

## PRAYER FOR LIFE

### ***Embracing Father,***

*You grace each of us with equal  
measure in your love.*

*Let us learn to love our neighbors  
more deeply, so that we can create  
peaceful and just communities.*

*Inspire us to use our creative energies  
to build the structures we need  
to overcome the obstacles of  
intolerance and indifference.*

*May Jesus provide us the example  
needed and send the Spirit to warm  
our hearts for the journey.*

### **Amen**

*Being Neighbor: The Catechism and Social Justice Catholic Campaign  
for Human Development, United States Catholic Conference*



Photo by Oscar Leiva/Silverlight for CRS

## SIMULATION ON CHANGE

### OBJECTIVE

Youth will explore the Catholic social teaching principle Call to Family, Community and Participation by playing a game and reflecting on how they are called to support others.

### INSTRUCTIONS

- Ask youth to each choose a partner and ask them to study their partner's characteristics.
- Invite them to stand back-to-back and then change five things about themselves. Give an example, like taking their watch off their left wrist and putting it on their right wrist.
- When each person has changed five things, invite them to stand, face each other and identify the five changes they see in their partner.
- Observe how well youth fared. Ask how many of them were able to identify all five changes in their partner.
- Ask youth to try again, this time changing 10 things about themselves.
- Observe how successful they were during their second round. How many could identify 10 changes? Could they find more changes in the second round than in the first?
- If time allows, invite youth to do a third "championship" round, where they will change 15 things about themselves.

### PROCESSING

- Ask what strategy they could have used to easily change 20 or more things about themselves? If they haven't already mentioned it, point out that they could have exchanged items with people in other groups. If you observed anyone doing this, credit them. Ask if anyone got ideas by observing other people.
- Ask youth what some significant differences were (besides the number of changes) between their first and second round. Was it easier? Faster? More exciting? Were the changes riskier or more subtle?
- Explain that this activity shows us that we can change some things by ourselves, but we need others to help if we want to achieve significant change, such as change that involves risk or a difference in long-standing habits. We need others to give us ideas and to support us. We need a community.
- How can we build an inclusive community that supports the well-being of all?