

# A Booklet of Sayings, Words of Wisdom and Prayers for Young Peoples' Cares



Compiled by Chris Gueret, Chaplain of  
Rosmini Community School





## Let 2021 be a year of great possibilities for you

Did you know that on the 28<sup>th</sup> of December in the years?

418 St Boniface I began his reign as Catholic Pope

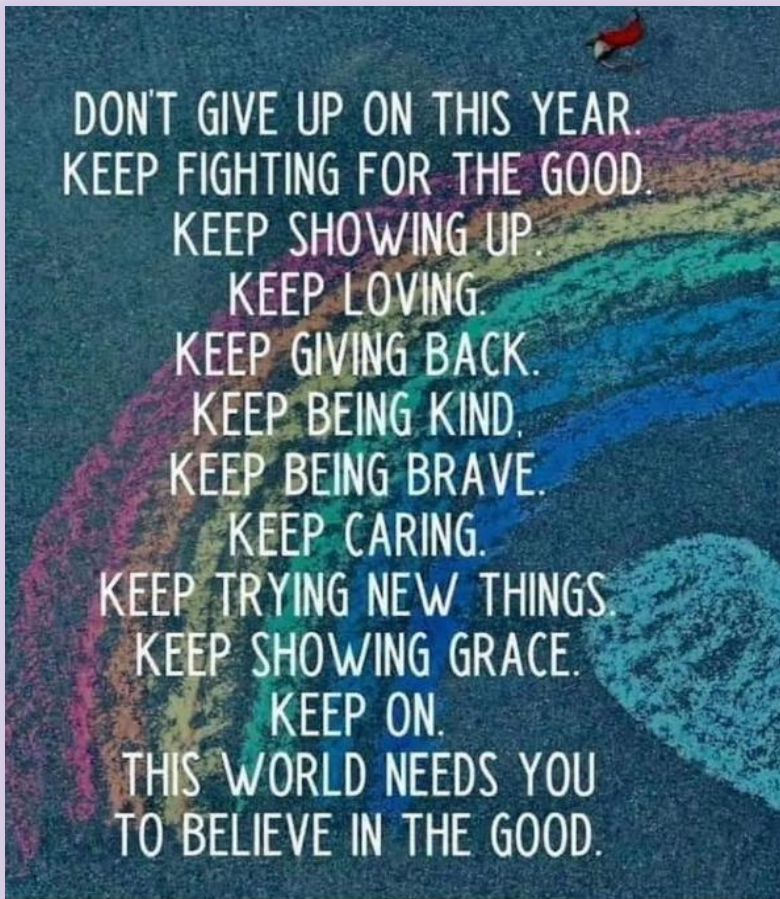
1612 Galileo made the first observation of the planet Neptune

1973 US President Nixon signed the Endangered Species Act into law

We live in a world filled with possibilities. Our Ember leaders are young men and women with great potential. With a shared sense of commitment and passion for helping others, we have every confidence in each of our Ember Teams who will continue to bring new possibilities to fruition in their school communities in the new year.



Be the best that you can be



## Your goals are within reach

January is a month where we focus on our New Year Resolutions. Healthy eating and spending more time exercising are usually top of the list. We can be very tough on ourselves if we get off track from achieving our goals. No matter what your resolutions are for 2021, take one step at a time. Do what is practical and within reach for you. If you stumble or lose sight of your goal, not to worry. You can always start again. Every effort counts.

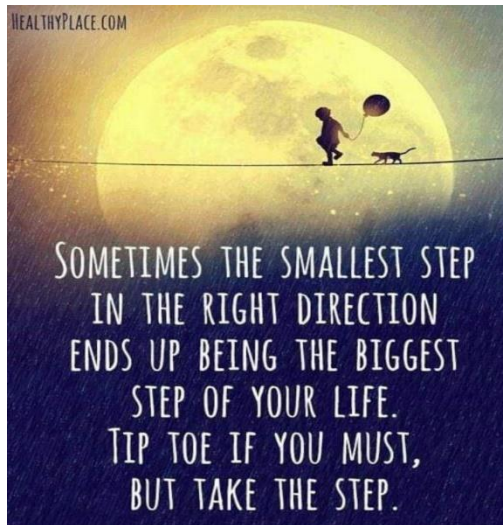
Get up. Get a routine.  
Get outside when you  
can. Get moving. Get  
focused on the day in  
front of you. (Not the  
month or year.) Don't  
live inside hypothetical  
catastrophes. Focus on  
what you can control.  
Even if it is your  
breathing. Don't beat  
yourself up for not  
baking banana bread.

@daisylowe

## Take one step at a time

As part of our faith leadership training programme for Ember, students learned how to work as a team by using their gifts, talents, abilities, and the resources available to them to make an idea a reality. Even with a COVID-19-Compliant mindset to help keep everyone safe, great ideas are still a possibility. We encourage Ember Team mates to support each other in taking the steps that are needed to fulfil their goals in the new term.

[#successmindset](#) [#movedbyGod](#)



## The key to happiness

Our hearts are warmed by the Holy Father's New Year message for 2021. Pope Francis knows that we will face struggles in life. He reminds us that no matter what challenge we face; we are the architects of our own happiness; a love of self and others that comes from deep within 🙏

*You can have flaws, be anxious, and even be angry, but do not forget that your life is the greatest enterprise in the world. Only you can stop it from going bust. Many appreciate you, admire you and love you. Remember that to be happy is not to have a sky without a storm, a road without accidents, work without fatigue, relationships without disappointments. To be happy is to find strength in forgiveness, hope in battles, security in the stage of fear, love in discord. It is not only to enjoy the smile, but also to reflect on the sadness. It is not only to celebrate the successes, but to learn lessons from the failures. It is not only to feel happy with the applause, but to be happy in anonymity. Being happy is not a fatality of destiny, but an achievement for those who can travel within themselves. To be happy is to stop feeling like a victim*



*and become your destiny's author. It is to cross deserts, yet to be able to find an oasis in the depths of our soul.*

*It is to thank God for every morning, for the miracle of life. Being happy is not being afraid of your own feelings. It's to be able to talk about you. It is having the courage to hear a "no". It is confidence in the face of criticism, even when unjustified. It is to kiss your children, pamper your parents, to live poetic moments with friends, even when they hurt us. To be happy is to let live the creature that lives in each of us, free, joyful, and simple. It is to have maturity to be able to say: "I made mistakes". It is to have the courage to say, "I am sorry". It is to have the sensitivity to say, "I need you". It is to have the ability to say, "I love you".*

*May your life become a garden of opportunities for happiness? That in spring may it be a lover of joy. In winter, a lover of wisdom. And when you make a mistake, start all over again. For only then will you be in love with life. You will find that to be happy is not to have a perfect life. But use the tears to irrigate tolerance. Use your losses to train patience. Use your mistakes to sculptor serenity. Use pain to plaster pleasure. Use obstacles to open windows of intelligence.*

*Never give up .... Never give up on people who love you. Never give up on happiness, for life is an incredible show.'*

(Pope Francis). Happy new year!



## A prayer for the new year

‘Heavenly Father, thank You for making all things new! As another new year begins, help me live each day for You. May I continually have a new song in my heart to sing to You, no matter what comes my way. I trust in You because I know that Your mercies are new every morning, and nothing ahead of me will take You by surprise. In Jesus’ Name, Amen.’

*Joan Walker Hahn, Encouragement Café*



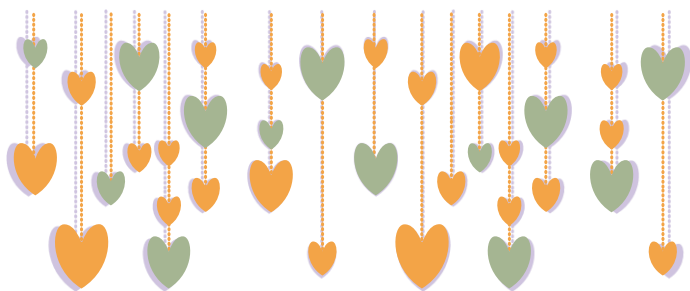
## Choose to be kind

We just love this passage from the Book of Psalms, Chapter 145, Verse 13. If we were to choose any resolution for the New Year, let us start with kindness.



Being an Ember faith leader gives you opportunities to do good. To lift others up. To share the compassion, understanding and friendship that comes from God, our Heavenly Father.

Dear Embers,  
Our Saviour knows each of you. He sees the fruits of your efforts in the kindness that you show each day to your peers, your teachers, your families and to even those you do not know very well. God is proud of you for doing your absolute best to be The Good Samaritan. For stopping to help those around you, not out of self-interest or show, but from that pure inner want that you have to make a real positive difference in another person's day. May you continue to choose kindness as that is the most important quality in an Ember leader above all else.



# Prayer for Kindness

LORD, GIVE ME A KIND HEART THAT WILL  
ENDURE, ONE THAT'S STRONG AND SECURE.  
TO HELP SOMEONE ALONG THE WAY,  
MAY THIS BE MY GOAL EVERYDAY.  
LET ME LEND A HELPING HAND  
TO SOMEONE WHOSE LIFE HAS  
NOT GONE AS PLANNED.  
REACHING OUT TO ONE IN NEED,  
MAY THIS BE MY DAILY GOOD DEED,  
TO PROVIDE A GUIDING LIGHT  
FOR SOMEONE LOST IN THE DARK  
OF NIGHT. LET ME TAKE TIME TO CARE  
FOR SOMEONE EXPERIENCING DESPAIR,  
WHATEVER I DO, EVERYWHERE I GO,  
YOUR WILL, DEAR LORD, LET ME KNOW.



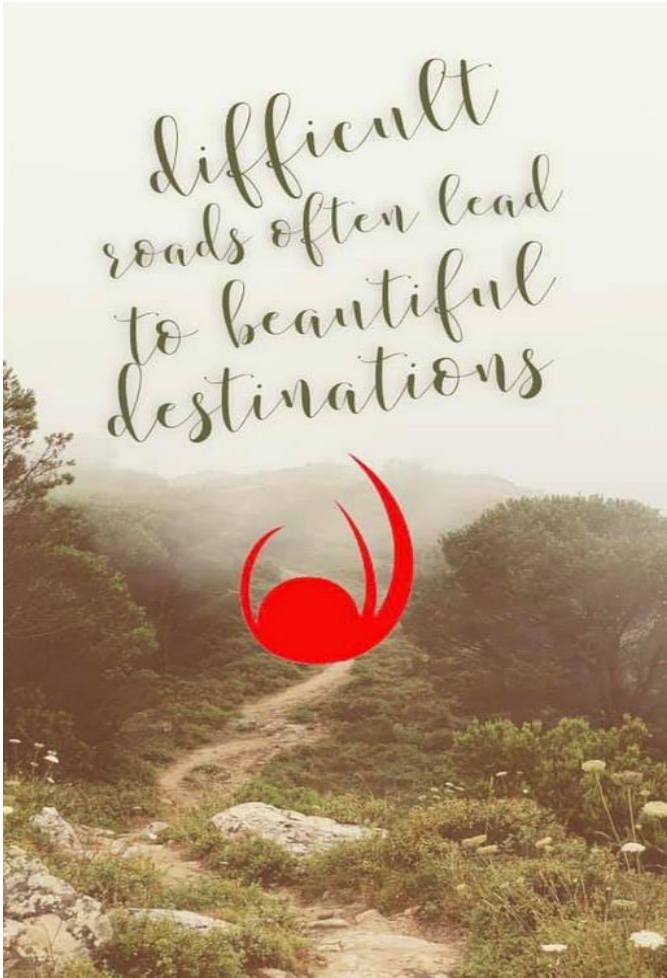
**YOUCAT**  
PHILIPPINES



## Remember how resilient you are

The challenges of the past year have not put a stop to the Ember Programme. Students in schools across the Dublin Archdiocese completed a newly revised training programme in September & October to better prepare them for their roles as faith leaders and mentors in a COVID-19-era. Ember Teams worked together to reach out to their peers in even more creative and innovative ways than ever before. Using technology and adherence to safety guidelines, Ember leaders played a fundamental role in helping their school communities to stay connected. They welcomed 1st year students to their new schools, organising events to help them bond and settle in. They created opportunities for worship and prayer, especially to mark the month of Remembrance and the season of Advent. They offered friendship and words of wisdom to peers who needed support. They promoted positive mental health and encouraged all in their schools to care more for their wellbeing. We commend all our Ember Teams for their dedication and

commitment to enriching the lives of others through their faith leadership roles. We know that whatever difficulties the new year will bring, your teams will continue to shine bright





The background of the page is white with several large, overlapping, orange-colored circular patterns that resemble watercolor splatters or ink blots. These patterns are scattered across the page, with some partially cut off by the edges.

## **There is no trial that you cannot overcome**

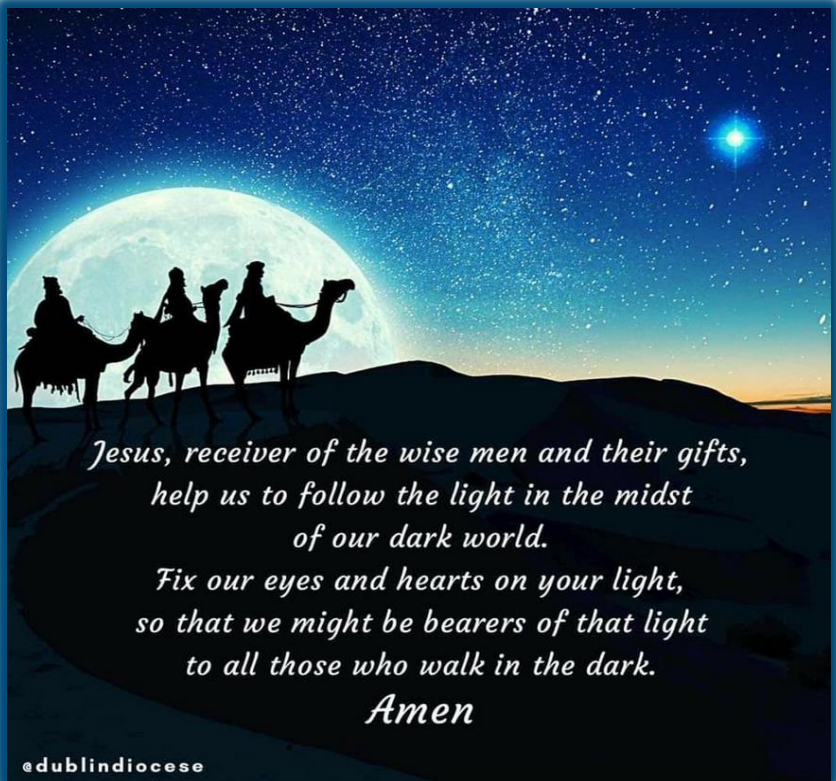
**‘The more time you spend focusing on yourself, the more likely you are to fall into a rut and feeling sorry for yourself. But reaching out to others, you really forget your own problems. And the joy that comes with service exceeds the difficulties that we face in life by a tremendous amount. When we reach out to others, we can feel the Spirit telling us that what we are doing is a good thing. The Gospel also provides great comfort knowing that everything has a purpose. Look around you and see God’s hands in your life. He is always there for you.’**

**[#GodWillLiftUsUp](#)**

*<https://www.youtube.com/watch?v=kPP9mRL1rcQ&t=237s>*

## Be bearers of light when the world gets difficult & dark

Words of wisdom for our Ember leaders on the Feast of the Epiphany ★



*Jesus, receiver of the wise men and their gifts,  
help us to follow the light in the midst  
of our dark world.*

*Fix our eyes and hearts on your light,  
so that we might be bearers of that light  
to all those who walk in the dark.*

*Amen*

@dublindiocese

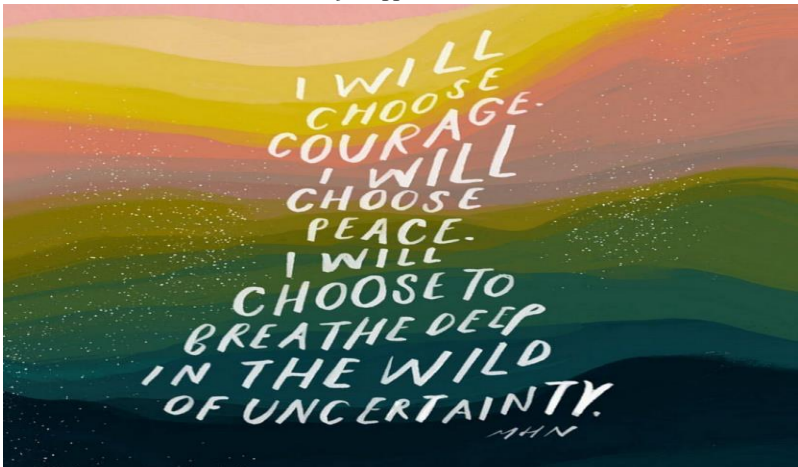


## A mantra for self-care

We are living in stressful times. The world is certainly a turbulent place right now. Let us be more mindful of our mental, physical, and emotional wellbeing than ever before. Take time out to practice mindfulness 🧘 and prayerful reflection 🙏 starting with this mantra:

*'Choose courage. Choose peace. Choose to breathe deep  
in the face of uncertainty'*

*Actionforhappiness.com*



# How to make the most of your life

Charlie Chaplin lived 88 years.

He left us 4 statements:

- (1) Nothing is forever in this world, not even our problems.
- (2) I love walking in the rain because no one can see my tears.
- (3) The most lost day in life is the day we do not laugh.
- (4) Six best doctors in the world:

1. The sun
2. Rest
3. Exercise
4. Diet
5. Self-respect
6. Friends

Stick to them at all stages of your life and enjoy a healthy life.

If you see the moon,  
you will see the beauty of God.

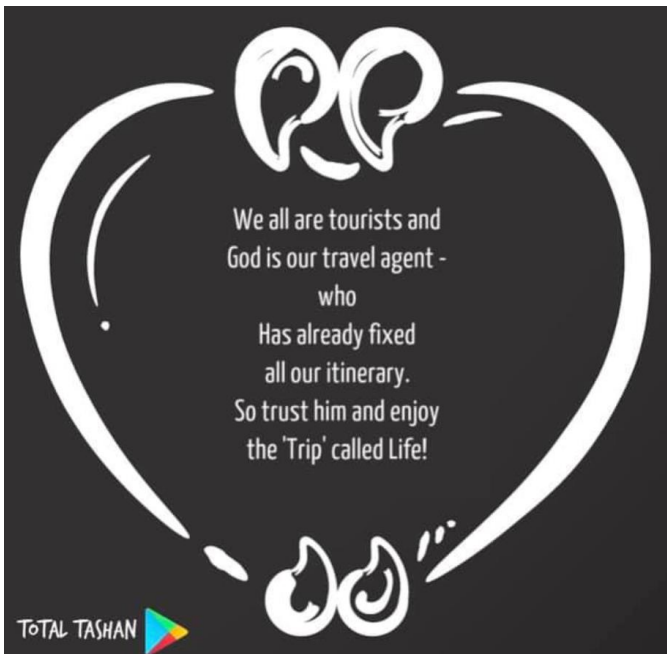


If you see the sun, you will see the power of God.

If you see a mirror, you will see God's best creation. So, believe it.

We are all tourists, God is our travel agent who has already identified our routes, bookings, and destinations... trust Him and enjoy life.

Life is just a journey...Therefore, live today! Tomorrow may never be.



## Grab a natural boost of feel good

The power to feel good is within your reach. Why not try out these practical suggestions for natural boosts of chemicals that enhance your physical, emotional, and mental wellbeing?

Practicing meditation → Spending time in nature

**Serotonin**  
THE MOOD STABILIZER  
HAPPINESS CHEMICALS & HOW TO ACTIVATE THEM

Getting sun exposure ← Exercising & being active

Celebrating the small wins → Eating a good meal

**Dopamine**  
THE REWARD CHEMICAL  
HAPPINESS CHEMICALS & HOW TO ACTIVATE THEM

Completing a task ← Taking time for self-care

Laughing out loud → Volunteering & giving back

**Endorphin**  
THE PAIN KILLER  
HAPPINESS CHEMICALS & HOW TO ACTIVATE THEM

Watching a good movie ← Exercising & being active

Physical affection → Giving a compliment

**Oxytocin**  
THE LOVE HORMONE  
HAPPINESS CHEMICALS & HOW TO ACTIVATE THEM

Watching a good movie ← Exercising & being active

## With hope, anything is possible

New Archbishop of Dublin Dermot Farrell is bringing a message of hope, writes Alan O'Keeffe in a recent edition of the Sunday Independent.



## Faith is your anchor in the storm

‘Faith is the substance of things hoped for.  
The evidence of things not seen.  
Your faith has made you whole.’

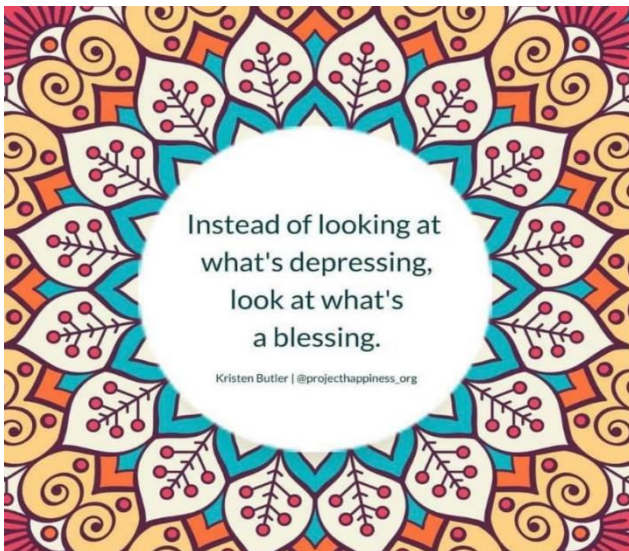
*Hebrews 11:1*



## Count your blessings

We have come to the end of what has been a challenging and difficult year for us all. Let us look back over the last 12 months and truly remember what was good, kind and most important in our lives. Let us celebrate the lessons that we learned and the hurdles that we overcame during a very painful pandemic.

If 2020 has taught us anything, it is to not only count but to also cherish our God-given blessings. This is what we should carry into the new year and beyond 🙏



## Practice forgiveness

Our Ember faith leaders set a positive example to their younger peers in their schools every day. They share the wisdom of the lessons that they have learned as students facing the ups and downs of their adolescent years. This is a lovely piece on the importance of forgiveness that they can pass on in the advice and guidance that they give as mentors.



**5 REASONS TO FORGIVE**

- 1. WHEN YOU FORGIVE SOMEONE, YOU ALSO FORGIVE YOURSELF**
- 2. FORGIVING GETS YOU OUT OF VICTIM MODE**
- 3. FORGIVENESS FREES YOU**
- 4. FORGIVENESS HELPS YOUR HEALTH**
- 5. FORGIVING HELPS YOU MOVE FORWARD ON YOUR SPIRITUAL GROWTH**

**YOUCAT**  
*Philippines*



## The joy that comes with giving

‘The three wise men presented gold, frankincense and myrrh. These are not the gifts Jesus asks of us. From the treasure of our hearts Jesus asks that we give of ourselves. This Christmas and always, take time to notice the people around you. What can you do to help them? Your service will warm your heart and theirs.’

<https://www.youtube.com/watch?v=cp3IH8ZNviQ>

### Will you take our **MAD Christmas Doorstep Challenge!**

Imagine how many Christmases could be brightened by a simple kind gesture.

The rules:

1. Pick someone who has had a tough time or would simply benefit from some festive goodwill.  
*It doesn't have to be someone you know well!*
2. Choose a gift for them - big or small
3. Write them an anonymous note, some kind words about why you were thinking of them.
4. Leave it all at their doorstep.
5. Knock on the door and leggit! - make sure they don't see you!
6. Feel happy knowing that you have spread some Christmas cheer with no expectations of anything in return.



*The Excitement is Building!*

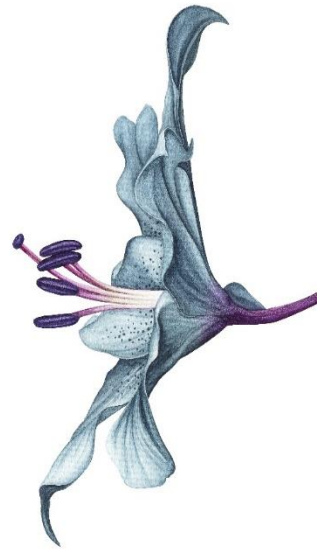
Let's share and see if this catches on and we can spread a bit of Christmas magic. Miracles really do happen!

#Christmashope #MADDoorstepchallenge

## Lessons from 2020

'2020. A year full of trials.  
Confusion. Heartache. Fear.  
Thankfully, 2020 is almost over.  
But what if we didn't just wait  
for it to be over? What if we  
ended 2020 on a positive note?  
2,000 years ago, people found  
hope in a star. This Christmas  
let us help each other find hope  
in a text or a tag. Or a not so  
random act of Christ-like  
kindness. Let us get together.  
Even if getting together looks  
completely different than it used  
to. Let's end 2020 by doing the  
things that Jesus himself did. Let us feed the  
homeless, visit the lonely, help those in need.  
Let us take him at His word. When He said  
'Ye are the light of the world. We support our  
Ember Teams as they find simple ways to  
make this the most meaningful Christmas  
ever. Take time out to meet with one another.  
Turn to scripture. Find out what God's word  
truly means for you and why it matters. 'Let  
us show the world that even in one of the  
darkest years of our lives, the light of hope  
still shines bright.'

<https://www.facebook.com/watch/?v=209861207174076>



## Be a tree

Embers are faith leaders and mentors to their peers. They offer friendship, encouragement, and guidance to the younger students in their school. A Rosmini Ember leader shares a lovely message of support for any person going through a difficult time.



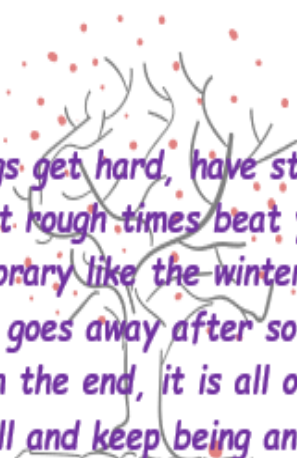
*When things get hard, have strong roots.*

*Do not let rough times beat you down.*

*Stress is just temporary like the winter and wind are for a tree. It goes away after some time.*

*In the end, it is all ok.*

*Stay strong, stand tall and keep being an amazing human being.*



## A prayer to live by

### The Ember Prayer

Help me to fan into flame the Gift of God  
That is within me,  
Because God did not make me timid;  
He gave me a Spirit of Power,  
He gave me a Spirit of Love,  
And He gave me a Spirit of Self-Discipline.  
We ask God's blessing on us, both as leaders  
and as servants to all those in need.  
We ask this through Christ our Lord.  
**Amen.**

*An adaption of 2 Timothy 1:6*