

# St. George's Catholic Primary School and Nursery



## Come and See and Relationship and Sex Education

### Introduction:

The following is intended as a guide for linking Relationship and Sex Education with Come and See. Some of these aspects may be covered in the EXPLORE section where the topic is introduced, starting with the pupil's own experience and extending into the REVEAL and RESPOND sections. Some ideas may be used in the REVEAL process where teaching is explicitly concerned with Scripture and the teaching of the Church. Some topics offer more explicit teaching to develop ideas about Relationship and Sex Education, some less so.

Another way of using this section is when teaching Religious Education which occurs in other aspects of the curriculum e.g. Science, PE, PSHE etc.

## Early Years

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| <p>MYSELF<br/>God knows and loves each one.</p>                       | <ul style="list-style-type: none"> <li>• Each one's name is important</li> <li>• I am special and have a special name</li> <li>• I have a family name</li> <li>• Everyone is precious to God</li> </ul>                                                                                                                                                                                                                       |
| <p>WELCOME<br/>Baptism a welcome to God's Family</p>                  | <ul style="list-style-type: none"> <li>• How we are made to feel welcome</li> <li>• How do we show others that they are welcomed?</li> <li>• How is a baby welcomed into a family?</li> </ul>                                                                                                                                                                                                                                 |
| <p>BIRTHDAY<br/>Looking forward to Jesus' birthday</p>                | <ul style="list-style-type: none"> <li>• Why do we celebrate birthdays?</li> <li>• What a birthday is</li> <li>• What people do while they wait for a birthday</li> <li>• Some of the ways birthdays are celebrated</li> </ul>                                                                                                                                                                                                |
| <p>CELEBRATING<br/>People celebrate in church</p>                     | <ul style="list-style-type: none"> <li>• Why is celebrating important?</li> <li>• What is good about celebrating together?</li> <li>• What a celebration is</li> <li>• Different elements of celebration</li> <li>• Different ways of celebrating</li> </ul>                                                                                                                                                                  |
| <p>GATHERING<br/>The parish family gathers to celebrate Eucharist</p> | <ul style="list-style-type: none"> <li>• Why do we gather together?</li> <li>• How we gather as a church/parish family</li> <li>• What are the things that are better done together and why?</li> <li>• The importance of gathering</li> </ul>                                                                                                                                                                                |
| <p>GROWING<br/>Looking forward to Easter</p>                          | <ul style="list-style-type: none"> <li>• The ways in which we grow</li> <li>• That spring is a time when things begin to grow</li> <li>• The ways in which we can grow in love to be more like Jesus.</li> </ul>                                                                                                                                                                                                              |
| <p>GOOD NEWS<br/>Passing on the Good News of Jesus</p>                | <ul style="list-style-type: none"> <li>• How they and others feel when they have good news</li> <li>• The joy and happiness good news brings</li> <li>• That everyone has good news to share</li> </ul>                                                                                                                                                                                                                       |
| <p>FRIENDS<br/>Friends of Jesus</p>                                   | <ul style="list-style-type: none"> <li>• How friends make us feel happy, comfortable and glad</li> <li>• What makes and mends friendships</li> <li>• It is good to have friends</li> <li>• How we can change and say sorry and forgive each other</li> </ul>                                                                                                                                                                  |
| <p>OUR WORLD<br/>God's wonderful world</p>                            | <ul style="list-style-type: none"> <li>• How wonderful our world is</li> <li>• How we could make God's world even more wonderful</li> <li>• What would happen if we didn't look after our world?</li> <li>• What we love about our world</li> <li>• What fills us with wonder about our world</li> <li>• Everyone shares God's world</li> <li>• How we would feel if we did not work together to share God's world</li> </ul> |

|                                                                  | Year 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| FAMILIES<br>God's love and care for every family                 | <ul style="list-style-type: none"> <li>• How families show love and care for each other</li> <li>• God's love and care for them and their families</li> <li>• How God shows love and care for individuals, families and all of creation</li> </ul>                                                                                                                                                                                                                                       |
| BELONGING<br>Baptism an invitation to belong to God's family     | <ul style="list-style-type: none"> <li>• What it feels like to belong</li> <li>• The experience of belonging to their family and the Church family</li> <li>• How babies are welcomed into the Church family</li> <li>• Parents are blessed</li> </ul>                                                                                                                                                                                                                                   |
| WAITING<br>Advent is a time to look forward to Christmas         | <ul style="list-style-type: none"> <li>• How we feel when we are waiting</li> <li>• Why waiting can be difficult at times</li> <li>• Others may help us as we wait</li> <li>• We can help others</li> </ul>                                                                                                                                                                                                                                                                              |
| SPECIAL PEOPLE<br>People in the parish family                    | <ul style="list-style-type: none"> <li>• Special people help us</li> <li>• What makes a person special</li> <li>• How we can love and serve each other</li> <li>• There are special people who do special jobs at Mass when the parish family gathers</li> <li>• Some of the ways in which these people help</li> </ul>                                                                                                                                                                  |
| MEALS<br>Mass: Jesus' special meals                              | <ul style="list-style-type: none"> <li>• What is important for a happy meal?</li> <li>• What makes a family meal special?</li> <li>• Preparations for a meal</li> <li>• How we can love and serve Jesus</li> <li>• How it is good to say thank you for our meals</li> </ul>                                                                                                                                                                                                              |
| CHANGE<br>Lent is a time for change                              | <ul style="list-style-type: none"> <li>• How the seasons change</li> <li>• The ways in which we change and grow in love and kindness</li> <li>• How we can change and make a new start in lent.</li> </ul>                                                                                                                                                                                                                                                                               |
| HOLIDAYS AND HOLYDAYS<br>Pentecost: the feast of the Holy Spirit | <ul style="list-style-type: none"> <li>• Why are holidays different from ordinary days?</li> <li>• What makes holidays happy times?</li> <li>• How holidays are a time to relax and do something different</li> <li>• We should thank God for holidays and our wonderful world</li> </ul>                                                                                                                                                                                                |
| BEING SORRY<br>God helps us to choose well                       | <ul style="list-style-type: none"> <li>• Making choices that help us feel happy</li> <li>• Making choices that make us feel unhappy</li> <li>• What helps us to make good choices?</li> <li>• How would it be if everyone followed God's rule 'to love one another'?</li> <li>• Sometimes it is hard to say sorry and forgive</li> <li>• It is good to say sorry</li> <li>• The end of the day is a good time to reflect on the choices made and to ask for God's forgiveness</li> </ul> |
| NEIGHBOURS                                                       | <ul style="list-style-type: none"> <li>• Who is our neighbour?</li> <li>• What makes a good neighbour?</li> <li>• How can we be a good neighbour?</li> <li>• What happens if someone is not a good neighbour?</li> </ul>                                                                                                                                                                                                                                                                 |

| Year 2                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <p><b>BEGINNINGS</b><br/>God is present in every beginning</p>                                                   | <ul style="list-style-type: none"> <li>• How you feel when you begin anything new</li> <li>• Why some beginnings are easy and some are difficult</li> <li>• How we begin our day</li> <li>• How each day is a new beginning</li> <li>• God cares for everyone</li> <li>• God being present in all new beginnings.</li> </ul>                                                                                                                                                                                |
| <p><b>SIGNS AND SYMBOLS</b><br/>Signs and symbols used in Baptism</p>                                            | <ul style="list-style-type: none"> <li>• The meaning and importance of some symbols in life</li> <li>• The power of symbols to convey meaning</li> <li>• Some signs and symbols in daily life</li> </ul>                                                                                                                                                                                                                                                                                                    |
| <p><b>PREPARING</b><br/>Advent; preparing to celebrate Christmas</p>                                             | <ul style="list-style-type: none"> <li>• Why it is necessary to prepare</li> <li>• What would happen if you didn't prepare</li> <li>• How would you feel when preparing for a special time?</li> <li>• What is the best way to prepare for Jesus' coming?</li> </ul>                                                                                                                                                                                                                                        |
| <p><b>BOOKS</b><br/>The books used in Church</p>                                                                 | <ul style="list-style-type: none"> <li>• The importance of books in our lives</li> <li>• The need for books</li> <li>• How books help us</li> </ul>                                                                                                                                                                                                                                                                                                                                                         |
| <p><b>THANKSGIVING</b><br/>Mass a special time for saying thank you to God for everything, especially Jesus.</p> | <ul style="list-style-type: none"> <li>• How you feel when you thank others</li> <li>• How you feel when you are thanked</li> <li>• Why we thank God our Father</li> <li>• How the parish family can spread the message of thanksgiving and peace</li> </ul>                                                                                                                                                                                                                                                |
| <p><b>OPPORTUNITIES</b><br/>Lent an opportunity to start anew in order to celebrate Jesus' new life</p>          | <ul style="list-style-type: none"> <li>• How each day offers opportunities for good</li> <li>• What helps a person choose well</li> <li>• The opportunity Lent offers to make a new start</li> </ul>                                                                                                                                                                                                                                                                                                        |
| <p><b>SPREAD THE WORD</b><br/>Pentecost a time to spread the Good News</p>                                       | <ul style="list-style-type: none"> <li>• The importance of messages in daily life</li> <li>• The responsibility of passing on messages</li> <li>• The new life of Jesus</li> <li>• How the Holy Spirit helps Christians</li> <li>• Jesus has promised us new life</li> </ul>                                                                                                                                                                                                                                |
| <p><b>RULES</b><br/>Reasons for rules in the Christian Family</p>                                                | <ul style="list-style-type: none"> <li>• The importance for ourselves and others of keeping the rules</li> <li>• How rules are necessary in life</li> <li>• How it is sometimes hard to say sorry</li> <li>• How it is sometimes hard to forgive others</li> <li>• The good feeling when people make up</li> <li>• The difference between doing something accidentally and on purpose</li> <li>• The importance and helpfulness of examining your conscience every day</li> <li>• A sorry prayer</li> </ul> |
| <p><b>TREASURES</b><br/>God's treasure; the world</p>                                                            | <ul style="list-style-type: none"> <li>• What is a treasure?</li> <li>• what treasures do we share?</li> <li>• We are God's treasure</li> <li>• How we thank God for the treasures of our world</li> <li>• How we should treat the treasures of this earth</li> </ul>                                                                                                                                                                                                                                       |

| Year 3                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| <p>HOMES<br/>God's vision for every family</p>                                 | <ul style="list-style-type: none"> <li>• What makes a house a home?</li> <li>• What makes home a special place for you?</li> <li>• Why is family important?</li> <li>• The respect of parents and children for one another</li> <li>• What do you like to do at home, on your own and as a family?</li> <li>• What do people do for you at home that makes you feel special?</li> <li>• What is sometimes difficult about sharing and being part of a group at home</li> <li>• God's dream for every family</li> </ul> |
| <p>PROMISES<br/>The meaning of the commitment and promises made at Baptism</p> | <ul style="list-style-type: none"> <li>• What is good about being in a group?</li> <li>• Why we have rules</li> <li>• The importance of making promises</li> <li>• How some promises are more difficult to keep than others</li> <li>• The link between the promises made and the consequences of actions following the promise</li> <li>• The role of parents and godparents in bringing up the child in the Faith</li> <li>• What it means to live as a child of the Light</li> </ul>                                |
| <p>VISITORS<br/>The coming of Jesus</p>                                        | <ul style="list-style-type: none"> <li>• How we welcome visitors</li> <li>• How we feel as a visitor</li> <li>• The importance of preparing for visitors</li> <li>• The joys and demands of visitors</li> </ul>                                                                                                                                                                                                                                                                                                        |
| <p>JOURNEYS<br/>Christian family's journey with Jesus</p>                      | <ul style="list-style-type: none"> <li>• Each year has its special times and seasons</li> <li>• Life is a journey</li> <li>• Who is with you on the journey</li> <li>• What makes a journey good</li> <li>• Difficult times in the life's journey</li> <li>• What/who helps?</li> <li>• How we help one another on the journey</li> </ul>                                                                                                                                                                              |
| <p>LISTENING AND SHARING<br/>Jesus gives himself to us in a special way</p>    | <ul style="list-style-type: none"> <li>• The cost of sharing</li> <li>• The joys of sharing</li> <li>• The importance of listening well and sharing</li> <li>• The joys and difficulties of listening and sharing</li> <li>• How feelings affect our own and others desire to listen and to share</li> </ul>                                                                                                                                                                                                           |
| <p>GIVING ALL<br/>Lent is a time to remember Jesus' total giving</p>           | <ul style="list-style-type: none"> <li>• Why people are brave and give themselves to others</li> <li>• The demands of total giving in terms of time and giving up something you want to do</li> <li>• How people give themselves to others</li> <li>• Those in need and how we might help them</li> <li>• Lent is an opportunity for giving, growing in goodness</li> <li>• Jesus' total giving</li> </ul>                                                                                                             |

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| <p style="text-align: center;">ENERGY<br/>Gifts of the Holy Spirit</p>                                         | <ul style="list-style-type: none"> <li>• The energy of wind and of fire</li> <li>• The best use of power of wind and fire</li> <li>• The inspiration of the Holy Spirit</li> <li>• The power and energy of the Holy Spirit</li> <li>• The prayer to the Holy Spirit</li> <li>• The gifts of the Holy Spirit</li> <li>• Christians can use the gifts of the Holy Spirit to help others</li> </ul> |
| <p style="text-align: center;">CHOICES<br/>The importance of<br/>Examination of<br/>conscience</p>             | <ul style="list-style-type: none"> <li>• The meaning of choice and consequence</li> <li>• The importance of making good choices</li> <li>• What helps in making good choices</li> <li>• Consequences of choices</li> <li>• What it means to examine your conscience</li> <li>• How God is always forgiving</li> </ul>                                                                            |
| <p style="text-align: center;">SPECIAL PLACES<br/>Special places for Jesus and the<br/>Christian community</p> | <ul style="list-style-type: none"> <li>• How places become special</li> <li>• What makes a place special</li> <li>• Special places for you and your family</li> <li>• Why is our heart a special place?</li> <li>• Keeping our world a special place</li> <li>• Why do Christians want to keep the world a special place?</li> </ul>                                                             |

| Year 4                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <p>PEOPLE</p> <p>The family of God<br/>in Scripture</p>                                         | <ul style="list-style-type: none"> <li>• The importance of families</li> <li>• Family relationships</li> <li>• Respect for those who give us life</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                       |
| <p>CALLED</p> <p>Confirmation a time to renew<br/>baptismal promises</p>                        | <ul style="list-style-type: none"> <li>• Our response to being chosen</li> <li>• What it feels like to be chosen</li> <li>• Why it is difficult to make a response in some situations</li> <li>• Giving up something else when you are chosen</li> <li>• What help do you need to choose?</li> <li>• The work of the Holy Spirit in our lives</li> <li>• The work of the Holy Spirit in the lives of Christians</li> <li>• What it is to live in the light of Christ</li> <li>• The commitment of people who respond to the call of God</li> </ul> |
| <p>GIFT</p> <p>God's gift of love and<br/>friendship in Jesus</p>                               | <ul style="list-style-type: none"> <li>• What do you value most about the gift of friendship?</li> <li>• What you offer others in your friendship</li> <li>• Why the gift of love and friendship is important?</li> <li>• The joys and demands of friendship</li> <li>• The commitment required by the gift of love and friendship</li> </ul>                                                                                                                                                                                                      |
| <p>COMMUNITY</p> <p>Life in the local Christian<br/>community: ministries<br/>in the parish</p> | <ul style="list-style-type: none"> <li>• The meaning of community</li> <li>• The advantages of being part of a community</li> <li>• What helps to build up a community?</li> <li>• The demands of being part of a community</li> <li>• Why people give time and service in helping others in their community</li> <li>• The causes of a breakdown of a community</li> <li>• How the parish community celebrates together and supports one another</li> </ul>                                                                                       |
| <p>GIVING AND RECEIVING</p> <p>Living in communion</p>                                          | <ul style="list-style-type: none"> <li>• Your experience of giving and receiving</li> <li>• The importance of giving and receiving</li> <li>• The joys and demands of giving and receiving</li> <li>• Why it is important to live in communion</li> <li>• Ways in which we live and grow in communion</li> <li>• How the Eucharist challenges and enables living and growing in communion</li> </ul>                                                                                                                                               |
| <p>SELF DISCIPLINE</p> <p>Celebrating growth to<br/>new life</p>                                | <ul style="list-style-type: none"> <li>• The experience of giving up something and be very disciplined for a good reason</li> <li>• How to be self-disciplined</li> <li>• How self-discipline helps people to grow and make the best use of their potential</li> <li>• Lent; the opportunity to make changes and to prepare for Christ's resurrection on Easter Sunday</li> </ul>                                                                                                                                                                  |
| <p>NEW LIFE</p> <p>To hear and live the<br/>Easter message</p>                                  | <ul style="list-style-type: none"> <li>• What you do when life is difficult</li> <li>• The experience that good news brings life and happiness</li> <li>• How the power of the Holy Spirit helps Christians today</li> </ul>                                                                                                                                                                                                                                                                                                                       |

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| <p>BUILDING BRIDGES<br/>Admitting wrong, being reconciled with<br/>God and one another</p> | <ul style="list-style-type: none"> <li>• What makes friendships strong</li> <li>• How decisions about friendships are informed by beliefs and values</li> <li>• How friendships are built</li> <li>• How friendships may be restored when they have been broken</li> <li>• Sin and the importance of examining your conscience</li> <li>• The greatest commandment, love of God and others</li> <li>• The meaning of contrition and of absolution</li> <li>• Forgiveness of others</li> </ul> |
| <p>GOD'S PEOPLE<br/>Different saints show people<br/>what God is like</p>                  | <ul style="list-style-type: none"> <li>• What makes a person do extraordinary things</li> <li>• How ordinary people do extraordinary things</li> <li>• The qualities you admire in others</li> <li>• How true happiness can be found</li> <li>• How you can do extraordinary things</li> </ul>                                                                                                                                                                                                |

## Year 5

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| <p style="text-align: center;">OURSELVES<br/>Created in the image<br/>and likeness of God</p>              | <ul style="list-style-type: none"> <li>• Talents and qualities, you admire in others</li> <li>• Your own talents and qualities and how you use them</li> <li>• Identify qualities in anyone else</li> <li>• How talents and qualities are developed</li> <li>• We are made in the likeness of God</li> <li>• What being unique means</li> <li>• God's love for us</li> <li>• How Christians are called to live in peace</li> <li>• How people are made in God's image and likeness might live</li> </ul>                                                                                                                                                                                                                                                                                                                                     |
| <p style="text-align: center;">LIFE CHOICES<br/>Marriage, commitment<br/>and service</p>                   | <ul style="list-style-type: none"> <li>• The ingredients of a good friendship</li> <li>• What fidelity means and how it applies to friendship</li> <li>• Responsibilities friends have for one another</li> <li>• Difficulties and joys of friendships</li> <li>• What is important for friendships to thrive</li> <li>• What it feels like to have a faithful friend</li> <li>• Jesus' advice about relationships</li> <li>• The importance of fidelity, loyalty and commitment in maintaining friendships</li> <li>• The importance of commitment and responsibility in relationships</li> <li>• What it means to be committed</li> <li>• The work of Christian service</li> <li>• The sacrament of marriage</li> <li>• The symbols of the promises and blessing of rings</li> <li>• All are called to live in love and service</li> </ul> |
| <p style="text-align: center;">HOPE<br/>Advent; waiting in joyful hope<br/>for Jesus; the promised one</p> | <ul style="list-style-type: none"> <li>• Your experience of waiting</li> <li>• How people wait in different ways, for different things</li> <li>• Why waiting is a mystery</li> <li>• How you can best use the time you spend waiting and what might help you</li> <li>• What you think about when you are waiting for something exciting</li> <li>• How to behave when you are waiting</li> <li>• The difference between hope and expect</li> <li>• Why people wait with hope</li> <li>• The coming of Jesus at the end of time</li> <li>• Advent is a time of waiting hopefully</li> </ul>                                                                                                                                                                                                                                                 |
| <p style="text-align: center;">MISSION<br/>Continuing Jesus' mission in diocese<br/>(Ecumenism)</p>        | <ul style="list-style-type: none"> <li>• The demands and joys of being dedicated to your mission</li> <li>• Discovering your mission</li> <li>• What inspires people in their mission?</li> <li>• The joys and demands of engaging in a mission</li> <li>• The reason why people want to help others</li> <li>• How people carry out Jesus' mission today</li> <li>• Jesus' prayer for unity</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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| <p>MEMORIAL SACRIFICE<br/>The Eucharist; the living memorial of Jesus</p>                       | <ul style="list-style-type: none"> <li>• Why memories are important</li> <li>• How it is possible to keep important memories alive</li> <li>• About sacrifice in daily life</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <p>SACRIFICE<br/>Lent a time of giving in order to celebrate the sacrifice of Jesus</p>         | <ul style="list-style-type: none"> <li>• How you feel when you give</li> <li>• How you feel when you refuse to give</li> <li>• The cost of giving</li> <li>• How people decide whether or not to give</li> <li>• How those decisions are informed by beliefs and values</li> <li>• The costs or rewards that giving can be</li> <li>• That Lent is a season of giving to prepare for Easter</li> </ul>                                                                                                                                                                                                                                                                                                            |
| <p>TRANSFORMATION<br/>Celebration of the Spirit's transforming power</p>                        | <ul style="list-style-type: none"> <li>• How people can use the energy of their minds for the good of others</li> <li>• How people can use time and physical energy for the well-being of others and why they should</li> <li>• How energy can transform</li> <li>• How we can use our energy to transform ourselves</li> <li>• How we can use the energy from the earth's resources in a fair and sustainable way</li> <li>• How the power of the Holy Spirit helps Christians today</li> </ul>                                                                                                                                                                                                                  |
| <p>FREEDOM AND RESPONSIBILITY<br/>Commandments enable Christians to be free and responsible</p> | <ul style="list-style-type: none"> <li>• What freedom parents have a right to</li> <li>• What freedom children have a right to</li> <li>• What is responsible and irresponsible behaviour?</li> <li>• How rules can bring freedom</li> <li>• How people know the boundaries that their personal freedom gives them</li> <li>• How freedom and responsibility are linked</li> <li>• How people's perception of what their freedom allows may conflict with the expectation of others</li> <li>• The importance of the Ten Commandments for Christians today</li> <li>• How the Beatitudes show us a positive way of life</li> <li>• Jesus' teachings on the greatest commandments, love God and others.</li> </ul> |
| <p>STEWARDSHIP<br/>The Church is called to stewardship of creation</p>                          | <ul style="list-style-type: none"> <li>• What I really care about</li> <li>• Showing concern for what I care about</li> <li>• The meaning of stewardship</li> <li>• Understanding the wonders of God's creation</li> <li>• People are made in the image and likeness of God</li> <li>• Christians can be good stewards</li> <li>• The Christian's responsibility to take care of, to be a steward of the earth</li> </ul>                                                                                                                                                                                                                                                                                         |

## Year 6

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| <p style="text-align: center;">LOVING<br/>God who never stops<br/>loving</p>                                     | <ul style="list-style-type: none"> <li>• What unconditional love means</li> <li>• How love is shown</li> <li>• How you are loved and are cared for</li> <li>• What members of your family do for one another</li> <li>• How you show love to others</li> <li>• How people have inspired and influenced you to show unconditional love to others</li> <li>• What it means to be truly loving</li> <li>• How people can show unconditional love for others</li> <li>• The beliefs and values which have inspired and influenced you to be loving</li> <li>• The Scripture text that demonstrate God's unconditional love for everyone even when times are hard</li> <li>• The challenge these passages present to Christians</li> <li>• The Beatitudes and their meaning for today</li> <li>• God's unconditional love and what this means</li> <li>• By living in God's way, as Jesus showed us, we can grow in love.</li> </ul> |
| <p style="text-align: center;">VOCATION AND COMMITMENT<br/>The vocation of priesthood<br/>and religious life</p> | <ul style="list-style-type: none"> <li>• What it means to be committed</li> <li>• Why people are committed</li> <li>• The implications of a lack of commitment</li> <li>• Who shows commitment?</li> <li>• How commitment affects the level of job satisfaction</li> <li>• Responding to the call of Jesus</li> <li>• Our mission in living out baptismal vows</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p style="text-align: center;">EXPECTATIONS<br/>Jesus born to show<br/>God to the world</p>                      | <ul style="list-style-type: none"> <li>• The expectations you have of yourself</li> <li>• Having high expectations of others</li> <li>• Trusting and believing in one another</li> <li>• What happens if you let people down or others let you down?</li> <li>• Patience is important in expectations</li> <li>• The difference between wishing and expecting</li> <li>• The meaning of Advent</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p style="text-align: center;">SOURCES<br/>The Bible, the special<br/>book for the Church</p>                    | <ul style="list-style-type: none"> <li>• The kind of books which are most helpful</li> <li>• Our lives are enriched by books</li> <li>• The wonder of books and how they take a person beyond themselves</li> <li>• The presence of God in the works of scripture</li> <li>• The care and reverence with which the Word of God is treated</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <p style="text-align: center;">UNITY<br/>Eucharist enables people<br/>To live in communion</p>                   | <ul style="list-style-type: none"> <li>• Why friendships are important</li> <li>• The most important value in friendship</li> <li>• What helps a friendship to flourish?</li> <li>• The kinds of behaviour that break a friendship</li> <li>• Those affected when a friendship is broken</li> <li>• Mending broken friendships</li> <li>• Becoming one with Christ and one another in Holy Communion</li> <li>• The unity which Holy Communion brings</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

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| <p>DEATH AND NEW LIFE<br/>Celebrating Jesus' death<br/>and resurrection</p> | <ul style="list-style-type: none"> <li>• The affect of loss in everyday life</li> <li>• The change it brought</li> <li>• What remains the same</li> <li>• What is the best way to cope with loss?</li> <li>• How people cope with loss and death</li> <li>• How death brings new life</li> <li>• Lent, a time to remember the suffering and death of Jesus</li> </ul>                                                                                                                                                                                                      |
| <p>WITNESSES<br/>The Holy Spirit enables<br/>People to become witnesses</p> | <ul style="list-style-type: none"> <li>• When to be a witness</li> <li>• How to be a witness</li> <li>• Why it sometimes needs courage to be a witness</li> <li>• The witness of a local charity</li> </ul>                                                                                                                                                                                                                                                                                                                                                                |
| <p>HEALING<br/>Sacrament of the Sick</p>                                    | <ul style="list-style-type: none"> <li>• Showing compassion and care for those who are ill</li> <li>• Our attitude towards those people ill in their minds</li> <li>• Helping, caring and understanding those with a learning disability</li> <li>• What gives a person comfort when they are very ill?</li> <li>• Why people give time and commitment to caring for others</li> <li>• Why we care for the sick</li> <li>• The Sacrament of Anointing brings comfort to those who are sick</li> <li>• The Christian responsibility for caring for those in need</li> </ul> |
| <p>COMMON GOOD<br/>Work of Christians for the<br/>good of all</p>           | <ul style="list-style-type: none"> <li>• How we can build a fair and just world</li> <li>• The difference between fairness and justice, unfairness and injustice</li> <li>• Helping to promote dignity and common good of one another</li> <li>• Beatitudes; a guide from Jesus about how to live life</li> <li>• The ways we can act justly, love tenderly and walk humbly with God</li> <li>• How Christians can work for the common good</li> <li>• Something about Catholic Social Teaching</li> </ul>                                                                 |