



caritas

diocese of hallam

promoting care and social action

Day 1: Good Shepherd Learning

Suggestions for Teachers in
Secondary Schools

Lent 2024





An Introduction for Teachers to Good Shepherd Learning

Every Day Miracles.

The theme for this year's Good Shepherd Appeal is Every Day Miracles: God actively participates in our lives, every day, and often through the people around us.

Here in Hallam, the Caritas team work with many different people, of all ages and backgrounds. Their hands are at the disposal of God, and through their work, God has blessed many with multiple 'mini miracles' and personal transformation.

But they are not alone. To a greater and lesser degree, we *all* collaborate with God in His plan to shower the world with His love... (We just don't always give Him credit for His role!)

On Day 1, we have provided you with resources to help you and your students explore this idea of 'Every Day Miracles'. We will be sharing Caritas stories of Every Day Miracles, and drawing inspiration from the saints, especially from:

- **St Teresa of Ávila** (1515-1582) – and her powerful prayer
- **St Thérèse of Lisieux** (1873-1897) – and her 'Little Way'
- **St Teresa of Calcutta** (1910-1997) – and her love of those on her doorstep.





Good Shepherd Learning Day 1

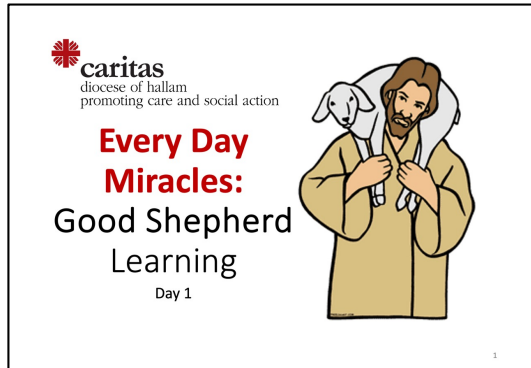
Contents:



- Page 4 **Video: What is an Every Day Miracle?** (2mins)
An Example of an Every Day Miracle from our School Community
- Page 5 **The Every Day Miracle of Mass:** The Veil Removed Video (3 mins)
- Page 6 Exploring the Communion of Saints
- Page 7 **Fact File and Video: St Teresa of Ávila**
- Page 8 St Teresa of Ávila teaches us especially about prayer
- Page 9 Let us Pray with St Teresa of Ávila
- Page 10 Video: The Prayer of Quiet with St Teresa of Ávila (15 mins)
- Page 11 **Fact File: St Thérèse of Lisieux**
- Page 12 Living “The Little Way” with St Thérèse of Lisieux (choice of 2 videos)
- Page 13 **Fact File: Saint Teresa of Calcutta (Mother Teresa)**
- Page 14 Video: The Life of Mother Teresa
- Page 15 Learning from Mother Teresa
- Page 16 Words of Encouragement from Mother Teresa
- Page 17 **Caritas Hallam – also full of Every Day Miracles**



How can we spot an Every Day Miracle?



Video: What is an Every Day Miracle?

This 2 minute video introduces the concept of Every Day Miracles, as a starting point for discussion:

<https://youtu.be/oRVXGf7hVS8?feature=shared>

PowerPoint Presentation:

The content of the video is also available as a PowerPoint presentation, should you want to go through it more slowly: [Day 1 Every Day Miracles Presentation 2024.pptx](#)

Example of an Every Day Miracle – St Alban's Primary:

In December 2023, the Y6s of St Alban's Catholic Primary School went to surprise a Grandma by singing carols outside her home. What makes this an Every Day Miracle? That God gave certain individuals the eyes to see, the ears to hear, and the heart to care...

<https://www.bbc.co.uk/news/av/uk-england-south-yorkshire-67762347>





The Veil Removed on *the Every Day Miracle of Mass*



Mass is an Every Day Miracle.

The Veil Removed is a 3 minute film that removes the veil between heaven and earth, and shows us what actually happens at Mass – should we have the eyes to see.

This video also shows us, in full mystical detail, what it means to pray with the communion of saints and the heavenly hosts.

Warning: you do see Jesus' blood.

https://youtu.be/OOLZDaTglaM?si=l_NQMBolrIOY6Moe



Exploring the *Communion of Saints*



“Anyone who prays – whether alone or with others – enters into a great community of those who pray. It extends from earth to heaven and includes those who are alive today and also the angels, the saints, and the unknown multitude of those who live with God.”

(YOUCAT Confirmation Book page 74).

The Church is, in fact, a **spiritual entity**. Only a tiny bit of it is actually visible, here on earth.



Fact File: Saint Teresa of Ávila

(St Teresa of Jesus)



Born 1515 in Spain.

Died 1582, aged 67 years



FACTFILE:

Mystic	St Teresa received heavenly visions.
Doctor of the Church	St Teresa was the first woman Saint to be made a Doctor of the Church. This happened in 1970.
Religious Reformer	St Teresa used her wealth to start up a different type of convent.
Known for	Her teaching around mental prayer and meditation, and especially the 'prayer of quiet'
Feast Day	15 th October

About the Life of St Teresa of Ávila - Video:

Catholic Television, 11 mins

<https://youtu.be/0ui1WtoAX7o?si=bCR9NCdf4RRbwnsH>⁷



Saint Teresa of Ávila

teaches us especially about prayer



**“Contemplative prayer
in my opinion is nothing else than the
close sharing between friends;
it means taking time frequently to be
alone with Him who we know loves us”.**

(St Teresa of Ávila)



Opportunity:

- Do you think of Jesus as being a personal friend to you?
- All friendships need us to invest some time into them. Friendship with God means setting aside time to be with Him; we call this prayer. What time do you / can you set aside for your friendship with God?
- Try beginning your prayer time with your ‘thank yous’ to God for all the good things in your life; then go on to talk to him about everything else.
- Expect Him to respond! So make sure you create some quiet time for Him to do so.



Let us Pray with Saint Teresa of Ávila



St Teresa writes to tell us:

**“Christ has no body now on earth but yours,
no hands but yours, no feet but yours.
Yours are the eyes through which His compassion looks
out on the world; yours are the feet with which He can go
about doing good; yours are the hands
with which He can bless.”**

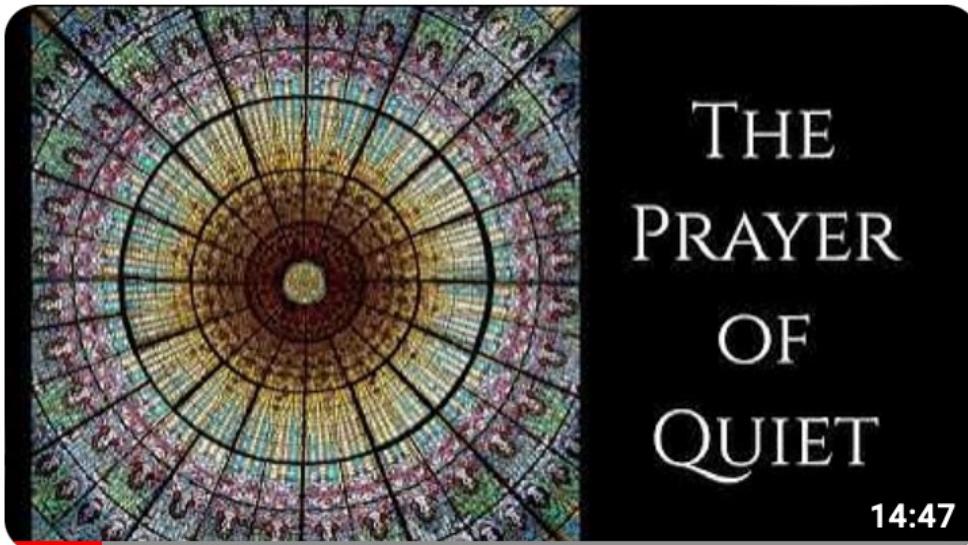
Lord Jesus, I give You my hands to do Your work
I give You my feet to go Your way
I give You my eyes to see as You see
I give You my tongue to speak Your word
I give You my mind that You may think in me
I give You my spirit that You may pray in me
I give You my heart that You may love in me the Father and all humankind.
I give You my whole self that You may grow in me
So that it is You, Lord Jesus, who live and work and pray in me.
Amen.



The Prayer of Quiet with Saint Teresa of Ávila



St Teresa of Ávila – The Prayer of Quiet – Christian Mystics



Meditation Video: 15 mins

A selection of key points for prayer and meditation from St Teresa of Avila's teachings. Excerpts taken from numerous sources, including: "The Way of Perfection", "Collected Works" and "Interior Castle."

Music: Heavenly Angel Music

<https://youtu.be/izhliJZ2ms?si=VQ-fpTX5z11u8run>



Fact File:

Saint Thérèse of Lisieux (*The Little Flower*)

Born 1873 in France
Died 1897, aged 24 years

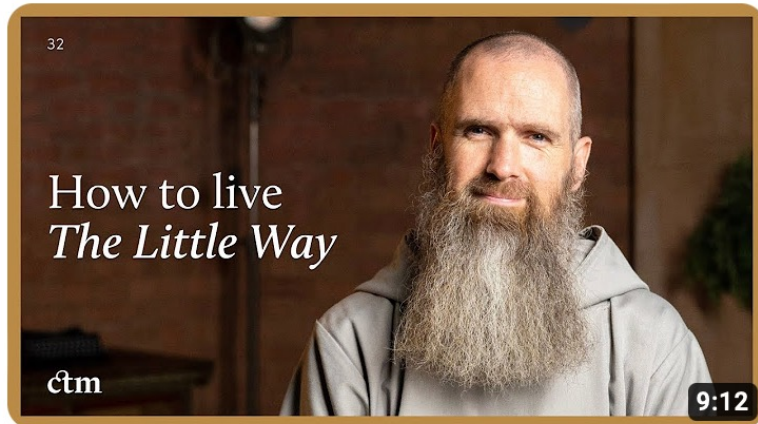


FACTFILE:

A Thinker	As a child, St Thérèse loved to just sit down and think about God, life and eternity in heaven. She always wanted to be a saint.
A Sister	St Thérèse was the 4 th sister of 5; 4 of them – including Thérèse became Carmelite Nuns.
A Writer	St Thérèse wrote a book called 'Story of a Soul', which was published after her death.
Known for	Her simple, childlike relationship with God, called 'The Little Way'. This is all about doing little things, but with great love.
Feast Day	1 st October



Living “*The Little Way*” with Saint Thérèse of Lisieux



How to live “The Little Way” - Video:

With Fr Columba Jordan CFR, 9 mins

<https://youtu.be/GD3ksvsw6QE?si=yDNKUbfSIvNciUby>



Why St Thérèse and Her “Little Way” Will Change Your Life – Video:

With Fr Mike Schmitz, 10 mins

<https://youtu.be/KHYO4qW47x0?si=iNxZV-jJ9jnlNxBn>





Fact File:

Saint Teresa of Calcutta (Mother Teresa)

Born in 1910, in Skopje
(Ottoman Empire,
now in North Macedonia)
Died 1997, aged 87 years



FACTFILE:

Multiple Nationalities	<i>"By blood, I am Albanian. By citizenship, I am Indian. By faith, I am a Catholic nun. As to my calling, I belong to the world. As to my heart, I belong entirely to the heart of Jesus."</i>
A Missionary	Called by God to serve the poorest of the poor, for Jesus - especially in Calcutta, India.
A Founder	In 1950, Mother Teresa founded the Missionaries of Charity. By 1996, they operated 517 missions in over 100 countries. By 2012, the order had over 4,500 nuns operating in 133 different countries.
Known for	Her service to the poor, and for doing 'small things with great love'.
Feast Day	5 th September



The Life of Mother Teresa (*Saint Teresa of Calcutta*)



The Life of Mother Teresa (Saint of the Gutters) - Video:

Catholic 365, 8 mins long

<https://youtu.be/EjMGO--esoA?si=Ed9RNdrXI6EERimk>



Learning from Mother Teresa (*Saint Teresa of Calcutta*)



She only did a few things, but what she did, she always did with great love:



1. She smiled and engaged with people;
2. She worked – either by caring for people, or by typing letters on her old typewriter; or
3. She prayed – often by praying the rosary as she went about doing her work. Teresa tried to be in contact with God 24 hours a day!



She had great faith – she trusted God completely, and knew that He would never let her down:

Her trust in God was immeasurable. Often she began social projects without a penny. She simply prayed and was convinced that God would not let her down, and He never did.



The life of Mother Teresa is full of Every Day Miracles.
Suddenly, from some corner of the earth, a cheque would come in for exactly the amount that Mother Teresa required!



Words of Encouragement from Mother Teresa



**“Not all of us can do great things.
But we can do small things with great love.”**



**“Never worry about numbers. Help one
person at a time and always start with the
person nearest you.”**

**“The way you help heal the world is you start
with your own family.”**

**“Prayer is not asking.
Prayer is putting oneself in the hands of God,
at His disposition, and listening to His voice
in the depth of our hearts.”**

**“If we have no peace,
it is because we have forgotten that
we belong to each other.”**



Caritas Hallam

– also full of Every Day Miracles

God can use everyone's hands to do *good* for the world.

And we make it a lot easier for Him when we purposefully set out to collaborate with Him in this work!

Caritas Hallam is one such organisation. It is full of people committed to showing God's love to our local communities. At Caritas, we offer our hands (and our gifts and talents) to help and support our communities from 'cradle to grave', and we do this through doing lots of *little things, with great love*.



The Caritas Schools Team now works with 27 schools within our Diocese and local communities, delivering one-to-one counselling, group interventions, and summer holiday support to the pupils who need it. And they support the staff working in schools too.

Caritas delivers Parenting and Well-Being programmes, as well as Family Therapy. They partner other local organisations and deliver projects of support, such as the Light Project for victims of domestic abuse. And they continue to support a range of other projects around the diocese that aim to be there for their local communities at their time of need.

Miracles are happening; let's all engage, work and pray for more!