

# RAISING HEARTS AND MINDS

**CATHOLIC IDENTITY AND  
PRAYER RESOURCE**



**2021 EDITION**

 catholic  
education  
south australia





# Introduction

At Catholic Education South Australia, we value the intrinsic worth of every individual. We don't just know students by name, we know who they are by heart.

Through our commitment to educational excellence, we provide quality learning in a Catholic context, from early years to Year 12.

Each year, there are two significant events that enable us to celebrate our Catholic Identity and promote the benefits of Catholic schooling in the broader community.

## **Catholic Education Week (CEW) Term 2, Week 2 – Monday May 3 to Sunday May 9 2021**

The week has a core focus on **celebrating teaching and learning** and what it means to be part of a Catholic school community. Schools are encouraged to recognise Catholic Education Week through school-based and regional celebrations and events.

## **Catholic Schools Open Week (CSOW) Term 3, Week 4 – Monday August 9 to Sunday August 15 2021**

This week focuses on **promoting our schools to the wider community** and schools will have the opportunity to leverage off our advertising campaign.

Schools are encouraged to hold events such as Principal's Tours and Open Days to coincide with these weeks.

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This resource focuses on Christ centred faith formation and learning opportunities including prayer and liturgy that you can use and adapt in your local school community.

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# Raising Hearts and Minds Prayer

Loving God,

Guide us to know life in its fullness, to raise our hearts and minds to know God's love.

Raise our hearts and minds to be inspired by Jesus, the Catholic faith and tradition.

Raise our hearts to be loving, compassionate and respectful.

Raise our minds to be inquisitive, capable and seek truth.

May we be aware of listening to the stirring of our hearts to prompt action.

Guide us to respond to the needs of others and all of God's creation.

In all our thoughts, words and actions, help us raise our hearts and minds in creating the world you desire.

Loving God hear our prayer

Amen

# Raising Hearts and Minds

In enhancing Catholic Identity, we strive to ensure opportunities for all students to find relevance and importance in the Catholic tradition in relation to their lives.

Through the focus of Raising our Hearts and Minds to God we will follow a three-year cycle of themes to reflect on and provide opportunities that deepen students experiences and understanding.

Each year we will add to this collection of resources that will unpack the theme for that year.

The three-year focus cycle of themes are:

## **2021 - Raising Hearts and Minds to the wonder and awe of God's creation**

Raising Hearts and Minds Prayer excerpt (from page 4):

**Guide us to respond to the needs of others and all of God's creation.**

- Has God's creation inspired wonder and awe for you?
- How can we Raise our Hearts and Minds to the wonder and awe of God's creation?
- Through ecology and stewardship students are invited to explore the mystery of God's presence in creation and the call to action to be caretakers of each other and God's world.

## **2022 - Raising Hearts and Minds with God to ensure the dignity of all**

Raising Hearts and Minds Prayer excerpt (from page 4):

**Raise our hearts to be loving, compassionate and respectful.**

- How do we ensure the dignity of all?
- How do we Raise our Hearts and Minds to God to ensure the dignity of all?
- Jesus' way of love shows us how to live.

## **2023 - Raising Hearts and Minds with God for social justice**

Raising Hearts and Minds Prayer excerpt (from page 4):

**May we be aware of listening to the stirring of our hearts to prompt action.**

- How do we Raise our Hearts and Minds to the needs of others?
- How can we Raise our Hearts and Minds to the needs in our community?
- How can we Raise our Hearts and Minds to the needs in the world?
- "Never see a need without doing something about it." *Mary Mackillop.*

# Raising Hearts and Minds to the wonder and awe of God's creation

## Suggested learning opportunity

### Activity 1 - Photography or Art

#### How can we raise the hearts and minds to the wonder and awe of God's creation?

Students are invited through photography or art to explore and capture how your school raises hearts and minds to the wonder and awe of God through creation.

How does this awareness prompt action in your school/homes?

Please share your creative interpretation with us - including a description.

A selection of the designs will be displayed at the Catholic Education Office during Term 3. In addition, schools will be able to purchase Raising Hearts and Minds Prayer cards featuring one of their student's artwork.

### Timeline

May 3 - 9	Week 2, Term 2	Create your designs during Catholic Education Week
May 28	Week 5, Term 2	Deadline to submit to Catholic Education Office
May 31 - June 4	Week 6, Term 2	Selection of designs chosen for display
June 7 - 25	Weeks 7-9, Term 2	Schools Notified - Opportunity to order postcard versions
June 25	Week 9, Term 2	Postcard orders close
July 1 - 16	Mid Year Holidays	Printing
July 19	Week 1, Term 3	Postcards available for collection
Aug 9 -15	Week 4, Term 3	Catholic Schools Open Week Artwork display and postcard distribution

### Register your Interest

To register your interest or submit your designs please contact

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Deanna.Bator@cesa.catholic.edu.au  
(08) 8301 6863

*Photographer:  
Simon Brown - Follow the Wolves.*



# Raising Hearts and Minds to the wonder and awe of God's creation

## Suggested learning opportunity

### Activity 2 - School students invited to share Grace

As an act of solidarity and integral ecology, the SACCS Ecology Advisory Committee invites all Catholic school communities in South Australia to commit to saying Grace

Below are two compositions of grace that you might like to use to demonstrate our shared commitment to ecological conversion and action.

You might also like to encourage students to embrace the practice of saying grace in their homes with their families.



#### Grace #1

**Loving God, We ask you to bless this food which comes to us through the work of many people, from the sowing of seeds in the earth to our table here today. We pray for those in our world who do not have enough food. Help us to always care for people and your beautiful creation.**

**Amen.**

#### Grace #2

**Loving God, Thank you for the food we are about to eat. Thank you for the people who made it. We pray for all those who do not have enough to eat. Help us to care for all creation.**

**Amen.**

# Raising Hearts and Minds to the wonder and awe of God's Creation

## Other Ideas

### Prayer Garden

Explore opportunities for establishing a prayer garden. Do you have a garden space at school that could be developed? Students can design a prayer garden and contribute ideas for planning and establishing.

### Creation Walk

Be present, capture details or beauty in God's world. Use a microscopic lens on your device to capture this.

### Journal

What in creation speaks to your heart? What message does scripture give you about our precious world and environment? What message of action does this scripture call you to do?

### Pop-up Prayer Space

Provide a pop-up prayer space outside for students to write prayers of praise or gratitude for God's creation.

### Sacred Space

Invite staff and/or community members to share a sacred experience of creation, where they have experienced God's presence and love.

### Meditation

Students write a Christian meditation and conduct this prayer outside. Share this experience with another class.

### Community Prayer / Liturgy

Plan an outdoor community prayer/liturgy with a focus on ecology.

### Poster

Capture your favourite quote from Laudato si' and present your poster at an assembly. Publish these posters in your school newsletter.



# Raising Hearts and Minds to the wonder and awe of God's creation

## Scripture and Other Sources for Prayer

O Lord, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures.

(Psalm 104:24)

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God's covenant with Noah embraces all of God's diverse creatures.

(Gen 9: 12-16)

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Let the heavens rejoice, let the earth be glad, let the sea resound and all that is in it; let the fields be jubilant and everything in them. Then all the trees of the forest will sing for joy; they will sing before the Lord."

(Psalm 96: 11-13)

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John Paul II said: Human beings are appointed by God as stewards of the earth to cultivate and protect it.

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Mirian-Rose (Ungunmerr, Jan, 1988) said: .....there are deep springs with each one of us. Within this deep spring, which is the very Spirit of God, is a sound. The sound of Deep calling to Deep. The sound is the Word of God-Jesus.

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Loving God,

May we strive to walk with Jesus as co-creators.

Remind us that we are the caring hands of Christ, who is with us always.

May your grace, mercy and peace, bless us, keep us and transform us to see the wonder and beauty moments today, now and forever.

Amen

# Raising Hearts and Minds to the wonder and awe of God's Creation

## Prayer Resources

*By Staff Spiritual and Religious Formation team*

### Opening Prayer

We gather intentionally to quell the noise of distraction

We humbly invite the loving presence of God amongst us

We acknowledge the presence of Jesus when two or more gather in his name,

God of hope,

You lead us on life's journey

As we gather here in Your name,

Open our minds to know Your voice.

Open our hands to do Your work.

And open our hearts to hold Your Spirit.

Amen

**Maranatha... Come Lord Jesus**

### Practice

- Use the sacred word Maranatha as the symbol of your intent to open yourself to God's presence and action within
- Maranatha is from the Aramaic, the language Jesus spoke, meaning 'Come Lord Jesus'
- Sit comfortably, close your eyes and interiorly repeat the sacred word slowly and silently as four syllables MA RA NA THA
- When you become aware of thoughts, emotions and physical sensations, return ever so gently to the sacred word
- At the end of the Christian meditation session, remain in silence for a minute or two before you resume your meeting.

### Closing Prayer

**Compassionate God, we thank you for the many blessings in our lives. We ask for wisdom, compassion, justice and love to join us as we meet - to inspire and support us.**

**We ask this in Jesus name**

Amen

# Raising Hearts and Minds to the wonder and awe of God's Creation

## Awake, Aware and Alert: Prayerful Gratitude

### Practicing Gratitude

An act of gratitude is a living whole.

To be awake, aware, and alert are the beginning, middle, and end of gratitude. This gives us the clue to what the three basic steps of practicing gratitude must be.

### Opening Prayer

**Dear Lord, help me to be open to you now, and all this day. Believing that you are everywhere, may I sense your presence with me now. May I learn anew that you love to be with me. Amen.**

### The Practice

#### Step One: Wake Up -

We need to practice waking up to surprise. Ask yourself, where have I been surprised by God's presence? How might I be more attentive to the presence of God in my work, in my conversations and in my interactions? How might being open to the surprise of God's presence change or challenge how I live this day.

#### Step Two: Be Aware of Opportunities -

"What's my opportunity here?" You will find that most of the time, the opportunity that a given moment offers you is an opportunity to enjoy—to enjoy sounds, smells, tastes, texture, colours, and, with still deeper joy, friendliness, kindness, patience, faithfulness, honesty, and all those gifts that soften the soil of our heart like warm spring rain. How might these opportunities develop our relationship with God and sow the seeds of gratitude for my colleagues and my work.

#### Step Three: Respond Alertly -

Once we are in practice for being awake to surprise and being aware of the opportunity at hand, we will spontaneously be alert in our response, especially when we are offered an opportunity to enjoy something. How might an alert and attentive response draw me closer to God.

### Closing Prayer

#### Loving God

**I pray for the wisdom to be open to surprise  
for the clarity of seeing the opportunity in that moment  
For the wisdom to see the gift within the gift  
For the alertness to avail myself fully of the opportunity offered to me today**

**For the gift of this life**

**We make this prayer in Jesus' name**

**Amen**



# Raising Hearts and Minds to the wonder and awe of God's Creation

## An Examen

### Rummaging for God: Praying Backwards through Your Day By Dennis Hamm, SJ

Fr. Dennis Hamm, SJ, a scripture professor at Creighton University, calls the Daily Examen “rummaging for God.” He likens it to “going through a drawer full of stuff, feeling around, looking for something that you are sure must be there.” That’s an accurate description of what it’s like to pray the Daily Examen. We look back on the previous day, rummaging through the “stuff,” and finding God in it. We know God is there.

#### **A Prayer to God**

*God, thank you.*

*I thank you, God, for always being with me, but especially I am grateful that you are with me right now.*

*God, send your Holy Spirit upon me.*

*God, let the Holy Spirit enlighten my mind and warm my heart that I may know where and how we have been together this day.*

*God, let me look at my day.*

*God, where have I felt your presence, seen your face, heard your word this day? God, where have I ignored you, run from you, perhaps even rejected you this day?*

*God, let me be grateful and ask forgiveness.*

*God, I thank you for the times this day we have been together and worked together. God, I am sorry for the ways that I have offended you by what I have done or what I did not do.*

*God, stay close.*

*God, I ask that you draw me ever closer to you this day and tomorrow. God, you are the God of my life—thank you.*

# 200 Years of Catholic Education in Australia

In 2021, we are celebrating the bicentenary of Catholic Education in Australia.

This milestone could also be featured in your local celebrations.

Resources available include:

- National Prayer card
- National Prayer video
- Faith in the future song
- Faith in the Future video

You can find more information here: [200years.catholic.edu.au](https://200years.catholic.edu.au)

## 200 Years Prayer

You can download the following prayer from

<https://200years.catholic.edu.au/wp-content/uploads/2020/10/200-Years-National-Prayer.pdf>



### 200 YEARS - FAITH IN THE FUTURE OF CATHOLIC EDUCATION IN AUSTRALIA

Almighty and all-loving God,  
with gratitude for the endeavours of Catholic education in the past,  
with confidence in our Catholic pre-schools, schools and universities today,  
and with faith in their continuing contribution in the future,  
we celebrate 200 years of Catholic education in this Great South Land.

As our Heavenly Father,  
we thank you for your providential care for your children in this land  
in inspiring priests, religious and lay people  
to found and staff our schools in ages past.  
Through them the Good News of your Son was brought to the young  
even in colonial times – and ever since.

As Christ the Teacher,  
you grace the staff and leaders of Catholic education today.  
As they build on the achievements of their predecessors  
direct them in their present efforts  
to ensure that every young Australian has the opportunity  
for an excellent education and formation in faith.

As our Inspiring Spirit,  
you lead us into the future.  
In the century ahead grant those teaching and  
learning in our schools,  
those planning and leading,  
and the families and community that entrust  
their young people to us,  
a love of learning and a willingness to be the  
face of Christ  
in the world of tomorrow.

Pour out your abundant blessings upon all involved in  
the ministry of Catholic education. Amen.

Our Lady of the Southern Cross – pray for us.  
St Mary of the Cross MacKillop, Patron of Catholic  
Education in Australia – pray for us.

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Catholic Education  
CELEBRATING 200 YEARS  
*Faith in the future*

# Raising Hearts and Minds

## Contact Details

### For more information:

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