

Dementia Prayer Week © 12 - 19th March 2016

OFFICIAL RESOURCE PACK



Registered Charity No 1094766

This work was helped to be made possible with a grant from the Day for Life grants scheme. 'Day for Life' is the day in the Catholic Church's year dedicated to celebrating and upholding the dignity of human life. For more information please visit www.dayforlife.org.



Welcome to this the seventh year of Dementia – Prayer Week© 12th - 19th March 2016.

This is the Pastoral Care Project's annual appeal to you for prayer and donations in aid of the continuity of our mission: raising awareness of the spiritual needs of the frail elderly - enabling carers to support them in their journey to the fullness of life.

“Dementia is a degenerative disease which tends to isolate both the sufferer and the families that surround them. Confronted with this condition we naturally feel inadequate...let this Dementia – Prayer Week become your link to the many families struggling with dementia.”
Rt Rev David McGough, Auxiliary Bishop of Birmingham.

Since 1994 this charity has journeyed alongside individuals and families. Drawing on these years of experience, and networking we have produced a variety of resources.

May I invite you to make use of the resources as an individual or as a community in aid of our charitable work. This way you are helping others through us. It is important to mention that donations raised from events during the Dementia - Prayer Week© are specifically for the Pastoral Care Project and not for other charities.

This Pack includes Printable A4 PDF's

- Bishop David McGough's Message
- **Prayers & Reflections:**
 - ⇒ Dementia Prayer
 - ⇒ Joy of your Comfort - Bereaved
 - ⇒ Health Care Professionals
 - ⇒ Dementia Poem
 - ⇒ Anne's Prayer
- **Orders of Service:**
 - Service of Thanksgiving
 - Water of your Blessing
- **Activities:**
 - ⇒ Bake and Share
 - Colouring in pictures
- PowerPoints, Video Clips and Reflections- website www.pastoralcareproject.org.uk
- Additional resources are available on our website or please create your event in aid of the Pastoral Care Project -Dementia -Prayer Week.

All these resources are free to copy for your use in aid of the Pastoral Care Project, organisers of Dementia - Prayer Week©. Copying for any other purpose all rights are reserved - for permission contact the Pastoral Care Project via website www.pastoralcareproject.org.uk

We wish to acknowledge the grant from Day for Life Fund to produce this years resources. This work was helped to be made possible with a grant for the Day for Life grants scheme. 'Day for Life' is the day in the Catholic Church's year dedicated to celebrating and upholding the dignity of human life. For more information please visit www.dayforlife.org.”



Message from the Rt Rev David McGough, Auxiliary Bishop of Birmingham and since 2011, Lead Bishop to the Pastoral Care Project

“Dementia is a degenerative disease which tends to isolate both the sufferer and the families that surround them. Confronted with this condition we naturally feel inadequate.

Prayer is one very powerful way of connecting with all concerned. Let us pray for, and with, those whose lives have been touched by dementia. In this way we become one with them, and with the Lord.

Let us remember that whatever we do must flow from the mercy of God that alone transforms our hearts, enabling us to reach out with a compassionate love, making us channels of his mercy.



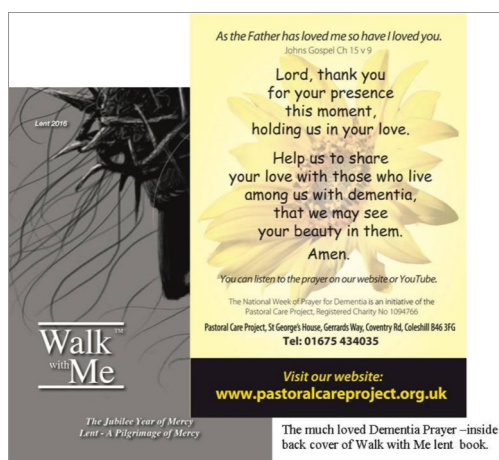
Let this Dementia – Prayer Week become your link to the many families struggling with dementia.”

Rt Rev David McGough

The Pastoral Care Project would like to invite you and your community to ponder these words from Bishop David, to take them to heart in your own life, and to consider what you can contribute as an individual and as a community.

The Pastoral Care Project is willing to give talks or help encourage any ideas which you may wish to explore in setting up pastoral care in your area

Please contact us via our website www.pastoralcareproject.org.uk



The much loved Dementia Prayer is available inside the back cover of Walk with Me Lent 2016 available nationally in cathedrals, churches and online www.alivepublishing.co.uk



Dementia – Prayer Week[©] 12th – 19th March 2016

the initiative of the Pastoral Care Project
Charity no 1094766



Dear Friends,

I warmly recommend to you

Dementia- Prayer Week 12-19th March 2016

Dementia is a degenerative disease which tends to isolate both the sufferer and the families that surround them. Confronted with this condition we naturally feel inadequate. Prayer is one very powerful way of connecting with all concerned. Let us pray for, and with, those whose lives have been touched by dementia. In this way we become one with them, and with the Lord.



Let us remember that whatever we do must flow from the mercy of God that alone transforms our hearts, enabling us to *reach out with a compassionate love*, making us channels of his mercy. Let this **Dementia – Prayer Week** become your link to the many families struggling with dementia.

*Bishop David McGough Auxiliary Bishop of Birmingham
and Lead Bishop to the Pastoral Care Project*

As the Father has loved me so have I loved you.
Johns Gospel Ch 15 v 9

Lord, thank you
for your presence
this moment,
holding us in your love.

Help us to share
your love with those who live
among us with dementia,
that we may see
your beauty in them.

Amen.

You can listen to the prayer on our website or YouTube.

The National Week of Prayer for Dementia is an initiative of the
Pastoral Care Project, Registered Charity No 1094766
Pastoral Care Project, St George's House, Gerrards Way, Coventry Rd, Coleshill B46 3FG
Tel: 01675 434035

Visit our website:
www.pastoralcareproject.org.uk



The much loved
Dementia Prayer is
available inside the
back cover of **Walk
with Me Lent 2016**
Booklet - available nationally:
in bookshops, churches or order online:
www.alivepublishing.co.uk

Please use this form for your **Dementia- Prayer Week 12-19th March 2016** event in aid of the Pastoral Care Project, Charity No 1094766

Our event is:

Date:.....Time:

Venue:

A collection /offering will be taken during the Service or at the event.

*All proceeds are in aid of the **Pastoral Care Project** Charity organisers of this **Annual Week of Prayer** and in their mission of networking and sharing resources in support of individuals and communities. Please forward details of your event info@pastoralcareproject.org.uk we will post online and social media.*

Every prayer is so important, as is your support and any contribution you wish to make.

Please remember to GIFT Aid your donation

– a gift aid form is included in the online Information and Resource Pack

www.pastoralcareproject.org.uk

If you would require further information or interested in becoming a promoter in your area please contact Frances Molloy on **01675 434035** or email:

info@pastoralcareproject.org.uk

Follow us on twitter @dementiaaprayer and on Facebook

Pastoral Care Project, St George's House, Gerards Way, Coleshill B46 3FG

Pastoral Care Project Dementia Prayer©

As the Father has loved me, so I have loved you.

John Ch:15 v9

Lord, thank you
for your presence
this moment,
holding us in your love.

Help us to share
your love with those who live
among us with dementia,
that we may see
your beauty in them.

Amen.

Dementia - Prayer 12-19th March is an initiative of the
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**Pastral Care Project, St George's House, Gerards Way,
Coventry Road, Coleshill B46 3FG**

Visit our website:
www.pastoralcareproject.org.uk

Pope Francis' Prayer for the Year of Mercy

Lord Jesus Christ,
you have taught us to be merciful like the heavenly Father,
and have told us that whoever sees you sees Him.
Show us your face and we will be saved.

Your loving gaze freed Zacchaeus and Matthew from being enslaved by money;
the adulteress and Magdalene from seeking happiness only in created things;
made Peter weep after his betrayal,
and assured Paradise to the repentant thief.

Let us hear, as if addressed to each one of us, the words that you spoke to the Samaritan woman:
“If you knew the gift of God!”

You are the visible face of the invisible Father,
of the God who manifests his power above all by forgiveness and mercy:
let the Church be your visible face in the world, its Lord risen and glorified.

You willed that your ministers would also be clothed in weakness
in order that they may feel compassion for those in ignorance and error:
let everyone who approaches them feel sought after, loved, and forgiven by God.

Send your Spirit and consecrate every one of us with its anointing,
so that the Jubilee of Mercy may be a year of grace from the Lord,
and your Church, with renewed enthusiasm, may bring good news to the poor,
proclaim liberty to captives and the oppressed, and restore sight to the blind.

We ask this through the intercession of Mary, Mother of Mercy,
you who live and reign with the Father and the Holy Spirit for ever and ever. Amen

Website www.im.va

This beautiful prayer links with the message from Bishop David McGough in this Pack



Prayer for the bereaved - The Joy of Your Comfort

"Your sorrow will turn to Joy." John 16:20

*You promised your disciples
that our sorrows would turn to joy.
For you are alive, Lord!
You do not leave us orphans.
Come into my heart
with your consoling love;
Come into my life, dear Lord;
with the joy of your comfort.
that our loved ones,
lost to us in this life
can be found in your loving embrace!
May they love in your love;
May they know your eternal joy
and dwell in your peace.
Amen*

*Father Pat Sayles, www.theprayertrust.org.uk, The Prayer Trust, Our Lady & St Benedict's,
Alcester Road, Wootton Wawen, Henley-in-Arden, B95 6BQ.*



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Prayer for Healthcare Professionals ©

O Lord we pray for all those whose work is dedicated to the assessment and care of those who experience confusion and profound memory loss.

For all who work as Healthcare Professionals in everyday care and research into the causes of Dementia of many kinds.

May they be strengthened in their work of service with individuals, families and friends.

Through Jesus Christ our Lord.

Amen.

*Written in 2009 for the Pastoral Care Project by Rev'd Canon Edward Pogmore,
Chaplain Co-ordinator, George Eliot Hospital NHS Trust and North Warwickshire Primary Care Trust*



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A Prayer for Schools

*Healer of the sick,
we ask you to look to your world,
to the people you love.
Create in us a new mind,
so that we may sing your praises
remember your blessings,
and kneel before you in our time of need.
We pray for those whose lives we share
and who live with the knowledge of weakness,
whose memory now fades,
whose enjoyment of life's story is changing.
We ask for understanding and hope,
that your Kingdom of Justice
will restore all that is lost,
and make us whole.
Be with those who help the sick,
a care often unrewarded,
and those – like St Joseph – who care for others,
a care beyond what is expected,
As you, Lord Jesus, gave sight to the blind,
gave speech where it was lost,
and drove out the power of evil,
give to those who suffer with illness of the mind
the peace that only you can give. Amen.*

Written by Fr Timothy Menezes St Thomas More, Coventry. Pastoral Care Project ©



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Dear Lord, hear my prayer

*O Dear Lord, hear my prayer
and show me that you really care.
Trouble is I can't remember,
all my prayers for you to tender.*

*Will this matter on the day,
when we meet, what will you say?
If I didn't have dementia
I would recall my holy venture.*

*If I don't pray from time to time,
Remember that my mind's not mine.
Please forgive me, as you know
No matter what, I love you so*

**Don't forget St. Paul tells us that
when we cannot pray the Spirit of God
prays for us.*

Romans 8 v 26-27

Prayer Written by Anne Ball ©

Photo/Artwork by Pastoral Care Project ©Charity No 1094766



Dementia

It steals upon our loved ones,
it steals when we do not understand
what is happening;
why it is happening?
The happening is that slow dying,
the taking away of a precious
loved one.

We see someone we loved and treasured,
someone who won our respect,
we see that person denied
of dignity and slowly losing
an awareness of life and living.

It hurts...oh how it hurts.

Let prayer be our help
let prayer be our strength
let prayer rise like a fountain
of love.

May we come together in a prayer
for our cherished ones.

Dear God,
we pray, may your will be done.



M Cauchi former carer
Pastoral Care Project ©



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Faith in Love.

*The person you Love, though hidden,
is still there, safe in the soul,
deep inside the shell of the body.*

*Your Love, graced by the Holy Spirit,
communicates with the heart of
the one you know and love.*

*Place your trust in the Holy Spirit
that they feel the touch of your hand
hear the sound of your voice, prayer
and the music you play.*

God's gift of Love shines on us all.

Ajaccio July 2011

Pebbles on the Beach

M Cauchi

The father lifted his son and
Drew him close...
The twain in loving nearness.
They looked to where the pebble round
Splashed and rippled rings of waves.
Those were the beautiful years,
Years of magic.

The child has now become the person
Purposeful,
Loving,
Loving the life,
Looking to the heavens
And the marvel of a night sky
Flicked with star light.

Then insidiously the
Sickness....
The slow relinquish
Of purposeful.
The clear and crystal clarity
Is now diminishing.
The confusion,
The reaching feebly to
Brush aside that web.
But to no avail.

Oh God what is happening?
May it ease and go.

But no....it is like dipping deep
And finding emptiness.

We reach for the person
Now become a child.
We reach for the person racked
With sickness.
We talk of when all was
Beautiful,
When the day reached into a happy
Tomorrow.
The pebble splashing into the sea
Is but a flimsy memory.

Help me pleads with misty eyes
The person becomes child.
Please pray.
Do not leave me,
For without your nearness
I am no more.



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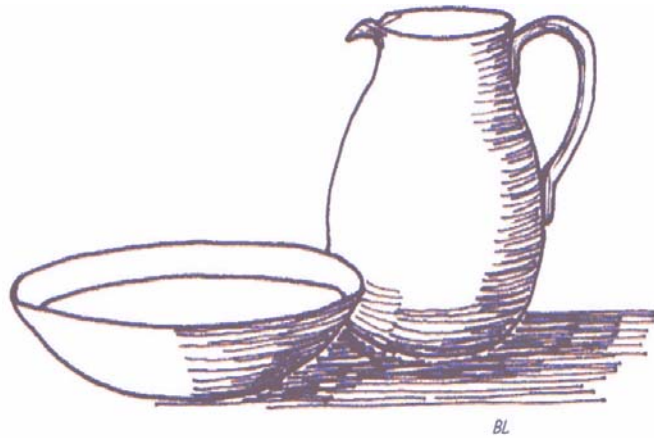
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Our Mission

"To raise awareness to the spiritual needs of the frail elderly – enabling carers to support them in their journey to the fullness of life."

• SPIRITUAL CARE • RAISING AWARENESS • REFLECTION • ONE TO ONE SUPPORT •



The Water of your Blessing

Service of Reflection

Pastoral Care Project ©



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Tel: 01675 434035

www.pastoralcareproject.org.uk

The Water of your Blessing
Service of Reflection
Pastoral Care Project ©



Charity Number 1094766

1. Welcome and Prayer (create your own prayer)
2. Hymn: A New Commandment
3. Gospel John 13 1-15
4. Reflection on the Gospel
5. Read Poem - The Water of your Blessing

Do not kneel, My Lord.
It is for me to kneel
At your feet.
With your loving hands you
Touch my feet...
Loving, gentle hands
Which made those who ail and hurt
Whole and well.
You washed my feet with
Water cool and soothing...
The water of your
Blessing.
You dried my feet with
Linen pure; and gentleness.
But infinitely you washed
My heart...
A heart 'oft grieved and saddened.
You drew me close and called me Son,
And filled me with your grace,
Your great Amen

(M. Cauchi)

6. Hymn: This Is My Body
7. Prayer
Jesus I come into the warmth of your presence.
I come before you holding the water jug of my life.
Your eyes meet mine and I know as Peter knew – the depth of your love– for me. Amen
8. Action : Water and Jug— offering of my life, my service and my love.
9. Close service with Hymn: A New Commandment

The Water of your Blessing - Leaders Notes

Pastoral Care Project ©

Preparation and Resources

Leaders

It is best if at least two people lead the service of reflection and leaders should be familiar with leading prayer.

The leader/s will decide which sections they are going to lead and so will have prepared and prayed the material beforehand.

The leaders can alternate what they do and so allow the prayer and reflection to flow. Compose your own prayer to begin the service.

The service should not be rushed, allow for times of silence— for example at the end of the gospel, following reflections and Water and Jug experience.

Seating

Set out seating in a circle for a more prayerful experience.

Table setting

1. Suitable low table
2. Table covering - blue fabric and a white cloth or towel
3. Glass Jug with water and glass bowl half filled with water.

Poster

The poster * would need to be positioned where it can be easily viewed and if possible use A5 size prints for individual reflection

1. *Poster of the Washing of the Feet
by Sieger Koder available from www.pauline-uk.org

Music

Hymn Sheets can be downloaded from internet

Use of CD and CD player or I-phone for hymn accompaniment.

Gospel

In preparation to hear the Gospel it may be helpful to invite those present to listen and use their imagination and to place themselves in the story. In the silence that follows, they will be guided by the Holy Spirit to take on the role of Peter or Jesus or one of the apostles...

Poem

The Poem 'Water of Blessing' written by Michael Cauchi. Michael was inspired to write this poem after reflecting on the picture and the Gospel during a quiet time of reflection in his own home.

Action of the Water and Jug

During the action of the Water and Jug *silence* is very important to allow space for reflection and sharing.

Hymn

This Is My Body: As this hymn is sung we both hear it and sing it. It is Christ who is singing it to us in our own story today. The beginning and ending hymn are the same - sign of mission.

Close

Close service of reflection with sign of peace or blessing.

Action:8 Jug of Water

This action was first used by the Pastoral Care Project in a Care Home where residents and staff had asked for a service following 9/11. Organising a service for such an event for many faiths and residents, including those with dementia, was challenging. It came to mind a prayer experience we used during a service of healing on retreat and so it was adapted. This jug and water experience had a profound effect and it meant that everyone could participate. This action of the Jug and Water is often used and each time it brings forth a different experience. The example below is taken from a day of reflection with carers.

Those present were invited to take the jar filled with water and to pour the water into the bowl as an expression of their life, love, or service (whichever words apply) the half filled bowl represented the people of God.

Perhaps these words might be helpful. (Please feel free to use your own words)
"All of us are the hands, ears, eyes, feet....of Christ, and so He touches us through one another. We offer all that we are and all that we have , to be transformed into His loving body to be shared."

Action: Going forward individually, prayerfully take the jug and pour the water into the bowl as an offering of oneself.

(We are giving to Jesus the water which he will use to wash Peters feet)

We are also being reminded of our baptism.

This action when done in *silence* can bring about a depth of peace.

If there are people present who are unable to walk, take the jug and bowl to them.

A few comments shared from previous services:

"The picture of Jesus washing Peter's feet reminds me of when I wash my mother's feet. I am reminded of the care and love she gave me as a child."

An older person recalled how she could no longer stoop down to wash her feet and now she is dependent on others to wash her feet.

Another felt the Lord was really present. She had never used her imagination in prayer before and found this wonderful.

The service can be adapted according to the group and the venue.

Thanksgiving Service



This is our suggestion for an Ecumenical Service of Thanksgiving.

This can be adapted whereby churches, healthcare workers, residents, friends and family can gather together.

The hymns are available on YouTube to replay through Smart TV or iPad.

A basket, cards and pens could be provided for those attending to write prayer intentions and place in the basket during the Service.

Welcome and Prayer

Hymn: Dear Lord and Father

Scripture reading: Luke 4: 18-19

Reflection: My love for You - (in Pack)

Hymn: When I Survey the Wondrous Cross

Anne's Prayer (in Pack) - Followed by an invitation to those present
Fill in the intention card and place in the basket provided

Hymn: Make me a Channel of Your Peace

Lord's Prayer: invitation to link hands and connect with each other and the Lord.

Collection or Offering for the work of the Pastoral Care Project

Closing Hymn: Take my life and let it be
Follow with Refreshments/Hospitality for example you may wish to use our Bake & Share initiative. (in Pack)

Donations should be sent to the Pastoral Care Project using the Reply Form in the Pack or donate online www.pastoralcareproject.org.uk



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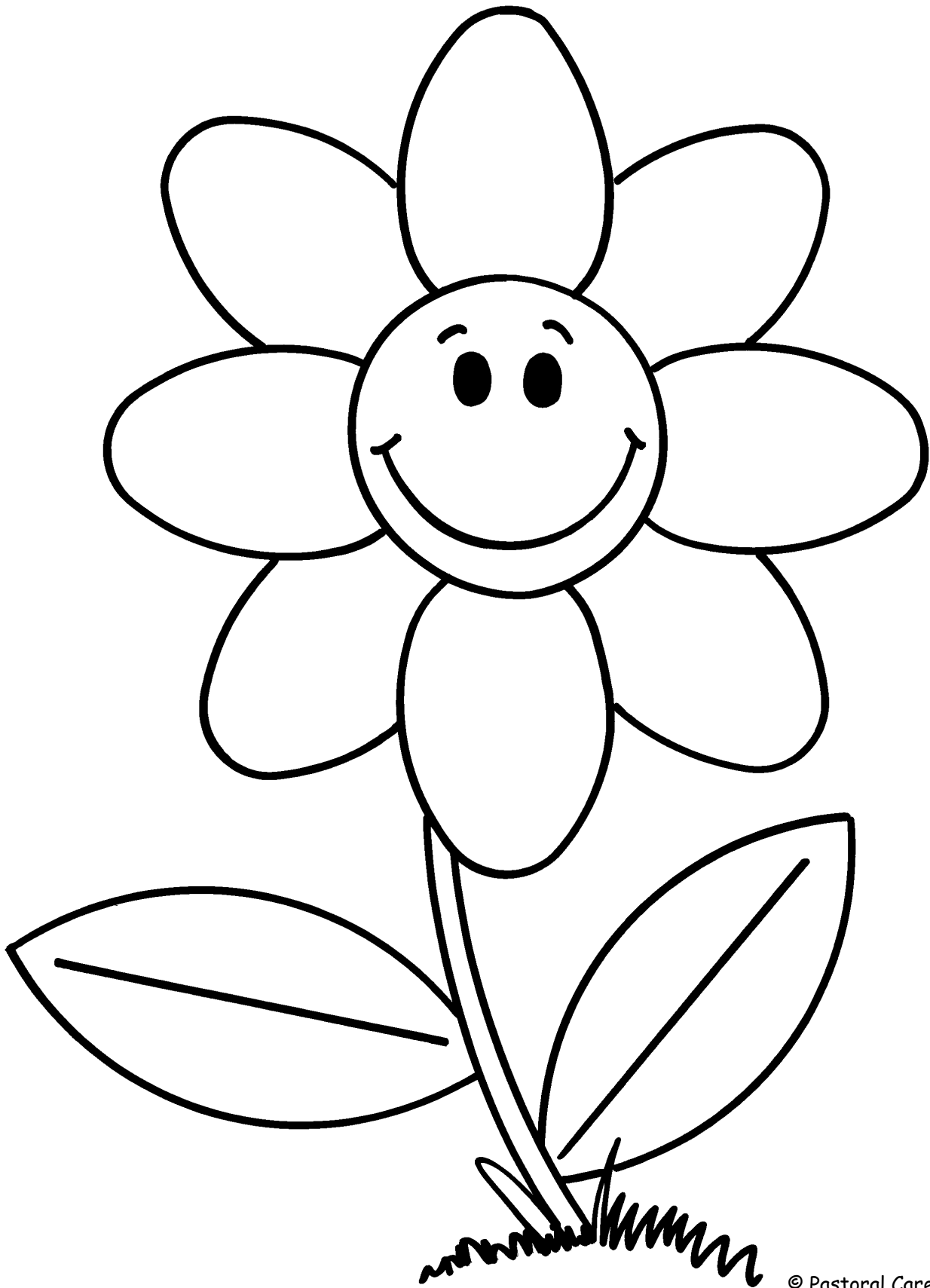
Dear Jesus
thank you for your love

I have
prayed
today for
people with
dementia

Create your own picture here



My Name.....



© Pastoral Care Project

I

have coloured-in this picture and prayed for the work of the

Pastoral Care Project

part of the Archdiocese of Birmingham

www.pastoralcareproject.org.uk

Please photocopy to fund raise for the Pastoral Care Project Charity No 1094766

Story of the creation of Bake 'n' Share© Reflection on I. Kings Ch 17

Back in December 2012, I was led to read I Kings Ch 17. In it, the text where Elijah asked the widow to 'make him a scone' spoke to my heart. Then one cold dark day in late January as I was recovering from a very bad flu and felt I needed to do something - but what? I had little energy - it was then that I was drawn again to the passage about Elijah. This inspired me and I thought to myself that I might just have the energy to make a few scones. Which I did, and it was a wonderful experience, however, as I have a wheat allergy I couldn't eat them myself, but sharing them with my family gave me a sense of pleasure; one of my sons who lives close by later commented on his Face Book page how lovely they were and his excitement at receiving home made scones from his mum.

Later when I was sharing this experience with Canon Edward Pogmore, Healthcare Chaplaincy Team Leader at George Eliot Hospital. I have known Edward since 1990; he has always been supportive and an inspiration. This story struck a chord with him and he shared his story with me. He has granted me permission to share his story with you.

“Some of my brightest memories are of my Mum Mary baking in our kitchen... we had a stove next to the open fire where the winter pikelets would be shared. When mum went through the first frustrations of Dementia, she expressed the need to make her beautiful scones. To safely negotiate her original recipe a volunteer came once a week and the culinary smells permeated her flat again and her satisfaction of contributing again sustained her sight and self esteem”.

From there the idea of Bake 'n' Share grew and I tried it out at our trustees meeting as part of the fellowship. The sense of surprise, the socialising; everyone felt more relaxed and found it uplifting after their long day, much better than the usual tea and biscuits. As I continued to reflect on the experiences of giving and receiving I realised the real value was the joy of sharing. Bake 'n' Share could be one way of helping people to join in; a way to overcome illness, isolation, fear and grow in confidence and friendship.

Whilst cake making can often be an art form and expensive, requiring great effort, baking scones is just so simple, for as little as a few pence each. Scones are suited to most diets and those who are giving up sweets and cakes for lent need not miss out. It is also a wonderful school activity or even part of a lesson plan.

Many of those I spoke to about Bake 'n' Share were willing to join in the National Week of Prayer and Awareness of Dementia 12-19th March. They were happy to incorporate Bake 'n' Share into their regular charity event for the Pastoral Care Project.

In the words of Elijah to the Widow 'Make me a scone first' was explained thus; if a parish or organisation took part to raise funds for the Pastoral Care Project annually each March and join in the Week of Prayer then we were more than happy for them to continue to use the Bake 'n' Share event regularly to raise funds for themselves in order to bring people together who may be housebound and draw on their experience of baking and such skills - after all who can resist freshly baked scones?

The SVP in Ballycastle Parish (Annual Report 2014 page 10) have shared this story with me. For many years the SVP have been working with the local care homes who provided a venue whereby the housebound were offered hospitality one evening per month throughout the winter. The evenings consist of transport being organised, food being prepared and a variety of stimulating entertainment. This was one of the reasons why they committed to organising a Bake 'n' Share event and raise funds for our work—it fitted in so easily with their regular event.

The story of Elijah still inspires me - in these difficult times God still provides. I invite you to read I Kings Ch 17 and I would love to hear from you and hear how this story touches your life.

Frances Molloy
Project Manager
Pastoral Care Project Charity No 1094766

Bake 'n' Share



Beautiful Memories

Some of my brightest memories are of my Mum Mary, baking in our kitchen...

We had the stove next to the open fire where the winter pikelets would be shared.

When my Mum went through the first frustrations of Dementia she expressed the need to make her beautiful scones. To safely negotiate her original recipe a volunteer came once a week and the culinary smells permeated her flat again and her satisfaction of contributing again sustained her insight and her self esteem.

All good wishes and blessings.

Canon Edward Pogmore

Healthcare Chaplaincy Team Leader, George Eliot Hospital, Nuneaton

Scone Recipe (8 - 10 scones)

Preheat Oven: 220 C, F210 C Gas 7-8

Using a warm bowl;

sift twice 250 g of Self Raising Flour and 1 tsp Baking Powder add 50 g of castor sugar, rub in 50g of butter.

Mix tog 150ml milk & 1 egg in a separate bowl - reserving a little for later.

Add the milk and mix; Knead lightly on a floured surface; roll out and cut as desired.

Place on lightly floured baking sheet and brush with the reserved milk/egg mixture

Bake for 10 -12 mins. Best served warm.

Beautiful Scones - delicious, comforting - you will want to share them with someone!

This activity is ideal for everyone including, care providers or occupational therapists, schools and you.

The message of Bake 'n' Share is simple, stimulating the sense - here are a few of the obvious:

Thought - organising ingredients

Feeling - rubbing together butter and flour

Touch - Touching ingredients and utensils

Smell - freshly baked scones

Sight - beautiful scones and people gathered around table enjoying scones, tea and chatting

Taste - delicious, comforting -*you will want to share them with someone!*

What others senses come to mind of as you chat over a cuppa and scone

Laughter

Self awareness

Touch

After reading about Bake and Share© a parishioner baked scones, for the first time, and brought them to a Care Home along with the Prayer Card-the parishioner was overjoyed at the appreciation of staff at the care home.

Let us know what you plan to do in aid of the Pastoral Care Project's charitable work - organisers of Dementia - Prayer Week ©12-19th March, supported nationally. Donation form online or send donations to the address below - thank you.



Pastoral Care Project, St George's House, Gerards Way, Coleshill, B46 3FG

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