



## Lent 2019

Dear Friends in Scouting and Guiding,

ICCG-E and ICCS-EM have prepared short mediations and activities to be shared with you during the Lent 2019. We're proposing Word of the day, short meditations and activities that correspond with the topic: a verse from the Epistle to the Hebrews „Here I am, I have come to do Your will.”

In addition:

- We've prepared 4 short videos to accompany us during this special period; the videos are related to Ash Wednesday, Palm Sunday, Holy Friday and Easter Sunday, they are available on the ICCS-EM & ICCG-E YouTube Channel <https://www.youtube.com/channel/UCc7QieQzF3zd-q68BhSV44g> [Like the channel to get the updated videos gradually on each occasion]
- We will think about our Scout/Guide Law remembering our Promise and how we have to live to do His will.

We hope this tool can be used as a “Lenten cookbook” for all age ranges.

Blessed Lenten period!

F. Lucio Sembrano and Petra Adamuskova  
on behalf of ICCG-E Regional Team

F. Werner Fierens and Antoine Maksoud  
on behalf of ICCS-EM Regional Committee

### Ash Wednesday, March 6<sup>th</sup> 2019

#### Word of the day

„This, then, is how you should pray: “Our Father in heaven, hallowed be your name....”

#### Meditation:

„I remember those Lents when I kept my resolution but still failed in what I set out to do. By giving up chocolate, diet soda, the internet and social media, I emerged from those 40 days slimmer, less addicted to caffeine, and Facebook-free, yet no stronger spiritually. The Lents that drew me closer to God were those when I stopped trying to “better myself,” and submitted to the will of the Lord.”

*Sherry Antonetti*

#### Scout/Guide Law

1. A Scout's/Guide's honour is to be trusted.

Submit to the will of the Lord and focus your behaviour on being trusted.

#### Activity:

# PRAYING WITH YOUR FIVE FINGERS

My name is \_\_\_\_\_

**Pope Francis has given us a simple way to pray using our 5 fingers!  
In the ovals, draw and color whom you will pray for with each finger.**

**2.**  
The next finger is your index, or pointing finger. Pray for those who teach you, instruct you, and heal you. They point you in the right direction! They need God's support and wisdom to direct others. Always keep them in your prayers.

**3.**  
The following finger is the tallest. It reminds us of our leaders and those who have authority in our lives. They need God's guidance.

**4.**  
The fourth finger, your ring finger, is your weakest finger! This finger reminds us to pray for the weakest, the sick, or those with problems. They need our prayers.

**5.**  
Finally you have your little finger, the smallest of all. Your pinkie reminds you to pray for yourself! When you are done praying for the other four groups, you will be able to see your own needs more clearly. You will be able to pray for yourself in a better way. God bless you!

**1.**  
Your thumb is the closest finger to you. Start by praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a 'sweet duty.'

**Praying with Your Five Fingers**

*Jesus said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe." -John 20:27*

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**Quadragesima Sunday – First Sunday of the Lent, March 10<sup>th</sup> 2019**

**Word of the day**

„Man shall not live on bread alone.” Lk 4,1-13

## **Meditation:**

„We know that when we confess our sins, we are forgiven—completely! But then comes the real challenge: keeping our consciences clear after we have received absolution. It is one thing to experience God's forgiveness, but what will change us so that we don't end up confessing the same things over and over again?

You may be surprised to find that the answer lies—again—in Confession! The sacrament doesn't just empty us of the past; it also fills us with grace for the future.

Of course, we all face temptation, just as Jesus did in today's Gospel. But because Jesus triumphed in the wilderness, we can triumph as well.

So make sure you celebrate the Sacrament of Reconciliation this Lent.“

*Maurice Blumberg*

### **Scout/Guide Law**

2. A Scout/Guide is loyal.

After each confession, we have a great chance to be loyal (again).

#### **Activity:**

#### **Roleplay**

This roleplay to focus on the concepts of forgiveness and reconciliation (you can add your own situations):

- One person confesses to another that he/she told a lie of someone else, and he/she is asking for forgiveness.

- Two persons are playing with another one's phone, and they break the phone. They want to tell the person they are sorry.

### **Second Sunday of the Lent, March 17<sup>th</sup> 2019**

#### **Word of the day**

„A voice said from the cloud, “This is my Son, whom I have chosen—listen to him!”  
Lk 9,28b-36

#### **Meditation:**

We need to go up the mountain to find grace to have strength in our fears, to find the faith, hope and love that address fear. Retreat, time of prayer every day, good conversations, a seaside walk. Going up the mountain can be literal, or spending good time with our loved ones. ‘Sometimes when I hold my son in my arms’, said a father, ‘I just love the whole world’.

We need to find the times we are transfigured and live from the transfiguring power of love, creativity and prayer.

Fr Donal Neary

### **Scout/Guide Law**

3. A Scout's duty is to be useful and to help others.

We have to try to be as good as possible – to be useful and help the others.

#### **Activity:**

Go for a “special” walk with Stations of the Cross. You can have your own prayers for each Station or use the following link <https://jpshrewsbury.files.wordpress.com/2010/12/a4-sheet-stations-of-the-cross-for-young-people.pdf>.

## Third Sunday of the Lent, March 24<sup>th</sup> 2019

### Word of the day

“A man had a fig tree growing in his vineyard, and he went to look for fruit on it but did not find any.” Lk 13,1-9

### Meditation:

Jesus knows who we are. He knows everything about us. So it's comforting to know that even with all of our weakness and failures, he will still work in us to make us more fruitful. In fact, his compassion is one of the most effective fertilizers around. It's capable of feeding us and strengthening us. It has the power to lift us out of the pain and setbacks we can experience in our lives and encourage us to take the next step forward to a fruitful, peaceful life.

Catholic Lane

### Scout/Guide Law

4. A Scout/Guide is a friend to all and a brother to every other Scout.

We can also help to “grow” the others so they bring good fruit, by example of being friendly.

### Activity:

To be able to help the others to grow, we have to know them. To know the good from bad. Give each person three post-it notes. This game involves people writing something about themselves on each note - two should be true and one should be a lie. All three are shared with the group where everyone tries to identify which Post-it note contains the lie.

## Laetare Sunday - Fourth Sunday of the Lent, March 31<sup>st</sup> 2019

### Word of the day

Let's have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found. Lk 15,1-3.11-32

### Meditation:

Jesus rejoices at the repentance of a sinner more than remembers the sin. Not just because he has said sorry, but because his turning to God makes God happy. He seems to want to give the best of himself – his mercy.

If we can be grateful for mercy in our lives, then we will rejoice for mercy shown to others. Mercy heals desires for revenge and lessening anger. Then we are sharing in the joy of Jesus. 'It is the beating heart of the gospel (Pope Francis).

*Fr Donal Neary*

### Scout/Guide Law

5. A Scout/Guide is courteous.

Be courteous, be merciful!

**Activity:**

Our own actions and decisions are those, who makes us courteous and merciful. To know, if we act right can help us "Would you rather" activity. The basic idea is you ask a "**Would you rather**" question (see below for samples) and each person has to decide their answer.

You can run the game in a few formats, depending on the time available and size of your group.

- You can have people go to one side of the room or the other to indicate their 'answer'
- You can have them sit down or stand up
- Write the answers down
- Share the answers with the group (obviously better for smaller groups!)

**Example of questions:**

- Would you rather be rich and ugly, or poor and good looking?
- Would you rather end hunger or hatred?
- Would you rather find true love or 10 million dollars?
- Would you rather not be able to use your phone or your e-mail?
- Would you rather only be able to whisper or only be able to shout?
- Would you rather always get first dibs or the last laugh?
- Would you rather always have to say everything on your mind or never speak again?
- Would you rather always lose or never play?

**Fifth Sunday of the Lent, April 7<sup>th</sup> 2019****Word of the day**

'Woman, where are they? Has no one condemned you?' Jn 8,1-11

**Meditation:**

"We look at the sky, there are many, many stars; but when the sun rises in the morning, the light is such that we can't see the stars. God's mercy is like that: a great light of love and tenderness.' 'So when Jesus acts as confessor to the woman he does not humiliate her, he does not say: 'What have you done? When did you do it? How did you do it? With whom did you do it?' No! He says: 'Go and do not sin again!' God's mercy is great, Jesus's mercy is great.

*Fr Donal Neary*

**Scout/Guide Law**

6. A Scout/Guide is a friend to animals.

Laudato Si tells us to be merciful to each other, but also to the nature and animals. We as Scouts and Guides have to be most careful about this issue.

**Activity: Judge Not!**

First, leader has to come to his group in normal clothes and with normal hairstyle. Tell the group you will be stepping out of the room and when you return they should look at you and immediately write down their feelings, impressions, and thoughts based solely on your appearance. Leave the room and come back wearing a white lab coat (or one

of the other costumes listed below). Give the scouts/guides a minute to write down their impressions, and then leave again, and repeat with a different costume.

You can come back wearing an item such as:

- dreadlocks
- a nose ring, lip ring, eyebrow ring or other unique piercing
- a suit jacket
- ragged, dirty clothes
- a Muslim head covering for a woman/turban for a man
- a yarmulke
- a spiked, colored wig
- jewelry, carrying a shopping bag from an “upscale” store
- glasses (if you don’t already wear them)

and so on.

2. Lead a discussion. Invite scouts/guides to share what they wrote, and to discuss how stereotypes and prejudices (pre-judgments) limit our openness and receptivity to others.

### **Passion Sunday - Sixth Sunday of the Lent, April 14<sup>th</sup> 2019**

#### **Word of the day**

“Take this and divide it among you. For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes.” Lk 22,14-23,56

#### **Meditation:**

It still goes on.....Still being betrayed in the starvation of the children; in the torture of the brave who fight for the poor; in the violence and abuse in home, school or church; in all that is unnecessary suffering, Jesus still suffers.

He suffers too in our inability to forgive, to understand, to see the bigger picture that love sees. We are tough on the sinner and even on the good people who do wrong. We don’t give second chances like God does. Is our church now failing in compassion, forgiveness and in following the God of the second chance, like for the thief? We are invited here to consider the love behind every moment of the passion – the love of God. We are invited to soften our judgements and give the second chance as Jesus did.

Nobody is ever written off by Jesus. Love for all. The first word of Pope Francis’ motto is mercy. May we live by this.

*Fr Donal Neary*

#### **Scout/Guide Law**

7. A Scout obeys orders of his parents, Patrol Leader or Scoutmaster without question.

Jesus listened to the “orders” of His Father – and thanks to that we are all here today. We have to listen as well!

### **Activity: Obey the orders!**

First, lay several sheets of paper down on the floor in a maze pattern. The sheets should be touching each other in two parallel lines that leave an open path in between. Choose a team to begin and blindfold one of the players. Their teammate will lead them to the beginning of the maze. The player without the blindfold will then give directions to their teammate in order to keep them on the path and not allow them to stray off and touch the paper. If their feet touch the paper, they're out and the next team is up. Directions to be given can be things such as: take two baby steps straight forward, turn 90 degrees to the right, walk slightly diagonally to the left, etc. The goal is to safely walk your teammate through the maze to the end.

**Maundy Thursday, April 18<sup>th</sup> 2019**

### **Word of the day**

"You do not realize now what I am doing, but later you will understand." John 13,1-15

### **Meditation:**

Christ's example of humble service should be a reality in your life.

Sometimes actions speak louder than words. Jesus' actions here show us both how He loved us when we were unworthy of that love and how we can love others who may not be worthy of it.

*Steven J. Cole*

### **Scout/Guide Law**

8. A Scout smiles and whistles under all difficulties.

Even in the hardest times of our lives, when we feel down, we shall try to keep the good mood!

### **Activity:**

Take a big paper and paint a tree (without leaves) on it. Cut some green leaflets out of green paper. Speak about Jesus praying in the garden of Gethsemane.

Think about the hard thing he knew he had to do but that he wanted to do God's will anyway.

Ask children about times when they face hard things. How might they ask God to help them?

What does it mean for 'God's will' to be done in our lives?

Ask scouts/guides to take some leaflets for the tree. Ask them to stick the leaflets to the tree and so pray for someone they know, asking that 'God's will' be done in their life.

**Good Friday, April 19<sup>th</sup> 2019**

### **Word of the day**

"Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. John 18,1-19,42

### **Meditation:**

These biblical women at the cross remind me of so many women who have stood--and who today are still standing--at the cross, watching as their children are killed.

I think of the *Madres de Plaza de Mayo*, 12 brave Argentine women whose children were disappeared during the military dictatorship of 1976-1983. Those women marched weekly in front of the presidential office building, refusing to be silent. Three of them were likewise disappeared.

I think of the mothers weeping in war-torn Aleppo and Mosul, in conflicts in South Sudan and Nigeria, in Israel and Palestine, Yemen and elsewhere around the world.

How do these women carry on after their hearts have been pierced, like Mary's?

On Good Friday, so much focus is rightfully on Jesus' suffering on the cross. But let's look down below him and see the courageous women of John's story. In memory of them, let us pray for women who today will weep for their children, refusing to be comforted. And let us hold in prayer the women on today's Golgothas who, in the face of horrible suffering, somehow find the strength to hold each other up.

*Jason Byassee*

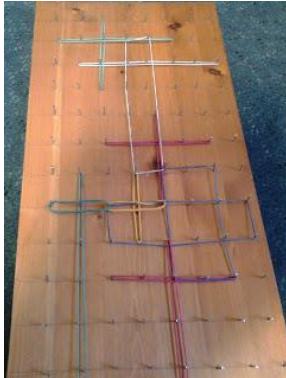
### **Scout/Guide Law**

9. A Scout/Guide is thrifty.

Today, it would be good if we can give some money to charity. But also we have to think that being thrifty doesn't concern only the money, but also other dimensions like self-preservation, preservation of nature etc.

### **Activity:**

Create the board with hammered nails.



The board is a piece of wood where are hammered nails into so children can feel the textures and be reminded of what happened to Jesus on Good Friday. The nails are then used to stretch elastic bands or ribbons into cross shapes of different colours and sizes. As children make their cross they can thank Jesus for what he did or talk about what it must have been like for him. The individual crosses represent us as individuals who have been saved by Jesus and eventually the whole board will be filled with overlapping crosses to represent the overlapping of our own relationships as Christian friends and family.

**Easter Sunday, April 21<sup>th</sup> 2019**

### **Word of the day**

“Woman, why are you crying? Who is it you are looking for?” John 20,1-9

### **Meditation:**

They came to the tomb. Women and friends. They had to do something, like we go to a grave a week later and rearrange the flowers. But they got another shock. The tomb was empty! These were three ordinary women, and they were the first witnesses of the resurrection. As a woman brought Jesus to birth, women first announced his new birth, his resurrection.

Where is the special place of risen Lord today? The Pope speaks a lot about the periphery! That's where we are called to be. At the edge where we need God so much, and our world



also. Find yourself ever on the edge of loneliness, pain, depression? That's the special place of the risen Lord. That where we enter life, not just with anointing oil for the dead, but to be anointed into life with the Spirit. Or at society's edge — where people are homeless, in danger like our refugees, lost like many of our young and not so young people, and at the edge hour of death. That is the Galilee where we will find the risen Lord.

*Donal Neary*

**Scout/Guide Law**

10. A Scout/Guide is clean in thought, word and deed.

Jesus took away our sins! We have to live this joy by being clean in thought, word and deed.

**Activity:**

Try to play "theatre" game about what happened on Easter Sunday.