

GO FORTH

INSPIRE THE WORLD WITH COURAGE AND KINDNESS

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Maryknoll Seminarian John Siyumbu in Bolivia with high school teacher Kate Macan from St. Teresa's Academy in Kansas City, MO (Leonel Yoque/Bolivia)



DISCOVER YOUR NEIGHBOR

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OBJECTIVE:

During this Easter and Pentecost season students will **IDENTIFY** ways that they can joyfully and courageously spread kindness as missionary disciples. **DEMONSTRATE** how they are called to live out their faith and ways that they can challenge themselves through reflection, role-play, and campaign planning. **EVALUATE** their actions and choices through check-ins and observation.

STEP 1: PRAY

St. Teresa of Avila said,
“To have courage for whatever comes in life
- everything lies in that.”
Lord, I am young and sometimes fear
reaching out to others.
I do not know what to say or do.
Give me your words.
Send me your Spirit
so that I may go forth
as your missionary disciple.
Help me to be prophetic and witness boldly in all
that I do and all
that I say.

Amen!

STEP 2: MAKE PERSONAL CONNECTIONS

READ the *FAITH PERSPECTIVE* and *NEIGHBORHOOD FOCUS* stories.

REFLECT: In both of the stories the Seattle students and John Siyumbu wanted to inspire others. **SHARE WITH A PARTNER:** Who is one person or what was one event that inspired you to do something for others? **WRITE** answers to the following questions: What are you passionate about? What is a dream you have for your life? How can you use your passions and dreams to help others? **DISCUSS** how the students in Seattle inspired voters. Where in your community could you cheer others on? And how?

BRAINSTORM as a class actions that you might take to motivate and inspire others. Once you agree on an idea break into small groups dividing the tasks that need to be done to accomplish your plan

of action. Come back together and share your group's suggestions and fill in the gaps the groups might have missed. After you have implemented your plan come back together and have each group **EVALUATE** what went well with their plan and what could have been done differently.

Some ideas for inspiring others might be:

1. Have students line the hallway to cheer on graduates/welcome new classes.
2. Spread joy by visiting people in a nursing home either as a class or with just your family.
3. Initiate a community project to encourage kindness.
4. Grow a community garden.

FAITH PERSPECTIVE

The night before the elections Mrs. Hall assigned the class to make a non-partisan sign to encourage others to vote. The students showed up for class with all kinds of signs the next day. Eagerly the 7th grade class at Christ the King School in Seattle then walked down the street to their neighborhood ballot drop-off box. As voters dropped off their ballots, the students cheered them on. A local TV station covered their story and said the students were not only

inspiring; they reminded people to vote.

These students remind us that missionary discipleship can take many forms. It may involve actively working for the common good or simply encouraging others who are. Christ the King School is participating in the Maryknoll Missionary Discipleship Institute in Seattle.

NEIGHBOR FOCUS – BOLIVIA

John Siyumbu dialed the number to his parents' home in Kenya. He had big news to share with them. After University, he had decided to pursue his life desire: to be a missionary priest. John recalls, "When my mother answered, I told her I wanted to be a priest and she reminded me that I had told her the same thing when I was a child. I thought she had forgotten. My mother remembering made me feel that God was saying to me, 'You can do this' and I heard God saying: 'Come.'"

John's campus chaplain was Maryknoll Fr. Lance Nadeau. John says, "Fr. Lance inspired me because he believed in me and trusted

me to fulfill my potential. I also want to inspire others and to share my faith and joy. When you have joy you cannot keep it inside. You have to share it. By being a missionary and living with the people, I will know both their joys and their sorrows. This is the life where I can reach my full potential to love and to serve with joy. God has promised that I can do this!"

John is a courageous and joyful missionary disciple who left his home in Africa and is currently serving as a seminarian in Cochabamba, Bolivia. He works in a parish and school, and visits people who are homebound and persons with disabilities.

STEP 3: EXPLORE SCRIPTURE AND TRADITION

READ ONE OF THE FOLLOWING:

OLD TESTAMENT: Exodus 4:10-17

LIFE OF JESUS: Matthew 21:28-31

CHRISTIAN LIVING: Romans 10:9-18

REFLECT: In Exodus, Moses struggles with whether or not he can do what God is asking of him. Do you ever feel that you are too young to do something important? These passages all talk about being sent and the fact that sometimes there is a real reluctance to go. Where might God be sending you to use your abilities as a young person? What would you need to go forth in courage to share kindness and joy?

CREATE a chain of courage-and-kindness. After reading these scripture passages, invite the students to be part of a chain reaction of courage and kindness. Have them write one kind thing they will do today on a strip of paper or write one courageous step that they will take. Provide strips of paper along with glue or tape, so that the students can link their strips to form a paper chain. Explain that courage and kindness usually cause a chain reaction. Encourage them to do what they have written and invite others to join them.

WHAT DOES THE CHURCH SAY?

Jesus promised that the Holy Spirit would come and give us strength in our daily lives. The 12 Fruits of the Holy Spirit are signs that the Holy Spirit is with us.

The fruits of the Spirit are "charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity."

Catechism of the Catholic Church 1832

Pope Francis reminds us "We are all called to be holy by living our lives with love. That does not require extraordinary deeds but everyday acts of kindness." Rejoice & Be Glad

STEP 4: TAKE ACTION

EXPLAIN to the students that together you are going to **CREATE** a Kindness Campaign. **BRAINSTORM** asking the students to make a list of how they and fellow students could live boldly as missionary disciples acting with courage and kindness.

Break the class into groups and have them create **ROLE-PLAYS**. **INSTRUCT** the groups to design their role-plays showing how a middle school student could live with courage and kindness in their school, church, neighborhood and/or the world. You can give each group one of the areas listed or let them choose one. **DISCUSS** from the role-plays: Was there an idea or action the class would like to incorporate into their Kindness Campaign?

ASSIGN the students with the task to **DEVELOP A PLAN** with ways that they will begin to be intentional and bold about showing kindness. The plan should include who, what, where, when, and how they will start; and what they need to begin: i.e. paper for a card, time, help from another, etc. Some ideas of a campaign could be to partner up with students from your class or even from another class or school and practice random acts of kindness toward them; make cards for a local nursing home; assign the students buddies to help mentor younger students; have the students clean instead of leaving it for janitors, etc.

DESIGN together how you can **EVALUATE** if the campaign is working. I.e., Make a board where students can write where they have seen or experienced kindness, or have a classroom check-ins each day, etc.

RAISE YOUR VOICE

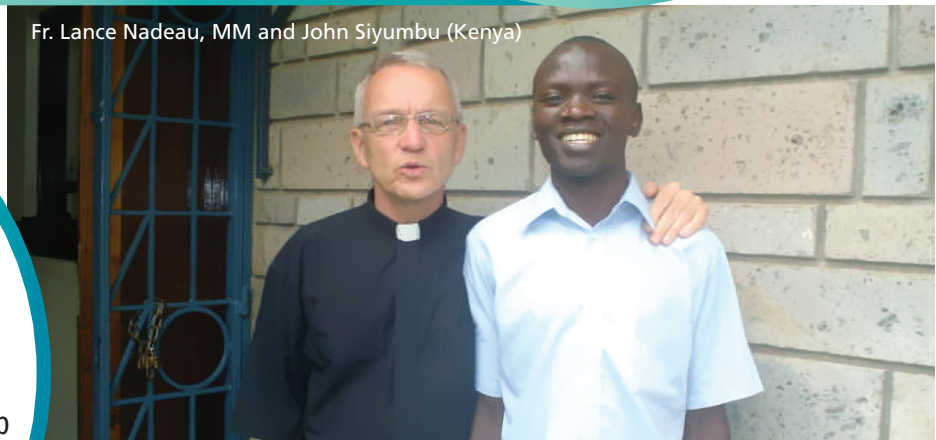
In your church or school make signs or a bulletin board with the saying(s) "In a world where you can be anything, be kind." Or ask, "How will you make (use your church or school name) a kinder place?" Leave sticky notes and markers so students can write their commitment of kindness.

*Share what you are doing on
DiscoverYourNeighbor.org.*

BE A GLOBAL NEIGHBOR

Existing on limited donations from its poor parishioners, the Parish of Cristo Resucitado in Chile needs your assistance to continue its soup kitchen, which provides more than 150 meals a day to the needy. Find out how your school or church can get more involved in this project at MaryknollSociety.org.

Fr. Lance Nadeau, MM and John Siyumbu (Kenya)



ENGAGE YOUR FAMILY

ORGANIZE a family kindness campaign. As a family **IDENTIFY** where you can spread kindness. Chart your family campaign using a calendar or a chart (you can download templates at DiscoverYourNeighbor.org). Document your progress by taking photos of your activities and make a photo diary of your acts of kindness. Consider surprising your neighbors with homemade baked goods, or mowing an elderly neighbor's lawn, etc. Choose together as a family a person, family or group that could use some kindness. Make a plan involving everyone in the family. A campaign is more than a one time event so decide how often your family is able to do an intentional act of kindness and put it on the family calendar. Make it as important as all the other events on the calendar.