Little Way Catholic Educational Trust

Catholic Social Teaching: PARTICIPATION

One of the key principles of Catholic Social Teaching that your child is learning about at school is the importance of Participation.

Your child is learning that it matters that we take part and that when we make time and effort to join in, it brings good things to us and to those around us.

We are not created by God to live alone. We are made for relationship, and community is a vital part of who we are. Strong communities don't simply happen — they grow when each of us chooses to participate and support one another.

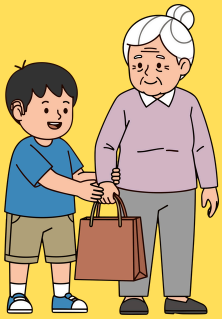
God invites each of us to play our part in making the world a better place. We can do this in many ways — by using our talents, helping others, volunteering our time, and, when we are older, having a voice in how our society is run..

Each of us has a responsibility to help make our homes, schools, communities, and world kinder and fairer places. We are called not just to notice what is wrong, but to do what we can — in small, everyday ways — to help make things better.

It could be as simple as picking up litter rather than walking past it, ensuring you vote in elections, checking on elderly neighbours who might need a hand or volunteering your time for a local charity. In essence, it is about taking part and not assuming someone else will step up if we don't.

How do the choices we make at home — the way we speak, help others, and get involved in our school or community — show our children that everyone has an active part to play in making the world a better place?

"When each separate part works as it should, the whole body grows and builds itself up through love." Ephesians 4:16



Little acts, great love, big difference

Life is busy. As a Catholic, it can be easy to ask ourselves: does it really matter if I go to church on Sunday? Between work, school, clubs and family commitments, weekends can sometimes feel like the only chance to slow down. It's understandable that getting everyone ready for Mass doesn't always feel easy. Yet Sunday Mass remains one of the most important and life-giving habits we can share as a family.

At its heart, Mass is about making time. God invites us to set aside one day each week to pause and refocus on what truly matters. In a fast-moving world, Mass offers families a moment of calm, grounding and perspective and a chance to say 'yes' to Jesus.

What might change if our week began feeling more settled and centred?

Mass is also where we meet Jesus in a special way. Through the bible readings we hear, the prayers we say, and the Eucharist we receive, Jesus gives himself to us. For children, this regular experience quietly shapes their faith. They learn by watching — seeing parents pray, stand, sing and give thanks.

What do our children see us valuing? What memories of faith are we helping to build?

Coming to Mass connects us to a wider community. Even if we don't know everyone personally, we belong together. Children learn that faith is something we live with others, not just something talked about at school.

How does being part of a community help our children feel that they belong?

Mass also gives us space to be honest. We reflect on the week, say sorry to God, pray for ourselves and others, and give thanks. These moments gently teach children compassion, forgiveness and gratitude.

When do we pause as a family to reflect and reset?

Perhaps most importantly, Mass helps children experience wonder. Through familiar prayers and rituals, they learn that faith is steady and trustworthy, even when life feels uncertain. Week by week, Mass quietly shapes hearts and minds — often more than we realise.

By choosing to make Sunday Mass a priority, families offer their children a lasting gift: a sense of belonging, purpose, and a faith that can grow with them throughout their lives.

You may have seen some of the coverage in the press about a recent polling by the Bible Society and YouGov which offers a quietly hopeful picture for faith communities across the UK. The survey showed that church attendance is beginning to rise again, particularly among young people in Roman Catholic communities — gently challenging the idea that faith is fading in younger generations. For our Catholic schools, this is something to celebrate: a joyful sign that the faith our children learn, pray and talk about each day is alive, growing, and being lived out by families through Sunday Mass.

Thank you to all our families for the time, commitment and love you give in nurturing your children's faith.

A Prayer for our Families

Loving God,
Thank you for our families and the gift of time together.
Help us to slow down, to listen to you, and to grow closer to one another.
Bless our children as they learn to know and love you.
Guide us as we begin each week with faith, hope and joy.
Amen.

'...A community needs a soul if it is to become a true home for human beings. You, the people must give it this soul.' Pope John Paul II

🌈 Why Do We Go to Mass?

We go to Mass because it is a special time to be with God and each other. At Mass, we:

📖 Listen to Bible stories about Jesus

Receive Jesus in the Eucharist

🙏 Say prayers together

🎶 Sing songs to praise God

❤️ Thank God for all the good things in our lives

🤝 Learn how to love and care for others

Mass is also where we come together as a big Church family. Even if we don't know everyone's name, we belong together. Sometimes Mass feels quiet. Sometimes it feels the same each week. And that's okay! God is still working in our hearts, helping us grow kinder, braver and more loving.

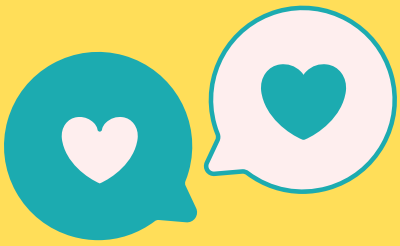
💬 Let's Talk About It at Home

You could ask:

⭐ **What was your favourite part of Mass this week?**

👂 **Did you hear a word, prayer or story you liked?**

💛 **Who would you like to pray for today?**



Why not ask friends or family what going to mass means for them?

When you next go to church, why not say hello to someone new or sitting alone?

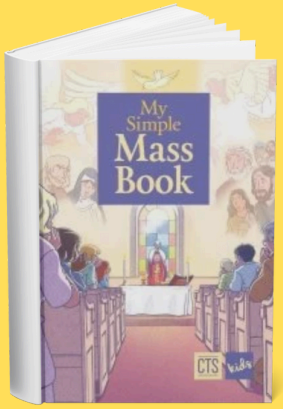
You have no idea what your hello might mean to them or to you.

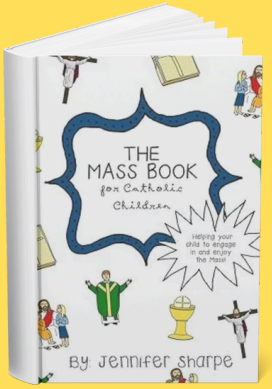
Little acts, great love, big difference

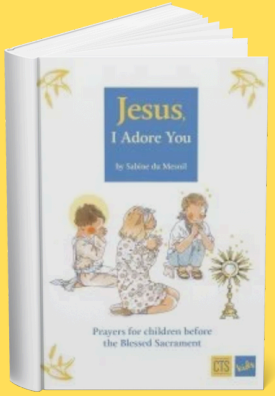
🙏 A Prayer to Say Together

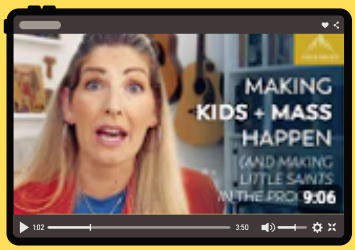
Dear God,
Thank you for our family.
Thank you for loving us and being with us.
Help us to listen, to be kind,
and to follow Jesus.
Amen.

Resources to help children and adults to get more from the mass (click to access):









‘The Eucharist is my highway to heaven’

Saint Carlo Acutis (*AKA* God’s influencer)

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