



## November 2024

In this November Moment pack there is a variety of resources to choose from – music, scripture readings, prayer, activities. You can design a custom-made prayer service or ritual using some of these elements in whatever order suits your class or school situation.

This pack includes a worksheet and a suggested prayer service or ritual.



### Introductory Prayer

Dear God, it would be great if we could get to the end of our lives having lived our lives to the full.

Now, we know we'll never get it perfectly right, we'll surely waste some time, make some poor choices, but with your help we can hope to do our best or get close to it.

Help us to be inspired by those that have gone before us who have lived full lives, even if those lives have been short. These might be the saints, famous leaders, people in our own families that have died.

Help us to set high but realistic goals and not to be discouraged when we fall short.

We know we can regularly renew our efforts! (Original)

(More prayers in *YOUCAT* Prayer Book)

### Suggestions for people who have lived life to the full

Sr Clare Crocket, Blessed Carlo Acutis, St Mother Teresa, any of the recently deceased popes, especially John Paul II.



## Activities

In the classroom have a remembrance wall/board – students are invited to write the names of people they think have led a relatively full life on a Post-It note and put it on the wall/board, perhaps in a ceremonial way, as part of a prayer service.

Students are invited to give a short introduction or presentation on one of these people, in the classroom or in the prayer room or oratory, with suitable ceremony and prayers.

If a famous person, e.g. a saint or Blessed is in question, students could watch short video clips on these people.

Students invited to draw symbols and/or artwork on themes of hope, remembering and living life to the full.

## Music

Songs available for streaming YouTube and/or Spotify, Apple Music etc, and for purchase as individual tracks on iTunes or 7Digital (Irish site <https://ie.7digital.com/>)

Life to the Full – Ablaze Music  
Hope Set High – Amy Grant  
It Will be Good – The Porter’s Gate  
There Are Many Rooms – Liam Lawton  
I Turn to You – Randy Stonehill  
In Their Memory – Marie Dunne CHF  
Ripples of the Divine – Marie Dunne CHF (album of suitable instrumental music)  
The Quiet – John Michael Talbot (album with many suitable instrumental pieces)



## Worksheet

A worksheet is included which aims to explore many of the relevant themes for November/ Remembering. Students could fill in the worksheet before the other activities, to get them reflecting and make the subsequent exercises more meaningful.



### Suggested Scripture Readings

A Reading from the Psalms:

‘You will teach me the path of life,  
unbounded joy in your presence, at your  
right hand delight for ever’. (Psalm 16:11)

A Reading from the Gospel according to John:

‘I have come so that they may have life  
and have it to the full’. (John 10:10)



## November Moment Post-Primary Worksheet

Name or think of one person you know who has died, but who lived a very full life. Give some details, but you do not have to name the person if you'd rather not.

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Name a famous person that has died but who lived a full life. Give details.

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List four ways in which you could live your life to the full.

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List four time wasting activities that might make it difficult for you to live a full life.

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## November Moment Suggested Prayer Service

### Opening Music

Hope Set High – Amy Grant

<https://open.spotify.com/track/3YcU6MNFhcWO4QAxnm2vJ8>

### Prayer

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Help us to be inspired by those that have gone before us who have lived full lives, even if those lives have been short. These might be the saints, famous leaders, people in our own families that have died.

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(More prayers in *YOUCAT* Prayer Book)

### Ritual

Students are invited to mention and speak briefly about someone they know or someone famous who has lived their life to the full in a positive way. Alternatively, they could write these few words on a Post-It and in procession place this on a board.

Play quiet instrumental music in the background during this activity.

Remembrance by Marie Dunne CHF

<https://open.spotify.com/track/6JGEF63hULwTMkKIRCC94a>

### Scripture Readings (New Jerusalem Bible, Catholic Edition)

A Reading from the Psalms:

'You will teach me the path of life, unbounded joy in your presence, at your right hand delight for ever'. (Psalm 16:11)

A Reading from the Gospel according to John

'I have come so that they may have life and have it to the full'. (John 10:10)

### Closing Music

There Are Many Rooms – Liam Lawton

<https://open.spotify.com/track/4NK2oNvReKDKINFFVgq6Co>