

90 MINUTES

session 1

change

"Lord, I am not worthy that you should enter under my roof. But only say the word and my soul shall be healed."

Overview

To explore experiences of change, to recognise the value of change, and to acknowledge that we are transformed in our experience of the Eucharist.

This session looks at how difficult change can be in our lives and the importance of growing in Christ as a community. It's a busy, fast paced session. To keep it flowing it might be helpful to get different leaders to lead different activities so that as one activity finishes a different leader is ready to jump in with the next one. If you're worried about time, you could take out one of the ice-breakers. You could also change the cocktail activity by asking for a couple of volunteers to make a cocktail in front of the group. In all things – go with your group. If they are a busy, active group, keep the activities coming. But if they are a more reflective, mature group, you can let the discussions and prayer-time flow on.

YouCat Paragraphs:

It was as though ... 166-174

We are not Church... 211

"It was as though I heard a voice from on high: I am the food of the strong; eat then of me and grow. But you will not transform me into yourself like food for the body, but rather you will be transformed into me."

St Augustine, writing about his conversion

"We are not Church because we get along well, or because we happen to end up in the same parish community, but rather because in the Eucharist we receive the Body of Christ and are increasingly transformed into the Body of Christ"

equipment

You can really go to town on this with cocktail shakers, martini glasses etc, or go low key with plastic cups.

Get different types of fruit juice as exotic as you like and have several cartons of the popular juices if you have a large group.

Playing a video clip really changes the dynamic of a session so it's worth the hassle of setting it up!

you

1

Bean bag ball

1 each

ingredients and equipment to make 1 cocktail for each person in the group

1

CD/MP3 Player and quiet music

will

3-5

Per group:

Sheets of paper for stepping stone game

1

Equipment for playing video clip: Laptop (plus projector for a larger group)

need

1

Bible for reading

1 each

Challenge cards

Activity

Explanation

Welcome:
5 minutes

Welcome the group to the sessions. Say that over the next few weeks we'll be taking a deeper look at the Mass, and discovering more about how we can be more open to God by coming to celebrate with the community each week. Along the way, we'll be thinking about how some of the words have changed and what the new words mean to us. In our first session, we'll be thinking about change. How do we feel when things change, and how open are we to change?

Say that you know how hard it can be for young people to talk about their faith, especially when lots of their friends might not share their beliefs. These sessions each week will be a safe place for the group to make new friends, talk about their faith, meet God in a new way, and have a lot of fun together. At the end of the time, they will be planning a Sunday Mass for the community and sharing what they've learned.

Name Game:
5 minutes

Ask the group to stand in a circle and begin by getting them to throw a bean bag (or soft ball) around the circle.

They throw the bag to anyone they wish but must say the name of the receiver (they can ask the name if they are not sure). They must remember the person they throw to and cannot throw to someone who has already had the bag.

Once they have gone around the circle once do it again (still throwing to the same person) and once that is underway add a second bean bag going in the same direction still throwing to the same people. You can add as many bean bags as you wish.

For a new group who don't know each other go round the group and say names first.

For a confident group you can make the game harder by reversing the direction, changing to surnames and getting faster and faster.

Ice breaker:
look up look down:
5 minutes

Ask the group to stand in a circle. When you say "look down", all the group must look directly at their own feet. Then say "look up" and all the group must look directly at someone else in the circle. If they are looking at someone who is also looking at them they are out. Other rules are: they cannot look at the same person consistently. They are not allowed to look at the people either side of them, in the early stages of the game. And they must fix their gaze on one person and not look around the room. You will, obviously be left with two winners.

Moment of Prayer:
5 minutes

Take a moment of quiet and remember a time when something in your life has changed. What do you remember feeling at this time?

If it is applicable for your group you could ask them to offer any of this which is difficult to God and trusting that God is always with us.

Tell the group clearly that they will not be asked to share this with anyone.

Activity

Explanation

Theme activity :
10 minutes

Small group competition. Each team must move from one side of the room to the other using a set number of stepping stones (made from paper or tyres etc if you are feeling adventurous). If a team has 5 members give three stepping stones for example.

To add an extra twist you could say that if 5 seconds passes without a member of the team touching the stepping stone they will lose it.

Tie-up:
5 minutes

Discuss the importance of working together and journeying together. The whole community ends up somewhere different within a shared experience. Change moves us to a different point. An example of this is Dr. Who. Show a clip of Dr. Who changing and get the group talking about how positive change changes their lives.

Try typing "Dr Who regeneration" into YouTube to find a good clip.

Brainstorm:
5 minutes

Get the group to come up with other examples of people changing and the kind of changes that people experience. If the group find it hard to get going start with changing schools, moving house, getting a new brother or sister...

Discussion time:
5 minutes

In pairs or groups of threes discuss how it feels when things change? What is the difference when change is imposed upon us? And what helps us accept change?

To encourage discussion you may play some music of the groups choice as this will create background noise to muffle voices.

End of Part One:
5 Minutes

Tie up part one by getting the group to think about the John Henry Newman quote "to live is to change, and to be perfect is to have changed often". What sort of changes would they like?

Activity

Explanation

Cocktails:
15 minutes

Invite the group to make cocktails. Have a variety of fruit juices available and allow the individuals to choose their own ingredients.

To tie up explain that even if the ingredients are the same all the results are different. This is like us in Mass. We all hear the readings and receive communion but the finished product is different. We don't always know how we have changed. And sometimes we may not like it –it is not always easy. How many didn't like their cocktails?

It is very important that you check that no-one in the group has any food allergies that might affect them, eg kiwi and strawberry

Link to Mass:
5 minutes

Read the story of Jesus and the centurion (Matt 8:5-13), or even better, get one of your young people to read it.

Ask the group what change happened? How did it happen?

Ask when in the Mass we say these words?

When we say this, what are we asking God to do?

What happens to us when we receive communion?

With a confident group you can go further and talk about the change to the elements of bread and wine into the Body and Blood of Christ. The YouCat is a great place to find accessible church teaching on this (para's 208-223)

Challenge:
5 minutes

Before we made the cocktails we talked about the kind of changes we would like to see in our lives. Having heard the story of the centurion, we know that Jesus can change our lives. Challenge the group to pray for change this Sunday at Mass. What change will you ask for next Sunday? How do you want to be changed? Give out the challenge cards to your group.

Prayer:
5 minutes

Read scripture of the last supper. (Choose from Matthew 26:26-29; Mark 14:22-25; Luke 22:14-20; John 13:2-15; 1 Cor 11:23-26). Ask the group to think about the changes that take place during this piece of scripture. Explain that in the same way that the bread and wine is changed, God changes us. Finish by saying the Our Father together – a prayer asking for change (“thy kingdom come, thy will be done . . .”).