



Moment One: November Resource

November is a time for remembering all our loved ones that have passed away. Remembering is a very important part of the healing process. Even though our loved ones are gone, they are always with us in our memories and in our hearts. At the beginning of this class we'll just take a moment to remember our loved ones that are no longer with us.
(Pause)

The video you are about to watch is at a remembrance service for all those lost during the 9/11 tragedy. Listen carefully to the text of the piece of music.

Watch: <https://youtu.be/lv4y3Pnh-qc> (4:25)
The refrain of this song is:

Even though the rain hides the stars,
Even though the mist swirls the hills,
Even when the dark clouds veil the sky,
You are by my side.
Even when the sun shall fall in sleep,
Even when at dawn the sky shall weep,
Even in the night when storms arise,
You are by my side, You are by my side.

Discussion

What is the message of this verse?

Personal Reflection

Describe a time when you felt that the dark clouds veiled the sky.







Describe a time when you felt that God was by your side.

A large rectangular box with a dashed orange border and a solid orange border. Inside, there are eight horizontal blue lines for writing. Three orange hearts are placed around the box: one on the top left, one on the middle left, and one on the bottom right.

Short Meditation

Sit comfortably in your chair and close your eyes. Once you are in a comfortable position, just focus on your breathing. Do not change it in anyway, just be aware of the cold air as you breathe in and the warm air as you breathe out.

Listen carefully to the next song and try to pick out the most comforting lines for a person that was grieving.

Watch: <https://youtu.be/cRBzk2nsil4> (3:35)

Now read the Gospel of John 14:1-14. In the space provided, record five verses that would be comforting to a person that was bereaved.

Five thought bubbles of different colors (blue, orange, green, yellow-green, and light blue) arranged in a circular pattern, each with a small circle at the bottom for a tail.



Read the following Bible passages. In your own words, what are the messages of these passages?
(Write your answers in the space provided)

Titus 1:2

1 Peter 1:1-12

Psalm 23

Jeremiah 29:11-13

If you were trying to comfort a family member or a friend who had just lost someone they loved, would you use any of these biblical passages to help them in their tough time? If yes, which one(s) would you use?

Personal Reflection

Having read the above biblical passages and listened to the songs, create your own religious based words of advice for someone that is bereaved. These could possibly become words that your Catholic school could use at times of tragedy.



