



**"Christ has no body now but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
compassion on this world.**

**St. Teresa of Avila**

**Christ has no body now on earth but yours."**



**MUIREDACH**

*...be inspired, get involved*

*"And what does the Lord require of you?  
....To act justly, and to love tenderly and  
to walk humbly with your God..."  
Micah 6:8*

### **The Muiredach Prayer.**

God our Father,  
in starting our Muiredach Award  
we pray that our saints and holy people  
will intercede with God on behalf of all  
young people who follow in their footsteps  
with a commitment and hunger to know  
God our Father and Jesus His only Son.  
Through the work of the Holy Spirit  
may they grow in wisdom and faith,  
and witness to God's love in the  
time and practical work they undertake  
as part of this project.  
We ask this through Christ Our Lord.  
**Amen.**



**ADYC**

*...Armagh Diocesan Youth Commission*

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September 2009

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# Muiredach

Archdiocese of Armagh, Youth Faith Development Award.

## What is The Muiredach Cross Award?

The Muiredach Cross Award is the new faith development award of the Archdiocese of Armagh. Its primary aim is to create opportunities for our young people to put their faith into action and to celebrate the excellent work currently being done throughout our schools and parishes. In so doing we hope to enable our young people to become a positive influence on the spirit or ethos of their school, their parish/community. Central to this is the development of the leadership skills of our young people. The Award will provide a solid platform for those who in later years may go on to take the Pope John Paul II Award.

## Why Muiredach?

There are two reasons why the Award is called Muiredach. St. Muiredach was one of the first people St. Patrick asked to lead the Church in Ireland. An Abbott-priest who was appointed Bishop by St. Patrick ~ 480AD, Muiredach's story reminds us what we can achieve if we follow the footsteps of Patrick. The Award asks young people to take a lead in their Church through school and parish just like the first person to follow St. Patrick's footsteps. Muiredach also has a strong link with the Archdiocese as the Muiredach Cross is situated in Monasterboice in the south of the Archdiocese. This Cross was used by monks in ancient time to spread the message of the gospel in picture form ensuring it will reach everyone even those who cannot read. Through the Muiredach we are encouraging young people to think of ways they can spread the messages in The Bible to their peers.

## Who do we have in mind ?

The Award is aimed at young people in Years 11 and 12 in Northern Ireland and Transition Year and 5th Year in the Republic of Ireland. The Award may be taken as part of your school's extracurricular programme and will include a project in a local parish. Participation in the programme and completion of the assignments and practical projects will give students personal experience of Christian faith in action in our Catholic Communities.



## The Project Areas involved

Projects should compliment existing activities in your school and fall within the four project areas outlined below. Pupils participating in The Award are asked to work as a team to design and implement one project in each area.

### 1) General School Ethos

School Council Activities  
Peer Mentoring  
Buddy Systems  
Anti Bullying Programmes  
New Pupil Support

### 2) School Faith Based Project

Prayer Group  
Rosary Group  
Special Masses Liturgies, Rosary, Murals etc.  
Stations of The Cross  
Celebration of Special Saints Days  
School Pilgrimage Eg. Lourdes/Taize displays, talks etc.

### 3) Parish /Community Faith Based Project

Parish Rosary, Youth Council, Meal for Senior Citizens  
Church Devotions  
Rosary Project for Homes  
Exam Prayer Support  
PowerPoint Communion Reflections  
St. Brigid's Night (Cross Making and Prayer)  
Inter Faith Activities

### 4) Justice Based Project

Shoe Box Appeals  
St. Vincent De Paul  
Action Aid Romania  
School Trocáire Campaign  
Any School Fundraising for Charities  
Humanitarian Issues and Environmental Projects

**The suggested activities above are not exhaustive. Schools are encouraged to explore possibilities with those involved.**

## Assessment

The Award is assessed through the Muiredach Journal. Participating students will complete 4 brief journals (one for each Project Area) to :-

- Outline what they did ,
- Show an awareness of their level of involvement
- Record their personal journey as a result of their involvement in the Project Area.

Journals may be handwritten or completed using a variety of means eg. Scrapbook, Photo Albums, PowerPoints, Audio or Video recordings or perhaps a suitable web-based application or page on an existing School website.

## Annual Schools' Get Together Day

A day will be organised for all those involved to come together so that participants can share their journals with young people from other schools. Incorporated in this day will be an opportunity for fun, prayer and reflection on their Muiredach experience.

## Timescale Involved

The Award is designed so that it may be completed in one school year although we recommend spreading it over two to have the greatest impact. The Annual School's Get Together Day is the final stage of The Muiredach Cross for all participants.

## I want to get involved. What do I have to do?

Schools wishing to get involved should first of all register with the Armagh Diocesan Youth Ministry Office. Once registered a team of pupils interested in completing the Award should be gathered by the school coordinator.

The Armagh Youth Ministry Office will provide support to schools in preparation and throughout the duration of the awards.



## Further Information

Further information on The Muiredach Award can be obtained on [www.adyc.ie](http://www.adyc.ie) on the Awards Page.





## MUIREDACH

...be inspired, get involved

St. Patrick and St. Brigid brought the message of Christ to the Island of Ireland. By participating in "The Muiredach" the young people of our Diocese will follow the footsteps of the Patron Saints of our land.

We remember them as the man and woman "Ambassadors for God" who prayed that it might never happen that Ireland should lose the people which God had won for himself.

...that's you and me!







# PATH in ACTION

**Can you walk the walk?** Can you follow in the footsteps of St. Patrick and St. Brigid and help keep your county, your parish and your school that bit closer to the ways of God?