



**RESOURCES for YOUTH GROUPS in
PREPARATION for MADRID 2011**

Spanish Steps

ABOUT THESE RESOURCES:

This booklet has been compiled to enable Youth Ministry Leaders to lead reflection session with Young People in Preparation for World Youth Day, providing reflections from some of the big Spanish Saints. There are a variety of ways of using the material:

- Each page can be used as one session
- Or you can use the reflection sessions in conjunction with a Spanish Evening where you share Prayer and Paella

There are nearly seventy young people signed up to take part in the diocesan pilgrimage to Madrid in August 2011, but if your Youth Group is staying at home these sessions can be used to prayerfully link with those who will be travelling. We hope that this will enable more young people to have a sense that the whole diocese is on the journey together.

If you need more information about how to use the material in this booklet or further information about World Youth Day, please contact anne.mcevoy@staned.org.uk

We hope that you enjoy using this booklet as we journey together towards Madrid!

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WORLD YOUTH DAY PRAYER

Friend and Lord, Jesus Christ, how great you are!
With your words and works you have revealed to us who God is:
Your Father and our Father,
and who you are: our Saviour.
You call us to be with you.
We want to follow you wherever you go.

We thank you for your Incarnation.
You are the eternal Son of God, but you humbled yourself and became man.
We thank you for your death and resurrection.
You obeyed the Father's will to the extreme
and for this reason you are the Lord of all people.
We thank you for having remained amongst us in the Eucharist.
Your presence, your sacrifice, your banquet invite us to remain always united to You.
You call us to work with you.
We wish to go wherever you send us: to announce your name, to heal in your name,
to bring all of our brothers and sisters to you.

Grant us your Holy Spirit, to enlighten and strengthen us.
the Virgin Mary, our Mother whom you gave us on the cross,
always encourages us to do what you tell us.

You are our life.
May our thoughts, our love and our actions always be rooted in You!
You are our rock.
May our faith in you always be the solid foundation of our life!

We pray for Pope Benedict XVI, for our Bishop Keith Patrick and for all those who
are preparing the next World Youth Day in Madrid.
We pray for our family and friends and especially for all the young people who will get to
know you in this encounter, thanks to the firm and joyful testimony of the faith.



Some quotes from St. Teresa on How to Pray

It is love alone that gives
worth to all things

Prayer is nothing else than
being on terms of
friendship with God

Accustom yourself to
make many acts of love,
for they enkindle and
melt the soul

Remember that you have only one soul; that
you have only one death to die; that you have
only one life..... If you do this, there will be
many things about which you care nothing.

Each of us has a soul, but we
forget to value it. We don't
remember that we are creatures
made in the image of God. We
don't understand the great
secrets hidden inside of us.

More tears are shed over
answered prayers than
unanswered ones!

Choose one of Teresa's quotes.....

What does it mean to you?

How does it challenge you?

*Walking
With
Spanish
Saints*

Teresa of Avila
Born:
28th March 1515

Known for:

- Her practical wisdom
- Teaching on prayer
- Renewing the Carmelite Order

Died:
15th October
1582



A Message from St. Teresa



This is a picture of the walls of Avila where Teresa lived!

Let nothing disturb you;

Let nothing dismay you;

All things pass;

God never changes.

Patience attains all that it strives for.

Those who have found God

find they lack nothing:

God alone suffices.

REFLECT TOGETHER:

- *How important is God in your life?*
- *When do you find you turn to God for help?*
- *In what way do you find Teresa's message helpful?*

*Walking
With
Spanish
Saints*

John of the Cross

Born:

24th June 1542

Known for:

- His simple way of life
- Teaching on spiritual growth
- Poetry about God
- Renewing the Carmelite Order

Died:

14th December
1591



Some quotes from St. John of the Cross

In the evening of life, we will be judged on love alone

It is great wisdom to know how to be silent and to criticise neither the remarks, nor the deeds, nor the lives of others

Love consists not in feeling great things but in having detachment and in suffering great things for the One we love.

In times of trouble immediately draw near to God with confidence, and you will receive strength, enlightenment and instruction

If you want to be sure of the road you tread on, you must close your eyes and walk in the dark

Choose one of John's quotes.....

What does it mean to you?

How does it challenge you?

A Message from St. John of the Cross

Abide in peace,
banish cares,
take no account of all that happens,
and you will serve God
according to his good pleasure
and rest in him.....



If you purify your soul
of attachment to and desire for things,
you will understand them spiritually.
If you deny your appetite for them,
you will enjoy their truth,
understanding what is certain in them

REFLECT TOGETHER:

- When have you ever denied yourself something good?
- How does it feel when you make hard choices?
- What helps you to be in touch with the peace of God in your life?

Some quotes from St. Ignatius

It is highly important to accept and desire with all possible energy whatever Christ our Lord has loved and embraced.

The more one binds oneself to God our Lord and is more generous towards his Divine Majesty, the more will he find God more generous towards him.

Human persons are created to praise reverence and serve God....The other things on the face of the earth are created for us, to help us to attain the purpose for which we are created.

Study and ponder the vocation to which you have been called. Make use of the grace which in Christ has been given to you.

Choose one of Ignatius's quotes.....

What does it mean to you?

How does it challenge you?

*Walking
With
Spanish
Saints*

Ignatius of
Loyola

Born:

24th Dec 1491

Known for:

- His teaching on discernment
- His spiritual exercises
- Founding the Jesuit Order

Died:

31st July 1556



The Prayer of St. Ignatius

Teach us, O God, to serve you as you deserve;

to give and not to count the cost;

to fight and not to notice the wounds;

to toil and not to look for rest;

to labour and not to ask for any reward,

except that of knowing

that we do your will

through Jesus Christ our Lord.



REFLECT TOGETHER:

- In what way's do you sense a call to serve others?
- When have you ever helped someone without thought of a reward?
- How difficult is it to give and not count the personal cost to yourself?

IGNATIUS'S METHOD for KEEPING IN TOUCH WITH GOD

This way of praying is called the EXAMEN, take time to practice it daily if possible.....

God my creator I am totally dependent on you.

Everything is a gift from you.

All is gift.

I give you thanks and praise for the gifts of this day.

Holy Spirit, I believe that you work through and in time to reveal me to myself.

Please give me an increased awareness of how you are guiding and shaping my life, as well as a more sensitive awareness of the obstacles I put in your way.

You have been present in my life today.

Be near, now, as I reflect on these things:

- Your presence in the events of today
- Your presence in the feelings I experience today
- Your call to me
- My response to you

God, I ask your loving forgiveness and healing. The particular event of this day that I most want healed is.....

Filled with hope and firm belief in your love and power, I entrust myself to your care and strongly affirm.....(claim the gift you most desire and need)



PRAYER and PAELLA

A suggested format for gathering in preparation for World Youth Day

1. Set up a focal point with a lighted Candle for Prayer
2. Play appropriate Taize music
3. Listen to one of the Reflections from the Spanish Saints
4. Go into small groups to explore and share on the reflection questions
5. Take time to listen to each other's response
6. When all have shared end with the Glory Be to the Father
7. Move on to sharing Spanish food together.
8. The group leader gives some background on recipes as the tasting takes place
9. Eat and enjoy each other's company!

Spanish Food

*How well do you know your Spanish food?
Identify what the following foods are made from...*

Gazpacho

Escalivada

Tortilla

Paella

Marmitako

Suquet

Ensaimadas

Empanadas

Zarangollo

For recipes visit: www.spanish-recipes.com

Handy Spanish Phrases!

GENERAL CONVERSATION

Como estas? How are you?
Que tal? How's it going?
Como te va? How are you doing?
Como te va la vida? How's life?

Estoy bien, gracias I'm fine thanks
No me va mal, gracias Not bad thanks
No muy bien Not so well
Y tu que tal? How about you?
Y tu? And you?

Donde estas? Where are you?
Estoy..... I'm.....
En la ciudad in town
De tiendas at the shops
En un trien on a train

AROUND TOWN

Disculpe, donde est.....? excuse me, where's.....?

La oficina de correos the post office
El banco the bank
La oficina de turismo the tourist office
La Metro the Metro line
El centro de la ciudad the town centre
La estacion de trenes the train station
Le estacion de autobuses the bus station
El hospital mas cercano the nearest hospital
La comisaria de policia the police station

EATING & DRINKING

Una mesa para dos, por favour
A table for two, please

El menu, por favour
The menu, please

Entrantes *starters*

Patatas bravas *Fried potatoes*

Patatas ali oli

Potatoes with mayonnaise and garlic

Jamon Serrano *Cured Ham*

Sopa *Soup*

Ensalada *Salad*

Cafe con hielo *Iced Coffee*

To practice your Spanish go to: www.speakspanish.co.uk

SONGS for PRAYER

Below are some chants you can use, these are from the community of Taize. They are in Spanish and are easy learned.

"Nada te turbe,
nada te espante,
todo se pasa;
Dios no se muda.
La paciencia
todo lo alcanza.
Quien a Dios tiene,
nada le falta.
Sólo Dios basta". Santa Teresa de Ávila

El Alma que anda amor
ni cansa, ni se cansa

El Senor es la meva forca
El Senor el meucant.
El m'haestat la salvacio.
En ell confio i no tinc por,
En ell confio i no tinc por.

To listen to this music and learn the 3 chants go to: www.taize.fr

You will find this in the section called 'Prayer and Song'

You can also visit www.youtube.com and view different video versions of Nada te turbe!



Steps Towards Madrid

The theme of Pilgrimage runs through the history of Spain, if you are going on the Diocesan WYD Pilgrimage to Madrid there are some special places of interest you will visit. The most famous place of pilgrimage in Spain is Santiago de Compostela. Many pilgrims still walk the long journey to Santiago every year. The medieval symbol of pilgrimage is the shell. This can be seen in various locations along the route to Santiago.

On your pilgrimage you will visit the following places:

Salmanca



Madrid



Avila





SALAMANCA

Salamanca is a city in western Spain. Because it is known for its beautiful buildings and urban environment, the Old City was declared a UNESCO World Heritage Site in 1988. It is the most important university city in Spain and is known for its contributions to the teaching of the Spanish language. Salamanca supplies 16% of Spain's market and attracts thousands of international students, generating a diverse multicultural environment. It is situated approximately 200 km west of Madrid and 80 km east of the Portuguese border. The University of Salamanca, which was founded in 1218 and is the oldest university in Spain and the fourth oldest western university. With its 30.000 university students, the university is, together with tourism, the economic engine of the city. Salamanca is the capital of the province of Salamanca, which belongs to the autonomous community of Castile and Leon (Castilla y León). With a metropolitan population around 192,000 it is the second most populated urban area in Castile and Leon, after the capital Valladolid (369,000), and closely followed by Leon (187,000) and Burgos (176,000) . To find out more visit



www.en.wikipedia.org/wiki/salamanca

The **Royal Scots College in Salamanca**, the Scottish Roman Catholic Seminary in Spain, with a history of almost four hundred years of training priests for the Scottish Mission, is a house of prayer and study, whose priority continues to be the formation of priests.

It is also available for wider use in the service of Christ and his Church, offering a place of pilgrimage, study and relaxation in the heart of Spain for all who wish to experience its spiritual atmosphere and excellent facilities.

To find out more about this ancient College and its facilities visit www.scots-college-salamanca.org



AVILA

Ávila (Latin: *Abila* and *Óbila*) is a Spanish city located in the autonomous community of Castile and Leon, capital of the province of the same name. "Ávila de los Caballeros" is an honorific title of the city. Another is "Ávila del Rey" and yet another "Ávila de los leales" are all present in the flag of the city. The city is notable for having a complete medieval city walls, romanesque. It is also one of the cities with the highest number of churches (romanesque and gothic) and catering establishments in relation to the number of its inhabitants. It is considered by many as the city of «Song and Saints». It said the writer José Martínez Ruiz «Azorín», after writing «The Castilian Soul» which was «perhaps the most 16th century city of Spain». When you see the city walls you will realise why St. Teresa of Avila suggested that we should think of our souls as a castle. The city walls dominate Avila and would have dominated the imagination of the young Teresa.

The Walls of Ávila Its main monument is the imposing Walls of Ávila (11th-14th centuries), the medieval work was started in 1090. The fenced area is of 31 hectares with a perimeter of approximately 2,516 meters, 88 blocks or semicircular towers, 2,500 merlons, paintings by 3 m. thick, an average height of 12 m. and 9 gates. It is the largest fully illuminated monument in the world.



You must also visit St. Teresa's monastery in Avila. To see where there are Carmelite communities here visit www.carmelnuns.org.uk



MADRID

Madrid is the capital and largest city of Spain. The population of the city is roughly 3.3 million; the entire population of the metropolitan area (urban area and suburbs) is calculated to be nearly 6.5 million. It is the third-most populous municipality in the European Union after London and Berlin. The city spans a total of 698 km² (234 sq mi).

Madrid is the most touristic city of Spain, ahead of Barcelona, and the fourth-most touristic of the continent. The city is located on the river Manzanares in the centre of both the country and the Community of Madrid (which comprises the city of Madrid, its conurbation and extended suburbs and villages); this community is bordered by the autonomous communities of Castile and León and Castile-La Mancha. As the capital city of Spain, seat of government, and residence of the Spanish monarch, Madrid is also the political center of Spain. The current mayor is Alberto Ruiz-Gallardón from the Popular Party (PP). He has been in office since 2003, when he left the Presidency of the Autonomous Community of Madrid and stood as the candidate to replace outgoing mayor José María Álvarez del Manzano, also from the PP. In the last local elections of 2007, Ruiz-Gallardón increased the PP majority in the City Council to 34 seats out of 57, taking 55.5% of the popular vote and winning in all but two districts.

While Madrid possesses a modern infrastructure, it has preserved the look and feel of many of its historic neighbourhoods and streets. Its landmarks include the Royal Palace of Madrid; the Teatro Real (Royal theatre) with its restored 1850 Opera House; the Buen Retiro park, founded in 1631; the 19th-century National Library building (founded in 1712) containing some of Spain's historical archives; an archaeological museum; and three art museums: Prado Museum, the Museo Nacional Centro de Arte Reina Sofía, a museum of modern art, and the Thyssen-Bornemisza Museum, housed in the renovated Villahermosa Palace. Madrid has been occupied since pre-historic times, in the Roman era this territory belonged to the diocese of Complutum (present-day Alcalá de Henares). There are archeological remains of a small village during the visigoth epoch.

During the Spanish Golden Age, Madrid knew its ultimate glory; El Escorial, the great royal monastery built by King Philip II of Spain, invited the attention of some of Europe's greatest architects and painters. Diego Velázquez, regarded as one of the most influential painters of European history and a greatly respected artist in his own time, cultivated a relationship with King Philip IV and his chief minister, the Count-Duke of Olivares, leaving us several portraits that demonstrate his style and skill. El Greco, another respected artist from the period, infused Spanish art with the styles of the Italian renaissance and helped create a uniquely Spanish style of painting.

Some of Spain's greatest music is regarded as having been written in the period. Such composers as Tomás Luis de Victoria, Francisco Guerrero, Luis de Milán and Alonso Lobo helped to shape Renaissance music and the styles of counterpoint and polychoral music, and their influence lasted far into the Baroque period which resulted in a revolution of music. Spanish literature blossomed as well, most famously demonstrated in the work of Miguel de Cervantes, the author of *Don Quixote de la Mancha*. Spain's most prolific playwright, Lope de Vega, wrote possibly as many as one thousand plays during his lifetime, of which over four hundred survive to the present day. The renowned Renaissance architect Juan de Herrera designed the Plaza Mayor, which was built in the city during the Habsburg period as a central plaza. It is located near another famous plaza, the Puerta del Sol.



To find out more about exciting places to visit in Madrid visit

www.wikipedia.org/wiki/madrid

You must visit the Prado Museum, where there is a large collection of El Greco paintings

The Buen Retro Park is amazing, well worth a visit



Metro

Serving a population of some four million, the Madrid Metro is one of the most extensive and fastest-growing metro networks in the world. With the addition of a loop serving suburbs to Madrid's south-west "Metrosur", it is now the second largest metro system in Western Europe, second only to London's Underground. You can jump on and off the metro to get around the city, making it one of the easiest cities to travel around.

In the following page you will find a Metro map, this might help you to see how you might get to venues to World Youth Day



To obtain this map visit www.madrid-tourist-guide.com/en/map/madrid-metro-map.html



POPE BENEDICT'S MESSAGE for WORLD YOUTH DAY

Below are some excerpts from Pope Benedict's message to the young people of the world, inviting you to come and join him!

I encourage you dear friends to strengthen your faith in God, the Father of our Lord Jesus Christ.

You are the future of society and of the Church!

In order to highlight the importance of faith in the life of believers, I would like to reflect with you on each of the terms used by St. Paul in the expression: *'Planted and built up in Jesus Christ, firm in faith.'*

We can distinguish three images:

- 'Planted' calls to mind a tree and the roots that feed it
- 'Built up' refers to the construction of a house
- 'Firm' indicates growth in physical and moral strength

Some questions the Pope is asking us to reflect on as we journey towards Madrid:

- Where are our roots? Are our lives rooted in relationship with God and personal relationship with Christ?
- Who or what helps you to stay rooted in Christ and helps you to grow strong and confident in faith?
- In what way do you want to get to know Jesus better?

For the full text of Pope Benedict's message visit www.vatican.va and go to the search engine.

A FINAL MESSAGE from ST. TERESA of AVILA

Here Teresa reminds us that we are Christ's body
called to be his presence in the world



Christ has no body now on earth but yours,
no hands but yours,
no feet but yours,
yours are the eyes through
which Christ's compassion
is to look out to the earth,
yours are the feet
by which He is to go about doing good
and yours are the hands
by which He is to bless us now.

AS WE JOURNEY TOWARDS MADRID REFLECT ON HOW YOU SHARE CHRIST'S PRESENCE IN
YOUR LIFE WITH OTHERS?