



CATHOLIC HEALTH ASSOCIATION OF MANITOBA
ASSOCIATION CATHOLIQUE MANITOBAINE DE LA SANTÉ
МАНІТОБСЬКА КАТОЛИЦЬКА АСОЦІАЦІЯ ЗДОРОВ'Я

Suggested Middle School Classroom Activity

Offering Messages of Hope (15 mins)

1. Assign half the students in the class to write a message of hope and comfort for someone who is sick
2. Assign half the students in the class to write a message of hope and comfort for someone who is a caregiver for the sick (nurses, doctors, etc)
3. Optional: When completed, if possible, you can mail these to a Catholic seniors care home or have students take them home to mail to someone they know who is sick/suffering or is a caregiver.
4. End with these two prayers:

Special Blessing for the Sick

Father in heaven, grant our brothers and sisters comfort in their suffering. When they are afraid, give them courage, when afflicted, give them patience, when dejected, afford them hope, and when alone, assure them of the support of your holy people. Through Christ our Lord. Amen.

Special Blessing for Caregivers

Lord Jesus, our Brother, you showed your love for the sick by your concern for them. Help us to see you and serve you in the sick. Bless these men and women who are dedicated to helping and healing the sick. Guide them in their labours and give them a greater share of your love. Reward their service by the peace and joy of your Holy Spirit and by the everlasting happiness of heaven.

Lord Jesus, we praise you, for you are our Lord forever and ever. Amen.