

FAMILY PRAYER

At Home

All Saints
Catholic Academy Trust



Thursday 9th November 2023

gather Together

Begin by making the sign of the cross together.

This week's family prayer at home focusses on freedom.



Scripture

You were bought at a price; do not become slaves of men. - 1 Corinthians 7:23

So if the Son sets you free, you will be free indeed. - John 8:36



Do you know what this flower is called? It is a poppy. You may notice that every November poppies are sold and worn by lots of people. Do you know why? We wear them to celebrate Remembrance Day.

Remembrance Day is a day on which we honour the men and women who have served in the military and who have fought to defend our freedom. The poppy was chosen as a symbol for Remembrance Day because it reminds us of a place called Flanders Fields where many soldiers from the First World War are

buried. The poppies grow wild there between all the crosses that mark their place.

We enjoy a lot of freedom. We are free to go to Mass and worship, we are free to choose what we want to be when we grow up, we are free to choose where we want to live, we are free to choose most of the things that affect our daily lives. This might come as a surprise to some of you - but did you know that freedom isn't free? Someone had to pay the price for us to have the freedom that we enjoy.

We have a lot of freedom, but the greatest freedom that we have is the freedom that we have in Christ Jesus.

Take a moment to reflect on the statement above. What do you think it means?

The Bible tells us that Jesus died to set us free from the penalty of sin. Instead of death, we have been given eternal life. This freedom wasn't free, Jesus paid the price – He died for us on the cross.

Reflect and Pray

Choose one or more of these questions and discuss them as a family:

- Why do people still get involved with wars when we know from history that innocent people are bound to be killed and also what a terrible legacy war can leave?
- How can it ever be right to go to war?
- What would happen if more people refused to fight in wars? Wouldn't we just be overrun by evil forces?
- In what ways do you think people in the armed forces are heroes?

- What difference should Remembrance Day make to each of us personally?
- What does being a peacemaker involve? What did it mean for Jesus?

This week as we celebrate Remembrance Day, let us remember to stop and thank God for those who have paid the price for our freedom. Let us also remember to thank God for Jesus, who has set us free from the penalty for sin, because he was willing to pay the price.

Spend a minute in complete stillness and quiet reflecting on what you can do to help others enjoy the freedom we enjoy today.

As a family make a list of 10 choices that you can make each day to change the world into what God wants for His children.

*Dear Father,
Thank you for the freedom that we enjoy. We
are thankful for those who paid the price for
that freedom,
but even more importantly,
we thank you for the freedom we have
because Jesus was willing to pay the penalty
for our sin.*

Amen

Further Activities:

1. *Make your own poppy crosses*
A poppy attached to a small wooden Christian cross is a bringing together of the remembrance symbol and the chief sign of the Christian faith. Jesus died on a cross, which for Christians means, among other things, that God understands and shares in the suffering of the world, including all the pain and bereavement that comes through war. Create a paper chain of crosses by folding a length of paper into a fan or an 'accordion'. Draw a cross on the top piece, making sure that the left and right arms of the cross touch the folds at the sides. Now cut out the cross shape, but remember not to cut along the folds on the left and right edges. The crosses should be linked when the paper is unfolded. You can make as many crosses as you like depending on the number of folds you make. Now make poppies of the appropriate size cut from red paper to decorate the centres of the crosses. For some poppy templates and instructions, go to: <https://www.craftnhome.com/cut-out-poppies.html>
Talk about: What do you think about when you see a poppy?

2. *Make a peace sculpture*

In many towns and cities around the world, there are often monuments built to commemorate wars, including statues of soldiers and famous battles. What, however, would a statue to peace look like? Prepare some homemade play dough and use this to shape a mini-sculpture on the theme of peace. Once it is finished, put it in a microwave for five minutes to harden and then paint. Here are some sculpture ideas: a dove, an olive branch, a candle, broken weapons. Or look at the following website with the Adinkra symbol from West Africa for peace, which literally means 'no one should bite another'. <http://adinkra.org/htmls/adinkra/bink.htm>
Talk about: What comes to your mind when you think of 'peace'?

3. *Make a peace crane*

In Japan, children write their prayers and hopes for peace on paper cranes which they have made. This is the story behind this tradition: Sadako was a young Japanese girl, badly affected by the atomic bomb dropped on Hiroshima at the end of World War II. She was taken to hospital for treatment. The nurses encouraged her and the other children to accept the medicines by folding for them origami figures out of small square medicine wrappers. Sadako's favourite was the crane. An old Japanese legend stated that anyone who faithfully folded 1,000 cranes would have her wish fulfilled. Sadako began folding cranes and her wish was of course that she would recover. However, when she sensed that she was not going to get better from the effects of the radiation, she changed her wish and prayed instead for peace between the countries of the world. With every crane that she folded, she whispered, 'I will write peace on your wings and you will fly all over the world.' She had folded 664 cranes when sadly she died. The children of Japan learned of Sadako's wish and they too began folding cranes and every year on Hiroshima day (6 August), you can see thousands of paper cranes suspended from the tower in Hiroshima Peace Park. Here is a link to instructions about how to fold a simple crane from a square of paper: <http://origamifun.com/origami-crane.html>
Talk about: Why is it so hard for people in the world to be at peace with one another?

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