

7. We Go in Peace

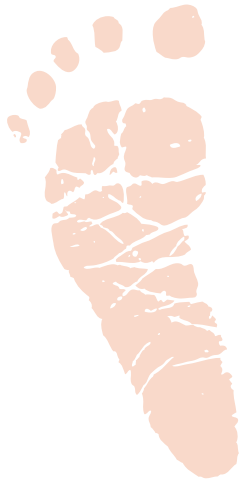
At the end of the celebration of the Mass we are blessed and sent forth from the church to live what we have heard, and to put into action the message of Jesus in our own place and time.

Saint Teresa of Ávila was a Spanish woman who lived in the sixteenth century. One of her most quoted prayers is entitled 'Christ Has No Body'. This prayer can help us to understand that the work begun by Jesus will only continue if we commit ourselves to carrying it on. Jesus' message was one of radical love, compassion and inclusivity. As his followers, that is our task too.



Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours.





In the pages that follow, we want children to understand that they can play their part in bringing God's love to the world, in being his hands and feet. Our participation in the Mass strengthens us to do this.

A Prayer for Parents and Families

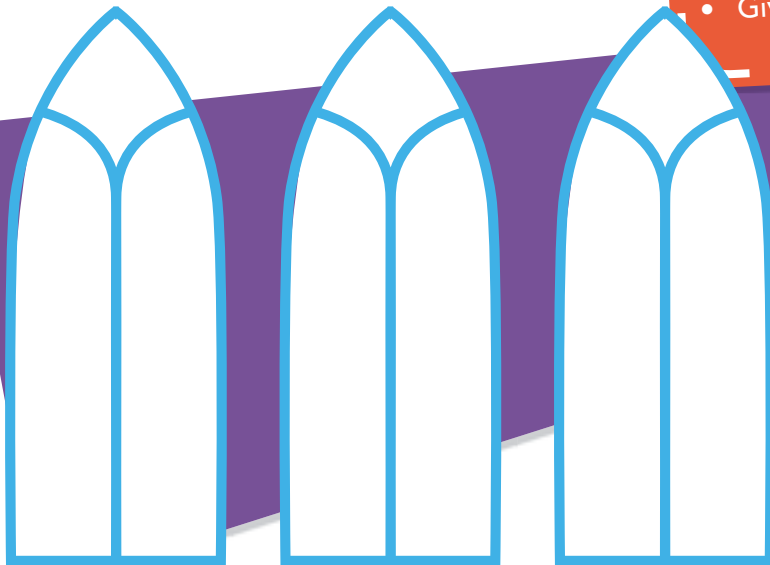
Lord Jesus,
Your life brought hope to the world.
You taught us that there is another, better way to live.
Give us the grace to follow in your footsteps in the reality of
our own lives.
Amen.



At the end of Mass, the priest blesses us and tells us to 'Go in peace, glorifying the Lord by your life'. This means that, after we leave Mass, we should try our best to **live in the way God wants us to**. We have listened to stories from the Bible, and we have received the Bread of Life, so we know that the Risen Jesus is with us, helping us. He wants us to share his love with the world.

Here are some ideas for ways in which you can **share God's love with the world**. Try your best to do these things at all times, but especially after you have been to Mass. Each time you do one of these nice things, colour a panel in the church windows below. See if you can colour them all!

- Help your family to prepare a meal.
- Say sorry to someone you weren't nice to.
- Call to see a neighbour who is living alone.
- Give a hug to someone who takes care of you and say 'thank you' to them.
- Pick up any litter in your school yard or around your house.
- Say a prayer for someone you know who is sick.
- Visit a church and ask for help to light a candle.
- Be polite: say 'please' and 'thank you'.
- Give away one of your best smiles.



How do we respond to the priest at the end of Mass?

Go in peace,
glorifying the
Lord by your
life.



PJ Prayer

Loving God,
Open my ears so that I may hear
those who ask me for help.
Open my eyes so that I may see what needs
to be done.
Open my heart so that I can love as Jesus
did.
Keep us all safe through the night.
Amen