

# CELEBRATE ST KENELM

"The greatest in the Kingdom of heaven is the one who humbles himself and becomes like this child."

-Matthew 18:4



## GATHER

**Cupsid Down** - Lay 50 cups on the floor around the room with half facing upwards and half facing down. Divide your group into two teams and one team has to try to place all the cups facing up whilst the other team turns them upside down. The team with the higher amount at the end of 2 minutes wins!

**Bottle flip frenzy** - Create a line of 4 cones increasing in distance by a metre each time x by the amount of teams you have. Each team must take it in turns for each member to flip a bottle and have it land standing past the first cone then the second, third then fourth. The team to successfully bottle flip past each cone first wins the challenge.

**Hoopla** - Place 10 bottles in a ten pin bowling formation and use glow stick wristbands as hoops. Each team young person has three throws each to throw the hoops onto the bottles scoring 10 points per bottle. The team scoring the most points wins the challenge.

## PROCLAIM

Watch: People are awesome vs People aren't awesome (from 1:40)

LINK: <https://www.youtube.com/watch?v=x3elKSXXncc> (ARE)

LINK: <https://www.youtube.com/watch?v=x3elKSXXncc> (AREN'T) (watch before - discretion advised!)

Discuss: When in our own lives have we achieved things by failing but trying over and over until we achieve our goal? How did it feel to finally have overcome the challenge?

What qualities did it take for us to keep going and find success?

## BREAK

Place cards around the room with photos of young Saints who like St Kenelm have shown great courage and perseverance in the face of challenges in their lives and have remained faithful to God throughout.

Give a brief snapshot of their lives and ask the young people to stand by the Saint whose life they think you are describing. Once the group know the stories, ask them to stand by the Saint they are inspired by and explain why.

## SEND

Pray: Lord, we thank you for the inspiration of your Saints, who have given us an example of holiness, courage and perseverance. Help us to be more like them and trust you even in the difficult times in our lives. We pray for our family and friends and all those who guide us, may you also inspire them to set a good example for us and to help us grow in holiness on our mission to be Saints. Amen

**Listen: Danielle Rose - The Saint that is just me**

Danielle wanted badly to be a saint but felt such pressure from the weight of the good work of the Saints, and felt she would never make it, until she realised, she was made to be the best version of herself, the saint that only she could be. - listen to lyrics

Think: Whilst listening to the song, think about how you are called to holiness in your life and what simple ways everyday you can choose to live like a Saint.



Share: In pairs or as a group, share the story of someone in your life who inspires you, someone who lives a life of goodness or has overcome great struggles yet kept their faith. This can be a Saint, someone you have read about or even a member of your own family.

Create: Spend some time creating your own prayer card to give to someone you know. Use this card to inspire them and motivate them to live like a Saint. This could use quotes, scripture, drawings or whatever design you would like them to receive.

Conclude: Let us ask Mary, the first follower of Jesus, to pray for us for the courage to respond to God's call in our own lives. Mary at a young age gave her life to serve God. May we be able to respond like Mary and say yes to God even in the difficult decisions and challenging moments. Hail Mary...



# Snapshot of Saints

## St Rose of Lima

- She wanted to become a nun from a young age but her parents wanted her to marry
- She was exceptionally beautiful so rubbed her face with Pepper to stop her beauty from being a temptation to people
- At the age of 20 she joined the order of St Dominic and lived a life of prayer and penance
- Died at age 31 and became the first Saint born in the Americas

## St Dominic Savio

- He loved his faith from a young age and often knelt outside the church to pray even when it was wet, muddy or snowy
- He said his First Holy Communion was the happiest day of his life
- His motto was death rather than sin
- He studied to become a priest under St John Bosco
- He died at age 14 and his greatest desire, to become a saint, was fulfilled

## St Therese of Lisieux

- She was the youngest of nine children and lost her mother to cancer when she was 4 years old
- Her sisters joined the Carmelite convent but when she wanted to join she was told she was too young
- On a pilgrimage to Rome with her father, she begged the Pope to let her join the convent and had to be removed by guards
- She could not do great acts within the convent so aimed for sainthood through small acts of sacrifice and love everyday
- Before dying at age 24, her sister asked her to write down her story which is now known as 'The Story of a Soul'
- Despite living in an enclosed convent she is now patroness of missions because of her prayers and letters of support to missionaries

## Blessed Chiara Luce Badano

- Aged four she would give her best toys to the poor, invite the less fortunate to dinner and visit the elderly
- She was a part of the Focolare movement which emphasises unity among all people
- She strived to bring her friends to Jesus by the example of her life
- She developed bone cancer at 17 and became paralysed but did not wish to walk again as she felt closer to Jesus when she suffered
- She died in 1990 and was beatified in 2010 by Pope Benedict

## St Kenelm

- He succeeded his Father to become King of Mercia when he was 7 years old
- He was killed by order of his sister who wanted to reign as Queen
- He sang praise to God as he was killed and became a martyr
- A dove rose from his body to carry a scroll to the feet of the Pope to tell him of the young King's death
- John Henry Newman regularly visited his shrine in Winchcombe where the Saint is buried.





