
Diocesan Youth Retreat Team

RECONCILIATION RESOURCES BOOKLET

November 2018

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GOOD DEEDS EXAMPLES

Gave someone a hug today	Wrote a thank you note to someone
Helped with the laundry	Held the door open for someone
Cleaned up someone else's mess	Asked an elderly adult if they needed help
Smiled at five DIFFERENT people	Cleaned my room without being asked
Prayed for someone who is sick	Donated old clothes or toys to needy families
Let someone take their turn before my own	Shared something that is mine
Helped someone learn a skill that I'm good at	Donated time or money to charity
Prayed with my family	Made Mom or Dad a drink (coffee, tea, juice)
Cheered up someone who was feeling sad or lonely	Helped a younger sibling get dressed
Gave someone a compliment	Called out an act of wrongdoing at school
Asked for forgiveness from someone who hurt me	Forgave someone who hurt me even if they didn't apologize
Got someone excited about going to Mass next Sunday	Encouraged someone else to make their own good deeds container

ICEBREAKERS AND GAMES

TWO TRUTHS AND A LIE

Have each person share 3 facts about themselves, 1 of which is not true. Everyone else must decide which of the facts is not true.

If working with a larger group, you can have everyone break up into smaller groups and share their facts with each other.

PULL UPS

Objective

To include everyone in a fun game that mixes people up while at the same time creating a friendly boys versus girls competition.

Materials

- a music source (i.e. laptop, phone, speakers, etc.)
- music playlist

Instructions

- Have everyone sit down on the ground in a circle. Ask for an even number of boy volunteers and girl volunteers to stand in the middle of the circle.
- When the music starts playing, the boys and girls in the middle must each go up to a person of the opposite gender (make sure that they find someone across the circle, not someone directly beside them), gently grab his/her hand, and pull him/her into a standing position, then sit down in his/her place. You are not allowed to refuse someone when they grab your hand.
- Explain that for each round, there will be a different theme that the people in the middle have to act out. For example, one round might be a jungle-themed song where they have to act like jungle animals. In another round, you might have the Star Wars theme song playing and they act like jedis, etc.
- After a short time, stop the music and count the number of boys and girls in the middle. The team that has the least number of people wins that round. Play several rounds before declaring a winner. Start each new round with the people who were standing in the middle when the last round ended.
- Inform the group that this is a competition between boys and girls, and the point is to make sure that there are more people from the opposite gender in the middle of the circle when the music stops.
- As an alternative, you can make this game a competition between children and parents instead of boys and girls.

RECONCILIATION ROOM

Have the participants stand in a circle. Going around, assign each person with one of the following words:

1. Sin
2. Confession
3. Absolution
4. Penance
5. Peace

Choose one volunteer to stand in the middle of the circle. Explain that the person in the middle can call out any combination of words (i.e. "Sin" and "Peace"), and those who have been assigned this word must run to the other across the circle and find a new spot. If "Reconciliation Room" is called out, then EVERYONE has to find a new place!

Emphasize that they cannot just move over to the spot next to them, but they have to go across the circle. Whoever is last is now in the middle.

Alternative: Have a catechist tell a story about Reconciliation using the words above (sin, confession, absolution, penance, peace, reconciliation room) instead of having the person in the middle of the circle call out words.

Tip: To help keep track of spots, have everyone remove one of their shoes. When a word is called, everyone has to find a new shoe (they are not allowed to go to their own shoe).

HUMAN BINGO

Walk around the room and find someone to sign a box if the statement applies to them. You only need to find one person for each box, but you may not have the same person sign more than one box. Once you have your card filled, shout BINGO!

Someone who has lived in another country	Someone who can touch their nose with their tongue	Someone who plays more than two sports	Someone who has broken a bone	Someone who plays a musical instrument
Someone who has more than three siblings	Someone who can speak another language	Someone who is left handed	Someone who has an allergy	Someone who was born in the same month as you
Someone who has a name that begins with an "S"	Someone who likes reading	FREE	Someone who goes on a camping trip every year	Someone who loves to dance
Someone who doesn't like dessert	Someone who has ridden a horse	Someone who has acted in a play	Someone you've never met before	Someone who likes the same subject as you
Someone who enjoys cooking or baking	Someone who has a pet other than a cat or dog	Someone who likes vegetables	Someone who doesn't know how to swim	Someone has travelled to another country

MEMORIES OF CHILDHOOD

Print, cut out, and provide the parents with a copy of the following examples for the "Memories of Childhood" activity.

MEMORIES OF CHILDHOOD

Note to parents:

Share with your child(ren) about a poor choice you made as a young child. Describe how you felt sorry for the harm you may have caused and how a parent, other adult, or anyone else that was involved forgave you and made you feel relieved.

Examples:

- I talked back to my parents/was disobedient
- I lied to my parents about something
- I fought with my siblings
- I made fun of another kid at school and it hurt their feelings
- I took something that didn't belong to me
- I wasn't thankful for a gift that was given to me

*Note that you are not limited to the examples above. You are welcome to share another memory you may recall.

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FUN GRACES

ADDAMS FAMILY GRACE

to the tune of the Addams Family Theme Song

Da da da da (snap, snap)
Da da da da (snap, snap)
Da da da da
Da da da da
Da da da da (snap, snap)

We thank the Lord for giving
The food we need for living
We thank the Lord for giving
The food we eat today

Da da da da (snap, snap)
Da da da da (snap, snap)
Da da da da
Da da da da
Da da da da (snap, snap)

FLINSTONES GRACE

to the tune of the Flinstones Theme Song

God is good, and God is great
And so we thank Him for our food
God is good, and God is great
And so we thank Him for our food
Amen, A-men
Amen, A-men
God is good, and God is great
And so we thank Him for our
We thank Him for our
We thank Him for our food

IN THE NAME OF THE FATHER GRACE

In the name of the Father, and of the Son, and of the Holy Ghost
Here's to the one we love the most
He's hip, He's cool, He's got lots of soul
He gives us the food that makes us whole
So the next time you wanna make a toast
Make it to the Father, and the Son, and the Holy Ghost
Yeah!

KNIFE, FORK, SPOON GRACE

I'm a knife, fork, spoon
Thanks for food
Cha cha cha
I'm a knife, fork, spoon
Thanks for food
Cha cha cha
I'm a knife, fork, spoon
I'm a knife, fork, spoon
I'm a knife, fork, spoon
Thanks for food
Cha cha cha

SUPERMAN GRACE

to the tune of the Superman Theme Song

Thank you God for giving us food
Thank you God for giving us food
For the food that we eat
And the people that we meet
Thank you God for giving us food

WE WILL ROCK YOU GRACE

to the tune of We Will Rock You

Jesus was a cool dude
40 days without food
Living His life by the Golden Rule
Died in our place
Amazing Grace
Spreading His love all over the place
Singing we will, we will, thank Him. Amen
We will, we will, thank Him. Amen.

ADDITIONAL RESOURCES

STICKY SIN SKIT

Objective: To open discussion with the children that once you start sinning, even if it's little (like a white lie), it will start to build and will grow into bigger sins.

Cast:

- main character (MC)
- a stranger walking by
- a priest

Note If required, the stranger and the priest can be played by the same person, using props to show a difference of character

Materials:

- a chair
- a sign that says "DON'T TOUCH" on one side in big writing, and then "SIN" on the other side
- tape
- props to dress the priest (i.e. a stole or something that can represent a stole, like a scarf, and a cross).

Set:

The chair is facing the audience backwards, with the sign taped on showing "DON'T TOUCH" to the audience. **DON'T LET THE AUDIENCE SEE "SIN" WRITTEN ON THE BACK.**

Skit:

This skit can be done as a pantomime, or if you wish you can improvise speaking

- The MC walks by, whistling, and sees the chair that says "DON'T TOUCH". The MC stops, circles the chair curiously.
- Swaggering and acting very smug, the MC points to the chair, and points to himself/herself. (Note: the MC is trying to get the audience to encourage him/her to touch the chair.)
- The MC looks at the crowd, does this a couple of times, smiles, a big smile. He/she touches the chair with one finger, and then quickly jumps away.
- Seeing that nothing has happened, the MC wipes his/her brow then starts to smile again, acting over-confident.
- This time, the MC casually puts his/her hand on the chair, and looks around for a moment. Then the MC tries to walk away, but when he/she tries to let go of the chair, he/she finds himself/herself stuck to the chair. He/she pulls and pulls, and struggles to get unstuck, but nothing he /she does helps.
- Throughout his/her attempt to get unstuck, the MC gradually gets more and more stuck, until he/she is sitting on the chair, both hands stuck, and his/her chin is stuck to the back of the chair. Eventually he/she gives up struggling.

ENTER STRANGER

- The stranger walks in, somewhat oblivious to the MC being stuck to the chair.
- The MC says “psst” and tries to get the stranger to notice him/her.
- Eventually the stranger notices the MC and understands that the MC is stuck to the chair.
- The stranger goes over to the MC, grabs hold of his/her shoulders, and tries to lift him/her off the chair. Nothing Happens.
- The stranger tries to wiggle the MC loose from the chair but nothing happens.
- Eventually, the stranger gives up, shrugs his/her shoulders and shakes his/her head as if to say he/she is sorry, and walks away.
- The MC sighs and looks sad and desperate.

ENTER THE PRIEST.

- The priest walks by, looking as if he’s praying, and the MC gets his attention.
- The priest absolves the MC by making the sign of the cross over him/her
- The MC then finds himself/herself ‘miraculously” unstuck from the chair. (You can make getting unstuck fairly dramatic).
- Overjoyed, the MC gradually becomes unstuck and then excitedly gives the priest a big hug, and jumps around.
- The Priest Exits
- Then very, very carefully (so as not to touch the chair again), the MC takes the sign that says “DON’T TOUCH” off the chair, and turns it around slowly to show that it says “SIN” on the other side. Point to the words, and flip the card around so everyone can see the sign one more time. Do this to get the point across.

Discussion Questions:

- What happened to the Main Character when he/she touched the chair?
At first, nothing, but then as he/she touched the chair more, he/she got more and more stuck.
- What does this skit tell us about sin?
It tells us that the more we sin, the deeper we get, and the harder it is to pull ourselves out.
- What did the Priest do for the Main Character?
Absolved his/her sins, just like in Reconciliation.
- What happened after?
The Main Character was freed from his/her sins.

Explain to the children that when we go to celebrate the Sacrament of Reconciliation, we are absolved from our sins and that Jesus will help us not to sin again, but we still have a responsibility to work on not sinning. Just like how the Main Character was very careful not to touch the chair again after he/she was freed, we have to try to not commit the same sins again after we’ve received absolution.

PENANCE TO PEACE

Objective: To discuss with the children we do penance after absolution in the Sacrament of Reconciliation.

Materials:

- one sign for each letter in the word PENANCE.

Session:

- Ask for 7 volunteers from the audience. Give one letter to each volunteer, and line them up so that they spell PENANCE to the audience.
- Discuss with the children what Penance is. Give them some examples.
 - Penance is something that you are given so that you can show that you are sorry for your sins. Sometimes you are given a task to complete, such as doing the dishes for your parents. Sometimes you're given a prayer to say, like an Our Father.
- Explain that when we sin, we are saying "no" to God, and saying "no" to doing what is right. When we do our Penance, we are no longer saying "no" to God (ask one of the N's to put their sign down), and we are no longer saying "no" to doing what is right (Ask the other N to put their sign down).
 - So, when we say Yes to God and Yes to doing what is right, we are left with PEACE (The letters that are left out of the sign, will spell PEACE).

WE CAN MAKE PEACE SKITS

Preparation

- Copy and cut out Peace-Maker Scenarios.

Instructions

- Talk with the children about the difference between a sin, which is a choice we make to do something that we know is wrong, and times when we do things by accident that hurt or bother others.
- Even when there is no sin involved, we need to be people who choose to make peace, instead of getting mad or upset.
- Explain to the children that you will be asking them to think of ways that they can make peace when something happens to upset them.
- Break the children up into even groups.
- Provide each group with a scenario.
- Have each group draw a scenario slip from the basket.
- Give them about 5 minutes to come up with an ending to the story that shows how they can make peace when someone does something that hurts them.
- Have the groups share their skits.

Discussion

- Ask the children if any of them have ever been in a similar situation where they had to choose to make peace.
- What did they do?
- How are we living out the Sacrament of Reconciliation when we make peace?

PEACE-MAKER SCENARIOS

Somebody trips you during a soccer game	Another student borrows your pencil crayons and uses up your favourite one	You find \$5.00 on the playground during recess
You see another student taking your friend's snack	Your friend breaks your toy that you got for your birthday	Your Dad asks you to out your bike away, but you keep playing your video game
Your older sister said she would help you with math but has been on the phone all night	Your baby brother tore a picture that you drew	You told your friend that you would play after school, but another friend just got a puppy