SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

November: A Month of Prayer and Remembrance

November is a special time in the Church when we come together to pray for and remember those who have passed from this life. On the 1st of November, we celebrate All Saints' Day, honouring all the saints in Heaven—holy men and women who lived faithful lives and now share eternal joy with God.

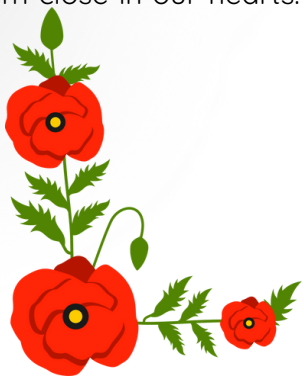
The very next day, November 2nd, is All Souls' Day, a day dedicated to praying for all the faithful departed—our beloved family members, friends and all who have gone before us. It is a beautiful reminder of the gift of life, the power of love and the hope we have in eternal life with God.

Throughout this month, let us cherish the memories of our loved ones and keep them close in our hearts. Together, let us journey in prayer, trusting in God's mercy and grace.

God Bless,

Mrs Linda Payne
Executive Headteacher

The Month of Remembrance



Gather Together

1. Find a quiet space and sit together.
2. Begin by making the sign of the cross.



Listen

3. Read from the scripture quote from St Matthew 5:4



"Blessed are those who mourn, for they will be comforted."

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Reflect

4. “Blessed are those who mourn, for they will be comforted" is a saying that means when someone feels sad or is grieving because they have lost something or someone important to them, they are not alone. It reminds us that it's okay to feel sad and that there is hope for comfort and healing.

When we mourn, we might feel many different emotions, like sadness or even anger. But this saying tells us that there will be people, like friends, family, or even kind strangers, who will help us feel better. It encourages us to share our feelings with others and to know that, in time, we can find happiness again. Just like after a rainy day, the sun will shine again, and we will feel better.

In November, we remember those who passed away because it helps us keep their memory alive in our hearts. It's a way to show love and respect for them, just like we would for our family and friends who are still with us. We believe that even though they are not here with us anymore, they are still part of our lives in a special way.

Pray

5. Spend a minute in complete stillness and quiet reflecting and then say the prayer below together.

Eternal rest grant unto them,
O Lord,
and let perpetual light shine
upon them,
may they rest in peace.
Amen



Living out the Message

6. Children can embody the message of remembering those who have departed and live out the scripture "Blessed are those who mourn, for they will be comforted" in several meaningful ways.

- **Creating Memory Projects**: Children can engage in activities that honour the memory of loved ones who have passed away. This could include making a scrapbook, drawing pictures, or writing letters to the deceased. These projects allow children to express their feelings and keep the memory of their loved ones alive.
- **Participating in Remembrance** : Such as lighting candles, praying each day or sharing stories. Children can participate in these activities, which can help them understand the importance of remembrance and provide a sense of connection to their loved ones.
- **Acts of Kindness:** Children can perform acts of kindness in memory of those who have passed. This could involve helping others in need, volunteering or simply being kind to friends and family. Such actions can be a way to honour the values and love that the departed person embodied, reinforcing the idea that their spirit lives on through good deeds.
- **Talking About Feelings**: Encouraging children to talk about their feelings regarding loss can be very beneficial. They can share memories, express sadness or even celebrate the life of the person who has passed. This open dialogue can help them process their grief and understand that mourning is a natural part of life.
- **Reading Scripture Together**: Families can read and discuss passages from the Bible that relate to mourning and comfort. This can help children understand the spiritual aspect of loss and the promise of comfort that comes from faith. Engaging in prayer or meditation can also provide solace and a sense of peace.
- **Creating a Memory Garden**: Children can help plant flowers or trees in memory of those who have passed. This living tribute can serve as a reminder of the loved one and provide a space for reflection and remembrance.

By engaging in these activities, children can learn to navigate their feelings of loss while also finding comfort in the support of their family, community, and faith. These practices not only honour the memory of those who have departed but also help children develop empathy and resilience in the face of grief.