



A guided liturgy

leader's notes

We believe that God, through infinite power and love, created heaven and earth, the sun and the stars, people and all living creatures. Yet the poorest of our sisters and brothers are still living without electricity, and are being held back from living life to the full.

This guided liturgy will take your community on a journey of prayer and reflection. Together we pray in hope that that world's children will have the power to fulfil their dreams and flourish.

Setting up your liturgy

This liturgy is suitable for all ages. It includes prayers, facts and stories, and is inspired by Scripture and the recent teachings of Pope Francis.

The liturgy consists of seven stages, each one exploring a different way in which access to local, renewable energy gives people the *Power to be*. At the end of each stage the group sings/says the refrain then moves together to the next one. It ends with an action which everyone is invited to partake in.

The framework is flexible, so please adapt it for your needs. It can take place outdoors on a walk or in a parish garden; or in a venue such as a parish hall or a youth centre.

The timing can be altered – reduced to less than an hour by simply reading through,

or stretched to several hours, with added hymns, time for reflection, walking and a shared lunch.

Power to be campaign action cards

Whatever your chosen format, include the action in stage seven. Everyone is invited to sign CAFOD's new *Power to be* petition.

Order campaign action cards from cafod.org.uk/powerto be or call **0300 011 5680**. After the liturgy, please collect up the cards and return in one envelope to: CAFOD campaigns team, Romero House, 55 Westminster Bridge Road, London SE1 7JB. Please include your name and the name of your group. Individual cards can be returned using the freepost address on the back of the card.

Preparation

- > Ask for volunteers to be the leader and readers. You will also need to ask for some volunteers to turn off the lights in stage one, and play music and help bring forward the sun shape you have made for stage seven (*see overleaf*)
- > Order free printed copies of the liturgy for each member of your group from shop.cafod.org.uk or download and print from cafod.org.uk/powerto be
- > Prepare your symbols in advance. These are optional, apart from the campaign action cards for stages one and seven.

Preparing the symbols

You will need:

- > Stage one: order enough *Power to be* campaign action cards to hand out to everyone. You will encourage people to fill these in during stage seven.
- > Stage two: a fresh loaf of bread
- > Stage three: a glass of water
- > Stage four: a school book
- > Stage five: a packet of seeds
- > Stage six: no symbol
- > Stage seven: a sun shape and rays prepared using coloured paper. You may choose to display the sun in the centre of the group and ask for volunteers to bring the rays of the sun to the centre as each of the names are being read out.
- > To prepare the sun, use coloured paper, cut out a large circle, and write the words 'Power to be' in the centre. Cut out six smaller triangles for the rays of the sun and write one of these names on each ray: Lucy, Lisvania, Martha, Veronica, Mohammed, and Lenis.
- > You will also need a way of playing music and enough pens for everyone.

Music

You may choose to sing a refrain such as 'the Lord hears the cry of the poor' or if you have more time, sing different hymns at the end of each stage. We have included some suggestions below, or use your own:

- > Stage one: Walk with me, O my Lord (Laudate 966) or Be not afraid (964)
- > Stage two: The cry of the poor (892)
- > Stage three: As the deer longs (214)
- > Stage four: O God, you search me (779)
- > Stage five: All creatures of our God and King (694)
- > Stage six: How great though art (721) or I watch the sunrise (956)
- > Stage seven: Here I am Lord (865).

On a walk

If you decide to do a long walk, you will need to:

- > Check the route beforehand to plan timing and stopping points
- > Have a driver on standby to pick up anyone who has to drop out
- > Bring a first aid kit
- > Plan a meal stop or shared picnic.

In a hall/church

Create the seven stages around your venue using your symbols. People can then stop at each of these. We suggest the following spaces, but please adapt to suit your group:

- > Stage one: gather in church
- > Stage two: gather in kitchen
- > Stage three: gather by taps/water
- > Stage four: gather in classroom/library
- > Stage five: gather outside
- > Stage six: gather outside
- > Stage seven: gather in church
- > For the final stage, create an area where the cards can be gathered together at the end.
- > If your space or members do not allow for the group to move around, then create a focus point at the front, where symbols can be brought up by different people at each stage.

More *Power to be* campaign resources

- > Copies of the *Power to be* liturgy booklet
- > *Power to be* campaign action cards
- > *Power to be* campaign guide
- > *Power to be* resources for children and young people
- > Sustainable energy factsheet.

Order all these resources from **shop.cafod.org.uk** or download them from **cafod.org.uk/powertoBe**