



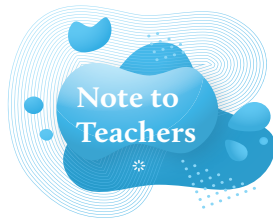
Catholic Schools Week 2025

# Catholic Schools: Alive in Christ

19–25 January 2025

**Monday: Life to the Full in Our  
Community of Friends**





We hope you will find the Catholic Schools Week 2025 resources helpful. These resources include a mix of resources and suggested activities, probably more than you'll get to use, but we have tried to give a wide selection.

## Introduction

'Friendship is one of life's gifts and a grace from God. Through our friends, the Lord refines us and leads us to maturity. Faithful friends, who stand at our side in times of difficulty, are also a reflection of the Lord's love, his gentle and consoling presence in our lives. The experience of friendship teaches us to be open, understanding and caring towards others, to come out of our own comfortable isolation and to share our lives with others. For this reason, "there is nothing so precious as a faithful friend" (Sir 6:15).' (Pope Francis, *Christus Vivit*, 151)

## Suggested Activities

- Use Worksheet 1, included below (p. 5).
- Use Worksheet 2, included below (p. 6).
- Conduct a brief prayer service or prayer moment as included below (p. 4).
- Use the PowerPoint presentation that accompanies this resource.
- Have the students place Post-It notes on a prayer board or classroom wall. These could say, 'Today I am asking for \_\_\_\_\_' (e.g. courage, hope, peace, etc.).
- Divide students into small groups. Have each group discuss a specific aspect of *Christus Vivit*, such as hope, community or personal vocation.
- Have the students make a poster with pictures, words or both on the theme 'Living fully in Christ means serving others.' Add examples of how we serve others in our school, home and wider community.
- Ask for music suggestions from students that express hope/joy. Play this music in the background while they are making posters individually or in groups. Before the class finishes, reflect on tone/atmosphere of the class, and if there seemed to be a good feeling in the group, highlight how this feeling feeds into the well-being that is being promoted through the theme for Catholic Schools Week.
- Think-Pair-Share: What does it mean that Christ is alive?
- Divide the students into small groups of three or four and ask them, 'How can we share our joy with others?' List examples of how we experience this with friends.

## Music Resources

You can use the following playlist of music on the theme of friendship during this class: <https://open.spotify.com/playlist/7eqFpiyU5gqG4hjpXqkQWb>.



## Concluding Reflection

### Jesus' Friends

It would be interesting to consider [...] what friendship meant to Jesus. We know that as he neared the end of his life on earth, he spent a lot of time with his friend Lazarus and his sisters. We could speculate that the warmth and support of friends was what he sought to help to prepare for the most difficult moment of earthly existence.

The Italian theologian Ermes Ronchi writes that we can understand something of the essence of God through our friendships with other human beings. He suggests that an excellent way to enjoy God's presence is by being friends with his friends.

'We need not seek God in a place where all that is human ends. God is present in the heart of our lives, and we can sense his nearness to us through all our senses, and therefore, through our contact with friends.'

Needless to say, if this is the case, friendship is important to our lives. We need to nourish and cherish the friends we have and be always open to the arrival of new ones.

If we want to have friends, we need to be ready first to be one. That's where it all starts.

(from Nancy O'Donnell, Psy.D., *Living City* magazine, March 2022)





## Prayer Service/Prayer Moment

### Quotation

‘Certainly, as members of the Church, we should not stand apart from others. All should regard us as friends and neighbours, like the apostles, who “enjoyed the good will of all the people” (Acts 2:47; cf. 4:21, 33; 5:13). Yet at the same time we must dare to be different, to point to ideals other than those of this world, testifying to the beauty of generosity, service, purity, perseverance, forgiveness, fidelity to our personal vocation, prayer, the pursuit of justice and the common good, love for the poor, and social friendship.’ (Pope Francis, *Christus Vivit*, 36)



### Prayers

Holy Spirit, bring your calming presence to this present moment to still any storm within my mind. **Amen.**

Lord, take my worries from me so that I may have peace of mind. Help me to trust in your strength and your presence, so that my worries pass and love remains. **Amen.**

### Music for Reflection

Allow for some quiet time.

Play ‘What a Friend We Have in Jesus’ by Chris Rice:

<https://open.spotify.com/track/3ZM93obTrc8ouuxBXOpO7g>

### Scripture Reading

A reading from the Psalms (16:11):

‘You will reveal the path of life to me, give me unbounded joy in your presence, and at your right everlasting pleasures.’

A reading from the Gospel according to John (10:10):

‘I have come so that they may have life and have it to the full.’

### Music for reflection

Allow for some quiet time with instrumental music.

Finish by playing ‘Journey to Your Heart’ by Sr Marie Dunne CHF:

<https://open.spotify.com/track/71LIoAPXDDACAT3MBJokey>



## Worksheet 1

Read the following piece and answer the questions that follow.

It would be interesting to consider [...] what friendship meant to Jesus. We know that as he neared the end of his life on earth, he spent a lot of time with his friend Lazarus and his sisters. We could speculate that the warmth and support of friends was what he sought to help to prepare for the most difficult moment of earthly existence.

(from Nancy O'Donnell, Psy.D., *Living City* magazine, March 2022)

1. What importance do you place on friendship?

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2. In what way does it help to know that friendship was important for Jesus?

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3. In what ways can friendships be good for our own well-being?

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4. In what ways can friendship help us to have a fuller life?

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## Worksheet 2

Listen to 'Count on Me' by Bruno Mars and answer the questions that follow:

<https://open.spotify.com/track/3B5UbSndRz9o7lZhhmUfLi>

1. What, in your opinion, has this song to say about friendship?

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2. What is your opinion on the value of friendship?

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3. In what ways can friendship contribute to your own well-being and the well-being of your friends?

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4. God wants us to live life to the full. What distractions and time-wasting do you come across that might prevent you from living life to the full in harmony with the teachings of Jesus?

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