



**WELCOMING
CHILDREN
in WORSHIP**

**THE CATHOLIC
UNIVERSITY
OF AMERICA**



The Beatitudes

October

Adaptive Activities for Children



**National Catholic
Partnership on Disability**

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Introduction

Welcome and thank you for your ministry that serves the liturgical formation of children for their participation in the Eucharist, the “source and summit of the Christian life.” This resource is provided by the Committee on Intellectual and Developmental Disabilities of the National Catholic Partnership on Disability (NCPD). It aims to offer an adaptive catechetical opportunity for all who have a heart for disability ministry to reflect on the liturgical year. We welcome you to this virtual community and hope you find this resource beneficial.

Here you will find reflections to guide children with intellectual and developmental disabilities, or diverse learners, through the current liturgical season with adaptive catechesis to help them to participate fully. Each offering includes prayer, Scripture, activities and more that incorporate the senses and take into consideration the needs of all learners. We invite you to gather children around the table of the home or the table of the classroom as preparation for their participation at the sacred table of the Eucharist.

Each monthly edition incorporates the following:

- 1. Prayer**
- 2. Sacred Scripture**
- 3. Reflection**
- 4. Faith in Action**
- 5. Activities**
- 6. Saint**
- 7. Resources/Bibliography**

Prayer

The Beatitudes are the fulfillment of the law that was started with the Ten Commandments that were given to Moses. Below is a Beatitudes prayer to pray as a group. The leader should say the line and then have the children repeat it. Also included is a Beatitudes prayer for caregivers. Please share this prayer with the families.

A Beatitudes Prayer

Dear Lord,

Make me poor in spirit, so I can receive the kingdom of heaven.

When I mourn, help me find comfort.

Make me meek, so that I may inherit the land.

Help me to hunger and thirst for righteousness, so I may be satisfied.

Make me merciful, so I may obtain your mercy.

Make me pure of heart, so I may see you.

Help me to make peace, so I may be called your child.

When I am persecuted for righteousness' sake, show me your kingdom.

Amen.

<https://www.thereligionteacher.com/beatitudes-prayer/>



Image from Canva

Beatitudes for Caregivers

Blessed are those who sleep poorly because they're worried about their loved one or because their loved one wakes in the middle of the night and needs help, for theirs is the kingdom of heaven.

Blessed are those who mourn because their loved one, though still alive, is slipping away because of dementia, for they will be comforted.

Blessed are the meek who force themselves to speak up and speak out to make sure their loved one receives the help he or she needs, for they will inherit the land.

Blessed are those who hunger and thirst for answers to why this is happening to their loved one and how much longer it will go on, for they will be satisfied.

Blessed are those who show mercy, kindness and compassion to their loved one, for they will be shown mercy, kindness and compassion.

Blessed are those who keep clean a loved one who is physically or mentally unable to keep himself or herself clean, for they will see God.

Blessed are those who help their loved one find moments of peace, for they will be called children of God.

Blessed are those who are misunderstood, not appreciated and taken for granted in their role as caregiver, for theirs is the kingdom of heaven.

Blessed are you whose caregiving efforts are unjustly criticized – or who are falsely accused of not caring about others – because of your love for your care-receiver and your love for God, who has asked you to help his beloved son or daughter.

Rejoice and be glad, for your reward will be great in heaven.

<https://www.catholicherald.com/article/global/the-beatitudes-and-a-prayer-for-caregivers/>

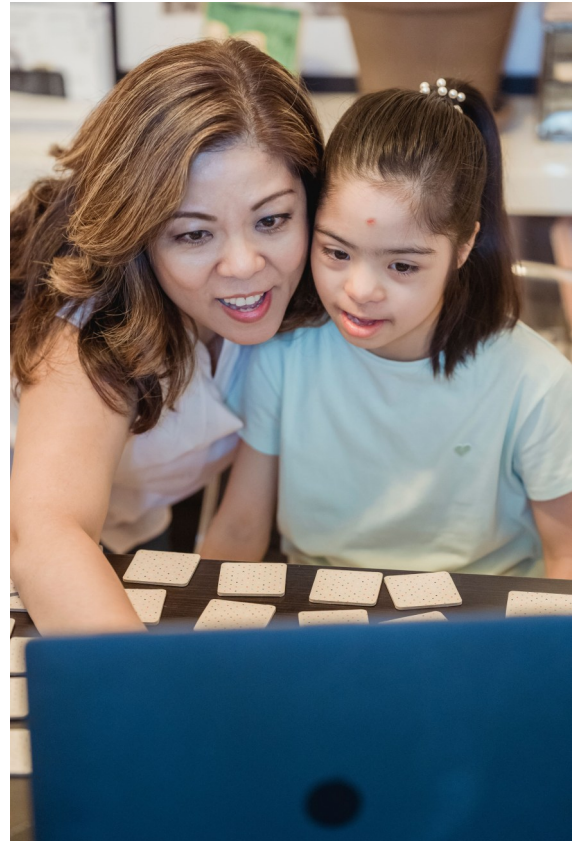


Image by Nicola Barts via pexels

Reading of Sacred Scripture

Matthew 5:3-12

When he saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him.

He began to teach them, saying:

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are they who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the land.

Blessed are they who hunger and thirst for righteousness,
for they will be satisfied.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the clean of heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are they who are persecuted for the sake of
righteousness,
for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and
utter every kind of evil against you [falsely] because of me.

Rejoice and be glad, for your reward will be great in heaven.
Thus they persecuted the prophets who were before you.



Image by falco from Pixabay

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Gospel Reflection

The Gospel story we just heard is from the Sermon on the Mount, often called the Beatitudes. A “**sermon**” simply means religious teaching and “**Beatitude**” is a special word that means promise of happiness. A beatitude is a **blessing** of joy made by Christ to persons who accept his teaching and follow his example. The Gospel of Matthew lists nine Beatitudes, while the Gospel of Luke lists four. Luke also includes four warnings about being greedy, eating too much, and putting other things before God. So why does Jesus say we are blessed when we are sad, humble, or want to do what is right? It is



Image by Deborah Radeka from Pixabay

because Jesus experienced difficult things, too, and our likeness shows we are Christians. God does not want us to hurt or be treated badly but staying on Christ’s path even when it is difficult, helps to become more like him (Proverbs 4:27).

An example is meekness. The word meek means patient or submissive, but meek does not mean weak. A meek person might hold his or her tongue, but they ultimately must stay strong enough to choose what is right. Christ wants us to be meek, because he was meek. Christ also wants us to be merciful, clean of heart, and a peacemaker. We can remember this by living JOY: serve Jesus first, Others second, and Yourself last.

God wants us to become more like Jesus so that we can live with him forever in heaven. He also wants us to witness Christ. Jesus said, “Blessed are the clean of heart, for they will see God.” We don’t have to wait until heaven to see God. God is at work in us and others.

There is a saying, “Our thoughts become our words, our words become our actions, our actions become our habits, and our habits become our character, and our character becomes our destiny.” What this means is that we can become more like Christ by capturing our thoughts and examining our motives. This helps us act more like Jesus.

God also gave us the Ten Commandments and the Greatest Commandment: love God with all your heart, soul, and mind, and love your neighbor as yourself (Matthew 22:37–39), but these rules are just the start of our Christian faith. By living out the Beatitudes and following Christ's teachings, we can live in friendship with our Lord and will be blessed or favored. The blessing is living in friendship with our Lord. God gives us free will to choose how we live, but being "blessed" requires us to live like Christ. Today, what "attitude" will you embrace? Remember the be-attitudes...be kind, be merciful, and be like Jesus.

Vocabulary

Sermon - an address of religious instruction or exhortation, often based on a passage from the Bible, especially one delivered during a church service religious teaching. [Dictionary.com](https://www.merriam-webster.com/dictionary/Sermon)

Beatitudes -the promises of happiness made by Christ to persons who faithfully accept his teaching and follow his divine example. Father John Hardon Dictionary at [dictionary.catechismcourse.com](https://www.fatherjohnhardon.com/dictionary/catechismcourse.com)

Blessing -the desire that good fortune go with a person or thing. Father John Hardon Dictionary at [dictionary.catechismcourse.com](https://www.fatherjohnhardon.com/dictionary/catechismcourse.com)



Library of Congress Prints and Photographs Division Washington, D.C. 20540 USA
<https://hdl.loc.gov/loc.pnp/pp.print>

Faith in Action

St. John Paul II described the Beatitudes as “a sort of self-portrait of Christ” and as “invitations to discipleship and to communion of life with Christ.” (Veritatis Splendor, par 16). When we try to live the Beatitudes, we are really striving to be more like Jesus in our thoughts and actions. They are not a set of rules, but rather, a guide to being more Christ-like. We can reflect on what Jesus describes in each of the Beatitudes, what that means to us, and how we can try to practice this in our families:

	What it means to us	One way we can practice it in our lives
<i>Blessed are the poor in spirit...</i>	Poor in spirit means to recognize we need God and his love all the time. We should ask for God’s help often.	Decide on a simple prayer to start your day, such as: “Jesus, I need you today.” Or “Come, Holy Spirit. Be with me.”
<i>Blessed are they who mourn...</i>	When we mourn, we feel sad about something that happened to us or someone we love. We can feel sad for others when they are sad or hurting.	It’s important for us to pray for persons we know (and even persons we don’t know!) who are sick or lonely. Keep a list of prayer intentions your family has agreed to pray for together.
<i>Blessed are the meek...</i>	Being meek means to use our power with humility, to be gentle and keep our emotions under	We can use a calm voice even when we are feeling upset. We can show patience even when we are angry.
<i>Blessed are they who hunger and thirst for righteousness...</i>	Righteousness is always wanting to do what is right and good, just like wanting food and water every day.	We can always tell the truth, even when it is hard or others disagree with us.
<i>Blessed are the merciful...</i>	Showing mercy means forgiving others when they make a wrong choice. We can also say we are sorry when we make a wrong	Accept an apology from someone who hurt you and said they are sorry. Don’t hold a grudge against them.
<i>Blessed are the clean of heart...</i>	Having a clean or pure heart means that our hearts are so full of love for God and others that there is not room for anything else.	The way to feel closer to God is to get to know him better through prayer. Cultivate a regular family prayer routine at different times of the day and make it a habit to have prayer be part of your family life.

<i>Blessed are the peacemakers...</i>	Being a peacemaker means we treat others with dignity and respect and intervene when others are not treated that way.	We can speak up for someone who is being bullied or mistreated.
<i>Blessed are they who are persecuted for the sake of righteousness...</i>	Sometimes following Christ isn't easy, and others may not understand or even get angry when we do the right thing. Doing what is right sometimes takes courage.	We can pray as a family in public before we eat at a restaurant.

The Beatitudes are also a promise - a promise that if we respond to Jesus' call to be his disciples, he will transform our hearts and grow these qualities within each of us.

The second part of each Beatitude is a glimpse of what heaven will look like:

You shall be comforted.

You shall be satisfied.

You shall obtain mercy.

You shall rejoice and be glad.

You shall be called children of God.

You shall see the face of God.

Jesus invites us to follow him, and in turn he promises us that he will transform our hearts. He will make us holy, bring us joy, and provide happiness that can only be found in him.



Image by nauaoc from Pixabay

Activities with Children

Let's Talk: Talk with your child about the eight Beatitudes and how Jesus used them to remind us that we, like Jesus, will have some tough times on earth and that if we, like Jesus, keep God-centered during those times, we will be with Jesus in heaven.

What are the Beatitudes? Picture Jesus standing on a mountain, a giant crowd around him, curious about what he has to say. Jesus has been teaching in synagogues and curing persons who are sick, and the crowd is hungry to learn more and to hear more about God. Jesus shares eight statements about actions we can take to bring us closer to God. These are the Beatitudes.

Why are they important? The Beatitudes build on the Ten Commandments, but instead of telling us what not to do, they tell us what to do. That is important because it is not enough to avoid doing something wrong; we need to know how to do it right. If you start to put a dirty dish in the dishwasher and your mom says “no!” - you know what not to do, but you still don't know what she expects you to do or where she wants you to put the dish. The Ten Commandments tell us not to kill, lie, steal, etc., because it will hurt our relationship with God. The Beatitudes tell us what to do to how to have a good relationship with God.

Let's Read: This month, read these Scripture passages from the Old Testament and match them with the Beatitudes with the same theme.

- Exodus 34:6
- Isaiah 55:1-3
- Isaiah 61:2
- Psalm 24:3-5
- Psalm 34:15
- Psalm 37:11



Image from Canva

Let's Pray: This month, focus on asking God to help you live out the Beatitudes at every opportunity.

Dear God, thank you for giving us the Beatitudes to help us know how we can act more like Jesus. It might be hard for me, Lord, and I will need your help. Please help me turn to you when someone upsets me and when I see others hurting. I want to be like Jesus, help me put you at the center of my life. I love you and want to please you. Amen.

Let's Make It: Beatitude Adjustment Craft

Supplies: 8 wide popsicle sticks, markers, cup

Instructions:

- With an adult, write each Beatitude on a popsicle stick with the part before the comma on one side and the part after the comma on the other side, using language you understand.
- Use the sticks as reminders of how we can actively live like Jesus. You might put sticks that remind you to pray somewhere you will see them everyday like in your bedroom or bathroom. For Beatitudes that you might need when interacting with your family, like being merciful, put the sticks in a cup and keep them in the kitchen or family room.
- Be sure to look at both sides to remind yourself WHY you want to act like Jesus does!



Image by Vlktorya Sergeeva on pexels

Let's Cook: Beatitude trail mix is a reminder that we are not complete without following the recipe Jesus laid out for us in the Beatitudes. Just like each Beatitude has a reward, each item in the trail mix has its own flavor. Adapt: Swap any items to meet dietary needs.

Ingredient and Reward:

1 cup roasted peanuts => protein

1 cup roasted cashews => vitamin K

1 cup roasted almonds => fiber

1 cup dried cranberries => antioxidants

1 cup raisins => adds sweetness, without added sugar

1 cup mini pretzels => adds whimsy and fun

1 cup chocolate chips => adds sweetness and the feeling of a treat

1 cup sunflower seeds => fights inflammation

Directions: Add all ingredients to a bowl and stir. Enjoy!



Image from Canva

Saint for October

St. Carlo Acutis

Feast Day: October 12

Carlo Acutis was born May 3, 1991, in London, England. His family had a special devotion to Our Lady of Pompeii. His devotion to Mary was strong, and he would leave flowers for her when he was little. He was reported to say, "The Virgin Mary is the only women in my life." His most important appointment of any day was praying the Rosary.

Carlo was like most children. He loved eating Nutella and having ice cream with his friends. He played soccer to enjoy time with friends. His love for animals was deep, especially for dogs. His family had four dogs, two cats, and several fish. He learned how to play the saxophone and how to code on a computer. He would play on a PlayStation, Nintendo Game Boy, or Xbox, but for only one or two hours a week. He also wanted to become a professional chef.

Carlo's faith was strong. His family had a tradition that every December they would choose a saint for the following year. The saints were like friends to Carlos. His favorite was St. Francis of Assisi. He lived his life witnessing his faith so well, that he converted his caretaker. He also used his savings to buy sleeping bags for persons who were homeless. He would offer them hot home cooked meals, and he defended school mates against bullies. After he received his First Communion at the age of seven, he attended daily Mass.

Carlo spent a couple years gathering all the Eucharistic miracles and putting them on a website. The total displayed is 130 miracles. Carlo has been quoted as saying, "The Eucharist is the highway to heaven."

In 2006, Carlo was diagnosed with an aggressive type of Leukemia and died within a week of the diagnosis. Assisi, Italy was his favorite vacation spot. So, he requested to be buried there. His body is laid to rest at the Church of Saint Mary Major in Assisi. Carlo was 15 when he died and is considered the first millennial saint.



Covent Garden, Iglesia Católica de Corpus Christi, Santuario del Beato Carlo Acutis.

October Resources

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