

# Children's Mission Month Resource

Bringing Mission Month to our homes, schools and parishes.

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The Children's Day of Mission Prayer is celebrated on the second Friday in October during Mission Month. It is a mission-themed celebration for children. It helps them develop an understanding that by being missionary and by living out Gospel values they will become kinder and more socially and globally responsible. Here in Ireland, we have a deep-rooted tradition of supporting missionaries. Being missionary is an inherent part of being Christian. But, if we want our youngest Christians to engage with the missionary outreach of the Church, we need to invest time, energy and resources. It is a celebration that motivates and encourages children to put their love into action through prayer and giving.

## What's inside?

The Children's Mission Month Resource is crammed with activities for every day of October! These resources allow children and their families to explore the power of prayer, how to help girls and boys in need and how to become more socially and globally responsible.



### Pray a Little - The Power of Prayer

To help children **pray a little** you'll find five child-friendly prayer services that can be celebrated in the home, school or parish group. To open children's eyes and hearts to the millions of girls and boys around the world who need their prayers, each prayer service will focus on a different continent.



### Give a Little - Helping Girls and Boys in Need

To help children **give a little** during the year we encourage them to fill the Society of Missionary Children's Blue Globe Moneybox, which is found in many classrooms. The globe is a physical reminder of our global responsibility to support people who have less. To help fill it, some schools have non-uniform days or parishes may ask children to share some of their Holy Communion and Confirmation money. If you require a globe, please contact the Missio Ireland Office, and we will be happy to send some to your school. Alternatively, make your own money box using an old jar.



### Do a Little - Becoming More Socially and Globally Responsible

To help children **do a little** is the Mission Month Activity Calendar. It has easy acts of kindness for children to do every day in October. And, as mission month reminds us to help our brothers and sisters around the world, we've included some simple, global recipes for children to cook and share with their family, in the heart of their homes: the kitchen!



## FRIDAY, 6<sup>th</sup> OCTOBER

### We Pray for the Children of Africa

+ In the name of the Father and of the Son and of the Holy Spirit. Amen.

*(Please light a candle)*

**Let us pray:** Lord, Let your light shine in our hearts and let us bring your light to others. Amen.

### Africa

The continent of Africa has the longest river in the world. It is called the river Nile and it flows through four countries. Africa also has four of the fastest animals in the world: the lion, the cheetah, the gazelle, and the wildebeest. Unfortunately, a lot of young children in Africa will die because the water they use to wash and drink is not clean. Almost seven thousand children under the age of five die every day from unclean water. What ways can you save water so other people have access to more clean water? When praying today, remember the girls and boys throughout Africa who are sick and dying because their water is dangerous.

### We Pray

Loving God, whose son Jesus Christ called all who were thirsty to come to him, believe in him and drink. Look with mercy on children living in dry lands without access to safe drinking water. Give them the strength to fight off illness from poor water, sanitation and hygiene. Although we may sometimes forget to use the precious gift of clean water carefully, we commit to value and care for this gift better and pray for our hearts to be filled with ever-flowing rivers of compassion and care for all who suffer and are in need. Amen.

### Our Father

Our Father, who art in heaven, Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

### Closing Blessing

+ In the name of the Father and of the Son and of the Holy Spirit. Amen.

## FRIDAY, 13<sup>th</sup> OCTOBER - CHILDREN'S DAY OF MISSION PRAYER

### We Pray for the Children of the Americas

+ In the name of the Father and of the Son and of the Holy Spirit. Amen.

*(Please light a candle)*

**Let us pray:** Lord, May this candle be a light for you to build warmth in our hearts for those who live in poverty and fear. Amen.

### North, Central and South America

The world's highest waterfall is in Venezuela, which is in South America. It is called the Santo del Ángel. Brazil is also in South America and is the fifth largest country in the world! Sadly, over forty million children live and work on the streets of South America and have no homes to go to. What do you value most about your home? How could you share more so that other children can have the same? When praying today, remember the girls and boys in North, Central and South America who wander the streets looking for shelter and safety and families that will love and care for them.

### We Pray

Loving God, whose son Jesus Christ said, 'Let the children come to me; for the kingdom of heaven belongs to such as these', protect children living on the streets from the harm that could befall them. Comfort those trapped in bonded labour, abuse and homelessness, and bring healing to each of them. Although we may sometimes take our own shelter and security for granted, we commit to value and care for this gift better. We pray for the courage to condemn the causes of homelessness and to offer material support for those in need. Amen.



### **Our Mission Prayer**

Lord, May all children in the world share love, share friendship and live in the peace of your love. Now and forever, Amen.

### **Closing Blessing**

+ In the name of the Father and of the Son and of the Holy Spirit. Amen.

## **FRIDAY, 20<sup>th</sup> OCTOBER**

### **We Pray for the Children of Europe**

+ In the name of the Father and of the Son and of the Holy Spirit. Amen.

*(Please light a candle)*

**Let us pray:** Lord, May this candle be a light from you to lighten our way through difficulties and decisions. Amen.

### **Europe**

The Pope, whose name is Francis, lives in Europe in the Vatican City. Ireland is also in Europe. For many centuries, Ireland was one of the main countries to spread the Gospel by sending missionaries overseas to share God's love with the world. Unfortunately, more than two hundred and thirty thousand children in Ireland and more than seventy million in Europe live in poverty. How could you raise money to share with them? When praying today, remember the girls and boys in Europe who live in poverty, and whose families cannot give them healthcare, education, food, or a permanent home.

### **We Pray**

Loving God, whose son Jesus Christ said, 'blessed are you who are poor, for yours is the Kingdom of God,' bless all people who live in poverty, especially children. Protect them and provide them with opportunities to rise out of poverty so they can live life to its fullest. Although we may sometimes take our own blessings and resources for granted, we commit to value and care for this gift better. We pray for the courage to condemn the many causes of poverty and for guidance as we work together to find long-term solutions for those in need. Amen.

### **Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

### **Closing Blessing**

+ In the name of the Father and of the Son and of the Holy Spirit. Amen.

## **SUNDAY, 22<sup>nd</sup> OCTOBER: MISSION SUNDAY**

### **We Pray for the Children of Oceania**

+ In the name of the Father and of the Son and the Holy Spirit. Amen.

*(Please light a candle)*

**Let us pray:** Lord, May your light of hope shine in the darkness for families today. May it show us glimpses of your presence and the comfort you bring. Amen.

### **Oceania**

Oceania's winter is in June, July, and August. The Great Barrier Reef, in Australia, is the world's largest coral reef system. The Solomon Islands is also found there. It has more than nine hundred islands and 90 per cent of the world's earthquakes happen there. In the last ten years children have experienced cyclones, floods, earthquakes, volcanic eruptions and tsunamis, which destroy food sources and end livelihoods. What other natural disasters might affect children throughout the world? How can you help them? When praying today, remember the children of Oceania who have lost loved ones, their homes and their family livelihoods through natural disasters.

### **We Pray**

Loving God, whose son Jesus Christ said, 'blessed are those who mourn, for they will be comforted,' we grieve with communities who have suffered disasters. Grant them the means to restore their communities to life so their children can feel secure again. Give families the strength and devotion needed to rebuild their homes and livelihoods.



Although we may sometimes take our own environment for granted, we commit to value and care for this gift better. We pray for guidance as we care for the earth and bring healing to your gift of nature. Amen.

### **Hail Mary**

Hail Mary, Full of Grace, The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, other of God, pray for us sinners now, and at the hour of our death. Amen.

### **Closing Blessing**

+ In the name of the Father and of the Son and of the Holy Spirit. Amen.

## **FRIDAY, 27<sup>th</sup> OCTOBER**

### **We Pray for the Children of Asia**

+ In the name of the Father and of the Son and of the Holy Spirit. Amen.

*(Please light a candle)*

Let us pray: Lord, May the light from this candle help us to take a moment to be still and sit with you. To slow down, breathe deeply, and let go of our worries. Amen.

### **Asia**

Asia is the largest continent in the world. The tallest mountain in the world is there. It's called Mount Everest. Unfortunately, over 385 million children live in extreme poverty in Asia, many of whom cannot go to school and are forced to work from the age of four. What do you value most about school? How could you share more with other children so they could experience this too? When praying today, remember the girls and boys throughout Asia who are being exploited. Remember their families who are desperately seeking money so they can keep their children safe, healthy, and in school.

### **We Pray**

Loving God, whose son Jesus Christ taught in the synagogue and amazed those who heard him and saw his miracles, help families to find

reliable income so their children do not have to work. If they must work, protect and keep them safe from injury or abuse. Although we may sometimes take our own education and time in school for granted, we commit to value and care for this gift better. We pray for opportunities for children who cannot attend school, so they can find the hope and skills for a better future, which learning and education provides. Amen.

### **Our Mission Prayer**

Lord, May all children in the world share love and friendship, and live in the peace of your love. Now and forever, Amen.

### **Closing Blessing**

+ In the name of the Father and of the Son and of the Holy Spirit. Amen.

### **Give a Little**

The World Mission Sunday collection, which takes place on the 2<sup>nd</sup> last Sunday in October, makes it possible for Pope Francis to aid projects in some of the poorest countries of our world. Funding received in Ireland is used for a range of different child related projects. This includes purchasing chairs and tables for children. In many areas, the only place children can sit is directly on the ground. Other items that are purchased for children include educational material, uniforms, food and games. Any donations received, no matter how small, will greatly help other children in the world.







## Do a Little

What do families in Africa and South America eat?

Find out by trying the recipes below. How about holding a dinner party as a fundraiser? Invite family and friends to donate in exchange for a delicious, global themed meal!



### West African Jollof Rice

#### Method

- Sauté the vegetables for a few minutes then add the tomato paste.
- After about 5 minutes, stir in the raw rice and sauté briefly.
- Stir in the diced tomato pieces and the vegetable stock.
- Then leave it all to simmer over a low heat until the rice has absorbed all the liquid and is cooked.

- If necessary, add some water if the rice has not cooked completely and there's no liquid left.
- Just before the end of the cooking time, add the spices and season to taste.
- Serve with some extra slices of onion, tomato, and chilli peppers if you like your food nice and spicy!

#### Ingredients (feeds four)

- 500g long grain rice
- 2-3 tsp paprika
- 6 ripe tomatoes
- 4 tsp thyme
- 4 medium red bell peppers
- 2 chilli peppers
- 6 medium carrots
- 500 ml veg stock
- 4 medium white onions
- 4 tbsp tomato paste
- 4 cloves of garlic
- 2 tbsp oil
- 2 large sweet potatoes
- Salt and pepper

### Peruvian Tacu Tacu

#### Method

- Cook the rice then drain and cool.
- Peel and slice the banana / sweet potato about 1.5cm thick.
- Peel and finely chop the garlic and onion, then finely slice the chilli pepper.
- Drain the tin of beans.
- Heat the olive oil in a large frying pan over a medium heat and fry the banana / sweet potato for a few minutes on each side, or until golden and crisp. Set aside and keep it warm.
- Fry the garlic, onion, and chilli pepper over a medium-low heat for 5 to 10 minutes, or until softened and lightly golden.

- Stir in 1 tbsp of hot chilli sauce, the beans and rice.
- Turn the heat up and fry the mixture until the rice is piping hot and beginning to crisp.
- Stop stirring for the last couple of minutes to let it get golden and crisp on the bottom.
- Transfer to a plate and set aside.
- Add a little more oil to the pan and place over a medium heat.
- Fry the eggs, adding the banana / sweet potato for the last minute to warm through.
- Divide the tacu tacu on to four plates and top each portion with a fried egg, some crispy banana / sweet potato and an extra dash of chilli sauce, if you like!










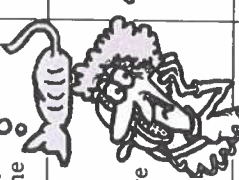





















#### Ingredients (feeds four)

- 300g long grain white rice
- 1 fresh red chilli pepper
- 1 under ripe banana or 1 sweet potato
- 400g tin of haricot beans
- 2 tbsp olive oil
- 2 cloves of garlic
- 4 large eggs
- 1 onion
- 1 tbsp hot chilli sauce





# MISSION MONTH ACTIVITY CALENDAR 2023

Dé Luain	Dé Máirt	Dé Céadaoin	Déardaoin	Dé hAoine	Dé Sathairn	Dé Domhnaigh
<p>2 Guí ar son ár misineirí go léir!</p> 	<p>3 Be thankful that you have clean water to drink. Try not to waste it. Turn off the tap!</p> 	<p>4 Today is the feast of St. Francis of Assisi. Do something nice for your pet if you have one</p> 	<p>5 Tell someone you love how great they are!</p> 	<p>6 Ask your teacher if your class can take part in Children's Day of Mission Prayer next Friday</p> 	<p>7 Why not go to the library today and get your head into a good book for the weekend</p> 	<p>1 Today is the feast of St Therese the Little Flower. She is the patron saint of the missions!</p> 
<p>9 Pray for children who are sad and lonely today</p> 	<p>10 Turn off the TV and hang out with a friend</p> 	<p>11 Cheer an Elderly relative up with a chat on the phone</p> 	<p>12 Don't be afraid to ask questions, that's how you learn!</p> 	<p>13 It's Children's Day of Mission Prayer. Is your class taking part?</p> 	<p>14 Make someone SMILE!</p> 	<p>8 Make friends with someone new today</p> 
<p>16 Pray for Peace</p> 	<p>17 Be grateful for the food you get and pray for hungry children</p> 	<p>18 Bring your neighbour's wheelie bin back in</p> 	<p>19 Eat some fruit today instead of sweets</p> 	<p>20 Say a prayer before bed for children who have nowhere safe to sleep</p> 	<p>21 Replace the toilet roll when it's gone. It makes a difference!</p> 	<p>15 RECYCLE</p> 
<p>23 Can you give some pocket money to help missionaries?</p> 	<p>24 Clean out your schoolbag so there's no sticky surprises next week</p> 	<p>25 Help to tidy the house for mid-term</p> 	<p>26 Wash up after dinner tonight</p> 	<p>27 When you visit an elderly relative, ask them about their hobbies</p> 	<p>28 Thank your teacher and say a prayer for them today</p> 	<p>22 Today is Mission Sunday. It is also the feast day of St John Paul II.</p> 
<p>30 Bank Holiday Invite your family to pray</p> 	<p>31 it's mid-term break so have a lie in, but thank god for your home</p> 	<p>Thanks to children living out our motto <i>Children Helping Children</i>, the Missio family supports millions of the world's poorest children every year. This is done when children in Ireland offer solidarity and hope through their prayers and donations. As a result, thousands of projects, led by missionaries, are supported. To find out more or to support our work, please contact Missio Ireland, 64 Lower Rathmines Road, Dublin, D06 N1H2. T: +353 (0)1 497 2035 or E: info@missio.ie</p>				<p>29 Prepare breakfast for your family today</p> 

October is the month when we celebrate the missionary work of the Church around the world. During this month, we ask young people to share hope and solidarity with the world's poorest children through prayer and little acts of kindness that they can carry out each day. On World Mission Sunday we ask Catholics to support this work by giving generously to the collection at Mass.

