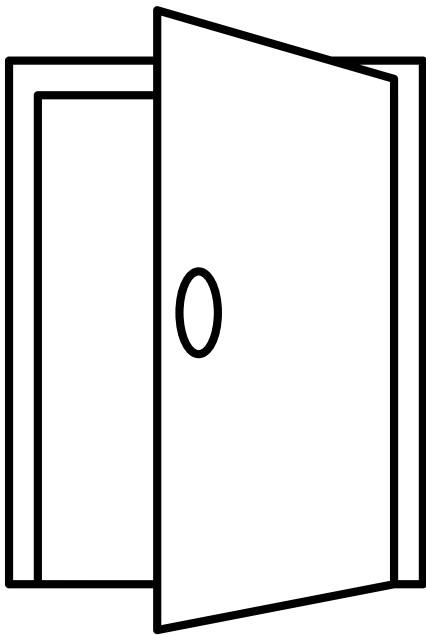
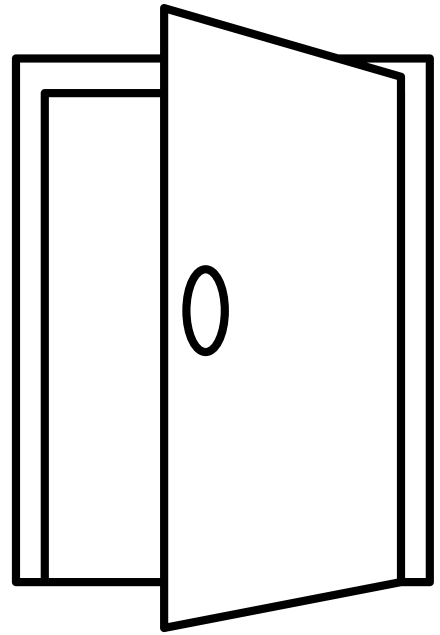
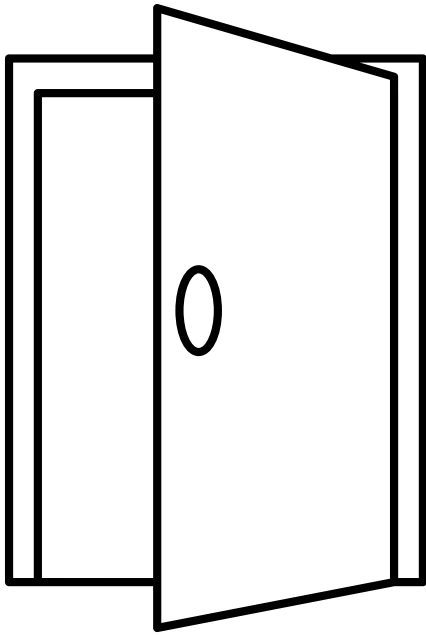
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A TIME TO PAUSE

Time is precious but also complicated . In Greek, there are two types of time:

- Chronos is the time we manage—minutes, hours, and tasks. It's our everyday routine, but sometimes we get so caught up in it that we miss what truly matters.
- Kairos is God's time, not measured by a clock, but by moments that change us. These moments might be simple acts of kindness, a time of quiet away from the noise of other people, or when you've listened to a song and been struck by the meaning of the words.

Take a moment to look at the clock (Chronos) and then focus on the light or candle (Kairos).

- How much time do you spend thinking about what you need to do?
- Can you think of a special moment in your life that stands out from your normal daily routine?

"Time is a gift. We must use it well, for it is given to us only for a little while."

St. Vincent de Paul

St. Vincent de Paul reminds us that time is a gift from God. We should balance our daily responsibilities with leaving space for those "Kairos" moments.

Pick up a "Pause" sign, colour it in, and think about/ write down a special moment in your life. Take the "Pause" sign as a reminder to slow down, notice God's time, and look for those special moments that might surprise you.

For example: When I spend time reading stories with my family.



