

Mountain top moments and faith in action:

Spoken word poem and young leader film.

These two films have been created to enable young people to reflect on what comes next after a 'mountain top' faith experience.

Use the films as inspiration for your Flame, World Youth Day, Lourdes, Faith in Action award, Confirmation or retreat group to reflect on their faith experience and plan their next steps in putting their faith into action. Doing this will enable them to continue and deepen their faith experience.



Resources

- *We have seen from the mountain top place (Weather forecasting) spoken word poem film*
- *Be a CAFOD young leader! film*
- this resource.



What are the films about?

Have your group just been on retreat, to Flame, World Youth Day or Lourdes? Perhaps they've just made their Confirmation? Have they just had the most amazing experience ever? Have they met some fantastic people, really connected with God, their faith, themselves and others? Have they felt like they have 'seen from the mountain top'?

Then when they get home they feel a bit lost, deflated and desperate to hold on to that 'feeling'?

Rachel and our CAFOD young leaders know how they feel.

Film 1: *We have seen from the mountain top place* spoken word poem.

3 minutes 30 seconds



Rachel Mannix created this beautiful spoken word poem to express the feeling of having an amazing experience of God, then returning to everyday life. She explores 'what comes next?'

Having experienced that deep connection with God and others, we feel compelled to act alongside those fighting oppression and poverty.

We need to trust in God, that his Spirit will work through us. Everyone on earth is connected and we have a responsibility towards each other. And when we 'give over our hands', we reach that mountain top place once again.

The poem is full of beautiful imagery from scripture and reflects ideas of the system of the earth and connectedness of people from Laudato Si'.

She has named the poem *Weather forecasting*.

Some suggested scriptural and CST links:

- We have seen from the mountain top place like Moses lost in the face of God: Exodus 19, Exodus 33:11.
- And while uniquely knitted into wombs of little mothers: Isaiah 44:24, Isaiah 49:15-16, Jeremiah 1:5.
- You are somebody. His body: 1 Corinthians 12:12-31, St. Teresa of Avila's prayer.
- We are boundless living waters: John 4:13-5, John 7:37-38.
- His precious sons and daughters: 2 Corinthians 6:18.
- Make His Kingdom come: Matthew 6:9-13.
- Makes us one: Laudato Si', paragraph 52.

- Our planet has a system: Laudato Si', paragraphs 77, 79.

Film 2: Be a CAFOD young leader!

1 minute 40 seconds



Tobi, Cameron and Francesca are CAFOD young leaders. This film explores their thoughts on having an amazing faith experience, then they set young people watching a challenge for what they should do next!

The challenge is to become a young leader too and use your talents to start a change.

Young leaders are young people who are working to make the world a fairer place and inspire others to join them too. They do this through volunteering with CAFOD.

Some suggested scriptural and CST links:

- "I will show you my faith by my works." James 2:18
- "Dear young people do not bury your talents, the gifts God has given you." Pope Francis, @Pontifex, Twitter, 26.4.13.



How can I use *We have seen from the mountain top* place spoken word poem with my group of young people?

- Show the film as part of a prayer time or liturgy after a retreat, pilgrimage, Confirmation or other faith experience.
- Provide young people with the lyrics, or print out the quotes below and ask young people to choose one phrase which speaks to them. Ask them to quietly think about:

- What does it mean to me?
- What does it mean I should do?

Then ask them to write down on the back of the quote, or on a big piece of paper shared by the whole group, what they are going to do next to put their faith into action.

- Share and discuss the interview with Rachel below.
- Give young people the opportunity to create their own poem or piece of artwork about their faith experience, what it means to them, and how it will change the way they live their lives. You could offer stimulus material such as music, [CAFOD photos](#), [stories](#), [videos](#), or news stories. The Poetry Society has a [toolkit for leaders running spoken word poetry slams](#).



Take action!

There are plenty of ways to put your faith into action with CAFOD. Young people should visit

cafod.org.uk/GreatGeneration for all the latest fundraising, campaigning and prayer and reflection opportunities.

Many thanks to Rachel, Tobi, Cameron and Francesca.

Photo credits: Page 1: Carmel Wanless, page 3: Step into the Gap/CAFOD, page 6: Julia Platt.

May 2017. JP, CAFOD Youth Team.



We have seen from the mountain top place lyrics

**Weather forecasting
By Rachel Mannix**



We have seen from the mountain top place
Like Moses lost in the face of God
And while uniquely knitted into wombs of
little mothers
We're woven together in fabric, which
covers
The earth and makes us one

Drenched in the light of the glistening Son,
United, excited as heat and praise rises
Water baptises and with arms opened wide
His glory echoes across meadowed
expanses and uninterrupted distance
Moments stretch out into timeless
existence.

But as day breaks and all the promise of
morning slips away
Seeping under cracks in doors we close on
yesterday's climb
We trudge begrudgingly back to our
houses
Back down from the mountain
To build up walls surrounding us,
contented in proclivity
Joy evaporating into clouds thick with
passivity.

But when the memories are lost
Or the cost of action seems too much to
bear
Listen for that whisper; soft, floating in the
air
A word to these clouds that their burden is
now in His hands.

Trust that even if we became cold through
old habits
Our planet has a system
That by His infinite wisdom relies on clouds
growing heavy
Until they are ready to burst, pouring fresh
water to revive the thirsting dirt, crying
out
Softening the rocks of our hearts 'til we're
saturated by grace

So weather this storm cause He's coming
like rain
To permeate the veins of every living soul
We'll stretch out our hands and cascade
with the song
Of His freedom and His peace and His truth
and His patience
Let's be gracious.



We're all made for honest work
Though we've been told to make us work is
disservice
And that disjunction is tearing apart the
function of our hearts
Which are literally made to bleed

Don't cauterise the ache, His heart is
breaking too
And changed by love we will break chains
with love
Restless anticipation transformed to
precipitation
That will set into motion a tide rushing
through floodgates of control
Freeing the hold of those tied to fear and
drowning in oppression
Restoring dignity to the lost and those
sinking in depression

For tethered into His yoke you will not
plant alone
And even those who sow in tears will reap
with singing.

'Cause we can sit inside and write stories
until our cheeks turn blue
And the knuckles of our fingers come
unglued
But there's no better story than the one
that's writing you.

So give over those hands and live out the
plans to prosper you
To give you hope and a future
And know that you are not just some
body; but you are somebody.
His body. That everybody flows from the
same source
Coursing, guided by steadfast currents we
are boundless living waters;
To be nothing more or less than His
precious sons and daughters.



We have seen from the mountain top place
Like Moses lost in the face of God
And while uniquely knitted into wombs of
little mothers
We're woven together in fabric, which
covers
The earth and makes us one

Drenched in the light of the glistening Son,
United, excited as heat and praise rises
Water baptises and with arms opened wide
His glory echoes across meadowed
expanses and uninterrupted distance
Moments stretch out into timeless
existence

'Til through spirit and fire the Father's will
done
So burn brightly beloved
Make His Kingdom come.





Interview with Rachel

Rachel is an artist who creates spoken word poetry. She is studying philosophy at university and is involved in Catholic youth ministry as a leader at Joel's Bar. She created this poem for CAFOD as a volunteer.

Rachel is inspired by seeing people flourish in their creativity and to be empowered by knowing their value. Her favourite things are films, plants and Curly Wurlys.



What inspires you to create spoken word poems?

I think prayer and conversations with other people. I like chatting to people about what they're inspired by, and what's going on in their lives. For me it's very much about my experiences and expressing that.

Can you tell us a bit about the meaning of the poem?

What do you do when you've had this incredible experience of God and then you go back to normality? I often take part in youth conferences. When they finish, withdrawing from that community and spirituality can make you feel lost.

So I guess I was trying to draw a picture of what that moment is. The very start of the

poem and the end part that is repeated is trying to capture that mountain top moment and what that really feels like.

Also, something I'm really passionate about is that our faith does stir us into action. Once we're filled with the Holy Spirit, how do we then go out and transform ourselves and the world?

What struggles have you faced putting your faith into action?

I'd say fear, we all experience that. Fear of rejection. But for me it's apathy as well. It's like 'I just can't be bothered to have that conversation. I need to do this, or get on with this.' I guess that comes from selfishness. Sometimes you're just tired.

But overcoming it I guess is about prayer, it's about recognising that you need help, and asking people for help. And exercising it, the more you do it, the more you put yourself into those situations where you feel a little bit uncomfortable, the more you'll grow in the confidence that God does show up in those situations and it does make a difference.

What advice have you got for people creating spoken word poems?

It's not about the end product, it's about the process! It should come out of prayer, out of conversations with the Lord and other people. It doesn't matter what it looks like at the end, if it's something that's inspired you. Just try things out, put things down on paper.

If you have a gift for anything creative, when you exercise it, when you use it, it will bless other people, but it will bless you as well. Which this poem has done for me!



Quotes

*"United, excited as heat and
praise rises"*

*"We trudge begrudgingly back to
our houses"*

"But when the memories are lost"

"Our planet has a system"

*"And changed by love we will
break chains with love"*

"Freeing the hold of those tied to fear and drowning in oppression, restoring dignity to the lost and those sinking in depression"

"So give over those hands and live out the plans to prosper you, to give you a hope and a future"

"And know that you are not just some body; but you are somebody. His body."

"We're woven together in fabric, which covers the earth and makes us one"

"So burn brightly beloved, make his Kingdom come"