

- ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -

This resource book is designed to celebrate the life of Blessed Chiara Luce, an incredible example for young people everywhere.

Feel free to use whatever elements of this resource you feel best suit the ability and age of the young people you teach / work with.









LINKS TO JUNIOR CYCLE RELIGIOUS EDUCATION LEARNING OUTCOME

- 1.5 explore the presence of religious themes in contemporary culture through an examination of art, music, literature or film
- **1.8** describe the role of prayer in the lives of people of faith
- 1.12 synthesise and consider the insights gained about how people express and live out their beliefs, religious or otherwise
- 2.8 present stories of individuals or groups in the history of two major world religions that have had a positive impact on the lives of people because of their commitment to living out their beliefs.
- 2.9 describe how the faith of a believer can change at different stages in life
- 3.1 examine different sources of values and ways in which the values of a person relate to their everyday choices, their relationships, and their responsibilities to others
- 3.2 reflect upon and discuss what it means to be moral, why people living in society need to be moral and what are the influences on and the sources of authority for a person's moral decision-making

JUNIOR CYCLE RELIGIOUS EDUCATION - CBA 1: A PERSON OF COMMITMENT

During a period of three weeks, with support/guidance by the teacher, students will research and report on a person whose religious beliefs or worldview have had a positive impact on the world, past or present.

LINKS TO LEAVING CERTIFICATE NON-EXAM FRAMEWORK FOR RELIGIOUS EDUCATION

Section A: The Search for Meaning

Topic 1: Contemporary expressions of the search for meaning.

 The great questions concerning the goal and purpose of life, the meaning of good and evil and the experience of

Topic 3: The meaning of suffering and evil as understood by a religious perspective.

- Examples of people whose lives are influenced by their faith.
- The role of religious faith in Ireland today

Section D: Morality in Action

Topic 1: Becoming Moral

- Why be moral? Influences on moral principles: peers, family, media, culture, religion, etc.
- The role of religion in informing conscience?

Topic 2: Morality and Religious Belief:

• The Christian understanding of sin and reconciliation

Topic 3: Moral Dilemmas

- Examples of moral decision-making in action.
- The role of religion in moral decision-making.

Section E: God-Talk

Topic 1: My Image of God

- My image of God.
- Images of God in art/music/literature & contemporary culture.

Topic 3: God "in the bits'n'pieces of the everyday":

- Implications of images of God for life.
- Signs and rituals- special moments of God's presence.

Section G: Celebrating Faith

Topic 2: Prayer

- Exploring prayer as a need to communicate with God.
- Examples of prayer from different religious traditions.
- Sacred spaces

Topic 3: Meditation and Contemplation

- The human need for reflection in a busy world
- The use of sacred and inspirational texts in meditation

Section H: Story

Topic 1: Story

• Stories that carry meaning and have transformative power.

Topic 3: God's unfolding Story

- Where is God speaking today?
- All part of God's story?
- The student's story



RESOURCE PACK PRODUCED BY ASCEND: WATERFORD AND LISMORE YOUTH & YOUNG ADULT MINISTRY

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"I have nothing lett but I still have my heart and with that, I can always love."

Bl. Chiara Badano

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WHAT ARE MY GOALS IN LIFE?

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BY THE TIME LAM 2U:	
BY THE TIME I AM 25:	
IF I KNEW I ONLY HAD A YEAR TO LIVE, WHAT WOULD MY GOALS BE?	
	~
WHAT MAKES ME HAPPIEST IN LIFE?	
WHAT DO I THINK OF WHEN I HEAR THE WORD "HOLY" OR "SAINT"?	
WHAT BOTTHINK OF WHEN THEAR THE WORD HOLF OR SAINT!	
	- ₩
YOU ARE ABOUT TO LEARN ABOUT A TEENAGE SAINT - WHAT IS YOUR INITIAL REACTION	N?

ANTICIPATION ACTIVITY

Read the statements below and decide whether you agree or disagree. Be prepared to defend your position. Consider doing a walking debate!

Statement	Agree	Disagree	Why? (Explanation)
Young people can't be saints			
Being holy can make you really happy.			
If you follow God's plan, life will be easy			
Suffering can bring about great good.			
Living a long life is what is most important.			



READ THE SHORT BIOGRAPHY OF CHIARA LUCE OR WATCH A SHORT SUMMARY OF HER BIO:

NOTHING LEFT.

BUT I STILL HAVE

MY HEART, AND

ALWAYS LOVE

Chiara Badano was born in 1971 to Ruggero and Teresa Badano of Sassello, Italy who had prayed for ten years to be able to have a child. Even as a little girl, Chiara could display great acts of kindness. Once, when she was persuaded to give away some toys to poor children, Chiara gave away her best ones, not the old or broken ones. She visited the elderly and sick classmates and helped to care for those who were less fortunate than her. Chiara's faith was strong as a child too, and she loved Mass and hearing stories from the Bible. "I HAVE

When she was just nine, she had a life-altering moment when she became involved with the Focolare movement and particularly its branch for young people. Focolare emphasizes brotherhood and unity among all people. Focolare's founder, Chiara Lubich, corresponded frequently with Chiara.

Chiara was a typical teenager, and a very popular one at that, although some schoolmates mocked her for her faith. She always had plenty of friends, she played sports, she loved dance, music (and even listened to Irish rock band U2!) She enjoyed shopping or grabbing coffee with her friends. She wanted to witness to her faith to her friends by how she spoke, dressed and lived her life, rather through words. Schoolwork didn't always come easily to her, but she always tried to do her best and she was happy with that.

When she was seventeen, when Chiara was playing tennis with a friend, a severe shoulder pain caused her to drop her racket. Thinking she had broken a rib somehow, Chiara instead received the devastating diagnosis that she had a very serious form of bone cancer, osteosarcoma. Chiara was determined to fight it. Treatments were painful and unfortunately unsuccessful. Once so full of life and energy, Chiara found herself paralyzed and bedridden. She learned to unite her suffering to Jesus and even embrace her cross. When her hair fell out, she would offer it to Jesus as a gift: "For you Jesus."

When her own pain began to increase and doctors recommended increasing her dose of morphine, she refused, saying, "It reduces my lucidity, and there's only one thing I can do now: to offer my suffering to Jesus because I want to share as much as possible in his suffering on the cross." One day someone asked her if she hoped to walk again, she answered, "If I had to choose between walking again and going to heaven, I wouldn't hesitate, I would choose heaven." When she suffered, she felt closer to Jesus. Chiara's illness and paralysis did not stop her: in fact, from her bed, Chiara wrote letters and made phone calls to others. She still participated in Focolare youth meetings sending letters and posters. She gave all her savings to a friend who was becoming a missionary in Africa, since her own dream of travelling the world or becoming a foreign missionary was now not an option for her. She radiated life and light and love to all who visited her. They came thinking they would console her, but left feeling uplifted by her instead.

Cardinal Saldarini once visited her in the hospital and asked her, "The light in your eyes is splendid. Where does it come from?" Chiara replied, "I try to love Jesus as much as I can." Chiara Lubich had given her the nickname "Luce" (meaning Light) as a child, and the light in her face was evident to all who saw her. She loved to greet young people especially, because she knew they were the future of the church, and she felt like she could pass on the baton to them.

When her life was nearly at an end, she said, "I have nothing left, but I still have my heart, and with that I can always love."

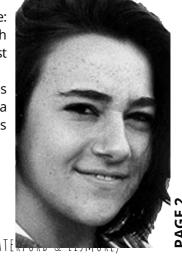
She had no fear of dying, and asked to be buried in a white wedding dress, because she was

going to meet her beloved Spouse, Jesus. Her last words to her mother were: "Be happy, because I am." Chiara was only 18 years old when she died on 7th October 1990. Pope Benedict XVI declared her "Blessed" in 2010, the first member of Generation X to be beatified.

Chiara's life was brief, but her legacy goes on, like other young saints, such as Carlo Acutis and Pier Giorgio Frassati, who were real beacons of hope and a sign of God working through young, ordinary individuals too. Her example is one we can all follow. Blessed Chiara Luce Badano - pray for us!

1. What is your initial response to the life of Blessed Chiara Luce?

2. If you could ask her one question, what would it be?





"I SUFFERED A LOT BUT MY SOUL WAS SINGING!"

LOOK UP <u>1 TIMOTHY 4:12</u>



IN YOUR OPINION, HOW DOES THIS QUOTE RELATE TO THE LIFE OF CHIARA LUCE?



CHOOSE ONE OF THE QUOTES BELOW FROM BLESSED CHIARA AND RELECT ON ITS MEANING FOR YOUR OWN LIFE. ASK CHIARA TO PRAY FOR YOU AND ANY DIFFICULTIES YOU MIGHT BE FACING AT THE MOMENT.

- "I care only about doing the will of God, doing it well, in the present moment."
- "I have nothing left but I still have my heart and with that, I can always love."
- "Just as its easy for me to learn the alphabet, so must it also be, to live the Gospel.

 I have re-discovered this phrase that says: "Give and it shall be given to you."
- "If you want it Jesus, so do I."
- "Dad, when we have such a strong presence of Jesus in our midst, we are the happiest family in the world!"
- "I suffered a lot but my soul was singing!"
- "If I had to choose between walking again and going to heaven, I wouldn't hesitate, I would choose heaven."



O Father, fount of every good, we give you thanks for the example of Blessed Chiara Badano. She believed firmly in your infinite love, and wished to return it with all her strength, surrendering herself in complete trust to your will. We humbly ask for the gift to live with you and for you. If it be your will, please (mention petition).

We ask this through our Lord, Jesus Christ. Amen.

www.grottonetwork.com

GAME-CHANGER STARTER PLAYLIST! Listen to the following songs which capture the life and message of Chiara Luce

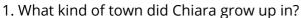
- Torn with a Smile (written about Chiara)
- Joy (Housefires)
- Lord I give you my heart (MW Smith)
- Simplicity (Rend Collective)
- Trading my Sorrows (Hillsong)
- Today I choose (Brian Doerksen)
- The More I Seek You (Kari Jobe)
- No Fear in Love (Stefany Gretzinger)
- · Goodness of God (Bethel)
- Beautifully Broken (Ashley Smith)

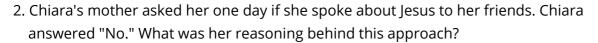
Other video resources on Chiara Luce's life:



- Chiara Luce Beacons of Light (Home of the Mother) 26:04 mins
- Blessed Chiara Badano's Light (Aleteia) 1:39 mins
- Saint Series: Blessed Chiara Luce Badano 4:06 mins

- BLESSED CHIARA LUCE BADANO RESOURCE PACK BY ASCEND YOUTH MINISTRY (DIOCESE OF WATERFORD & LISMORE) -

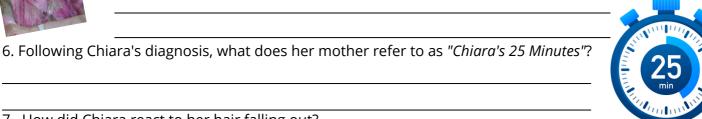


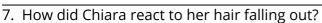


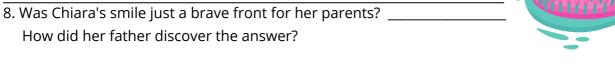




- 3. What youth movement did Chiara join?
- 4. Who founded this movement?
- 5. Explain one key idea from this movement / the founder?

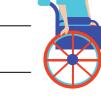








- 9. How did Chiara react to her paralysis on the way home from hospital with her wheelchair? How did her reaction when they stopped for food impact her family?
- 10. How did Chiara's suffering impact her family and their unity in prayer?



- 11. Chiara asked her mother a number of difficult questions. How did Teresa respond?
- Q: Is it fair that someone should die when they're 17?
 - Q: Is it fair that I'm not able to walk anymore?
 - Q: (Following a haemhorrage): Is it a false alarm or am I going to die?

BEACONS OF LIGHT: QUESTION TIME

12.	What two "joys" did Chiara ask Our Lady for?
13. 	Why did Chiara Lubich give Chiara Badano the nickname "Luce" (Light)?
 14. _	Why did Chiara refuse to take morphine even when her pain increased greatly?
_ 15.	One particular morning when Teresa saw that Chiara had suffered particularly during the night, Chiara said she had gone through "a bit of everything that night". What made her particularly joyful about how she spent that night?
16. —	Although she was paralysed, how did Chiara remain more active than ever?
17. —	How did Chiara respond when her mother noted that she loved until the last minute?
18.	Why did Chiara greet young people differently? What did she believe about them? Why did she use the Olympic torch analogy?
 19. _	What kind of details did Chiara plan about her funeral?
_ 20. _	Why did she ask Teresa to promise to repeat "Chiara is with Jesus" three times when she would be preparing her body for the funeral?
_ 21. 	What kind of legacy has Chiara's life had? What kind of lessons have people learned from her life and death?



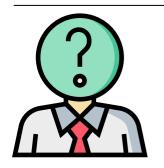
FILL IN THE FOLLOWING INFORMATION ABOUT BLESSED CHIARA

Date of birth:	Place of Birth:	
Hobbies:		
Did her family practice thei	ir faith?	
Aspects of the Catholic fait	h Chiara particularly loved:	
What kind of student was (Chiara?	
Example of how Chiara serv	ved others:	
How she used her life to sp	oread the faith:	
How she dealt with suffering	ng:	
Date of death:		
Cause of death:		
Feastday:		



WHO DO YOU THINK HAS INFLUENCE ON YOUR LIFE? (EITHER IN YOUR FAMILY, COMMUNITY OR A CELEBRITY? WHAT KIND OF PERSON DO THEY INFLUENCE YOU TO BECOME?





WHAT CHARACTERISTICS DO YOU THINK A GREAT LEADER SHOULD HAVE?

WATCH FR MIKE SCHMITZ' VIDEO: "INFLUENCING THE WORLD" AND REFLECT ON THE QUESTIONS THAT FOLLOW:







Fr Mike explains that all of us have influence over someone and because of that we should ask ourselves two questions:

1. How are you __

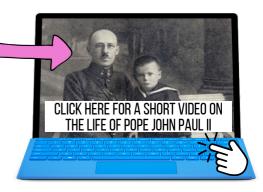
them?

2. Where are you

them?

What kind of man was John Paul II's father?

Describe how he influenced his son to be a Man of God?





If we want those we have influence over to become great saints (and the best version of themselves), what do we need to ask ourselves and reflect on first?

HOW DOES A QUESTION LIKE THAT MAKE YOU FEEL? IS IT AN UNCOMFORTABLE QUESTION? IF YES, WHY DO YOU THINK THAT COULD BE?



ARE YOU AN INFLUENCER?

MARK 9:30--37

Who is the Prototype for Christians - the model for how to live? (with a capital P!)

What did St Paul advise the Corinthians to do in his letter to them? **Check 1 Corinithians 11:1**,





If we don't think we're living in a way that will help others to become saints if they model their lives on us, what should we do about it, according to Fr Mike?

Remember, today for the people you influence, you're the p____!



Now Read Mark 9:30-37

Jesus' death on the Cross will be.

In this Gospel Passage, Jesus is trying to teach His disciples that He must suffer and be put to death before rising again. Yet again, His disciples fail to grasp what He is talking about. Instead they squabble amongst themselves about which of them is the greatest, ironically completely missing Jesus' example of the greatest act of love and humility

Jesus is very clear with them, that the greatest must be the least, the most humble, the most serving. Jesus uses the example of welcoming a little child to explain His point. In that culture, children had no status or power. Serving others rather than seeking power is the way of life Jesus models for us. It has been said that Christians like to talk about being servants until they are treated like one! Jesus calls us to humility, service and love however.



THIS WEEK, REFLECT ON THE INFLUENCE YOU HAVE ON OTHERS IN THEIR LIVES. IS THERE ONE ASPECT OF YOUR LIFE YOU CAN CHOOSE TO FOCUS ON, TO ELEVATE, SO THAT IF SOMEONE WAS TO MODEL THEIR LIFE ON YOURS. IT WOULD HELP THEM BECOME THE BEST VERSION OF THEMSELVES. TO BECOME A GREAT SAINT? EACH EVENING REFLECT BACK ON HOW THE DAY WENT AND ASK THE LORD TO HELP YOU IN THE DAYS AHEAD.



THE LITANY OF HUMILITY:

Try praying the Litany of Humility, attributed to Cardinal Merry Del Val. It's definitely not easy or comfortable, but it can really help us to see where our priorities and desires lie, and how to live out service and humility in all aspects of our lives! (You can also use the two song versions below to help you!)



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON INFLUENCE



- The Litany of Humility (Thomas Muglia)
- The Litany of Humility (Danielle Rose)
- When it's all been said and done (Robin Mark)
- Set the World on Fire (Britt Nicole)
- I Shall Not Want (Audrey Assad)
- Humble (Audrey Assad)
- This is our God (Tomlin)
- You have shown us (Baloche)

Click the links for the YouTube videos to listen to some suggestions!





Check out the Paving the Way Home Talk by 14:18 MINS Fr Patrick Cahill: "You are an Influencer"



Jack McCarthy shares his testimony about 4:20 MINS how good friends turned his life around!





O Jesus, meek and humble of heart, From the desire of being esteemed, From the desire of being loved, From the desire of being extolled, From the desire of being honoured, From the desire of being praised, From the desire of being preferred to others, deliver me O Jesus. From the desire of being consulted, From the desire of being approved, From the fear of being humiliated, From the fear of being despised, From the fear of suffering rebukes, From the fear of being calumniated, From the fear of being forgotten, From the fear of being ridiculed, From the fear of being wronged, From the fear of being suspected,

That others may be loved more than I, Jesus, grant me the grace to desire it. That others may be esteemed more than I, Jesus, grant me the grace to desire it. That, in the opinion of the world, others may increase and I may decrease, Jesus, grant me the grace to desire it. That others may be chosen and I set aside, Jesus, grant me the grace to desire it. That others may be praised and I go unnoticed, Jesus, grant me the grace to desire it. That others may be preferred to me in everything,

Jesus, grant me the grace to desire it.

Jesus, grant me the grace to desire it.

That others may become holier than I,

provided that I may become as holy as I should,

hear me. deliver me O Jesus. deliver me O Jesus.







DO NOT FEAR, HAVE REDEEMED YOU YOU ARE MINE. <u> [SAIAH 43:</u>

DO YOU KNOW WHAT YOUR NAME MEANS? IF NOT, LOOK IT UP! DO YOU THINK THE MEANING SUITS YOU? EXPLAIN

DO YOU KNOW WHAT THE NAME CHIARA MEANS?

Chiara (or Clare in English) has Latin origins and means Bright, Clear, Illustrious / Famous. How is this significant for the kind of person Chiara was?



MEET SOME OTHER FAMOUS CLARES!

ST CLARE OF ASSISI

CLICK THE LINKS TO LEARN MORE ABOUT THEM. WHAT STRIKES YOU THE MOST ABOUT THEIR LIVES?



SR CLARE CROCKETT



SERVANT OF GOD CHIARA CORBELLA PETRILLO

DO YOU NOTICE ANY SIMILARITIES BETWEEN THEIR LIVES AND BL CHIARA LUCE?

CHECK OUT THESE OTHER INSPIRATIONAL YOUNG SAINTS

CLICK THE LINKS TO LEARN MORE ABOUT THEM. WHAT STRIKES YOU THE MOST ABOUT THEIR SHORT LIVES?



BLESSED CARLO ACUTIS



BLESSED PIER GIORGIO FRASSATI



ST THERESE OF LISIEUX





ORDINARY BUT EXTRAORDINARY

Chiara Luce seemed to have everything a teen could wish for: she was popular, sociable, loved hanging out with her friends; she loved music and dance, she played sport; she enjoyed shopping and going for coffee. She was in many ways a very ordinary teenager, with the struggles of an ordinary teenager too. However, her deep love for Jesus and her willingness to offer her suffering and pain in union with Christ's suffering was extraordinary. Her joy was a supernatural joy, which uplifted the spirits of those who visited a bed-ridden but peace-filled Chiara. She could not serve others in the ways she had previously dreamed of, but through her suffering and pain she used every opportunity to glorify God and show her love for Jesus. She had a radiant smile, and a light that was supernatural.

low did s	he use her gifts, talents, and even the tragedy of her situation in life to serve others?
low does	the phrase "torn with a smile" apply to Chiara's life?
	WHAT ABOUT YOU? YES, YOU!
TH	ink about your own life situation: what opportunities do you have to serve others here an
Are there	any crosses in your life that you can offer to Jesus for others?
	Watch Fr Patrick's homily on Paving the Way Home, "Console others as we have been consoled." How does this relate to the life of Bl. Chiara Luce do you think?







VISIT THE WEBSITE HTTPS://WWW.FOCOLARE.ORG/EN/ AND ANSWER THE FOLLOWING QUESTIONS:

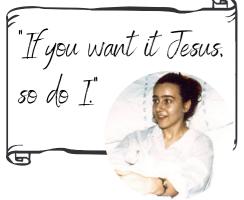
Who founded the Focolare movement?
When was the Focolare Movement founded and where?
What particular prayer of Jesus is it inspired by?
What happens at 12 noon every day in the movement?
What was Chiara Lubich's original name (and why did she take the name Chiara)?
Explain the symbolism of the Focolare logo:
What does the "communitarian" spirituality of the movement mean?
What is "focolare" the Italian word for?
What is the official name of the Focolare Movement?
. When did Chiara Lubich die?



• —	WALLPAPER: Sketch what you think her phone wallpaper could be, and then explain why Chiara might choose this image.
	EMAILS / TEXTS: Imagine Chiara just received two emails or texts. Using your knowledge of Chiara, who do you think could be messaging her and what would the content of each message be?
	PLAYLIST: Write down three song titles (with
	artists' names) that could be on Chiara's playlist (they can be contemporary religious or chart songs). Why do you think Chiara would listen to these tunes?



CHIARA'S GOAL



As a young teenager Chiara dreamed of travelling the world, or becoming a missionary. Her dreams changed as bone cancer changed her life. Her gaze was firmly on heaven, on Jesus her Spouse, who she couldn't wait to meet. What she cared about now was doing what was necessary to get her ready for this:

"I care only about doing the will of God, doing it well, in the

"I care only about doing the will of God, doing it well, in the present moment."

Although she had loved socialising, playing sports and dancing, Chiara spent the last few months of her life bed-ridden, but not saddened. "If I had to choose between walking again and going to heaven, I wouldn't hesitate, I would choose heaven."

Her committent to Jesus was so profound that she found joy in suffering, and those who visited her to console her were uplifted by her joy: "I suffered a lot but my soul was singing!" In just 18 short years, Chiara lived her life to the full, cared deeply for those around her, and achieved a level of virtue and sanctity that was incredibly inspirational.

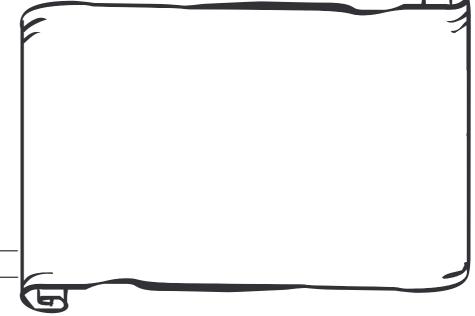
CHECK OUT THIS VIDEO ON THE LIFE OF BL. CARLO ACUTIS, ANOTHER YOUNG ITALIAN SAINT BEATIFIED RECENTLY. WHAT SIMILARITIES DO YOU SEE WITH BL. CARLO ACUTIS? WHAT WAS HIS LIFE-PLAN?

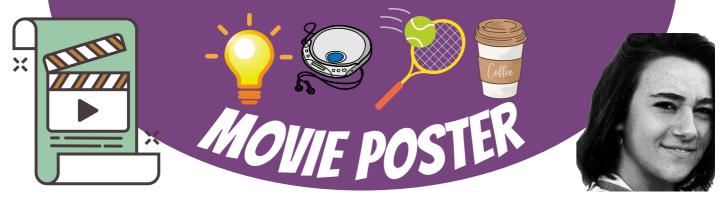
MY MOTTO FOR LIFE

If you had to choose a motto to live your life by, something really meaningful that you could come back to time and time again if you drifted from your faith or your ideals or principles, what would it be?

Why would you choose that particular motto?

What would it signify for you?





If you were to produce a movie based on the life of Blessed Chiara Luce, what would you call it, who would play the role of Chiara, what you include on a poster and why? Create your poster in the space below. Be prepared to explain your choices.





Allow yourself some space to sit and reflect.

You might prefer to play some music in the background, or just sit in silence.

Reflect on Matthew 5:16 below and pray with it.

Allow ideas, thoughts and images that come to you as you pray to form part of your doodle prayer. Maybe names will come to mind - people to pray for; or things in your life you feel you need to change; maybe situations you need to bring to God and ask for His help in will surface...

Ask the Holy Spirit to guide your heart and your thoughts. This is a particular space you are creating for God in your life today. Speak, and listen.

IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN.







So many of Chiara's friends said that although they visited her when she was bed-ridden with osteosarcoma, intending to lift her spirits, it was Chiara's joy and peace that made them feel uplifted. Cardinal Saldarini once visited her in the hospital and asked her, "The light in your eyes is splendid. Where does it come from?"

Chiara replied, "I try to love Jesus as much as I can."

Chiara saw a purpose to her pain: it was helping to unite her more closely with Jesus, Who she loved with all her heart.

Why not write a letter to Chiara? Maybe you could write about the challenges you face in your life, or the questions her story raised for you, or any aspect of her story that you found inspiring, or difficult to understand. The important thing is to respond personally and honestly - whatever form that takes for you!









Badano / beatification / blessed / bone cancer / cardinal / chemotherapy / Chiara / Chiara Lubich / coffee / dancing / Focolare / friends / Generation X / Italy / joy / letters / life light love / Luce / Mass / music / osteosarcoma / peace / phone / shopping / Spouse / suffering / tennis / treatment / unite / wedding dress

QUICK FIRE QUIZ!

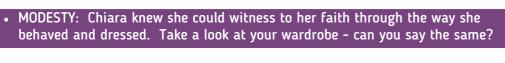
Choose at least ten of the words / phrases in the list above and work as a team to explain how they relate to the life of Chiara Badano as quickly as you can. Who can explain the most words?





 SOCIAL MEDIA 1: Social media wasn't in existence when Chiara was alive, but if it had been, she more than likely would have used it, and in a way that would witness to her faith in Jesus! Set yourself a challenge for a week to only post material you think Chiara would have posted online, and only watch what you think Chiara would have watched!

SMILE: Chiara was known for her joy and her smile. Can you make a special effort to greet everyone with a sincere smile?





• POSITIVE ATTITUDE: Chiara brought life, light and love to all she met, even in her illness. Think about some ways you can bring a positive attitude into your school, home or work place.

· BE YOURSELF: Make a list of the talents and skills that you have and think of a way you can use your talents to help others in the small and big things of your daily life.



PIZZA TIME! Chiara loved to go out with her friends for pizza or coffee. Arrange a pizza night with your friends or family, and why not watch a good movie too? (You could watch Beacons of Light!)

 ART DISPLAY: design some flyers or posters to promote the story of Chiara Luce in your school / youth group. Include the website www.chiarabadano.org and see if you can create some appropriate hashtags for her biography and example.



LF YOU WANT

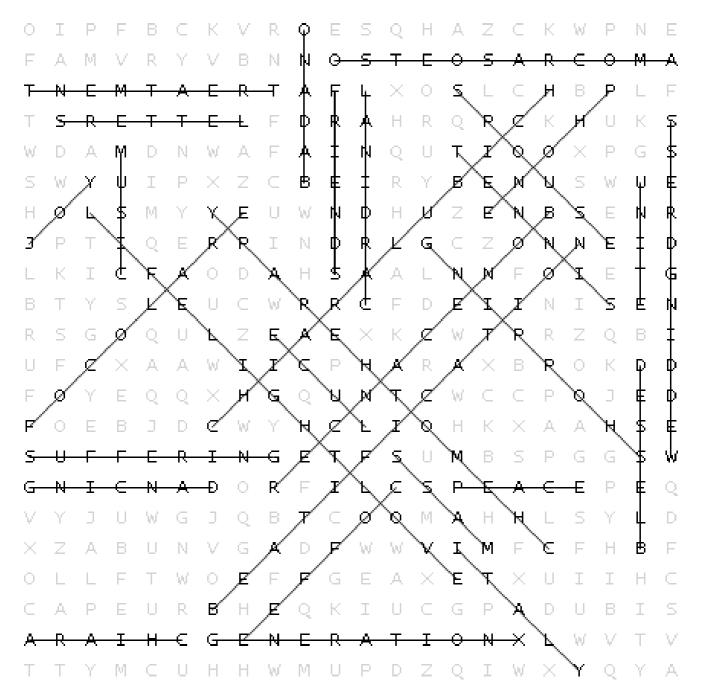
 SPOTIFY! Create a spotify list of tunes that you think carries the message of Chiara's life and attitude. Pick one song and explain the reasons you chose to include it on the list.



- REFLECT: take one of the Chiara's quotes and keep it somewhere safe to reflect on in the days ahead. Ask Blessed Chiara Luce for her help in living the best life you can live.
- · YOUTH GROUPS: Chiara was very inspired by the Focolare movement, and had a profound experience at a retreat at the age of just nine which changed her life completely! Is there a youth group you could join to make friends with those who practice their faith too? Check out www.youth2000.ie, www.holyfamilymission.ie or www.netministries.ie, or follow Ascend Youth & Young Adult Ministry online to find out more about Catholic groups around the country!
 - FAITH LIFE 1: Chiara's illness caused her a lot of suffering and pain, but she said her soul was singing. She offered all her sacrifices and sufferings to Jesus, as a sign of her love for Him. Could you try to offer up something that causes you pain or difficulty to Jesus, maybe as a prayer for someone you know who is struggling or alone or ill?
 - . FAITH LIFE 2: Prayer was central to Chiara's life. It was what helped Chiara and her family make sense of her suffering. Before you go to bed each night, try saying one decade of the rosary which takes about 2 minutes (an Our Father, ten Hail Marys and one Glory Be).
 - GET ACTIVE! Before her illness, Chiara loved singing and dancing, shopping and socialising, sport and hanging out with her friends. Why not take up a new hobby? Something to get you active and meeting other people? Offer a prayer of thanksgiving for the gift of life and all the good things we get to do every day!







NOTES



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Thank you also to Holy Family Mission for their assistance.

Website: www.waterfordlismore.ie/youth-ministry Email: youthministry@waterfordlismore.ie

