

5 things to do with your...

...**Aspire** postcards and poster! Order your **FREE, yes FREE!** **Aspire** post cards and posters at cafod.org.uk/shop then use them as an adaptable resource for reflection and discussion in your group.

Discuss it!

Put the **poster** so all can see it and give everyone a chance to reflect. Discuss what the quote means to them at this moment. You could do this at 'transition times' for example, into or out of secondary school.

Explore the life of CAFOD hero Oscar Romero using [these resources](#) (Search 'Romero 1917-1980' on cafod.org.uk). Then discuss, is the Aspire quote, a rule you could live your life by?

Name it!

Session on confirmation names? Choose pictures of all types of famous people, CAFOD partners and saints and scatter them around the **poster**. You could use the [CAFOD saints cards](#) or [young CAFOD partners videos](#). Task the young people to divide the people into groups - those who aspire to *have more* and those who aspire to *be more*. What do the second group have in common? Use them for confirmation name inspiration!

Post it!

At the end of your confirmation preparation, ask the young people to think of one thing they are going to do after their confirmation to *be more* and to put their faith into action. Then, ask them to write it on the **postcard** with their address. Post the cards to them two weeks after their confirmation as a reminder of their commitment!

Negotiate with it!

Give each young person three post-it notes. Ask them to write the top three things they need to be happy in life - one on each post it. Stick all of them on the **poster**. Then, giving the group 5 minutes, challenge them to negotiate and agree the top 3 for the whole group and stick them on the poster. Then explore the idea of things we *need* and things we *want*. Is there a difference? Is it the same for all?

Act it!

Youth Mass? Confirmation liturgy? As part of your prep, get one group to create a role-play putting the *Aspire* quote into action. Perform it as your post-communion reflection. Alternatively, use the **postcards** as part of your offertory.

-Archbishop Oscar Romero

