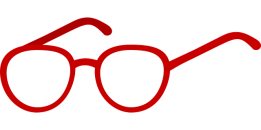
**AECI KS2W121120 : ‘Sabeth, Light and Sight’**

**Learning Objectives**: *i) To reflect on human gifts and qualities, and the physical world as gifts and signs of God’s love ii) To consider key imagery that speaks of God in the Gospels.*



<https://www.youtube.com/watch?v=zp7NtW_hKJI>

*‘Through all darkness, all powerlessness, I want to keep my eyes fixed on you and to remain under your great light. O my Beloved Star, so fascinate me that I may never be able to leave your radiance’ (Elizabeth of the Trinity)*

1.  Do you have a nickname? Do people sometimes use an abbreviated or shortened name for you? Can it be an expression of ‘love’ or ‘affection’? Elisabeth Catez (pictured above) was born in Dijon, in France, in 1880. Her grandfather and her father both died in the year 1887 when she was a very young girl. There were times when she was angry and confused about the world around her. Her mother chose the nickname **‘Sabeth’** for her, meaning ‘abundance’ or ‘plentiful’. Elisabeth had one younger sister, Marguerite, known as ‘Guite’. They were a very close family of three, living in a second floor flat in Dijon. Look up the city of Dijon on a map of Europe and try to find out three things that it is famous for today?
2.  What is faster, the speed of **light** or the speed of sound? In many religious stories we learn about God communicating through both light and sound. Can you think of an example of the power of ‘the great lights’ and ‘stars’ in a holy story? What else can stars represent or ‘symbolise’? *Read the Gospel of John 8:12-15* carefully and consider what Jesus might be telling us. Using the map of Europe, try to calculate (in ‘km’) the distance between Dijon and the city or town where your school belongs. With a ruler, draw or trace an ‘equilateral triangle’ (...same in French!) onto A5 card. Cut it out. Make a second one. Together they make a hexagon shaped star. Write your name, or nickname, on one side of the star.
3.  There are times when the stars are all out displayed in the night sky and we can try to spot their alignments and their patterns. Do you know of any? And there are times when it is cloudy and hazy, so there is little **sight** of any stars in the sky. Are these ‘night lights’ still there we wonder! Have you missed some special people or ‘*stars*’ in your life during the recent ‘Covid 19’ pandemic and lockdown? Now name the other side of the star that you made after someone special to you – use their nickname if you wish. Make sure you now hand them back to the teacher. The artist Vincent van Gogh painted a scene called ‘The Starry Night’ when he was unwell. Find it online and count the number of stars you see. Who do you think Elisabeth Catez had her eyes ‘fixed on’?

Further Activities:

1) What does the word ‘radiance’ mean?

2) Learn more about the painting ‘The Light of the World’ by English artist William Holman Hunt (1827-1910) at: <http://www.williamholmanhunt.org/light-of-the-world/>.

3) Try your hand in the kitchen and make some ‘Dijon Mustard’. Just follow the link: <https://www.youtube.com/watch?v=6LU02AGrsTk&t=141s>

**AECI KS2W221120 : ‘Energy, Rest and Rise’**

**Learning Objectives*:*** *i) To explore God’s call to individuals and their different responses ii) To consider the informal use of personal prayer*

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<https://www.youtube.com/watch?v=abIS8LjCcMI&list=RDabIS8LjCcMI&start_radio=1&t=15>

*‘Each incident, each event, each suffering, as well as each joy, is a sacrament which gives God to it; so it no longer makes a distinction between these things; it goes beyond them to rest in its Master, above all things’ (Elizabeth of the Trinity)*

1. Elisabeth Catez (or ‘Sabeth’) was a very talented piano played when she was young. She liked to perform pieces by the Polish composer ‘Chopin’ at concerts and events. Has music helped you and others over these last few months during the ‘Covid 19’ pandemic and in ‘lockdown’? What else has given you ‘**energy**’ or a ‘positive feeling’ in life recently? What are your ‘gifts’ and your talents? How can you use them to support others. to bring ‘light’ and ‘joy’ to people at this difficult time?
2.  What have you learnt about the word ‘*sacrament*’? Can you name a ‘*sacrament*’? Elisabeth began to see both ‘good experiences’ and ‘bad experiences’ in her life as a way of stepping closer to the God that ‘lived within us’. This was not something physical, like one part of our body, but spiritual.

It is perhaps more like feeling a piece of music deeply, or holding something of nature that heals us and helps us to **rest** and to stay calm.A gift of hope and of courage. How do you rest and relax?There has been a lot of news about ‘Covid 19’ recently. How do you escape it and ‘let go’ of any bad news? Try reading these words silently to yourself over three minutes:

*‘May today there be peace within*

*May I use the gifts that I have received*

*May I pass on the love that has been shown to me*

*May we be content and rest*

*Knowing we are all children of God’*

1. Look at the picture below. Where do you think the picture was taken? Was it taken in the morning, afternoon or the evening? At what part of the day do you feel at your best? What positive qualities have you noticed about people these recent months?



Earlier we looked at ‘*Sabeth, Light and Sight’*. Now, let us think about one motion or movement – the Earth rotating or spinning towards the east. That is why the sun, the moon, the planets, and the stars all **rise** in the east and make their way westward across the sky. Can you remember what Elisabethsaid about her ‘Beloved Star’? Think about her words again while watching this short video clip: <https://www.youtube.com/watch?v=huysYcz-AiQ>

Further Activities:

1) Try your French out! How would you say ‘play some piano please Sabeth’!!

2) Can human beings be examples, or symbols, of ‘courage’? If so, how?

3) What do you think Sabeth could mean about any event ‘resting in its Master’?

**AECI KS2W321120 : ‘Gaze, Reflect and Crystallize’**

**Learning Objectives:** *i) To explore ways in which love and commitment are important in human life ii) To consider the motives and emotions which influence choices*



<https://www.youtube.com/watch?v=ZChYBm6eC9c>

*‘A soul that gazes on God in faith and simplicity is a reflector of all that God is. It is like a crystal through which God can radiate all perfections’ (Elizabeth of the Trinity)*

1. Can you remember the different photographs that you have seen of Elisabeth Catez? How are they different from one another? It was around this age, in the picture above, that Elisabeth began to think more about the person of Jesus. He caught her attention – or her **gaze -** you could say! Is a gaze different than a stare? How? She thought of Jesus as a real friend on her journey in life, helping her with any anger or loneliness as she grew older. Change can be scary at times. Can you think of any examples of the way people grow, change or develop in these different categories over time:

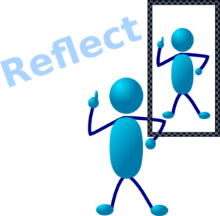
*In Height:*

*In Hobbies:*

*In Knowledge:*

*In Community:*

*In Faith:*

1.  Do you ever daydream? When? Have these last few months (during the ‘Covid 19’ pandemic) felt a bit like a ‘dream of sorts’ because life and school has been so very different? Many Christians regard the crucifix as not just a symbol of their belief or faith, but a piece of history that reveals something very important. Suffering can happen to all of us – even at times when we do not expect it or deserve it! This connection with Jesus for Elisabeth was precious in her life. She felt Jesus had been ‘moved’ in ways she recognised. Try a little reflection exercise. Look in the mirror and name five features where your appearance reflects somebody else’s – Mum’s knees! Grandad’s hands! Dad’s ears! How might human beings **‘reflect’** something of ‘all that God is’?
2.  To ‘**crystallize**’ means to take on a particular form or shape. Maybe one we do not even recognise. Check out this funny poem: <https://allpoetry.com/Bongaloo>. Sometimes we might think of ‘ice’ when we hear the word ‘crystals’. Watch this video of the pianist ‘Einaudi’ performing in an unusual setting: <https://www.youtube.com/watch?v=2DLnhdnSUVs>

If water can take on different forms, can God perhaps take on different ‘Persons’? In pairs decide who are number 1 and number 2. Start a conversation. When the teacher shouts ‘*Crystallize*’, number one stops and copies the exact position of number 2! Now swap over! Was it easy? When she was 19 years old, Elisabeth Catez became a Roman Catholic nun. She wanted to learn more about ‘the perfections’ and the ‘love’ of God in this sometimes very difficult world. She felt God always had a place, even a ‘home’ inside her. She eventually took the name ‘Elizabeth of the Trinity’. Find your star from the earlier lesson. Make it colourful and bright. When it is finished, perhaps hang it in the classroom or in a special place at home, where it belongs! Make sure it is near the ‘Light’ and that you can see both of the names written on it! It

Further Activities:

1) How is a crucifix different than a cross?

2) Conduct a short class survey about how people prepare themselves in the mornings. What do they do to start the day in a ‘positive’ and ‘happy’ mood?

3) Read more about the life of Elisabeth Catez (‘Sabeth’) at: [www.aecinstitute.org](http://www.aecinstitute.org) Learn more about a Carmelite community at: <https://youtu.be/qQDfxVmefig>