

One Hundred Thousand Acts of Kindness as a Gift to Pope Francis and the World Meeting of Families from Children Making their Confirmation in 2018

Introduction

This resource from the *World Meeting of Families* is a very simple one to use. It centres on 16 Actions (divided into 5 different categories) for Confirmation candidates to reflect on and undertake in conversation with their parents / guardians (and/or with the help of their teacher / parish).

Pope Francis talking to young people always encourages them to be brave, to go out in to the world aware of their own gifts and talents and to seek to make a difference.

All of the actions are age-appropriate, yet challenge Confirmation candidates to live out as fully as they can their lives in faith.

The five categories of actions are:

- **Showing Gratitude and Joy**
- **Reconciling myself with others**
- **Using my gifts and talents to help others**
- **Making good choices**
- **Caring for the earth, our common home**

This isn't a simple 'to do' list; nor is it about any kind of examination of conscience. Instead what is here seeks to inspire young people to think deeply about how their faith and their lives as interconnected. Faith is something that is to be lived! It encourages important and meaningful conversations, reflections and action.

Pope Francis talking to young people always encourages them to be brave, to go out in to the world aware of their own gifts and talents and to seek to make a difference. The actions suggested here are inspired in particular by two key texts from Pope Francis.

Firstly, ***Amoris Laetitia***, Pope Francis's encyclical on the family, and secondly, ***Laudato Si***, Pope Francis's letter on the care of our common home. For more information on ***Amoris Laetitia*** please see amoris.ie. For more information on ***Laudato Si***, please go to trocaire.org. Where relevant each of the actions is linked back into specific paragraphs of either *Amoris Laetitia* (AL), or *Laudato Si* (LS). The list of actions here can, of course, be modified to suit the educational needs and reality of groups with which the parish seeks to engage.

Most of the Actions are suggestions for individual Candidates to reflect on through discussions with others, but there are also some here that can be undertaken by a class or parish group. There are also some here that can be undertaken by a family together.

In terms of the conversations you might have on these suggested actions, you don't have to go through all of them in the one sitting! For example, you might decide to take one category a week to reflect on together.

The aim is to get to thousands of actions between now and the World Meeting of Families in 2018.

Submitting Acts of Kindness

Candidates can submit their Act of Kindness on-line via this page - **AMORIS.ie/confirmation**

This submission form is intended to be completed by a confirmation candidate along with a parent /guardian (or a teacher), so that they share in this initiative.

The candidate is invited to share what action they have undertaken and what they learned it. Selected Acts of Kindness might be used to help promote this initiative.

All Acts of Kindness will be included in the counter / graph on which records how many Acts appear in each of our five categories.

Thank you for supporting this initiative.