

**March:  
Elderly and Disabled- Lives That  
Shouldn't be Labeled**

## Opening Prayer:

Let us pray...

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Dear Lord, You have given each of us life, a life that You designed and planned for us. Help us to value all life- especially the lives of those that appear to be weak, helpless, or different than us. We ask this in Jesus' name, Amen.

## Spiritual Adoption: A Reflection- Your Baby is 6-months old!

Can you believe I am 6 months old? I can hear sounds from the outside and I love my mommy's voice so much! Now, I can open and close my eyes. I can't wait to see the world once I am born! I bet it is so beautiful. There is not much room in here since I am getting bigger. I do have my favorite position that I like to snuggle in and go to sleep. Please keep praying for me. I am so thankful for you prayers.

## Spiritual Adoption Prayer:

"Jesus, Mary and Joseph, I love you very much. I beg you to spare the life of the unborn baby that I have spiritually adopted who is in danger."

- Prayer of Archbishop Fulton J. Sheen



**Objective:** All lives, including the elderly and people with disabilities, are valuable until natural death.

**Bible Verse:**

*"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." Matthew 25:40*



**Theme:** Inform the students of ways they can show God's love and compassion to the elderly and people who have disabilities. Children are very visual, and it is important to teach them that although some people look "different," their lives are very valuable and need to be respected. Every person is important and of value- regardless of size, age, ethnicity, economic status, ability, etc.

### Did you know?

Every person is important and of value- regardless of size, age, ethnicity, economic status, ability, etc.



## Questions? - The Elderly

### Write the answers in your journal.

- How do the elderly (grandparents) help us? Why are they valuable?
- What can we do to reach out to the elderly?

## Questions? - People with Disabilities

### Write the answers in your journal.

- Discuss the differences we notice in others- even our family members (hair color and texture, eye color, age, personalities, strengths, weaknesses, etc.). Do these differences make us less valuable? Why or why not?
- Do you know someone with a disability? What is their disability? How have they overcome this disability?
- What are some other disabilities that people may have?
- Are these people less valuable?
- What are some of their strengths?
- Do we have the right to end a life because someone has a disability?
- How can we help those who have disabilities in our community?



## Activity: Blindfold Activity

- Choose two students to be volunteers.
- Place the blindfold over one of the student's eyes. Have the other students lead him or her.
- Have the blindfolded student attempt to do different activities (ie, write, tie his or her shoe, shake someone's hand).
- Try it with several different students.
- Have each student pay attention to how they feel .

## Discussion:

- How did it feel to be blindfolded and led by someone else?
- Was he or she any less valuable because they couldn't see?
- How did it feel leading that person?
- Have the students list and discuss ways that they can help those who have disabilities and the elderly.
- Discuss the ways that many people overcome their disability.



## Activity: Grandparent Letter

- Have each student write a letter to their grandparent or an elderly person.
- Encourage the students to thank this person for things they have done for the student.
- Let this person know how much they are loved and appreciated.
- Have the students brainstorm the reasons this person is important to them and talk about the gifts they offer from their experience.
- If it is someone the student doesn't know personally, it can be a general letter. A prayer can also be included with this letter.

## Discussion:

- Discuss the importance of the elderly and grandparents to our society.



## Activity: Visit a Home for the Elderly or a Home for People with Disabilities

- Encourage the students to visit their grandparents, a home for the elderly, a home for those who have disabilities, or a hospital.
- They can assist the elderly or those with disabilities in some way.
  - For example, students may do some chores with them, pray with them, share stories with each other, etc.

## Activity: Have an Elderly or Person with a Disability Visit the classroom

- Have an elderly person or someone with a disability come talk to the students about God's plan for his or her life.
- This person can share how he or she is able to overcome life's obstacles and challenges.
- This person needs to let the students know that, despite their disability or age, they are truly thankful for the gift of life and know that God has a plan and purpose for their life.

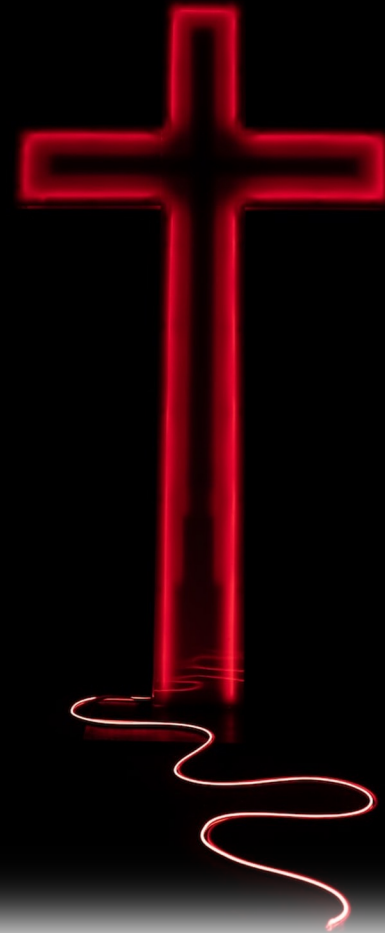




## Closing Prayer:

Glory be to the Father and  
to the Son and to the Holy  
Spirit, as it was in the  
beginning is now, and ever  
shall be, world without end.

Amen.

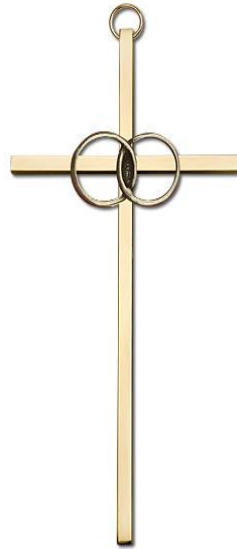


# Spiritual Works of Mercy

## Novena for March

Let us pray...

Dear Jesus, sometimes people have problems that do not allow them to do everything that most people can do. Help us to always remember that even though a person may not be able to move or think or do many things, they are still just as valuable to You and to us as everyone else. May we always help those who are weaker and less able to do things both by our prayers and actions whenever a person needs help. Please protect those who are disabled or elderly in all that they do. In Jesus' name we pray, Amen.



**Virtue: FAITH:** "We believe in God and believe all that he has revealed to us and that the Holy Church proposes for our belief because he is truth itself." ~CCC 1814~

