

# BACK2BASICS WORKSHOP

SATURDAY 19 MARCH 2011

Facilitated by the Archdiocesan Youth and Young Adult Ministry Team  
Catholic Centre, Hill Street, Wellington

## Creative Prayer

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## Introduction – What is Creative Prayer?

This resource is focused on Creative Prayer outside of the Eucharistic celebration. It is based on the Back to Basics workshop run by the Archdiocese of Wellington Youth and Young Adult Ministry Team on Saturday 19 March 2011.

### **What is Prayer?**

Prayer is communicating with God. It can be anything from doing the dishes to riding a bike, reading the Bible to praying an icon, eating an ice-cream to dancing in the streets. When it comes to prayer, it is much more about the attitude we do things with, than what we do.

### **What is Creative Prayer?**

## Think E<sup>3</sup>!

Creative prayer is Engaging.  
Creative prayer is Experiential.  
Creative prayer is Exciting.

Creative prayer should be Engaging, it should be an Experiential and is should be Exciting – good prayer is creative prayer. We use all our senses in everyday living and it's important to use them in prayer as well. But what exactly is 'creative'? Simply think 'prayer that is different to what you usually do'. Some things in this resource may be as old as the hills to you but to someone else they could be brand new and the fresh idea they were looking for. This does not mean you need to use a different method of prayer every time you pray instead 'different' is about keeping your prayer life alive, connected and constantly relevant. In short E<sup>3</sup> – engaging, experiential and exciting!

### **Praying as a group?**

When we pray together there are some basics that are important to remember:

1. Make sure everyone feels welcome and included,
2. Structure or flow helps enable people to enter into the prayer,  
Gather- Proclaim- Break- Send – refer Prayer Preparation Sheet below
3. Everyone is different so having variety in our prayer is important. Remember to use the different senses and to act as stewards by encouraging the different gifts of your group to be shared as well.

# Gather:

A clear beginning is very important. You could:

- 1) welcome people (at door, once all have sat down etc)
- 2) use sign of the cross
- 3) ask everyone to greet someone
- 4) ask everyone to sit quietly for a moment to settle.
- 5) play music
- 6) pray
- 7) something else...

Past, Present & Future - journey is really important

# Environment:

Choose a place to hold prayer:

- 1) In main room
- 2) Outside in particular spot
- 3) Wandering around outside
- 4) Somewhere else you've noticed

Are we sitting down (are we rows or a circle, on the floor or on chairs?), standing up or kneeling? Is there music playing (is it a CD or live)? Are the lights on or off?

- 5) something else...

Use the gifts of your group

# Listen & Respond

You could:

- 1) read from the Bible (there are stories set for each day or pick one your group really likes)
- 2) perform a drama/dance
- 3) choose reflection/prayer from book
- 4) include music (background music, singing [is it well known or do you need to prepare the words for everyone up on powerpoint?])
- 5) write your own prayers/reflection/poem
- 6) tell a story/joke
- 7) arrange for a few people to share something
- 8) ask everyone to share one word
- 9) include quiet/silent time/prayer
- 10) invite people to pray out loud
- 11) play your favourite song (pop/rock etc)
- 12) share about what makes you happy, sad, angry, excited, your wish for world etc
- 13) think about what time of year it is and what it means to you - Christmas, Lent, Easter, New Year, Mid Year, Exams, etc
- 14) pray for person next to you
- 15) something else...

# Prayer Focus:

You could include all, some or none of the following

- 1) Candles (group, school, tea lights)
- 2) Cloth/Material/Ribbon
- 3) Bible
- 4) plants/flowers/leaves/stones
- 5) items from the sessions e.g. worksheets, equipment, posters
- 6) books (session, novel etc)
- 7) bowl of water
- 8) pictures/photos
- 9) a cross
- 10) something else...

Be creative!

# Send Forth:

Leaving with a renewed sense of mission.

Be clear about the ending (people don't like being uncertain about this). You could:

- 1) thank people
- 2) use sign of the cross
- 3) pray blessing
- 4) invite everyone to sing
- 5) something else...

Make this fun & meaningful for everyone!

## Contemplative Prayer

All relationships take work. Our relationship with God is no different. Prayer is about strengthening our relationship with God. Like all relationships, it's about creating the right environment to enable you to really grow in your understanding of each other. It takes effort today to find a quiet spot to simply be with God. Contemplative Prayer is about fully opening ourselves to God's presence in our life through reflection, contemplation and quiet. Humans are sensory, so be creative and use different the different senses – touch, taste, hearing, smell and sight. Here are just a few suggestions you could use to enable your community to develop their relationship with God.



# Ordinary space being transformed into sacred space.

## Centring Prayer

Centring Prayer allows us to spend time with God without relying on words (i.e. it's a silent form of prayer).

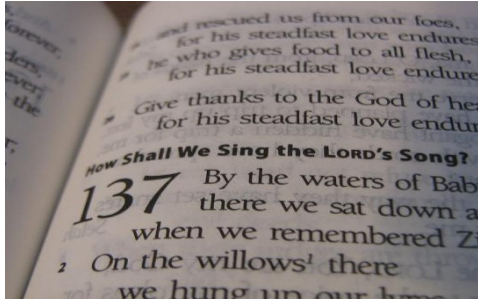
Method:

1. Choose a sacred word to help you to be in the Lord's presence and open to God's action within you (i.e. "Jesus", "Lord," "God," "Savior," "Abba," "Divine," "Shalom," "Spirit," "Love," etc.).
2. Sit comfortably with your eyes closed, relax, and quiet yourself.
3. Silently introduce the sacred word you've chosen (repeat it over and over if its helpful to focus you).
4. Whenever you become aware of anything (your thoughts, feelings, perceptions, images, associations, etc.), simply return to your sacred word, your anchor and silently say it again.
5. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

Reference: Adapted from [http://en.wikipedia.org/wiki/Centering\\_prayer](http://en.wikipedia.org/wiki/Centering_prayer) and <http://www.contemplativeoutreach.org/site/DocServer/MethodCP2008.pdf?docID=121>

Image Reference: Navel gazing child:

[http://1.bp.blogspot.com/\\_G9kGOewGtY4/S4dAhJFKwI/AAAAAAAAABUI/kXhdR7nhnqo/s1600-h/Belly+Button](http://1.bp.blogspot.com/_G9kGOewGtY4/S4dAhJFKwI/AAAAAAAAABUI/kXhdR7nhnqo/s1600-h/Belly+Button)



## Praying with Scripture

### Lectio Divina:

Lectio Divina is Latin for sacred reading and describes a method that has been used for centuries. In 2005 Pope Benedict XVI encouraged it's use:

I would like in particular to recall and recommend the ancient tradition of Lectio divina: the diligent reading of Sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart.

Traditionally there are four steps to Lectio Divina:

1. **Lectio** - Reading the Bible passage gently and slowly several times. The passage itself is not as important as the savouring of each portion of the reading, constantly listening for the "still, small voice" of a word or phrase that somehow speaks to the practitioner.
2. **Meditatio** - Reflecting on the text of the passage and thinking about how it applies to one's own life. This is considered to be a very personal reading of the Scripture and very personal application.
3. **Oratio** – Responding to the passage by opening the heart to God. This is not primarily an intellectual exercise, but is thought to be more of the beginning of a conversation with God.
4. **Contemplatio** - Listening to God. This is a freeing of oneself from one's own thoughts, both mundane and holy, and hearing God talk to us. Opening the mind, heart, and soul to the influence of God.'

References:

Pope Benedict's Speech:

[http://www.vatican.va/holy\\_father/benedict\\_xvi/speeches/2005/september/documents/hf\\_ben-xvi\\_spe\\_20050916\\_40-dei-verbum\\_en.html](http://www.vatican.va/holy_father/benedict_xvi/speeches/2005/september/documents/hf_ben-xvi_spe_20050916_40-dei-verbum_en.html)

Lectio Steps - [www.gotquestions.org](http://www.gotquestions.org)

Image Reference: Praying with Scripture: <http://www.murraymoerman.com/1christ/scripture/scripture.jpg>

### **Guided Meditation using Scripture:**

Humans have the most amazing imaginations. Guided Scriptural Meditations lead individuals through a process that gently takes them through a piece of scripture, helping them to connect more deeply to a story they may have heard many times.

Questions may include:

- how you would have felt,
- what you would have seen or heard,
- how things tasted or smelt,
- and ultimately how you would have responded.



When preparing for any meditation we need to consider the following:

- TIME: Setting aside a suitable time in the day where you are less likely to be interrupted.
- ATMOSPHERE: Creating an atmosphere of calm by thinking about the lighting and using objects to focus your attention on such as candles, pictures, natural objects.
- COMFORT: Ensuring the environment is warm and comfortable.
- SAFETY: When leading a group, leaders need to ensure that participants are safely led into the meditation and safely brought out of the meditation.

References: <http://hubpages.com/hub/BIBLICAL-MEDITATION>



*'If we love God then we must share that love with others by living as Christians and working for a world where all the good things that God has given us will be shared with all God's children.'* Coyle, T. (1997). *This is our Mass*. Mystic, CT: Twenty-Third Publications, 6.

Images References:

Guided Meditation: <http://thingsgodtaughtme.files.wordpress.com/2009/07/tattoo-on-my-hand.jpg>

Hand: <http://keturahweathers.theworldrace.org/?filename=og-love>

## Website full of creative contemplative prayer suggestions

Be creative! Check out:



4 examples included below:

1. Scrabble
2. Photography and Our Journey
3. Wordless Worship – Smell
4. Random Acts of Kindness





## PHOTOGRAPHY AND OUR JOURNEY

On the table are various photos, find one (or a few) that you feel represents where you in your life with God, right this moment in time.



Take time to sit and talk with God. Ask God if where you are is a good place. Is it where God wants you to be? Is it just part of the journey or are you taking side trips?

Take time to sit and listen to what God wants to say to you through either the photograph or the passage of Scripture. Be attentive to God's still small voice.

### References:

Prayer adapted from [www.creativeprayer.com](http://www.creativeprayer.com)

Image: <http://news.cnet.com/i/bto/20090113/lego-digital-camera.jpg>

## WORDLESS WORSHIP - SMELL

Spend as much time here as you like before moving to another bowl.

Carefully smell the item in the bowl (try to avoid touching, tasting, listening to or looking at it, simply take the time to smell it).

- ♥What comes to mind when you smell it?
- ♠What memories or feelings does it trigger?
- ♦In what ways does this make you think of God? Or if it does not, why?
- ♣In what way do you think God is worshiped through this smell?

To finish, write any thoughts you had about this experience on the paper provided. Sign your comments only if you want to but leave the paper here for the next person to write on.

References:

Prayer adapted from [www.creativeprayer.com](http://www.creativeprayer.com)

Image: <http://www.cartoonstock.com/newscartoons/cartoonists/rma/lowres/rman29911.jpg>

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**"If bees are so busy, how come they take time to stop and smell the flowers?"**

## **RANDOM ACTS OF KINDNESS**

“And be kind to one another, tender- hearted, forgiving each other, just as God in Christ also has forgiven you.”  
Ephesians 4: 32

“And so, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, and humility, gentleness, and patience...”  
Colossians 3: 12

“And followers of Jesus must not be quarrelsome, but be kind to all, able to teach, patient when wronged”  
2 Timothy 2: 24

In this space write a list of things that God has done for you....

In this space write all the kind things others have done for you within the past month....

In this space make a list of kind things that you can do for others during this next week...

Now choose one of these intentional acts of kindness and do it!

Reference:

Prayer adapted from [www.creativeprayer.com](http://www.creativeprayer.com)



## Praying with Nature

We are truly blessed to live in this country. We only have to walk outside to see the beauty of God, drive maybe 10-20 minutes to be surrounded by bush or to walk on warm sand. Nature is such a huge part of who we are as New Zealanders that it makes sense to take advantage of it in our prayer life.



### **Here are some ideas for praying with Nature:**

- Take a bush walk or tramp, allow the group to open up all their senses to the natural world. Use it as a thanksgiving prayer time.
- Take a trip to the beach, build sculptures or write words in the sand close to the shoreline that represent something you want forgiveness for. Watch as the tide washes away the sins.
- Visit a nature reserve/animal park. Use as a thanksgiving prayer session for all of God's creatures.
- Incorporate natural things into your prayer circles e.g. driftwood, leaves, shells, flowers etc. Have each person chose one thing. Give them time to examine it - what it feels like, looks like, sounds like, smells like - meditating on its shape, its detail, its quality, its texture, praising God for the wonder and mystery of the natural world.



- Clean-up an area. For every piece of rubbish you pick up say a small prayer.
- Have a session looking at what the Bible says about the natural world e.g. the Creation story.

One thing to remember: the natural world is a special, sacred place, so should be left in a state as good as or better than we found it.

### References

Pohutukawa Image: <http://www.nzhistory.net.nz/files/images/pohutukawa-flowers.jpg>

Footprints Image: <http://www.kostagara.com/blog/wp-content/uploads/2010/05/Foot-Prints-in-the-sand.jpg>

## Praying with Dance and Drama








Drama and dance can be used as worship and prayer. They provide wonderful opportunities to look to the gifts in our group and make use of them in our prayer time.

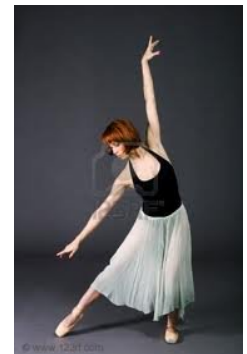
Dancing has been used as a way of worship since biblical times. There are many examples within the Bible of dancing including Miriam dancing with her tambourine (Exodus 15:20) and David and all of Israel dancing before the Lord (2 Samuel 6:14). Many religious dances have been passed down through the centuries, and people even today dance in the aisles at church. Dance may be something we do not feel too comfortable doing, but it is a part of our history, and is as valid for worship as singing.

The use of drama as worship or prayer has also been around for centuries. The Franciscan and Dominican Orders performed liturgical and morality plays as both teaching tools and forms of worship. Drama is used in our Mass as well; we have dramatic readings, and a re-enactment of the Last Supper.





### **Here are some prayer ideas with Dance and Drama:**

#### Dance

-  Teach the group an Israeli dance - they are really simple and repetitive, so even those with two left feet can pick them up.
-  Take a religious song and learn the sign language to it.
-  Put on some worship music and just let the group dance freely.
-  Have someone teach a dance from a different culture (look to the different cultures in your group).
-  Learn a Maori action song.
-  Play Musical Prayers (see below).
-  Use a variety of styles - invite individual members of your group to dance one at a time.



#### Drama

-  Have the group read biblical stories and recreate them in tableaux style (see below). Make sure you give each person a chance to really think about who would have been there and what their reaction would have been.
-  Use a variety of voices:
  - Have a passage from the Bible proclaimed several times by different people, giving the group a chance to listen and understand what is being said and allowing themselves to go deeper into the text.
  - Break up the passages into characters and a narrator.
-  Have the group reenact a biblical story or the life of a saint.
-  Get the group to write and perform a skit modernising a parable

A Tableaux is a 'Snap Shot' of a scene. It uses frozen poses. Once you have read the passage invite the group to form a tableaux. It helps to

- Split the group in two, one creates a Tableaux while the other watches then swap.
- You can use one story for both groups or two different stories
- Let people go in one at a time, to allow time to take in the story and the scene developing before them.
- Once both groups have gone, ask everyone how they felt, how they came to choosing their pose, who they were, do they have a better understanding of the story and in what way?



# MUSICAL PRAYERS



1. Spread lots of bits of paper with things to pray for/give thanks for on the floor:

e.g.

- Thank God for your best mate
- Sing one chorus of a song
- Be silent for 30 seconds
- Shout out one thing you are grateful for
- Stop, ask God what he wants to say
- Tell God about your day
- Ask God for something you want / need
- Ask God for something for one of your friends
- Thank God for one person in your life
- Ask God to meet with someone
- Shout out the name of someone you hope to become a Christian
- Tell God something you want forgiveness for
- Tell God someone you want to forgive
- Add some of your own prayer requests or needs of others...



2. Play music (this could be live or recorded).

3. Everyone dances around (either specify the style or just let the group go for it) just like in musical chairs but from square to square on the floor until... you guessed it, the music stops and they read the sheet nearest them and follow the instructions written on it.

4. Repeat until the group has had enough.

References: Adapted from <http://www.prayerrequests.co.uk/CreativeArchive04.html>

Image: <http://www.lyckobloggen.se/wp-content/uploads/2010/09/dancing1.jpg>



## Music

- Music is a powerful tool in communication that can bring together and capture crowds from all backgrounds.
- Music is God's way of communicating love and music is our response to God's love.
- In music, we meet God.
- Music helps us go deeper and deeper until we

meet God dwelling in us. We connect with our truth and walk away free. By simply connecting with who we are, we are playing our own note in God's orchestra.

- Music can communicate a message or evoke emotions. Encourage your group to use their favourite songs to come up with prayer themes or foci.
- Simply looking at history we see how music reflects some of the great movements for freedom for example Rock n Roll for the youth of the 50's and 60's and Blues, Jazz and Gospel music for the African Americans of the 20's and 30's. Why shouldn't that be any less true today? How can we use music to empower our communities to work for justice?

### Here are some prayer ideas using music:

- ♪ Provide a variety of simple instruments ('simple' will be defined by the musical abilities of your group). Get everyone to select one and create a song together for God.
- ♪ Sing together.
- ♪ Teach the group a dance (or get a member of the group to teach everyone).
- ♪ Play the group a piece of music and ask them to think of it as if God was singing this straight to them.
- ♪ Ask everyone to bring a song (absolutely anything) that really speaks about their relationship with God and have a night where you simply listen to each other's music. You could ask them to share why it speaks to them or simply let them be played.
- ♪ Teach the group some simple Taizé chants. Taizé is a place of prayer and pilgrimage for young people in France that draws hundreds and thousands of people together in prayer through peaceful, meditative song. Check out this site for more information - <http://www.taize.fr/>. Taizé music can be resourced either online or borrowed from the Archdiocesan Youth Office.
- ♪ Check out the book, "May I have this dance?" by Joyce Rupp. (Catholic Tertiary Chaplaincy resources).



References: <http://musicisart.ws/wp-content/uploads/2009/07/music-1.jpg>  
<http://vlovers.com/blog/wp-content/uploads/2009/03/for love of music by toengt.jpg>



*An icon is more than a work of art. Its purpose is to link the person praying with the unseen reality it represents. Commonly an icon is called a “Window on Heaven”.*  
Robert Gallacher

## Praying an Icon

Many of us were taught to close our eyes when we pray. Praying an icon is an ancient prayer practice that involves keeping our eyes wide open and taking into our heart what the image visually communicates. We focus not on what is seen in the icon, but rather on what is seen through it — the love of God expressed through God’s creatures. This is prayer without words, with a focus on being in God’s presence rather than performing in God’s presence. It is a right-brain experience of touching and feeling what is holy — a divine mystery.

Icons are not simply art; they are a way into contemplative prayer, and are therefore one way to let God speak to us. They are doorways into stillness, into closeness with God. If we sit with them long enough, we too can enter into the stillness, into the communion. And if we listen to them closely enough, with our hearts, we just may discern the voice of God.

### Stilling Yourself:

- To begin your prayer, you may want to light a candle nearby. A flame is a metaphor for prayer, inviting us into the presence of Holy God.
- Look at the icon as you pray. See it as a point of connection with Jesus and the community of saints.
- Try extending your hands and turning your palms upward, a gesture both of openness to God’s grace and the gift of your hands to God.
- Even though you may feel pressured by the demands of the day, try not to pray in a hurry. Better to pray for a short time with quiet attention to each word and each breath than to rush through many prayers.
- Be aware of your breathing. You are breathing in life itself, breathing in God’s peace. You are breathing out praise and gratitude, breathing out your appeals for help.
- As you pray, cultivate an inner attitude of listening. God is not an idea and praying is not an exercise to improve our idea of God. Prayer is the cultivation of the awareness of God’s actual presence. We may speak words to God or just look attentively at the icon and let God speak to us.

**“Do not think  
that you have God in your heart,  
but rather that you are in the  
heart of God.”  
This is contemplative prayer.**

**Kahlil Gibran (1923) The Prophet**



### The Icon of the Transfiguration

The icon of the Transfiguration represents the Gospel incident faithfully. You know the story. Jesus goes up the Mount of Tabor with Peter, James and John, and is transfigured in their presence. The apostles are overcome with fear, awe and confusion and are bowled over by the light. They see Jesus speaking with Moses and Elias, who represent the Law and the Prophets. The whole Icon is suffused with the gold of divinity and the green of new life. Through the Transfiguration earth is crammed with heaven. (Craig Larkin – Light from the East).

References: [http://www.anamcara-gippsland.org/?page\\_id=220](http://www.anamcara-gippsland.org/?page_id=220) BulletPointImage: [http://upload.wikimedia.org/wikipedia/commons/b/b5/Ohrid\\_annunciation\\_icon.jpg](http://upload.wikimedia.org/wikipedia/commons/b/b5/Ohrid_annunciation_icon.jpg)



## Praying with Art

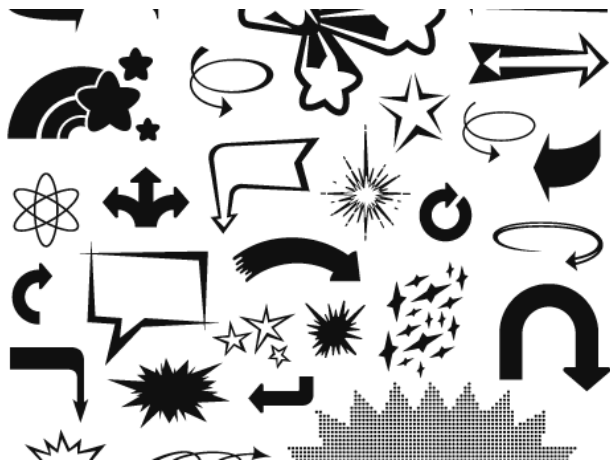
- Always have crayons/pencils/felts and paper available in your resources.
- Art is a vehicle that can bring us closer to God, not an end in itself.
- Any art exercise you use, always do the exercise yourself as your preparation.

### Some ideas for praying with Art:

- ✂ **After praying an Icon** – pick up some crayons and let yourself draw your experience. No JAM – no judgments, no analysing and no manipulating what you draw.
- ✂ Whenever you do a prayer exercise and would have done some writing and reflection afterwards, **use crayons and paper as well as writing. Drawing can be a way to deepen the prayer experience and stay with it a bit longer.**
- ✂ **After you have heard a passage of Scripture**, be aware of your feelings changes in mood, thoughts? How do I feel – comforted, despondent, challenged, angry, hope filled, excited? **Use crayons and paper to express those feelings and to deepen the prayer experience.**
- ✂ **Praying for others using drawing.** The action of drawing can be a wordless offering of friends and family into the care of God. If you are word-weary, stillness-challenged, easily distracted, or just in need of a new way to pray, give "praying in colour" a try. All you need: paper, a black pen, crayons or pencils.
  - Draw a shape.
  - Put the name of a person for whom you are praying inside the shape.
  - Add lines, squiggles, and dots.
  - Add colour.
  - Think of each stroke of the pen and each daub of colour as a moment of prayer. No words are necessary; no artistic skill is necessary-only a desire and a longing for the presence of God.
- ✂ Do we believe that **God desires the best for us?** Perhaps a helpful image of your relationship with God is an unfolding koru. Your relationship with God is ever evolving as you grow and as circumstances change. **Draw your relationship with God as a koru or any other image that comes to mind.** Let the colours and patterns emerge on your page. If you wish share your drawing with another person and share some prayer together.
- ✂ The God-Tree exercise is good for exploring images of God. It's in a book called "Imagine That!" by Marlene Halpin.

References: Crayons Image <http://deadtank.files.wordpress.com/2007/10/crayons.jpg>

Paint Palette Bullet Point: [http://3.bp.blogspot.com/\\_iFIDdxibrTg/TUw\\_wbNrtFI/AAAAAAAAAEbo/zNSZMzV9-8o/s1600/paintbrush.jpg](http://3.bp.blogspot.com/_iFIDdxibrTg/TUw_wbNrtFI/AAAAAAAAAEbo/zNSZMzV9-8o/s1600/paintbrush.jpg)



## **Life Map**

**What:** A simple but disarming get-to-know-you activity for the beginning of a workshop.

**Group Size:** Unlimited.

**Space:** Works in small or large spaces. Good to be comfortable. Tables aren't required but are most definitely helpful.

**Time Required:** 5-10 minutes for individual drawing, 3 minutes per person for sharing their 'map'

**Equipment Required:** 1 piece of paper and at least 1 marker/crayon/felt/pencil(s) per person.

### **Process:**

1. Distribute materials.
2. Instruct participants to draw a map of their life, noting whatever events, people, or places they think important.
3. Start the clock; signal a stop at the end of drawing time.
4. Gather the group back and go around the room, each person sharing on their creations - as much as they are comfortable.

### **Facilitator Notes: A couple of pieces of advice**

1. It may be helpful to give a couple of ideas for how to draw a map i.e. a winding road/river, a straight timeline, a mind-map/brain storm type structure but be sure it allow people the freedom to draw however they wish there is no right or wrong way to do this.
2. Allow enough time: this will easily take a group of 15 about 45 minutes
3. Be ready and willing to question, explore and/or celebrate as significant life events are shared.



Image References: [http://www.world-geographics.com/cfg/public/lib/img/maps/world/world\\_map\\_us\\_states.png](http://www.world-geographics.com/cfg/public/lib/img/maps/world/world_map_us_states.png)



## Prayers of the Church

There are many well known prayers used within the church which can be of great use for praying with a group. We have listed some of these below.

### **Useful Prayers:**

#### **The Sign of the Cross:**

In the name of the Father of the Son and of the Holy Spirit. Amen

#### **Ko te Patere - Our Father**

E to mātou Matua i te rangi  
Our Father who art in heaven  
Kia whakatapua tōu ingoa;  
Hallowed be your name  
Kia tae mai tōu rangatiratanga,  
Your kingdom come  
kia whakaritea tōu hiahia i te whenua  
Your will be done on earth  
kia pērā ano i tō te rangi.  
As it is in Heaven.  
Hōmai ki a matou āiane i he taro mā matou  
mō tenei rā,  
Give us this day our daily bread,

#### **Glory Be to the Father:**

Glory be to the Father, and to the Son and to the Holy Spirit.  
As it was in the beginning, is now and ever shall be, world without end. Amen.

#### **Ko te Tohu o te Rīpeka**

Ki te ingoa o te Matua, o te Tamaiti  
O te Wairua Tapu.  
Āmene

whakakāhoretia ō mātou hara, me mātou e whakakore nei

Forgive us our sins, as we forgive  
i ngā hara o te hunga e hara ana ki a mātou;  
those sins who sin against us  
kaua mātou e tukua kia whakawaia,  
Lead us not into temptation,  
ēngari whakaorangia mātou i te kino.  
but deliver us from evil.

Nōu hoki te rangatiratanga,  
For the kingdom,  
Te kaha me te korōria  
The power and the glory are yours  
Mō āke, āke.

Now and forever

Āmene.

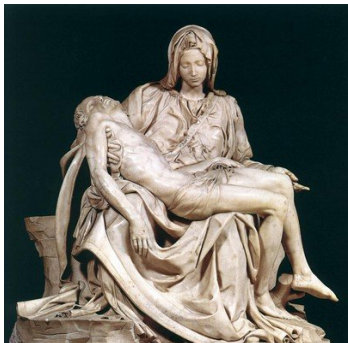
Amen.

#### Korōria

Korōria ki te Matua, ki te Tamaiti, ki te Wairua Tapu.  
He pērā hoki i te timatanga,  
ā, he pērā ano ināiane i,  
ā, he pērā tonu, ā, āke āke.  
Āmene.

**The Hail Mary:**

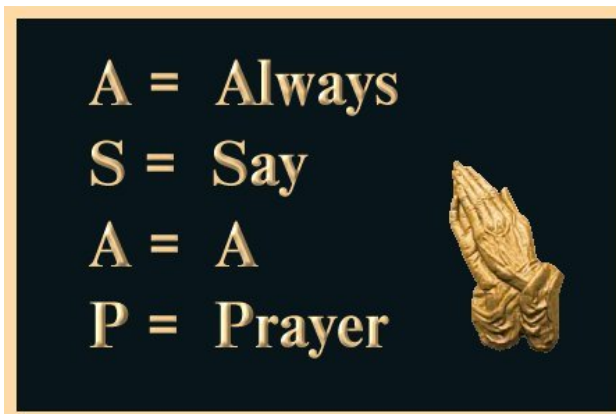
Hail Mary, full of grace; the Lord is with thee: blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**Awe Meri**

Awe Meri e kī ana  
i te keratia  
Kei a koe te Ariki  
Ko koe i whakapaingia i ngā wāhine,  
ā, ka whakapaingia hoki a Hehu,  
te hua o tōu kōpū  
E Hata Meri,  
te Matua o te Atua  
Inoi koe mo mātou mo te hunga hara āianeī,  
ā, a te haora mo to mātou matenga rawa.  
Āmene.

**The Apostles' Creed:** I believe in God the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord; Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day He arose again; He ascended into heaven, and is seated at the right hand of God, the Father Almighty; He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen

**The Hail, Holy Queen:** Hail, holy Queen, Mother of Mercy! Hail our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley, of tears. Turn, then, most gracious Advocate, thine eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb, Jesus; O clement, O loving, O sweet Virgin Mary.



**The Fatima Prayer:** "O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy".  
(Our Lady at Fatima, 13th July 1917)

### **Karakia Poroporoaki**

E oma atu ana mātou  
ki roto ki tōu pā, e hata Matua o te Atua,  
aua koe e whakakino ki ō mātou inoinga i ō  
mātou mate;  
ēngari, whakaorangia mātou āke āke i ngā  
mea matakū katoa,  
e te Takakau i whakakorōriatia, ā, e  
whakapainga. Āmene.

### **Farewell Prayer – a closing prayer**

We fly to your protection O Holy  
Mother of God, despise not our  
Petitions in our necessities,  
But, deliver us from all dangers, O  
Glorious and Blessed Virgin.

**The Rosary:** The rosary uses many of the above prayers while focusing on different mysteries. Information on the mysteries and how to pray the rosary can be found at <http://www.rosary-center.org/howto.htm>



**The Prayer of the Church** also known as the Divine Office or The Liturgy of the hours. The hymns and litanies of the Liturgy of the Hours integrate the prayer of the psalms into the age of the Church, expressing the symbolism of the time of day, the liturgical season, or the feast being celebrated. Good places to find more details on the Divine Office are <http://divineoffice.org/> or <http://www.universalis.com/> and a helpful beginners guide can be found at: <http://www.ourladyofthepearl.com/Documents/Beginners%20Guide%20to%20Divine%20Office.pdf>

Image references:

Rosary beads: <http://photos3.fotosearch.com/bthumb/DSN/DSN008/1775775.jpg>

Asap [http://www.stopliberallies.com/wp-content/uploads/2010/12/lighthouse\\_PrayerSay.jpg](http://www.stopliberallies.com/wp-content/uploads/2010/12/lighthouse_PrayerSay.jpg)

Hands in hands: [http://www.jamcl.com/2006/12/16/prayer\\_hands.jpg](http://www.jamcl.com/2006/12/16/prayer_hands.jpg)

## Other Ideas and Resources:

**Triumphant Trios** (thanks to Rebecca Ashcroft from Karori Parish for this idea): Split into three and have everyone pray for the person on their right. Then have everyone pray for the person on their left.

**Random Starter Questions** (thanks to Anh Dao Pham from Challenge 2000 for this idea): Create a list of questions or statements, print them, cut them up and ideally laminate them. To use them, simply pass the questions out so everyone in the group has one then go around and have people answer whatever question they have. Here are a few ideas to get you started:

If you could have an endless supply of any food, what would you get?	If you were an animal, what would you be and why?
What is one goal you'd like to accomplish during your lifetime?	When you were little, who was your favourite super hero and why?
What is the first thing you think of when you see the word forgiveness?	How do you see God?
If you were an ice cream flavour, which one would you be and why?	What's your favourite cartoon character, and why?

Who is your hero (a parent, a celebrity, an influential person in one's life)?	If you could visit any place in the world, where would you choose to go and why?
What's the ideal dream job for you?	Are you a morning or night person?
What are your favourite hobbies?	What's the weirdest thing you've ever eaten?
Tell us about a unique about yourself?	If you had to describe yourself using three words, it would be...
If someone made a movie of your life what genre would it be?	If I could be anybody besides myself, I would be...
Name one of your favourite things about someone in your family.	Where were you born?
What was your first pet?	Where is the best place you've been on holiday?



## **Five minute creative prayer ideas**

- ✚ Mural Prayer – Big sheet of paper – each person writes a word/phrase/drawing that represents a prayer.
- ✚ Write a word on a sheet e.g. BAPTISM or THANKSGIVING, and have the group name a blessing that starts with each letter.
- ✚ Collect a whole lot of stones (big enough to write on, small enough to sit in the palm of the hand). On each stone, write a member of your group's name (make sure you have everyone or simply get the individuals to choose a stone and to write their own name on one). Pass the stones out and ask the group to pray for the person whose name is on their stone. Collect the stones in (or ask the people to take them home and keep praying for that person for the rest of the term or year).
- ✚ Popcorn Prayer – spend some time in prayer. 'Popcorn' simply means there is no set order. Just make sure one person knows they are closing the prayer session.
- ✚ Pass the praise – like pass the parcel but when you unwrap it, you turn whatever is inside into a prayer.

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**We are here to help your community!**