

# Assembly Plan: Term 2 (Spring Term)

## SUBJECT

Candlemas

## GRADE

Nursery-KS3

## TERM

2A

## OVERVIEW

Diocesan Vision: Caring about our behaviour

Summary: Explores the feast of Candlemas and provides children with an opportunity to develop their knowledge and experience of prayer techniques (using an icon to pray) and also their understanding of the Christian tradition (learning how an icon is written and writing their own).

## PHASES

## NOTES

## DIRECTIONS

<b>PREPARATION AND MATERIALS</b>	Power point of slides from video  Costume items  YouTube video of Nunc.	Schools are multi faith/belief communities. Please remember to use inclusive, non gendered language for God (e.g. using God not he or she), give reflective option to children who do not want to pray and start prayers with Our God to enable those of other faiths to feel free to pray.
<b>WELCOME</b>	Today I'm going to talk to you about a Festival of Light called Candlemas.	
<b>TELL</b>	On February 2nd many Christians celebrate Candlemas. For many Christians this marks the end of the Christmas period and traditionally any Christmas decorations still up are taken down on and lights and candles are sometimes placed in windows and in churches all the candles for the year are often blessed	
<b>ASK</b>	Can you think of any other festivals of light from other religions or beliefs?	Answers might include Divali, Chinese New Year, Hanukkah etc

**PHASES**

**NOTES**

**DIRECTIONS**

<p><b>EXPLAIN</b></p>	<p>Candlemas is also called the Presentation of Christ in the temple, and it marks the moment in the bible that Mary and the baby Jesus went to the temple 40 days after Jesus birth. As in those days when a woman had a baby, they would have to go to a special ceremony to welcome them back to the temple after having a baby as they would have been away from the temple for a while.</p> <p>Someone called Luke wrote all about this event and he also included two very important people called Simeon and Anna. And I'm going to tell you the story...</p> <p>The Story of Simeon and Anna</p> <p>Forty days after Jesus was born, Joseph and Mary took him to Jerusalem for Mary to be welcomed back into the temple and to give thanks for the safe arrival of Jesus because in those days it could be quite dangerous to be a little baby.</p> <p>Now there was a really old man in Jerusalem called Simeon, who really loved God and spent lots of time in the temple. He had been waiting along time to hear that a special baby had been born and he was very excited that he might get to meet Jesus. He was very, very old and had been waiting a very long time but the Holy Spirit had told him to be patient because it would happen if he waited long enough.</p> <p>On realising that Jesus had been born and would be in the temple</p>	<p>Supplements:</p> <p>KS1- Simeon and Anna puppets activity. (<a href="https://sundayschoolzone.com/bible-story/simeon-and-anna-saw-jesus/">https://sundayschoolzone.com/bible-story/simeon-and-anna-saw-jesus/</a>)</p> <p>KS2- Internet research- Can you find pictures of what the temple might have looked like when Jesus was born? How does it look now? What are the similarities and differences?</p> <p>During whole school assembly: you may wish to bring some costume items so that volunteers can dress up and improv/act story out</p>
-----------------------	---	---

**PHASES**

**NOTES**

**DIRECTIONS**

	<p>with his mum and dad, Simeon went into the temple grounds. When Simeon saw the little baby in Mary’s arms, he was overjoyed and declared:</p> <p>“Lord, you were right to tell me to be patient and to wait! I shall now be happy for the rest of my life because I have seen Jesus. This little baby is special and will grow up to show your love and justice to all people!”</p> <p>Mary and Joseph marvelled at what was said about their little boy.</p> <p>Then Simeon blessed them and said to Mary, his mother:</p> <p>“This child is destined to stand up against those who treat people badly and will be a beacon of hope to many but some people will not like what he says and you will feel hurt for him when people say or do bad things to him.”</p> <p>Now Simeon wasn’t the only person that had been waiting to hear about the birth of Jesus. There was also a prophet (a prophet someone who tells people what they need to hear, not what they want to hear when they’re doing something they want to do rather than what they should be doing) called Anna. Like Simeon, she was very old and was a widow, her husband had died when she was young. After he died, She never left the temple but worshiped night and day, fasting and praying. When she saw Jesus and his mum and dad, gave thanks to God and spoke about the child to all who were looking forward to him coming too!</p>	
--	--	--

**PHASES**

**NOTES**

**DIRECTIONS**

<p><b>REMIND/ CONSOLIDATE</b></p>	<p>Several years ago when I was training to be a priest, I visited Jerusalem and I visited the site of the temple in the story it was very big and is now a mosque. I got to go inside and although it is very different to how it would have looked 2000 years ago it was still a very beautiful building and felt like a very holy place.</p> <p>Close by to the temple grounds is a market and in that market there are stalls that sell things to pilgrims (people who travel to Jerusalem to pray) to remind them of their time in Jerusalem.</p> <p>I bought some very special items from one of the stalls.</p> <p>I bought a little rosary which I use to help me say my prayers. Each bead is a prayer for somebody or a situation. For example, when I pray the rosary, I often pray for you all that you will be happy.</p> <p>I also bought something very special called an icon.</p> <p>Now an icon is a special picture that is painted in a very special way. The person who paints them is called an iconographer and even though they paint the picture, the process is called writing an icon.</p> <p>Firstly:</p> <p>They carve a dip into a piece of wood where they want to paint the special holy picture. This dip</p>	<p>Supplemental:</p> <p>KS1 – Colour or collage an icon of the Holy Family</p> <p>KS2 – Research icons on the internet and think about how we know the story or person they are representing?</p> <p>Design an icon of one of the characters from the story of Simeon and Anna. Think about:</p> <ul style="list-style-type: none"><li>-Why are they important to the story?</li><li>-What can you include in the picture to show people who the character is and their part in the story.</li></ul> <p>Characters are: Baby Jesus, Mary, Joseph (or collectively as Holy Family), Simeon and Anna.</p> <p>KS1 and 2: images of icons that can be printed to aid discussion.</p> <p>(If you haven't been to Jerusalem, change it to 'In Jerusalem, near the site where our story today takes place there are lots of little stalls where you can buy...')</p>

**PHASES**

**NOTES**

**DIRECTIONS**

	<p>is called an ark. It's called an ark because it will hold something holy and important.</p> <p>Then, they will sand the piece of wood until its very, very smooth so that when they add the gold leaf there won't be any lumps or bumps.</p> <p>The person will think and pray about the person or event in the bible or a saint that they've been asked to paint and then each stroke of the brush is an act of prayer. Because of this, icons can take a very, very long time to write but when they are finished they are very beautiful.</p> <p>Original icons are very expensive because they are painted by hand and have gold or silver on them so mine are reproductions which make them a little cheaper to buy but no less special to me.</p> <p>I'd like to show you one of my favourite icons. It's a picture of the holy family- Mary, Joseph and Jesus. Sometimes when I pray I like to look at an icon. I might look in the person's eyes or think about the story is being told in the icon and that helps me to pray for people or to solve something that might be troubling me.</p> <p>Now in today's story, Simeon and Anna talk about Jesus being special and being a light in the world.</p> <p>In a moment we're going to pray and think about how we can be lights in the world and either while your praying and listening to the music or after you might like to use the template I've made to create your own icon of the Holy Family and as you make</p>	
--	--	--

**PHASES**

**NOTES**

**DIRECTIONS**

	<p>it think about how you could be a light in the world. Maybe your teachers could share your beautiful icons with me on Twitter so I can see them all!</p>	
<p><b>PRAY/REFLECT</b></p>	<p>The words that Simeon says to Mary in today’s story have been said or sung by Christians for hundreds of years at a prayer service in the night, just before bed called compline. And then it’s called the Nunc Dimitis which simply means ‘Now let depart’ which is the first line of the chant and in the original bible story it is the first words Simeon says when he sees Jesus, ‘Now let your servant depart in peace.’</p> <p>In a moment, I’m going to play a very old chant of the Nunc Dimitis which is called Gregorian Chant.</p> <p>While it’s playing sit quietly and listen to it with your eyes closed, or watch the video or you might like to look at some pictures of icons. But whatever you do think about how you can be a light to somebody. But remember Mthr Rose always says it must be free and it must be safe.</p> <p>If you don’t want to pray that absolutely fine. Maybe while you listen to the music think about how you can be a light or say thank you to those people in your head who have been a light to you and then maybe thank them in person when you see them.</p>	<p>Supplemental:</p> <p>Nunc Dimitis can be found here: <a href="https://youtu.be/GrDTzQtfvwk">https://youtu.be/GrDTzQtfvwk</a></p> <p>You may also like to dim the lights in the room and have electric candles or a lamp so that room is relaxing and calm. You could then invite the children to do an Ignation exercise (read story again and then ask the children to listen to the music and imagine the story in their heads)</p> <p>You could also have printed laminated images of icons or actual small icons to be passed around for children to reflect on.</p>

**Video Script (Clergy/Leader Copy and Paste this into Teleprompter to create subtitles etc)**

Today I'm going to talk to you about a Festival of Light called Candlemas.

On February 2nd many Christians celebrate Candlemas. For many Christians this marks the end of the Christmas period and traditionally any Christmas decorations still up are taken down on and lights and candles are sometimes placed in windows and in churches all the candles for the year are often blessed.

Can you think of any other festivals of light from other religions or beliefs?

.

Maybe you thought of Divali, Hanukah or the Chinese New Year?

Candlemas is also called the Presentation of Christ in the temple, and it marks the moment in the bible that Mary and the baby Jesus went to the temple 40 days after Jesus birth. As in those days when a woman had a baby, they would have to go to a special ceremony to welcome them back to the temple after having a baby as they would have been away from the temple for a while.

Someone called Luke wrote all about this event and he also included two very important people called Simeon and Anna. And I'm going to tell you the story...

### The Story of Simeon and Anna

Forty days after Jesus was born, Joseph and Mary took him to Jerusalem for Mary to be welcomed back into the temple and to give thanks for the safe arrival of Jesus because in those days it could be quite dangerous to be a little baby.

Now there was a really old man in Jerusalem called Simeon, who really loved God and spent lots of time in the temple. He had been waiting along time to hear that a special baby had been born and he was very excited that he might get to meet Jesus. He was very, very old and had been waiting a very long time but the Holy Spirit had told him to be patient because it would happen if he waited long enough.

On realising that Jesus had been born and would be in the temple with his mum and dad, Simeon went into the temple grounds. When Simeon saw the little baby in Mary's arms, he was over joyed and declared:

"Lord, you were right to tell me to be patient and to wait! I shall now be happy for the rest of my life because I have seen Jesus. This little baby is special and will grow up to show your love and justice to all people!"

Mary and Joseph marvelled at what was said about their little boy.

Then Simeon blessed them and said to Mary, his mother:

"This child is destined to stand up against those who treat people badly and will be a beacon of hope to many but some people will not like what he says and you will feel hurt for him when people say or do bad things to him."

Now Simeon wasn't the only person that had been waiting to hear about the birth of Jesus. There was also a prophet (a prophet someone who tells people what they need to hear, not what they want to hear when they're doing something they want to do rather than what they should be doing) called Anna. Like Simeon, she was very old and was a widow, her husband had died when she was young. After he died, She never left the temple but worshiped night and day, fasting and praying. When she saw Jesus and his mum and dad, gave thanks to God and spoke about the child to all who were looking forward to him coming too!

I love the story of Simeon and Anna at the temple.

Several years ago when I was training to be a priest, I visited Jerusalem and I visited the site of the temple in the story it was very big and is now a mosque. I got to go inside and although it is very different to how it would have looked 2000 years ago it was still a very beautiful building and felt like a very holy place.

Close by to the temple grounds is a market and in that market there are stalls that sell things to pilgrims (people who travel to Jerusalem to pray) to remind them of their time in Jerusalem.

I bought some very special items from one of the stalls.

I bought a little rosary which I use to help me say my prayers. Each bead is a prayer for somebody or a situation. For example, when I pray the rosary, I often pray for you all that you will be happy.

I also bought something very special called an icon.

Now an icon is a special picture that is painted in a very special way. The person who paints them is called an iconographer and even though they paint the picture, the process is called writing an icon.

Firstly:

They carve a dip into a piece of wood where they want to paint the special holy picture. This dip is called an ark. It's called an ark because it will hold something holy and important.

Then, they will sand the piece of wood until its very, very smooth so that when they add the gold leaf there won't be any lumps or bumps.

The person will think and pray about the person or event in the bible or a saint that they've been asked to paint and then each stroke of the brush is an act of prayer. Because of this, icons can take a very, very long time to write but when they are finished they are very beautiful.

Original icons are very expensive because they are painted by hand and have gold or silver on them so mine are reproductions which make them a little cheaper to buy but no less special to me.

I'd like to show you one of my favourite icons. It's a picture of the holy family- Mary, Joseph and Jesus. Sometimes when I pray I like to look at an icon. I might look in the

person's eyes or think about the story is being told in the icon and that helps me to pray for people or to solve something that might be troubling me.

Now in today's story, Simeon and Anna talk about Jesus being special and being a light in the world.

In a moment we're going to pray and think about how we can be lights in the world and either while your praying and listening to the music or after you might like to use the template I've made to create your own icon of the Holy Family and as you make it think about how you could be a light in the world. Maybe your teachers could share your beautiful icons with me on Twitter so I can see them all!

Let us Pray

The words that Simeon says to Mary in today's story have been said or sung by Christians for hundreds of years at a prayer service in the night, just before bed called compline. And then it's called the Nunc Dimitis which simply means 'Now let depart' which is the first line of the chant and in the original bible story it is the first words Simeon says when he sees Jesus, 'Now let your servant depart in peace.'

In a moment, I'm going to play a very old chant of the Nunc Dimitis which is called Gregorian Chant.

While it's playing sit quietly and listen to it with your eyes closed, or watch the video or you might like to look at some pictures of icons or colour in or collage your icon. But whatever you do think about how you can be a light to somebody. But remember Mthr Rose always says it must be free and it must be safe.

If you don't want to pray that absolutely fine. Maybe you would like to colour in a pretty pattern while you listen to the music instead and think about how you can be a light or say thank you to those people in your head who have been a light to you.

**SUBJECT**

Epiphany

**GRADE**

Nursery-KS3

**TERM**

2A (Alternative)

**OVERVIEW**Diocesan Vision: Caring for those in needSRE Curriculum: Ability to act with kindness, empathy...Summary: Explores the tradition of 'chalking the doors' and asks children to think about how they/we can be hospitable in the year to come.**PHASES****NOTES****DIRECTIONS**

<b>PHASES</b>	<b>NOTES</b>	<b>DIRECTIONS</b>
<b>PREPARATION AND MATERIALS</b>	Power point of slides from video  Costume items  Large basket of chalk  Small card printed house blessing	Schools are multi faith/belief communities. Please remember to use inclusive, non gendered language for God (e.g. using God not he or she), give reflective option to children who do not want to pray and start prayers with Our God to enable those of other faiths to feel free to pray.
<b>WELCOME</b>	It's so good to see you all back after the Xmas holidays! Did you enjoy Christmas? Can anybody tell me how many days is Christmas traditionally thought to be?	
<b>TELL</b>	The 12 days of Christmas end the day before a special day called Epiphany.	
<b>ASK</b>	Can you tell me what Epiphany is?	

**PHASES**

**NOTES**

**DIRECTIONS**

<b>EXPLAIN</b>		
	<p>Epiphany marks the point in the story of Jesus’s birth or ‘The Nativity’ that the magi, sometimes known as the Three Kings meet Jesus for the first time.</p> <p>The maji or the Three Kings represent the whole world knowing about the birth of Jesus and that’s why iots called epiphany because an Epiphany simply means to discover something new and amazing.</p> <p>Does anybody know the names of the 3 maji?</p> <p>As Epiphany comes towards the end of Christmas festivities, some Christians like to say special prayers in their homes and churches and then use the initials of the three Maji to write a special prayer on the door frame of their houses to ask God to bless their house and to help them to be kind to strangers in their communities.</p> <p>In a moment we are going to say some special prayers and bless some chalk which you can then use in school to bless your school and homes for the year to come.</p> <p>Change to liturgy sheets/Powerpoint.</p>	<p>Balthazar, Melchior and Caspar</p> <p>Supplements:</p> <p>Powerpoint of Liturgy for Chalking the Doors.</p>

**PHASES****NOTES****DIRECTIONS**

REMIND/ CONSOLIDATE	See Liturgy	
PRAY/REFLECT	See Liturgy	

**SUBJECT**

St David

**GRADE**

Nursery-KS3

**TERM**

2B

**OVERVIEW**

Diocesan Vision: Growing more like Jesus; Making a difference in our communities, welcoming all.

SRE Curriculum: Ability to act with Empathy and Kindness.

Summary: Explores the feast of St David of Wales and provides an opportunity for students to think about how they can make a difference in their communities at home and in school with just small things.

**PHASES****NOTES****DIRECTIONS**

<b>PHASES</b>	<b>NOTES</b>	<b>DIRECTIONS</b>
<b>PREPARATION AND MATERIALS</b>	<p>Power point of slides from video</p> <p>Clerical cloak or similar</p> <p>White Net curtain and dove head band</p> <p>Villager shawls and hats</p>	<p>Schools are multi faith/belief communities. Please remember to use inclusive, non gendered language for God (e.g. using God not he or she), give reflective option to children who do not want to pray and start prayers with Our God to enable those of other faiths to feel free to pray.</p>
<b>WELCOME</b>	<p>Today I'm going to talk to you about St David and tell you a story about one of his miracles.</p>	
<b>TELL</b>	<p>St David was born in 520. His mam was a saint too, she was called Non. He was born during a huge thunderstorm and on the place where he was born a well sprung up which is now called St Non's Well.</p> <p>In 550 David started a monastery. His monastery was very strict and the monks were vegetarian and only drank water. When they worked in the fields they did so without any help from</p>	<p>Supplement:</p> <p>Story board the story of St David and Llan Ddewi Brefi.</p>

**PHASES****NOTES****DIRECTIONS**

	<p>animals. They must have been very strong!</p> <p>David was famous for many miracles. He apparently brought a young boy back to life and made a blind person see! But his most famous miracle took place in a village called Llan Ddewi Brefi.</p>	
<b>ASK</b>	<p>What do you think his greatest miracle was?</p>	<p>Expect lots of guesses but hopefully somebody will guess about the hill.</p>
<b>EXPLAIN</b>	<p>One day St David came to a village. He was a very famous person in Wales and lots of people came to see him and they cheered! (children cheer – wait for quiet before continuing)</p> <p>The crowd all gathered to see him, they were all very excited (little crowd acts excited)</p> <p>St David had very important things to say about God and Jesus and being good people but nobody could see or hear him! (St David to act like he’s trying to be heard, crowd act like they can’t hear him)</p> <p>Suddenly a dove flew over (dove flies over and places hand on st david’s shoulder) and landed on St David’s shoulder. At that moment the ground that St David was standing on started to rise (lift st david up or get St david to stand on step or chair – cloak hides chair to make it look like a hill) and then everybody could hear St david preach. (St David</p>	<p>The children will improvise the story as you tell it so you will need some volunteers. Ask a member of staff to choose for you.</p> <p>Make sure you have established a special clap or sign as you are going to ask the children to cheer</p> <p>Characters:</p> <p>St David (needs to be a little one so that the clerical cloak is very big on them)</p> <p>Someone to be the White Dove</p> <p>Crowd of people (4-5 children)</p> <p>See supplement for ‘hats’.</p> <p>Before you start the story:</p> <p>Assemble the children so that St David is in the middle, the dove is on far left and the crowd are in front</p>

**PHASES****NOTES****DIRECTIONS**

	<p>says very loudly 'do the little things') and the crowd cheered and went home to think about all they had seen and heard.</p> <p>A church was built on the site and still stands today in a village named Llan Ddewi Brefi.</p>	
<b>REMIND/ CONSOLIDATE</b>	<p>What do you think St David meant when he said 'Do the small things'</p> <p>Talk about how it's the little things that make the difference.</p> <p>Think Pair Share:</p> <p><u>Think</u> of something you can do that's only little but can help people around you or help your community to be a good place to live or learn? (Must be safe and free of charge)</p> <p><u>Pair</u> Talk to the person next to you about your ideas.</p> <p><u>Share</u>- Ask students to suggest their ideas.</p>	<p>Expect a variety of answers.</p>
<b>PRAY/REFLECT</b>	<p>The music you are going to listen to is called Gosteg Dafydd Athro and is played on a medieval welsh harp. This is how music would have sounded in the time of St David.</p> <p>Listen to the music and think about the world and what you think it should be like.</p> <p>Imagine yourself growing up and think about the small things that you've talked about today and</p>	<p><a href="https://www.youtube.com/watch?v=URfWRh5qvpU">https://www.youtube.com/watch?v=URfWRh5qvpU</a></p> <p>Play music for no more than a minute and then fade out</p>

**PHASES****NOTES****DIRECTIONS**

	<p>how when everybody does them they have a big effect.</p> <p>You might like to ask God to be with you on your journey in life and to help you do the little things.</p>	
--	---	--

**SUBJECT**

Lent

**GRADE**

Nursery-KS3

**TERM**

2C

**OVERVIEW**

Diocesan Vision: Growing more like Jesus; Serving together to make a difference in our communities

SRE Curriculum:How to be a good friend and advocate others.

Summary: Explores Lent and how we can reflect on our behaviours and attitudes and make a conscious effort to make our homes, school and communities a nurturing and kind place.

**PHASES****NOTES****DIRECTIONS**

<b>PHASES</b>	<b>NOTES</b>	<b>DIRECTIONS</b>
<b>PREPARATION AND MATERIALS</b>		Schools are multi faith/belief communities. Please remember to use inclusive, non-gendered language for God (e.g. using God not he or she), give reflective option to children who do not want to pray and start prayers with Our God to enable those of other faiths to feel free to pray.
<b>WELCOME</b>	<p>Hello. How are you today?</p> <p>Sit for a moment and close your eyes and have a think about your day so far. Are you feeling cheerful, tired, maybe it's close to lunch and you're feeling hungry?</p> <p>Is there anything about your day so far that you might want to change? For example, maybe you didn't brush your teeth quite as thoroughly as you should have?</p> <p>Is there anything that you can do to put that right? Maybe have an extra special brush before you go to bed?</p> <p>Is there anything in your day that is really good?</p> <p>What you just did was something called reflection or contemplation.</p>	Have peaceful music playing as children walk in to set peaceful calm tone to the worship.

**PHASES**

**NOTES**

**DIRECTIONS**

	<p>It's a really big word but it just means to think about something carefully. Christians are currently in a season of contemplation (it can also be called a season of penitence because we think about anything that might be stopping us from being good Christians).</p> <p>This Season is called Lent.</p>	
<p>TELL</p>	<p>Lent starts on Ash Wednesday. The day before is called Shrove Tuesday. It is also called pancake day.</p> <p>Traditionally because Lent is a time of fasting or giving things up, people would use up all the yummy things so that they wouldn't go off or stale and also so that they wouldn't be tempted to break their fast too soon by yummy things in their cupboards!</p> <p>My favourite pancake topping is maple syrup and ice cream.</p> <p>What's your favourite pancake topping?</p> <p>The day after Shrove Tuesday is Ash Wednesday.</p> <p>Many Christians will go to a special church service where we contemplate in prayer all that is not quite right in the world and the times when we haven't got things quite right. We make a sign of the cross in ash on our forehead to remind us that it is now lent, and we must think about how to make those things we did wrong better. By thinking about these things, we can prepare for Good Friday when Jesus died but also be ready for Easter when Jesus rose from the dead and that's when we can break our fast and have Easter eggs!</p>	<p>Clergy/ECMA leaders: In the worship pack there some small bags of non-blessed ash that the children might like to pass around to see what it looks like.</p>

**PHASES**

**NOTES**

**DIRECTIONS**

	<p>One way that we might think about the things we want to change is to give something up. This is called fasting and it helps us to think about what we have to be thankful for and also in missing those things, it helps us to think about how we made other people feel when we haven't quite got our actions right. My family and I usually go vegetarian and then the money we save from not eating meat we donate to the foodbank to help us to help people in our community who might need a little bit of help right now.</p> <p>You can also take things up in lent. Sometimes people like to start exercising more or eat healthier, sometimes people might volunteer for charities.</p> <p>Sometimes people will read a book that will help them to think about how they can make the world a better place or help them to pray and to talk to God. They might read a book because sometimes we forget that God is closer to us than the air we breathe and books about holy people or what we think about God (that's called Theology) can help us to remember that.</p>	
<p><b>ASK/EXPLORE</b></p>	<p>What type of things could you give up or take up in Lent?</p>	<p>You could do a think, pair, share here.</p> <p>Emphasise that it needs to be small, free or cheap and safe.</p>

**PHASES**

**NOTES**

**DIRECTIONS**

<p>PRAY/REFLECT</p>	<p>In a moment we are going to pray. God takes many different shapes for many different people so if you don't want to pray, that is absolutely fine.</p> <p>If you don't want to pray the prayer that I'm about to say, why don't you close your eyes and think of somebody who has been really kind to you today, then imagine thanking them and, if you see them later, why not thank them in person.</p> <p>So, let's close our eyes and take a slow, deep breath in and then breathe out slowly.</p> <p>Our God, You have made for us a beautiful world, In our world we have wonderful plants and animals, The seas and forests to play in. You have also given us people in our lives who love us and help us. Sometimes we don't get things right and we might say or do things that can hurt people or damage the world around us. As we start Lent help us to be thankful for all the wonderful things in our lives and to think about our own acts to make our little bits of the world a better place.</p> <p>Amen</p>	
---------------------	--	--