

# animate

## Newsletter youth

*Welcome to our Easter newsletter!*

This second term is usually a quieter one for us. Or at least, we have less full day contact time. We block off the first half term to allow us to visit schools to promote the sacrament of confirmation. So we probably end up seeing more young people than we usually do, but just for a shorter time.

It does mean we have more time in the office, and we have been busy trying to get as much done for events such as the FIA awards and Lourdes as we can so that we are not on the last minute in June and July. We always try to do this and very rarely succeed - usually as we get more ideas as the year goes by and we want to include them as well as what we have already done!

So we might have a little less to report here as much of what we have been doing has been of the same sort of work. But let's see...



# Lourdes 2026

Let's start where we usually start, with the Lourdes pilgrimage – not because it is the most important, but because it is the easier one to get our heads around numbers and where we are on a timeline!

We are still open for applications – so if you know anyone please do ask them to think about joining us!

But in the main we think we will not get too many more applications now. And we are pleased to say that the numbers involved have gone up from last year, which were an increase from the year before. There was always a worry that missing two years with the pandemic we might see the bubble burst for the pilgrimage. There will always be young people wanting to go but would we get the numbers we had in 2018 and 2019? Well, to be fair, we have not – yet. But we are doing well.

This year we are nearer 300 than 250, and with staff on top of that the youth pilgrimage will number well over 300.



Maybe next year we will be in a position to put on an 8<sup>th</sup> coach? Having had to take two coaches out of action due to the drop in numbers post-covid it would be symbolic to bring one back. When the Archbishop joined us a year ago he asked about green shoots in the diocese, and adding and creating rather than closing down and shutting down would be quite a green shoot.

# Lourdes 2026

But we realise that the pilgrimage would not be where it is now without the people who came before. And as this year marks the 50<sup>th</sup> anniversary of the youth pilgrimage we wanted to try and mark our history in a few different ways –some of which has been the cause of the office work mentioned in the introduction.

We have a few different things planned but one thing we are interested in is trying to complete the database of those who have been involved in the pilgrimage over the years.

At the moment we have these details in the next pages. If you know of any names we can put in to fill in the blanks please email [s.gore@animateyouth.co.uk](mailto:s.gore@animateyouth.co.uk)

The years go in order from 1976 to last year



And, we are also asking any former members of the youth pilgrimage to consider coming back to Lourdes this year. Not to be be a leader or to be involved in any specific way but just to be there on pilgrimage and share the week with those who have followed in their footsteps. We hope that during the week we will have a chance to pray and celebrate together as well.

# Lourdes 2026

	T-SHIRTS	DIRECTOR	COACH 1	COACH 2	COACH 3	COACH 4	COACH 5	COACH 6
1976	♥	Fr Pat Harnett Louise Crossey						
1977	♥	Fr Pat Harnett Louise Crossey						
1978	♥	Fr Pat Harnett Louise Crossey						
1979	♥	Fr Pat Harnett Louise Crossey						
1980	♥	Fr Pat Harnett Louise Crossey						
1981	♥	Fr Pat Harnett Louise Crossey						
1982	♥	Fr Pat Harnett Louise Crossey						
1983	♥	Fr Pat Harnett Louise Crossey		Chris O'Connor			Andy Croggan Fr Philip Inch	
1984	♥	Fr Pat Harnett Louise Crossey		Chris O'Connor			Andy Croggan Fr Philip Inch	
1985	♥	Fr Pat Harnett Louise Crossey		Chris O'Connor Fr Eddie Cain Fr Bernard ?			Andy Croggan Fr Philip Inch	
1986	♥♥	Fr Pat Harnett Louise Crossey		Tony Ford! Fr Tom Neylon?			Sr Maggie McCarthy Fr Peter	
1987	♥♥	Fr Pat Harnett Louise Crossey		Chris O'Connor		Martin Malone Fr Paul Seddon		
1988	♥♥	Fr Pat Harnett		Chris O'Connor		Martin Malone Fr Paul Seddon		
1989	♥♥	Fr Pat Harnett		Chris O'Connor	Jacqui Woodward	Martin Malone Fr Paul Seddon	Maureen? Fr Aiden McAteer	
1990	♥♥	Fr Anthony Frain?		Chris O'Connor	Jacqui Woodward	Jimmy O'Donnell Fr Paul Seddon	Chris Ingham Fr Dennis McNamara	
1991	♥♥	Fr John Seddon		Chris O'Connor	Jacqui Woodward	Jimmy O'Donnell Fr David Gamble	Liz Howard Fr Dennis McNamara	
1992	♥♥	Fr John Seddon		Chris O'Connor	Jacqui Woodward	Jimmy O'Donnell Fr Austin Hughes	Phil Gooden Fr Dennis McNamara	
1993	♥♥	Fr Philip Inch		Chris O'Connor	Jenny Linker	Jimmy O'Donnell Fr Karl Hart	Phil Gooden Fr Dennis McNamara	Marie Morgan
1994	♥♥	Fr Philip Inch		Chris O'Connor		Jimmy O'Donnell Fr Paul Maher	Helena ?	Marie Morgan Sr Fidelma Frawley

	I-SHIRTS	DIRECTOR	COACH 1	COACH 2	COACH 3	COACH 4	COACH 5	COACH 6	COACH 7	COACH 8	COACH 9	O18'S/FS/BT
95	♥	Fr Philip Inch	Maura Adams	Chris O'Connor	Dave Berry	Clare Robwell Fr Austin Hughes		Maria Morgan Fr David Gamble				
96	♥	Fr Philip Inch	Maura Adams	Chris O'Connor	Dave Berry	Ben McMullen Fr Austin Hughes	Jimmy O'Donnell	Maria Morgan Fr Stephen Pritchard				
97	♥	Fr Philip Inch	Maura Adams Fr Kevin ?	Chris O'Connor	Dave Berry	Ben McMullen Fr Sean Kerwan	Jimmy O'Donnell	Maria Morgan Fr Stephen Pritchard				
98	♥	Fr Philip Inch	Maura Adams Fr John Gidda	Chris O'Connor	Dave Berry	Ben McMullen Fr Sean Kerwan	Jimmy O'Donnell Fr Mark Baatje	Bernadette Fletcher Fr Stephen Pritchard				
99	♥	Fr Philip Inch	Maura Adams Fr John Gidda	Chris O'Connor Fr Kenny Hyde	Dave Berry	Ben McMullen Fr Sean Kerwan	Jimmy O'Donnell	Bernadette Fletcher Fr Stephen Pritchard				
00	♥	Fr Stephen Pritchard	Maura Adams Fr John Gidda	Chris O'Connor Fr Finian O'Driscoll	Dave Berry	Ben McMullen Fr Sean Kerwan	Jimmy O'Donnell	Bernadette Fletcher Fr Stephen Pritchard				
01	♥	Fr Stephen Pritchard	Maura Adams	Chris O'Connor Fr Finian O'Driscoll	Dave Berry Fr Richard Ebo	Chris Higgins Fr Sean Kerwan	Steve Hildnes	Gordon McCulloch				Mike Bennett Fr Mar ?
02	♥	Fr Stephen Pritchard	Maura Adams	Chris O'Connor Fr Finian O'Driscoll	Debbie Reynolds Fr Richard Ebo	Chris Higgins Fr Sean Kerwan	Ben McMullen Fr Ronnie Johnson					Pat Duffy Fr Brenda Rice
03	♥	Fr Stephen Pritchard	Maura Adams	Chris O'Connor Fr Finian O'Driscoll	Kevin Houghton Fr Richard Ebo	Fr Sean Kerwan	Jayne Eccles Fr Ronnie Johnson	Elizabeth Whelan	Debbie Reynolds Fr Philip Gregory			Pat Duffy Fr Brenda Rice
04	♥	Fr Stephen Pritchard	Maura Adams	Karen Grant Fr Finian O'Driscoll	Kevin Houghton Fr Richard Ebo	Fr Sean Kerwan	Jayne Eccles Fr Matthew Nunes	Elizabeth Whelan	Debbie Reynolds Fr Philip Gregory			Pat Duffy Fr Brenda Rice
05	♥	Fr Stephen Pritchard	Maura Adams	Karen Grant Fr Finian O'Driscoll	Kevin Houghton	Fr Sean Kerwan	Steve Hildnes No Chaplain	Elizabeth Whelan	Debbie Reynolds Fr Philip Gregory			Pat Duffy
06	♥	Fr Stephen Pritchard	Maura Adams	Karen Grant Fr Finian O'Driscoll	Kevin Houghton	Fr Sean Kerwan	Ben McMullen Fr Mick Thompson	Elizabeth Whelan	Debbie Reynolds Fr Philip Gregory			Pat Duffy
07	♥	Fr Stephen Pritchard	Maura Adams	Karen Grant Fr Finian O'Driscoll	Kevin Houghton Fr Colin Fraley	Fr Sean Kerwan	Ben McMullen Fr Mike Fitzsimmons	Elizabeth Whelan	Debbie Reynolds Fr Philip Gregory	Richard Charnock Fr Simon Gore		Pat Duffy
08	♥	Fr Stephen Pritchard	Maura Adams	Karen Grant Fr Finian O'Driscoll	Kevin Houghton	Fr Sean Kerwan	Ben McMullen Fr Mike Fitzsimmons	Elizabeth Whelan	Debbie Reynolds Fr Philip Gregory	Richard Charnock Fr Simon Gore	Stuart Holland Fr James Preston	
09	♥	Fr Stephen Pritchard	Maura Adams	Fr Finian O'Driscoll	Ally Boyne	Fr Sean Kerwan	Ben McMullen Fr Mike Fitzsimmons	Elizabeth Whelan	Debbie Reynolds Fr Philip Gregory	Richard Charnock Fr Simon Gore	Stuart Holland Fr James Preston	Pat Duffy
10	♥	Fr Stephen Pritchard	Maura Adams	Fr Finian O'Driscoll	Ally Boyne	Christine Edge Fr Sean Kerwan	Ben McMullen Fr Mike Fitzsimmons	Elizabeth Whelan	Debbie Reynolds Fr Philip Gregory	Richard Charnock Fr Simon Gore	Stuart Holland Fr James Preston	Pat Duffy
11	♥	Fr Stephen Pritchard	Maura Adams	Clare McCabe	Ally Boyne	Christine Edge Fr Sean Kerwan	Ben McMullen Fr Mike Fitzsimmons	Elizabeth Whelan	Debbie Reynolds Fr Philip Gregory	Richard Charnock Fr Simon Gore	Stuart Holland Fr James Preston	Pat Duffy
12	♥	Fr Stephen Pritchard	Maura Adams	Clare McCabe	Ally Boyne	Christine Edge Fr Sean Kerwan	Ben McMullen Fr Mike Fitzsimmons	Elizabeth Whelan	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Simon Gore	Stuart Holland Fr James Preston	Pat Duffy

♥	Fr Simon Gore		Jenny Sparrow	Ally Boyne	Christine Edge Fr Sean Kewan	Ben McMillen Fr Mike Fitzsimmons	Elizabeth Whelan	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Godric Timney	Stuart Holland Fr James Preston	Pat Duffy
♥	Fr Simon Gore	Richard Netherwood	Jenny Sparrow	Ally Boyne	Christine Edge Fr Sean Kewan	Ben McMillen Fr Mike Fitzsimmons	Elizabeth Hoxey	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Godric Timney	Helen James	Pat Duffy
♥	Fr Simon Gore	Michael Lahey	Jenny Sparrow	Ally Boyne	Christine Edge Fr Sean Kewan	Ben McMillen Fr Mike Fitzsimmons	Elizabeth Hoxey	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Godric Timney	Stuart Holland	Pat Duffy
♥	Fr Simon Gore	Michael Lahey Fr James Preston	Jenny Sparrow	Ally Boyne	Anthony Turner Fr Sean Kewan	Ben McMillen Fr Mike Fitzsimmons	Hannah Whelan	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Carl Muggan	Stuart Holland	Pat Duffy
♥	Fr Simon Gore	Michael Lahey Fr Dominic Risky	Jenny Sparrow	Ally Boyne Fr Dominic Curran	Anthony Turner Fr Sean Kewan	Ben McMillen Fr Mike Fitzsimmons	Elizabeth Hoxey	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Carl Muggan	Stuart Holland	Pat Duffy
♥	Fr Simon Gore	Michael Lahey Fr Dominic Risky	Jenny Sparrow	Ally Boyne Fr Dominic Curran	Anthony Turner Fr Sean Kewan	Ben McMillen Fr Mike Fitzsimmons	Elizabeth Hoxey	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Carl Muggan	Stuart Holland	Pat Duffy
♥	Fr Simon Gore	Michael Lahey Fr Dominic Risky	Jenny Sparrow	Ally Boyne Fr Dominic Curran	Lauren McMillan Fr Sean Kewan	Ben McMillen Fr Mike Fitzsimmons	Dan Antonio	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Godric Timney	Helen James Fr Richard Ebo	Pat Duffy
♥	Fr Simon Gore	Sarah Beatty Fr Dominic Risky	Jenny Sparrow Fr David Gamble	Ally Boyne Fr Dominic Curran	Lauren McMillan Fr Sean Kewan	Ben McMillen Fr Mike Fitzsimmons	Dan Antonio	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Godric Timney	Richard Adamson Fr Carl Muggan	Pat Duffy
♥	Fr Simon Gore	Sarah Beatty Fr Dominic Risky				Ben McMillen Fr Mike Fitzsimmons	Dan Antonio Fr Liam Colister	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Godric Timney Fr Carl Muggan	Richard Adamson Fr Carl Muggan	
♥	Fr Simon Gore	Sarah Beatty Fr Dominic Risky	Dave Friend Fr Stephen Pritchard			Ben McMillen Fr Mike Fitzsimmons	Dan Antonio Fr Liam Colister	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Godric Timney Fr Carl Muggan	Richard Adamson Fr Carl Muggan	
♥	Fr Simon Gore	Sarah Beatty Fr Dominic Risky	Dave Delaney Fr Stephen Pritchard			Ben McMillen Fr Mike Fitzsimmons	Dan Antonio Fr Liam Colister	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Godric Timney Fr Carl Muggan	Richard Adamson Fr Carl Muggan	Pat Duffy
♥	Fr Simon Gore	Kate Brown	Dave Friend Fr Stephen Pritchard			Ben McMillen Fr Mike Fitzsimmons	Dan Antonio	Dennis Jones Fr Philip Gregory	Richard Charnock Fr Godric Timney Fr Carl Muggan	Kate Willison Fr Carl Muggan	
♥	Fr Simon Gore	Paddy Reilly	Dave Friend Fr Stephen Pritchard			Ben McMillen Fr Mike Fitzsimmons	Dan Antonio	Dennis Jones Fr Philip Gregory Fr Martin Fyles	Richard Charnock Fr Godric Timney Fr Peter Murphy	Kate Willison Fr Carl Muggan	

# Lourdes 2026



50<sup>TH</sup>  
ANNIVERSARY



Dear friend,

We're trying to contact former members of the Liverpool Youth Pilgrimage: those who offered their time and service as young people or members of staff (or both!), simply because you remain part of our story—and we'd love to reconnect.

Later this year, we're celebrating our 50<sup>th</sup> anniversary of the Lourdes Youth Pilgrimage and would love for you to be able to be part of that celebration. If you are able, it would be lovely for you to be able to join the current Youth Pilgrimage in Lourdes this summer: not as staff or as youth pilgrim but a time for you, a few days set aside for prayer, thanksgiving, and to celebrate our shared journey.

There's no expectation attached. Rather, it's an opportunity to walk together again—to give thanks for what was, to place what is before the Lord, and to reconnect as people who once served side by side.

There's absolutely no pressure to attend—we simply didn't want to make plans without offering the invitation.

If it's helpful, we're very happy to share more details or answer any questions you might have. There are more details such as dates and travel options and how the time over there might work on the Animate website ([animateyouth.org](http://animateyouth.org)) or you can call 01744 740461.

If a journey to Lourdes is not possible this year then you are more than welcome to come to our Departure Mass on the 7th June at St Mary's, Lowe House at 5:30pm. We would love for you to be there and for us to give thanks for your part in bringing us to this point.

Whether or not you're able to come to Lourdes or the Mass, please know of our gratitude for the time you gave, and our prayers for where God has led you since.

With every blessing,

*Fr. Simon Gore*

Current Director of the Youth Pilgrimage

# Faith in Action 2025 - 2026

The deadline for registering for the award is now over so we have our numbers in.

We only ask for exact figures nearer the time as we know people drop out (and drop in when they realise it can be good fun to do!). But we are looking at another bumper crop of young people wanting to put their faith into action. Which is a great thing for the diocese.



In fact we have so many that this year we are moving to THREE award ceremonies! It is funny to look back and think it is not long ago we had one ceremony and now we have three full day events. It is a bit of effort for us to plan these but we think it is only right: after all the young people have put effort in through the year so it seems a fair exchange of labour for us to do this for them.



# Faith in Action 2025 - 2026

As this year is the 10<sup>th</sup> anniversary of the award coming into existence - and our 10<sup>th</sup> anniversary of running the award in the diocese (lots of anniversaries this year!) we wanted to mark the occasion with a special thank you to the young people who are coming to the award days.



What do you do with those office days you mentioned before, you might ask?

Well, we make 1500 thank you bags for the young people coming to the award days. Actually, credit where it is due - Jan has done most of these on her own!!!

There may be a voucher for a free ice cream in there..??? As well as lots of other goodies!!



# Faith in Action 2025 - 2026

If you would like to be involved in the award there are a couple of ways that you can be. Neither of which is difficult or stressful or requires any specific background. The details are below. Please do consider either, or both, options. The Fun Day in particular is a lot easier for us with more people around to assist – even if it is just someone behind the kitchen top looking after refilling the hot water jugs. And it is an easy way to thank young people for what they have done through the year.

## *Faith in Action Award* **BECOME A FUN DAY VOLUNTEER**

2026 marks the 10th anniversary of the CYMFed Faith in Action award scheme. Starting with around 25 young people in 2016, we now have over 2,500 young people who are part of this award in our Archdiocese of Liverpool.

It is important for these young people to be recognised for their acts of service and faith throughout the year. We will have three award ceremonies on the 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup> June.

### **Can you help us on one of those dates?**

*I'm sure you may have a few questions about what 'help' that may be and what it might mean being a volunteer. I hope this leaflet can give you more details on this.*

### **What does the layout of the day look like?**

10 Arrivals  
10.30 - 12.00 Award Ceremony  
12.00 - 2.00 Lunch and Fun Day  
2.30 Latest Departures



### **Do I need to have a DBS?**

No, if you have one that is always useful but there are many other things you can do to help out with the day without one.

### **Will I need to manage young peoples behaviour or lead any activities?**

No, each group is assisted by an adult and the school/parish are aware that any issues from the young people is their own responsibility.

### **Do I have to do all three days, or stay the whole day?**

No, One day is better than none! And if you have even just an hour free it can be of help to us as a team.



### **Where is this event taking place and when?**

All events are taking place at Animate Youth Ministries, 99 Crab Street, Lowe House, St Helens, WA10 2BE.

### **Can I bring others with me?**

Yes, bring along those who may also want to be a part of this award. We will have a Teams meeting to go through a plan for the days on 18th May 5:30-6:30pm. Please email if you would like to know more and join the Teams meeting [s.gore@animateyouth.co.uk](mailto:s.gore@animateyouth.co.uk)

### **What's in it for me?**

This award is a huge event in our young people's lives, knowing that 2,500 young people have placed their faith into action can be a great thing to witness. Many times we can question what our young people are up to and where they are: well they will be here in celebration of their faith. This award brings all different generations together as one, in unity, and it can be just as rewarding for the young people as it is for us as volunteers.

# Faith in Action 2025 - 2026

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# Retreats

Although it may sound and look like we have not had that many retreats and mission days this term we have still kept busy with as many as we can as we try and fit the retreat days around the commitments with visiting schools for confirmation sessions.

It has been great to welcome a number of schools here over the last months.

And in our office days we have been updating resources and creating new ones to keep things fresh for us and for the young people we work with.

Maybe if your school or young person comes along they might get a chance to work out the answer to Murder on the Dancefloor (below) – our new teamwork and communication activity that also allows us to think about how we can judge people perhaps a little too easily at times.

Or you can be a superspy going undercover to save the world and need to think about what equipment you will need for the mission – maybe a bit like our lives as we think about our journey and mission and what we might need to do and what we have been asked. And how we can use gifts in the wrong way, or in a way that will benefit us and the people around us.

## WELCOME TO THE EQUIPMENT ROOM!



Before you leave you can choose **3** items that you think will help on your mission.

Some will be more useful than others. And some may be no use at all!  
So think about it and choose wisely!!

LIVERPOOL

www.liverpoolecho.co.uk

**ECHO**



**NEWS/SPORT/LIFE. IT'S HAPPENING**

Sunday  
17th June

You can win ££££.  
See page 5  
for more details



By Moris Gone

# CLUB OWNER FOUND MURDERED

Patrick Warburton, owner of well-known Liverpool nightspot *Sophie's* has been found murdered on his own dancefloor.

During his annual 'Disco-Mania' event last night Mr Warburton was found slumped in his own VIP area. Police were called and issued a statement to say that evidence points to murder.

They are concentrating their efforts on finding his killer.

Mr Warburton was seen alive and well and talking to friends at 7:20pm. He was found dead at 7:40pm. This means that the murder had to have taken place between those times.

*See over for more details*

# Music Ministry

We have continued our music ministry gatherings. It has been great to see young people come along and get to know each other more and really develop into a small community. But that does not mean the door is closed!

So if you know any young person from your local community: family, school, parish who might like to be involved then please point them in our direction.

As we always say, there is no commitment to come each time.

We know young people have all kinds of commitments. But it can be nice for the young people that come along to meet each other and catch up and be able to chat with each other – so a bit like a social.

As well, of course, as the music element to it all. There is no specific requirement for music ability. The main thing is to come along and have a go and see how we get on.

The meetings are here at Lowe House.

3–5pm

Dates are:

19 April

17 May

7 June



# Sacrament of Confirmation

The Confirmation website closed in February half term and names of those registered sent to the local deaneries by the end of the month.

As it is close to Easter most areas will not be having preparation meetings now but some / most will start after Easter. We have our first here in St Helens on the 29<sup>th</sup> April.

Perhaps you could remember those young people who have asked to be confirmed this year in your prayers.

To help those who do not go to a Catholic school or are in a school outside the diocese and so miss the RE classes our education department have created to help on this subject we had our annual Confirmation YouTube session. It should be available for all to see now - at the time it was a livestream to allow for contributions from those watching.

If you want to see Fr Simon and Ellie doing their best One Show style 'banter' then have a look!!! It is on the Animate You Tube channel. Lauren is the one making it all happen behind the camera.



Liverpool Called - Confirmation (Non Catholic High Schools)

# Ways to be involved

One of the reasons for this newsletter was to, first of all, spread the word about what happens in the diocese in youth ministry. So please pass this onto other people – forward the email or ask them to sign up themselves (email [s.gore@animateyouth.co.uk](mailto:s.gore@animateyouth.co.uk)) or even print this off and leave in the back of the Church – blame me if the parish priest complains!!!

But we also know that so many people want to support young people on their journey of faith but are not sure how to do that.

We hope that by showing you what happens now you might be able to see how you can help young people in the coming months.

You might consider suggesting to young people to go to Lourdes, or maybe help with fundraising for those already going.

Maybe help out as a moderator for the FIA award, or help on the awards day.

You might want to ask about helping out in your local area with confirmations.

Or ask any young person you know who likes music and sings or plays to consider joining the group that meets regularly.

And if you have thoughts about youth ministry and the direction for the future you might want to go along to the meeting below.

# Ways to be involved

## Help us shape youth ministry for the future

We're reviewing youth ministry across our archdiocese, and we need **your ideas** to help us be a Church where young people flourish.



All teenagers and adults welcome!

**Join one of our open meetings:**

(Under-18s must be accompanied by an adult)

**Monday 20 April Tuesday 21 April**

**7-9:30pm**

**7-9:30pm**

St Joseph's, Crow Orchard Rd, Wigan WN6 9PA

St Monica's, Fernhill Rd, Bootle, L20 9GA

For more info, contact **Sarah McGeehan**  
[s.mcgeehan@rcaol.org.uk](mailto:s.mcgeehan@rcaol.org.uk) | 07415 099048



# Prayer

*We wanted to end with a prayer that we use in this season of Lent. It is a short meditation - really designed for young people but the point remains for all of us. We are not sure where this came from so apologies for any lack of attribution here as we know this is not our own work but we think it is a nice reflection for anyone as we come to end of the great season.*

Find a space on the floor where you are not next to someone, make yourself comfortable. You can either lie or sit cross-legged.

Now just listen to the music and clear your mind of everything... Focus on my voice and the gentle music and start to become aware of your own breathing. Take a slow deep breath in and hold it for a few seconds and slowly let it out. Do this a few times.

Now that your breathing is relaxed move on to you're body. Start with your face, tense all the muscles in your face so that they are all tight, now slowly relax your muscles and feel any tension in your face disappear.

Now to your arms and shoulders. Tense/relax  
Stomach. Tense/relax  
Legs. Tense/relax

Focus on my voice; let your mind paint pictures as I take you through this meditation.

Imagine you are walking in a garden. The sun is shining and you can feel its heat on your back. A gentle breeze is blowing and making a soft hushing sound as it blows through the trees. You take in all the colourful flowers you pass and smell the scent of freshly cut grass. You can hear birds' singing in the trees and the sky is a lovely clear blue, you feel happy and can tell it's a really good day. You start to think about your life so far.

As you a walking, you stop for a moment by a stream and just listen to the water trickle by. After a while you notice some one has come and sat beside you. As you turn to look who it is, you find yourself looking into the kind face of Jesus. He smiles at you, and you smile back. You feel a sense of calm in his presence. You sit silently for a while by the stream.

# Prayer

After a while Jesus gets up and reaches out his hand to you “Come walk with me.”

You take Jesus’ hand and begin to carry on walking through the garden. As you walk Jesus starts telling you about his time in the wilderness. You listen to him as he tells you about how silent and listening to God is important to him. He tells you that he also knows that you would enjoy this kind of time with God and invites you to think of times when you could spend sometime with God. Tell Jesus when you can spend some time with God each day. Is it before breakfast or on your way to school, at lunchtime or maybe just before bed?

Jesus says to you “Pray simply to your Father, he knows all your needs” God knows all your needs before you even ask him.

As you continue walking Jesus tells you about times when he has helped people in need. He says that God offers us his love and we must share this with everyone around us. He says “Whenever you do this for the least of my brothers, you do it for me.” You think for a moment about what Jesus is saying. When we help those around us we are helping God. What can you do for others to show God’s love? When can you be helpful?

As you carry on walking you cross over a wooden bridge. You stop on the bridge and Jesus turns and says “My disciples had to give up their lives as fishermen to follow me and build up my kingdom here on earth.” You are one of Jesus’ disciples. Jesus explains that sometimes we have to make sacrifices for the people we love. Think about what you have given up so that you build bridges with those you love. It may be watching less television, or facebook or your mobile phone, what have you given up to follow God?

Jesus starts walking and you follow him, as you come to the gate of the garden Jesus turns to you and says “I love you, if you need anything just ask.” You think about Jesus’ words and feel a sense of peace and calm as you smile and wave him goodbye.

As you watch Jesus walk into the distance just clear your mind and just take a moment or two to just lie there. When you are ready you may open your eyes and remind yourself of where you are. When you are ready you can sit up but be aware of other people.

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The purpose of this newsletter is not to ask for money! We know how hard it can be for many of us at the moment. But if you did feel able to help contribute to the costs of running and maintaining our diocesan ministry to young people we would gratefully receive cheques or bank transfers

**DONATE** 

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