

CONFIRMING HOPE

Team Hope's project for Confirmation students.

Confirming Hope introduces Confirmation students to the UN's Sustainable Development Goals in this fun, relevant, multimedia presentation. Focusing on Goals 1,2 and 6 we explore how young people can make a difference both locally and globally.

Confirmation can play a key part in the development of global citizens in Ireland and we examine how God, through Confirmation, can help and equip us to help others.

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Session 1

About Team Hope

Team Hope is an Irish, Christian development aid charity, working with children, their families and communities across Eastern Europe and Africa.

Best known for our Christmas Shoebox Appeal, we also help children all year round through a variety of community development projects. Through the Christmas Shoebox Appeal we see the needs of children and we try to help.



We provide



CLEAN WATER

In Africa we provide clean water solutions to homes, villages, schools and hospitals. We teach communities about water hygiene and train people in creating dams and conserving rainwater.

QUALITY EDUCATION

Through our partners we build and equip schools, aiming to ensure that education is available to all children, regardless of income or background.



GENDER EMPOWERMENT

In Africa, we teach women to use their skills and talents and to work together to start their own businesses. In Eastern Europe we support our partners in educating young women about the dangers of trafficking.

HEALTHCARE

We support medical centres, hospitals, dental services and home-based care in Africa and Eastern Europe.



ADDRESSING HUNGER

As well as conservation farming, goat breeding, bee keeping, nutrition projects for under 5 year olds and school lunch provision are just some of our projects aimed at addressing hunger issues across many countries.



The Sustainable Development Goals, otherwise known as the Global Goals, are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity.

THE GLOBAL GOALS

For Sustainable Development



Worlds largest lesson video:

5mins16sec

<https://youtu.be/-cEUhHTlcDU>



ASK:



What goal do you think is the most important?

Do you care most about personally:

The environment?

People's needs (water, food, healthcare)?

Justice (equal rights, education, ...)?

What goals have you learned about before?

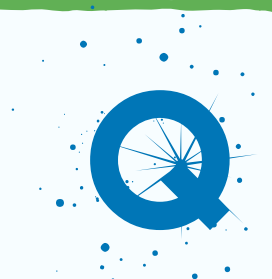
What action have you already taken in your school or at home?

You must understand that you are not alone. We are one body,
one people, one Church in Christ"

-Pope John Paul II

(Alive O Workbook, page 15)

ASK:



What does it mean to be one people?

Do you think we should help people in our communities?

Why/Why not?

Have you ever done this before?

Who does 'one body' include?

Your class? Your neighbours? Your county? Ireland? The World?

Who should WE help?

Bible verses

Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress.

-James 1:27

When a foreigner resides among you in your land, do not ill-treat them. The foreigner residing among you must be treated as your native-born. Love them as yourself, for you were foreigners in Egypt. I am the LORD your God.

-Leviticus 19:33-34

ASK:

The Bible talks about orphans, widows, people lacking material wealth and immigrants as being particularly vulnerable groups.

Culture has changed a lot since these words were spoken; are these people still considered poor today?

Who else might we add to the list? (Think about different types of poverty e.g. someone who is homeless, people who are lonely, those who don't have access to an education etc.)

Who are the poor in our local community? In our country? In our world?

What does being 'one body' mean in terms of how we treat others whether they are near or far?



PRAY: Dear God, please help us to love the world the way you love us. Help us to know how to help others who are in need.

Game

Share a pack of smarties between the children in your front row, give 10 to some, 5 to some and 1 to some. Keep the majority for yourself.

Ask the class if they think this is fair. (This might get noisy!)

Ask them what feelings they have about this.

Ask how you might redistribute for it to be fair.

Ask them why they think everyone deserves the same amount?

Tell them that maybe the students have been rewarded for their hard work and ask them what they think.

The aim of this game is to encourage debate.

Why do some people start off with more than other in the world?

How can we make the world more fair?

How do your students feel about unfair advantage?

You can discuss sacrificing your own happiness for the sake of group harmony and debated the value of work – whether it deserves reward.

But as for you, return to your God, hold fast to Love and Justice. Hosea 12:6

Love justice, seek Mercy, Walk Humbly with your God. – Micah 6:8

ASK:

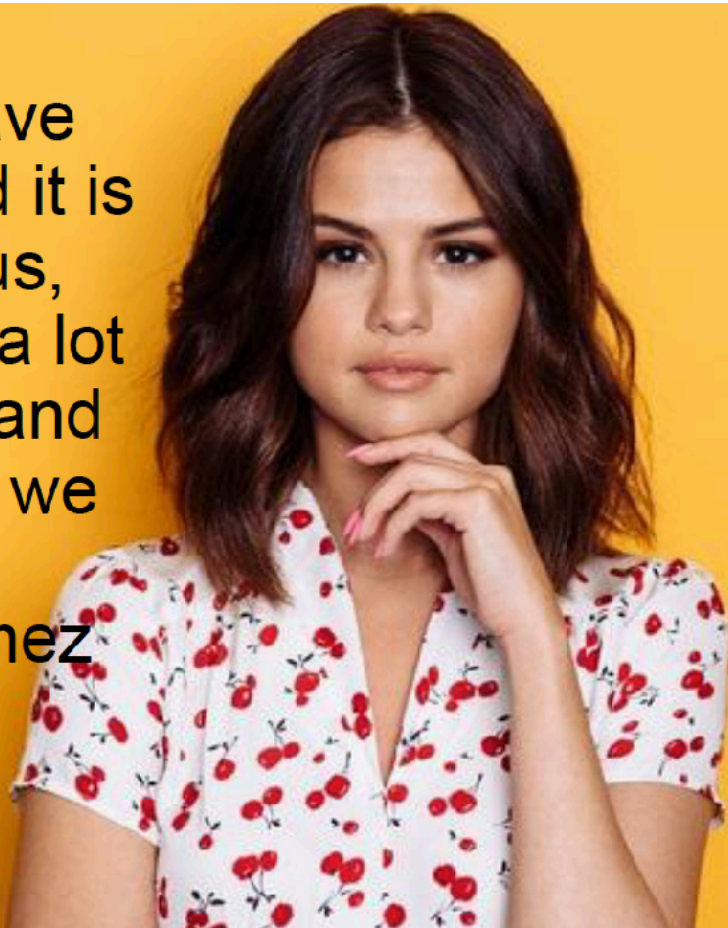
Do you have what it takes to be an innovator/
a campaigner?

What one small difference can you make to the world today?

What action have you already taken in your school or at home?



“We only have one life, and it is very precious, and there's a lot we can do, and there's a lot we should do.”
Selena Gomez



Watch: If Our World Was Only 100 People:

3mins35sec

<https://youtu.be/A3nIBT9ACg>



Session 2



Goal 2: Hunger

Hunger occurs when people do not get enough nutrients (energy, protein, vitamins and minerals) for fully active and healthy lifestyles.

1 in every nine people in the world go hungry every day¹.

Hunger is the leading cause of death in the world. Our planet has provided us with tremendous resources, but unequal access and inefficient handling leaves millions of people malnourished. If we promote sustainable agriculture with modern technologies and fair distribution systems, we can sustain the whole world's population and make sure that nobody will ever suffer from hunger again.

-GlobalGoals.org

Watch: Kids respond to hunger issues

2mins49sec

<https://youtu.be/OwluOVJAn-0>



¹ The State of Food Security and Nutrition in the World 2018, by the Food and Agriculture Organisation of the United Nations

Why does hunger exist?

Poverty:

The majority of the world's poor cannot afford enough food to feed themselves and their families. Their diets don't include many vegetables or much meat. Many farmers in developing countries can't afford seeds to grow their own food.

Many developing countries lack roads, and other systems that would help them to overcome hunger.

Disease and illness:

Hunger and malnourishment can lead to disease and illness, but disease can also lead to malnourishment, which makes people weak and unable to work to afford food.

Lack of education and poor health for women:

In many countries women and girls are fed last and sent to school last. Their undernourishment means that their children are born undernourished and their lack of education means they don't learn about eating nutritious food.

Famines and natural disasters:

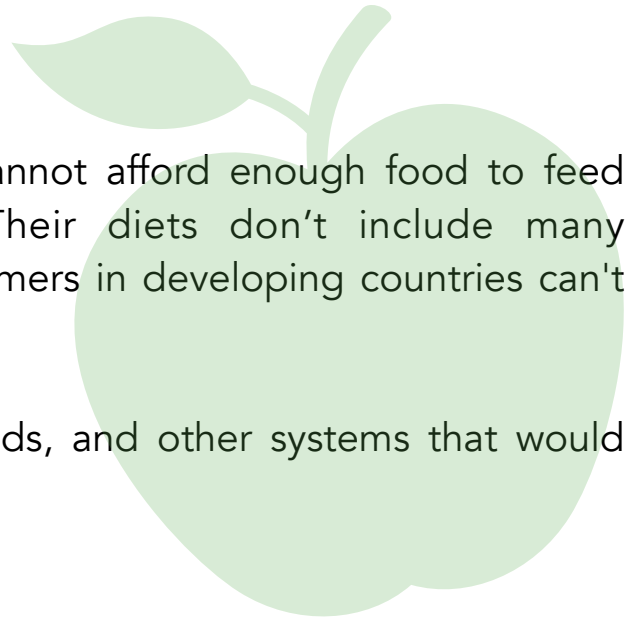
Natural disasters such as floods, hurricanes, droughts and tsunamis are increasing. Drought is already one of the most common causes of food shortages in the world.

War and conflict:

War and conflict limit access to food and disrupt farming. For those forced to leave their homes, food can be hard to get, especially nutritious food.

Food wastage

One third of all food produced (1.3 billion tons) is never consumed. Not only does this food go to waste but producing it uses up water, produces greenhouse gasses and effects climate.



As a class, pick one of the reasons above and make a list of ways this could be helped.

ASK:

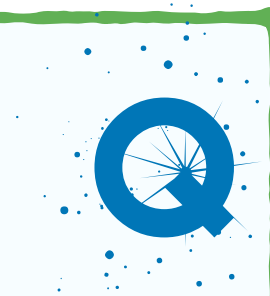
If you ruled the world what would you change?

If you ruled Ireland could you do anything to help?

If you were principal of your school could you do anything to help?

Do you think sending food would solve the issue of hunger?

Do you think sending money would solve the problem of hunger?



Watch: Global Goals Hunger Comic:
https://youtu.be/_l-un8uNXq0

40seconds



What does hunger look like in Ireland?

Safefood, who promote awareness and knowledge of food safety and nutrition in Ireland, define poverty in Ireland as follows:

1. A person cannot afford a meal with meat or a vegetarian equivalent every second day
2. A person cannot afford a weekly roast dinner or vegetarian equivalent
3. Or a person who missed a meal in the last two weeks due to a lack of money.

In 2017 one in five Irish children went to school or bed hungry.²

1 in 10 adults say that they cannot afford to feed themselves a healthy diet on the amount of money they have to live on.³

More than one million tons of food is wasted every year in Ireland, and 60% of this waste could be avoided. Annually, this equates to €783.72 per household.⁴

There is a history of social shame associated with poverty. It's not something people feel comfortable talking about.

- www.WholesomeIreland.com

Are you often hungry or do you know someone who is? Talk to your teacher or parent/guardian today.

In small groups design posters to help to raise awareness of hunger issues here in Ireland.

² Healthy Food for All -An all-island charity seeking to address food poverty by promoting access, availability and affordability of healthy food for low-income groups.

³ OECD Economic Survey of Ireland 2013.

⁴ Department of Communications, Climate Action and Environment

What is being done?

Over 500 breakfast clubs have opened in schools and communities in Ireland to increase attendance and participation throughout the school day by making sure children are fed a nutritious meal.

A non-profit called FoodCloud helps supermarkets and other businesses reduce food waste by sharing it with non-profits using an app.

Watch: Global Goals Zero Hunger video:
<https://youtu.be/iteCytv0RqY>

1min53sec



How many of each of these have you eaten this week?

Vegetables	Fruit	Meat/Fish/Eggs/Nuts	Bread/Pasta/Cereal

Team Hope's Response

We work across Africa to help families to provide enough food for nutritious meals every day.

We aim to help communities to gain self-sufficiency. This means that we don't just give food, we give education, training and support.

In Malawi

Food provision for orphanage in Malawi:

Team Hope, through our partners are working in the community of Phalombe. Together we are reaching out to Orphans and vulnerable children with feeding programmes.



We also give loans to individuals so that they can start small businesses of their own. This helps them to make money to feed themselves, their families and even their communities. Some of these loans include training in:

Bee keeping – Our bee keepers sell both honey and beeswax

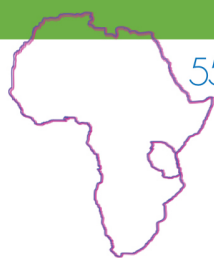
Goat breeding project – Families can raise goats and sell the kids on to other families to provide them with milk and money for food.



Conservation Agriculture- Tanzania

In Tanzania we are training farmers in new farming methods that will help them to grow more crops to feed their families. The new methods help them to combat climate change and to help their land to produce food for longer.

Conservation Agriculture in Tanzania



55 million people live in
Tanzania



Approx. 70% of the
population are involved
in agriculture



Approx. 70% also live
below the international
poverty line

Climate change makes
things harder



unreliable
rain



higher
temperatures



Our project trained 60 farmers in 2017 in the principles of
Conservation Agriculture

Touching the
land as little
as possible

Preparing
the land
before the
rainy season

Planting
mutually
beneficial
crops
together

Mulching to
keep
moisture in
the soil

Reducing
dependency
on chemical
fertilisers

Conservation Agriculture can increase harvests by over **100%**

Families who were harvesting 45kg of maize ($\frac{1}{2}$ a bag)
can now harvest 180kg (2 bags) from the same land!



"We have
plenty of food
in the home...
there is joy"



"Thank God for
the training.
We got a
harvest."



Swaziland

In Swaziland we have started over 100 women's self-help groups. Groups of women come together and use their skills and gifts to start a business.

As the poor in their communities they feel voiceless, powerless, and vulnerable. By bringing them together as a group and making them aware of their rights, they have tremendous strength. We believe that God has given each one of us a potential and within these groups people are helped to discover their potential.

They use the money for their families and to help their local communities. They also support each other through their daily struggles. Some groups make clothes, some grow crops, some make furniture, they do whatever they think they can do well.

The **Ciniselani group** has 12 members.

They invited professionals to teach them how to make floor polish and fabric softener that they can sell. They can each make it in their own homes. They have also committed to saving €2 per week and to contributing the same amount each to buy more materials.



A portrait of a young man with dark hair, smiling, wearing a blue and white checkered shirt under a dark blue quilted vest. The background is a solid light purple color.

INSPIRATIONAL
YOUNG PEOPLE

Salvador Gómez Colón

Salvador Gómez Colón

When Hurricane Maria hit Puerto Rico in September 2017 it knocked out power across the island. It was over a year before power and clean water were restored to almost everyone.

At 15, Salvador said he initially felt scared and overwhelmed, especially when his family started to ration food. He said "Then I asked myself, how could I give people hope?"

His answer was to start 'Light and Hope for Puerto Rico', a Generosity campaign he started to raise money for solar lamps, hand-operated washing machines and other supplies for his neighbours in need. In four days, he raised \$36,000.

"One day should not go by that we don't remind ourselves of how we can make other people's lives better"

A portrait of Mary Grace Henry, a young woman with long, wavy brown hair, smiling. She is wearing a white short-sleeved polo shirt. The background is a solid light purple color. In the top left corner, there is a white rectangular box with a hand-drawn style border containing the text 'INSPIRATIONAL YOUNG PEOPLE'. To the right of her head, the name 'Mary Grace Henry' is written in a large, black, sans-serif font.

INSPIRATIONAL
YOUNG PEOPLE

Mary Grace Henry

Mary Grace Henry

At the age of 12, Mary Grace Henry became determined to change the life of an underprivileged girl by funding her education.

She asked for a sewing machine for her birthday and taught herself how to make reversible headbands to sell at her school shop. Soon, she made enough to put one girl through education. But she didn't stop there. Since then she has made thousands of hair accessories and has sent 115 girls in Kenya, Uganda, Paraguay and Haiti to school with her programme, Reverse The Course.

When she won a World of Children award, she said:

“Educating a girl can reverse the course of her life, change the course of a community...and a country.”

ASK:



What resources did these young people use to help others?
(Time, money, skills, influence...)

How did they pick their causes?

What injustices do you see in your own life?

What do you feel passionately about?

Did they have any resources that you don't have?

What action have you already taken in your school or at home?

Have you ever/would you ever do something to help someone else when it doesn't benefit you at all?

Fruit of the Spirit

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.
Galatians 5:22-23



The fruit of the Spirit is something God gives to us as we spend time with Him both in prayer and in listening to Him through His word. These fruit help us to love and look after each other.

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."

Galatians 5:13-14

How can the fruit of the spirit help us to become more active citizens?

ASK:

Which Fruit of the Holy Spirit did these young people exhibit?

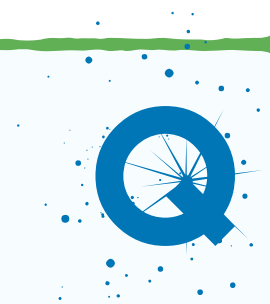
Does God want us to use these fruit to help others?

How can the Fruit of the Holy Spirit help us to help others?

How do we get these? (Do we have to try to have them or does God give them to us?)

How do they change our outlook on helping our neighbours?

What action have you already taken in your school or at home?



ASK:



How can you help to end world hunger today?

How can you help when you are in secondary school?

How can you help when you are an adult?

How can you help the hungry in your community?

PRAY: Dear God, please fill us with the fruit of your spirit. Help us to use them to help others.

Some simple things can we do today

Check where the food in your fridge and cupboard comes from. How far has it had to travel?

Try to grow some of your own food.

Don't waste food.

Eat Funny Fruit—many fruits and vegetables are thrown out just because of their size, shape, or colour.

Eat less meat or become vegetarian for one or two days a week. The meat production industry has a huge impact on the environment.

Donate food to a local charity.



Session 3



Goal 6: Clean Water

Watch: Part A: Where water comes from

3mins46sec

<https://youtu.be/Pz6AQXQGupQ>



Watch: Part B: An introduction to the problem

3mins38sec

<https://youtu.be/otrpxtAmDAk>



ASK:

How do we use water?

Where does water come from?

What happens if our water is dirty?

How is water in Ireland made clean for us to use?

Do you know any ways you can conserve water?

Is water use something we should care about if households only use 8% of all water used?

Can you think of any other ways to clean water? Innovate!



United Nations facts:

- 3 in 10 people lack access to safely managed drinking water services and 6 in 10 people lack access to safely managed sanitation facilities.
- Women and girls are responsible for water collection in 80% of households.
- Water scarcity affects more than 40% of the global population and is projected to rise.
- 4 billion people lack access to basic sanitation services, such as toilets or latrines.
- More than 80% of wastewater resulting from human activities is discharged into rivers or sea without any pollution removal.
- Each day, nearly 1,000 children die due to preventable water and sanitation-related diarrheal diseases.

Watch: Water changes everything

3mins23sec

<https://youtu.be/BCHhwxvQqyg>





ASK:

How far is 3 miles from your school?

Have you ever walked there?

If you had to spend 3 hours collecting water what would you sacrifice? (School/TV/Sports/Hobbies/Meals/Sleep/...)

If you had to walk 3 miles for water how much could you carry and what would you use it for?

Put in order of priority:

- Drinking
- Washing your hands
- Washing your face
- Cleaning clothes
- Bathing the dog
- Cooking
- Making tea
- Washing the floor
- Flushing the toilet
- Cleaning dishes

Do you think it's fair that women and children are responsible for this?

How do these facts make you feel?

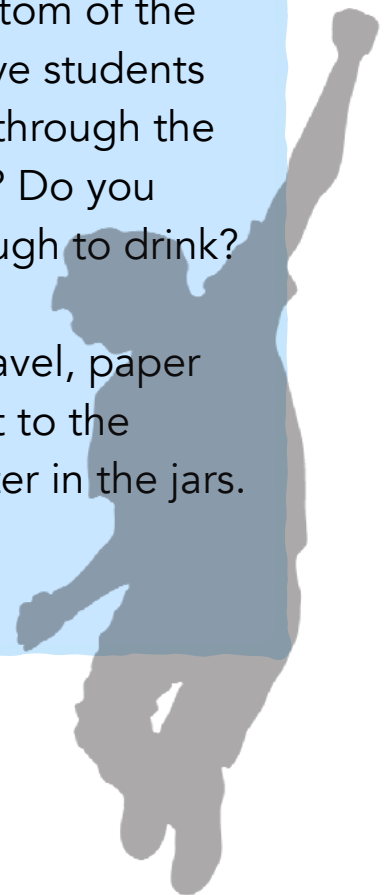
Can you think of any ways that the world can help people with no clean water?

How can we get clean water to people who don't have it in Africa?

Experiment:

Experiment with cleaning water! You'll need a coffee filter, gravel, a tea-towel, sand, a jar, some dirt and water.

1. Make up some muddy water.
2. Next talk about how this water probably would not taste very good.
3. Explain how some children may not have clean water to drink.
4. Clean the water. Have your students place the coffee filter and sand (covering the bottom of the filter) over an empty glass jar. Next, have students slowly pour the dirty water into the jar through the filter. How does the filtered water look? Do you need to clean it again or is it clear enough to drink?
5. Test different types of filters such as gravel, paper towel, etc. Make a chart of the cleanest to the dirtiest water with snapshots of the water in the jars.



What about water issues here in Ireland?

Around 2,500 affected after Irish Water issues 'do not drink' notice in Limerick

Tests show high levels of turbidity, or cloudiness, in the water in the area.

Oct 5th 2018, 9:14 PM 11,728 Views 50 Comments

Share 86 Tweet Email 1

A "DO NOT drink" notice has been issued in Limerick this evening, after tests showed a high level of turbidity – or cloudiness – in the water supply.

Irish Water said this evening that the measure applied to around 2,500 of its customers in Rathkeale town and the Kilcolman areas.

Boiling the water will not be sufficient to make it suitable to drink, the company warned.

"An alternative supply of water will be made available to the impacted properties," Irish Water said. "This will be by way of bottled water at the Rathkeale Church car park."

As well as drinking, residents are advised not use water to prepare salads and similar foods, use it to brush their teeth or to make ice with until further notice.

This measure was taken in conjunction with the HSE and Limerick County Council.

Fixing the issue could take a number of days, it added.



Image: Shutterstock/Posonskiy Andrey

Irish Water issues another urgent appeal for people to conserve water as Dublin hosepipe ban to kick in

In all, 39 water supplies around the country are under night-time water restrictions.

Jul 1st 2018, 4:10 PM 26,195 Views 163 Comments

Share 467 Tweet Email

IRISH WATER HAS again made an urgent appeal to people to conserve water, ahead of the hosepipe ban that comes into effect from tomorrow.

In all, 39 water supplies around the country are under night-time water restrictions, with over 100 water supplies at risk due to high consumption.

Drought is causing problems across a number of counties, including Dublin, Galway, Laois, Longford, Kilkenny, Waterford, Limerick, Kerry and Cork.

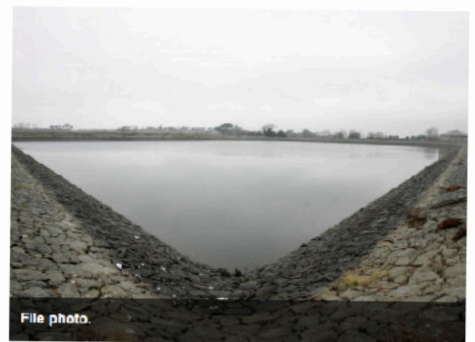
Irish Water said it expects the vast majority of people to adhere to the hosepipe ban, and that there will be "very few prosecutions while the order is in force".

The company also said that it has huge concerns for longer term supplies of water throughout the summer and autumn.

Its corporate affairs manager Kate Gannon said:

"When the current hot weather ends we will still need customers to be mindful of their water usage for the months ahead to protect the available water for the remainder of the summer and into the autumn.

Wider water restrictions may become unavoidable if the demand does not drop towards normal levels.



File photo.

Image: Mark Stearns/RollingNews.ie

ASK & RESEARCH:



How many households in Ireland do not have access to clean drinking water?

Why do some households choose to use bottled water?

How do we, as an island, run out of water during the summer?

What do Team Hope do?

Team Hope work in Kenya to relieve drought and to bring clear drinkable water to homes , schools and health centres.

To date Team Hope has supplied Bio Sand Filter (BSF) units to over 4,500 families in Kenya. BSF units cost only €60 to make and they last for over 50 years! They filter dirty water through, rock and sand to make it clean enough to drink. The production brings jobs to the area.



The BSF is only one part of a complete Community Water Programme.

Education

Communities are also educated in hygiene practices, like hand washing and sanitation.

Dams for Agriculture

When it rains in Kenya the rainfall can be very heavy. However, the intense heat that comes before and after the rain means that the water evaporates very quickly. We involve the whole community in digging, building and maintaining dams to collect water for growing crops and feeding animals.

Rainwater Collection

With Irish Confirmation classes in 2015 & 2016 we worked to make clean water available for schools using gutters to collect rain water and storage tanks to clean and make the water available all year round!





Florence says that before they had a Bio Sand Filter in their home, all of her family were sick. Her children were often too sick to go to school, therefore missing out on a proper education.

But since they have had clear drinking water, all of her children are healthy and now go to school regularly. She too feels healthy and a simple solution has changed their lives.



Florence and her family



INSPIRATIONAL
YOUNG PEOPLE

Boyan Slat

Boyan Slat

As a teenager, Boyan went diving in Greece and was shocked by the sheer volume of plastic floating in the ocean. He said it seemed as if there was more plastic than fish.

Every year, around 8 million metric tons of plastic finds its way into the ocean, and it's estimated that by 2050, there actually will be more plastic in the ocean than aquatic life.

Boyan is attempting to design an environmentally friendly, efficient and effective way to remove plastic waste from the sea. He has raised over €30 million for his plan.

“When talking about environmental issues – a common response is, well that’s a long way off. That’s for our children to worry about. Hello – here I am.”

INSPIRATIONAL
YOUNG PEOPLE

Autumn Peltier



Autumn Peltier

Canadian Autumn Peltier has been working as an activist for clean water since she was 8 years old. At 12 she met with Canadian Prime Minister Justin Trudeau to talk with him about oil pipeline polluting water systems in Canada. She told him that she was very unhappy with the choices he had made.

She was nominated for the Children's Peace Prize and was invited to speak to the UN General Assembly on World Water Day.

She believes that it is important to be public with her advocacy because it will inspire other young people to start doing the same.

“When I think about how polluted the water is already, I think of future generations and my grandchildren and their grandchildren. Will they even have clean drinking water?”

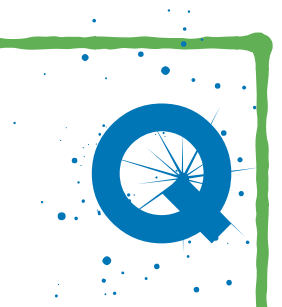
ASK:

What resources did these young people use to help other?

(Time, money, skills, influence...)

How did they pick their causes?

What fruit of the spirit do these young people exhibit?



Watch: Kids Making a Difference:

Cole:

3mins2secs

<https://www.youtube.com/watch?v=tj-1gC1AhSM>



Amelia:

2mins20sec

<https://www.youtube.com/watch?v=cyFCRHbY2dk>



Austin:

3mins13sec

<https://www.youtube.com/watch?v=0bTMUKWhSBc>



GIFTS OF THE HOLY SPIRIT

Another way that God helps us to help others is by giving us gifts.

During your Confirmation you will discover the gift the Holy Spirit has given to you.

What are the gifts of the Holy Spirit?

The seven gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord. With these the Holy Spirit "endows" Christians, in other words, he grants them particular powers that go beyond their natural aptitudes and gives them the opportunity to become God's special instruments in this world.

-YOUCAT on Confirmation



Take the quiz in Alive O pg 24 to help you to determine the gift God has given to you.

Write it down.

ASK:

Which Gifts of the Holy Spirit did these young people exhibit?

Do you think that they are doing 'the right thing'?

What does 'the right thing' mean?

How can the Gifts of the Holy Spirit help us to be agents of change in the world?

How have the young people you have looked at answered the call to witness to God's Spirit in their lives?

Do you admire them? Why/ why not?

How might you imitate them? (Alive O, pg 20)

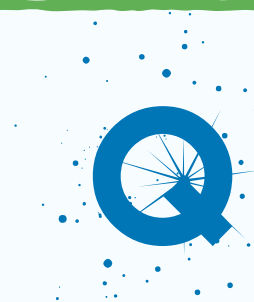
How can you use your gift to help others?

How do you feel motivated to help others?

What can you do this week?

this year?

in your lifetime?



PRAY: Dear God, thank you that we live in a place that is safe and has water and food. Help us to learn about the gifts you have given us. Please give us a passion for the things you care about and help us to help others in our community humbly.

WHAT CAN YOU DO?

Your gifts

Your passions

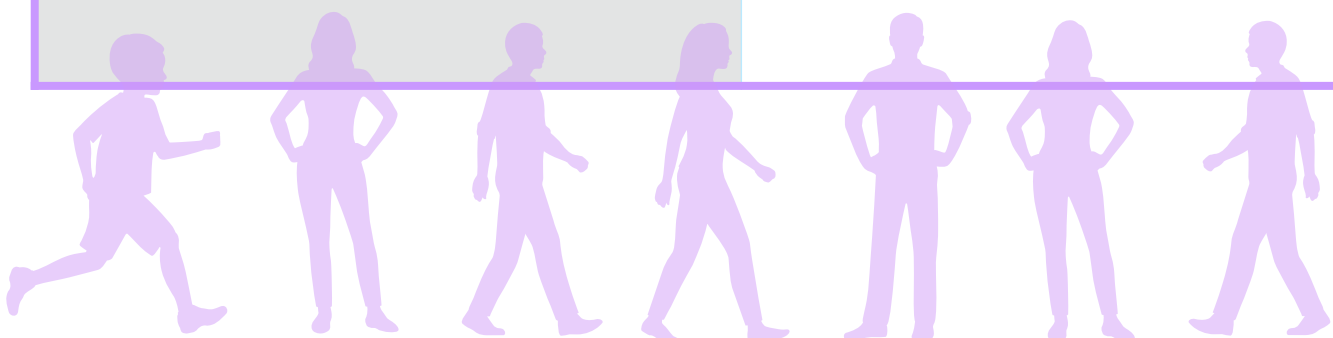
Causes you care about

Steps you can take today

Goals you want to set

Actions needed to achieve your goals

Resources needed for your goals



Session 4



Eradicating poverty is not a task of charity, it is an act of justice and the key to unlocking an enormous human potential. Still, nearly half of the world's population lives in poverty, and lack of food and clean water is killing thousands every single day of the year. Together, we can feed the hungry, wipe out disease and give everyone in the world a chance to prosper and live a productive and rich life.

-GlobalGoals.org

Facts and figures

650 million

650 million people still live in extreme poverty.

11%

11% of the world's population live in extreme poverty, down from 28% in 1999.

US\$1.25

About one in five persons in developing regions lives on less than US\$1.25 per day.

42,000

Every day in 2014, an average of 42,000 people had to abandon their homes due to conflict.

80%

80% of people living on less than \$1.25 are in South Asia and sub-Saharan Africa.

250,000

Every day around the world, 250,000 people climb out of poverty.

-United Nations Development Program

Watch: Global Goals Hunger Comic:

38seconds

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



Watch: No Poverty - Youth4GlobalGoals

41seconds

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

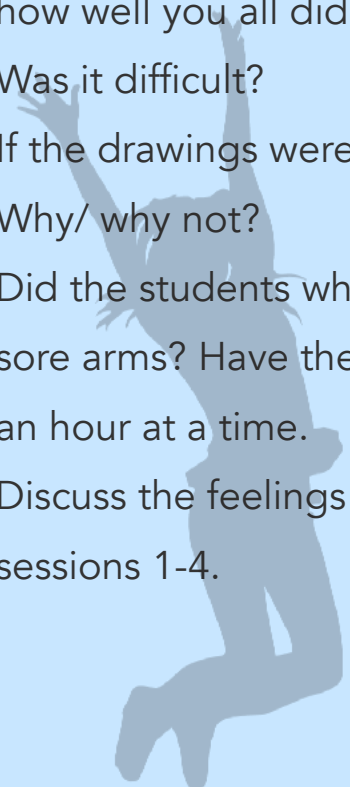


Activity

Give each student a paper plate and a marker.

Give the following directions:

1. Have every second pupil put their paper plate on their head and to keep it there during the entire exercise.
2. Have everyone draw a plate in the top half of their paper plates
3. Have them draw some peas on the plate
4. Have them draw some chips and a fish on the plate
5. Have them draw a glass in the bottom half of the plate
6. Have them draw water going into the glass
7. Have them draw a smiley face
8. Have the students Take the plate off their heads and compare how well you all did!
9. Was it difficult?
10. If the drawings were judged equally would it be fair?
11. Why/ why not?
12. Did the students who drew with the plates on their heads get sore arms? Have them imagine carrying several litres of water for an hour at a time.
13. Discuss the feelings brought up by this exercise in light of sessions 1-4.

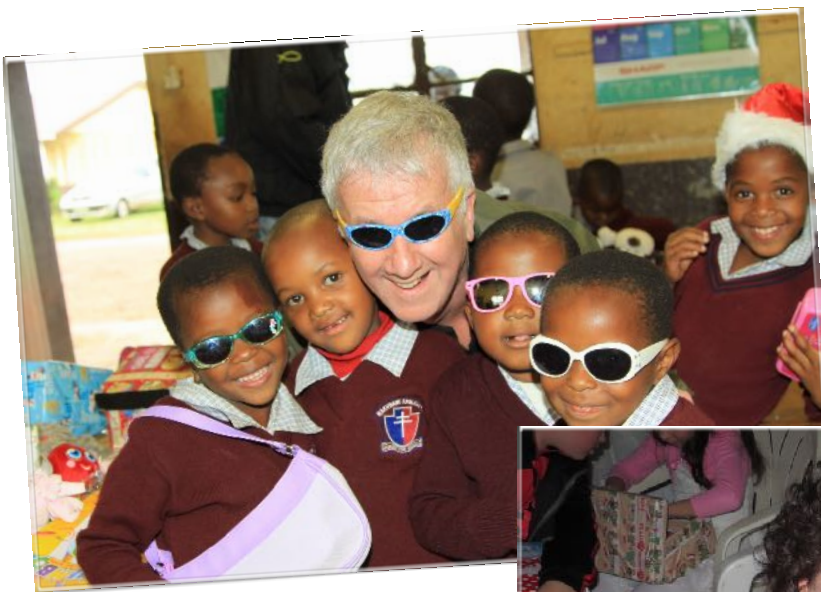


How Team Hope began

Team Hope started when 2 Irish people had the same idea. Carol and Niall both wanted to help the needy children around the world that they were seeing on the TV. They decided to make some shoebox gifts and to ask their friends and family to make some too.

Almost 20 years later the organisation now sends over a quarter of a million shoeboxes each year, just from Ireland!

Through sending shoeboxes Team Hope saw the other needs of children and their communities across Africa and Easter Europe. They saw water crises, hunger, lack of education, poor healthcare and extreme poverty. The organisation has grown to 4 full time and 2 part time staff who manage projects in communities all year round.



INSPIRATIONAL
YOUNG PEOPLE

Anoyara Khatun



Anoyara Khatun

When Anoyara was 5 she was forced to do domestic labour after her father died. At 12 she was sold to a tout and trafficked to work for more families. She refused to be a victim. She returned to her home in West Bengal at 13 where she began campaigning against child labour and trafficking with a local organisation. Her efforts have helped hundreds of trafficked children from the region to return to their families. She has also helped stop 35 cases of early marriage by negotiation and pressure on the local government. Her remarkable work has now been internationally recognised and she has gone on to talk to the United Nations about the horrific circumstances children like her face every day.

"I dream of a world where issues like child marriage, trafficking and any form of abuse won't be there. Children will have wings, won't be afraid of anything and are able to reach the skies."

INSPIRATIONAL
YOUNG PEOPLE

Malala
Yousafzai

Malala Yousafzai

You might have heard of Malala Yousafzai. She was born in Pakistan and loved to learn. Like her father, she became a campaigner against the Taliban's efforts to stop girls going to school.

As a result of her efforts, Malala was shot on her way home from school in 2013.

She miraculously survived the attack and just nine months later she gave a speech at the United Nations on her 16th birthday highlighting her focus on education and women's rights, urging world leaders to change their policies. Yousafzai said that

“the terrorists thought that they would change our aims and stop our ambitions, but nothing changed in my life except this: weakness, fear and hopelessness died.

Strength, power and courage were born.”

She became the youngest recipient of Nobel Peace Prize in 2014 and continues to campaign for girls' right to education around the world.

ASK:



What resources did these young people use to help others?

(Time, money, skills, influence...)

How did they pick their causes?

What fruit of the spirit do these young people exhibit?

What spiritual gifts do you think they might have?

What difference can being a campaigner make?

What small step was the beginning of something big for Team Hope?

What motivated Carol and Niall to get started?

What fruit of the spirit did they exhibit?

What spiritual gifts do you think they might have?

Will any of the projects mentioned eradicate poverty?

Why/why not?

Confirmation reading: Matthew 5: 14-16

A reading from the Gospel according to Matthew:

"You are the light of the world. A city built on a hilltop cannot be hidden. No one lights a lamp and puts it under a tub; they put it on a lamp stand where it shines for everyone in the house. In the same way, your light must shine in the sight of everyone, so that, seeing your good works, they may give the praise to your father in heaven."

ASK:

How can we be lights?

How can we encourage others to look after our world?

By being like lights we can show them! By loving the world and all of the people in it, we can both encourage others to do the same and show them God's love for them!

Ask students to talk about their favourite celebrity and why they look up to them (e.g. singer, sports star, actor, etc.)

Activity: Have students research a celebrity or local person that does good deeds. What gifts of the Holy Spirit has this person used for a good cause? Each student must present their findings in a project to their class/Confirmation group.

What can you do? How might you imitate them? (*Alive O*, pg.20)



Ideas for responding

We have learned so much over these 4 sessions and the main lesson is that young people can make a difference!

Here are some ideas to get you started:

- Write a letter to your TD about a local issue you feel strongly about
- Donate a percentage of your confirmation money
-
- Make something to sell to raise money or to give away. E.g. knit blankets/hats/teddies for shoeboxes (see video below of ideas for shoeboxes)
- Make a video to share visit other classes in your school and make presentations about your chosen cause to raise awareness
- Fundraise for a charity:
 - Disco
 - PJ day
 - Funny hat day
 - Bake sale
 - Sponsored walk
 - Rubber Duck race in a local river
 - Sports tournament
 - Quiz
 - Raffle
 - Car washing
 - Read-athon
 - Treasure hunt
- Take donations for a local charity:
 - Clothes
 - Shoes
 - Nappies
- Write an article for your local paper about whatever you choose to do to raise awareness and to motivate others to make a difference!



Write a letter to yourself to open when you turn 18 that will remind you of what you learned over these 4 sessions. You can write anything you like, here are some ideas:

Dear Me

Today I have been learning about the Global goals and my Confirmation.

I feel excited about my Confirmation. I feel frustrated because everyone doesn't have enough food and water. I feel happy to see people helping.

My spiritual gift is wisdom

And God has given it to me to help me to love others.

I want to use my gift to give good advice to my friends and to come up with great ideas to help people living in poverty around the world.

I have made a plan to help others by using less water and rain money for a charity who give food to the homeless.

When I grow up I would like to be an entrepreneur.

I think I will be good at this because I have good ideas and I am smart.

When I grow up I want to help others even more by telling people about the global goals and how we can help. I want to give money to charity and volunteer when I am older.

Love from me!

PRAY: Dear God, please help us to be brave as we try to help others. Help us to be patient and kind and loving in all we do. Please help us not to forget about the people in the world, nearby and far away, who need help and help us to be wise when we try to help them.

Thank you for giving Jesus to us as an example of how to live and look after those in need.

Activity

You will need: Lollipop sticks, markers and a jar

Give each student a lollipop stick (or a small piece of paper) and marker .

Given time to think or brainstorm, have each person write one action they intent to take over the next month as a result of this project. Ask them not to put their names on them.

Actions can be as simple as wasting less water or as big as becoming a recycling innovator, they can be as broad as raising money as a class or as individual as committing to less food waste or to praying for world hunger issues.

Have each person put their completed lollipop stick in the jar and plan to read them out in a month's time.

1 month from now: Read each lollipop stick aloud for the class (without asking who they belong to) so that the class can be encouraged by the differences they have made or be further motivated to complete their goals.

Thank You!

Thank you for taking part in Confirming Hope, we hope that you and your students have enjoyed it.

For more information on Team Hope you can visit **www.TeamHope.ie**

We would love if you could complete and return this short survey to us (you can email a scan/photo to rbrowne@teamhope.ie or post to our address below) and we will send your class a **Certificate of Completion**.

Confirming Hope Teacher Survey 2019

Name: _____ Email address: _____

School name: _____ Roll No: _____

Number of students who completed Confirming Hope: _____

We would love to hear about any projects or follow up action your class plans to take:

If you have any other feedback or questions please do not hesitate to contact us.

Look out for our **Christmas Shoebox Appeal** in September!



Team Hope

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