



MILLION MINUTES OF CHANGE RESOURCE PACK

Young friends,
don't wait until
tomorrow to contribute
your energy, your audacity
and your creativity to
changing our world. You
are the now of God, and he
wants you to bear fruit.

Pope Francis
Christ is Alive!
2019

Thank you for committing to be part of Million Minutes of Change. Together, all over England and Wales, young people are creating a million minutes of social action to help change the world.

This pack will introduce guiding principles enabling you to explore your concerns and inspire your group to connect to a concrete action plan.



HOW IT WORKS

This resource will guide you through four steps to help you consider what action you want to take, and to plan your ideas:

1 Catholic social teaching activity

2 Mapping/poster activity

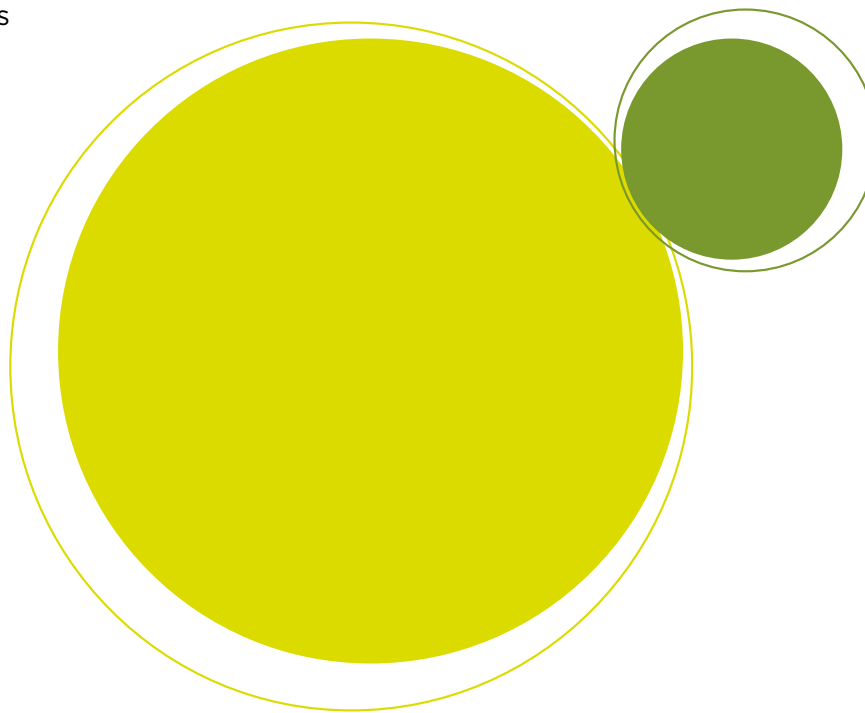
3 Commit to action

- Social Action Project Plan
- Ideas to get you started
- Ways to get involved with Million Minutes

4 Pledge your action at millionminutes.org/change

ALSO IN THIS RESOURCE

- Activity handouts
- Useful links/Resources



SEE, JUDGE, ACT

All these activities invite your young people to actively engage with Catholic social teaching by seeing, judging and acting in light of gospel-inspired principles.

'SEE' is used to describe the process in which we discover what is really happening in our local and global communities. We 'JUDGE' in order to reflect and analyse what is happening through the lens of our faith (including Catholic social teaching) and we then 'ACT' accordingly as a result.



1

CATHOLIC SOCIAL TEACHING ACTIVITY

Optional

You can give the young people our CST handout with more information, found at: millionminutes.org/CST

You will need:

- Flip chart or A3 sheets of paper
- A couple of pens
- The six CST sheets (see pages 9-11)

Group discussion

Invite the young people to get into groups and ask them to look at the 6 principles on the CST sheets (see pages 9-11). To begin ask them to discuss the guiding principles and quotes at the top of each sheet. Then invite them to choose one or two principles that interest them the most.

The CST sheets have questions on, which they can then discuss amongst themselves. There are also short prayers that the group can use throughout the project.

Watch the Animation

After the group discussions play our CST animation, found at: millionminutes.org/CST

After watching the animation discuss whether there are any principle(s) that are standing out for the group.

- Which principle(s) would your group like to focus on? Each smaller group may want to choose different principle(s).
- When the group has decided, ask them to think about where and how they see these principles lived out in the world. Use large paper to create spider diagrams with the principle written in the centre.

Explain to the group in your own words: Catholic social teaching is a whole body of reflection and concrete advice from the Church informed by Scripture and two thousand years of tradition. Within these writings there is a concrete set of principles or guidelines, addressed to the whole world. They are offered to all 'men and women of good will' to help live out their daily lives. We are looking at six of these principles today. We are now going to explore how these principles of Catholic social teaching apply to real life situations.

Optional

Another useful resource to help explore the six principles in more depth can also be found at: millionminutes.org/CST. These six activities will provide you with a full youth work session that can be used with your group.

2

EXPLORING OUR 'REALITY'

Try one, or both of the following:

OPTION 1 – NEWS FLASH POSTERS

You will need:

- A stack of newspapers (local and national)
- A stack of magazines (age appropriate)
- Scissors (if age appropriate)
- Flip chart or A3 Paper
- Blu tack
- Post-it notes

Invite the members of the group to either work on their own or in twos and threes to sift through the newspapers and magazines. Cut out examples which relate to your chosen principle(s). For example, a story on knife crime would relate to the principle of the call to participation and community.

Note for the leader

While the group is doing this, place the six principles around the room. You can write each principle at the top of a large sheet of paper and/or glue in place the CST cards (see pages 9-11). After the young people have finished cutting out their chosen stories, ask them to blu tack the stories under the chosen principle around the room. The young people can then visually see the headlines/images.

Group discussion

Discuss the following questions:

- Is the same message or image appearing over and over in the newspapers/magazines?
- Are the stories mostly positive or negative?
- How do you feel looking at the stories and images in front of you?
- Are they real?

Look back at your spider diagrams from the previous activity:

- Where do you see the principle lived out in their school/parish/local communities? Do any of these examples relate to the stories you have seen in the newspapers?
- Is there anything else your school/parish or community could be doing to live out this principle? Could your group help make any of these a reality?

While the young people are discussing these questions, write their answers down on post-it notes and place onto a large sheet of paper. You can then 'cluster' the post-its to find common points.



OPTION 2 – MAPPING ACTIVITY

You will need:

- The Million Minutes Mapping Activity (found below)
- Access to a computer and printer
- Sheets of A3 paper
- Pens
- Post-it notes

Aim: To enable individuals from your local school/parish/community to create a visual map of your area, capturing their positive and negative concerns.

Optional

Invite people from your community to join you when you create your poster and/or map. Provide some food and drink and get them talking around the poster or map, adding their pins and post-it notes. The idea is that by the end of the event you will have created a clear vision of some of the issues affecting your local area. You can use this to help plan the action you want to take.

The Activity: (Choose the mapping activity that suits your needs)

1. Online Maps

Use an online map to print out your local area in several sections. If possible, switch on the 'satellite' view to give more detail. Aim to print out at least 12 screens (as tiles) and tape together to create a big map of your area. It's best to view each 'tile' of the map in full screen, and then simply 'print screen' to copy the image so you can print it. Then scroll across the map to print the next 'tile'. (Allow a little overlap to stick it all together.) Back it onto a board that you can stick pins in to. People will then be able to pin flags on with their written concerns/comments.

2. A-to-Z Map book

Take apart a giant A-to-Z map book of your local area. Glue the pages onto a backing board, matching the pages up to create a huge map.

3. Buy a local map

Buy one the right size. You can usually buy maps of your own town in High Street book shops. Also check out the online map services - you can order a map of exactly the area you want at the right size.

Pro Tip: It's up to you how you choose to do it, just remember that you want as many young people as possible giving you their feedback/concerns/comments on the area so if it doesn't attract your attention, chances are it won't attract theirs! So make sure it is big!

Populate the map

Once you've got your map, mark out the streets, houses and places where your group(s) spend their time e.g. work, school, home, parks, sports clubs, scout group, churches etc. Use post it notes to write on the map.

Use location pins (or post-it notes) to add concerns to the map. For example: Where you/they don't feel safe to walk, where young people hang out because they have nothing to do, where the local youth club was closed down, where a person got attacked, your places of work with tough working conditions, known areas for deprivation, crime, overcrowded housing etc.

Making connections

With your group look again at your map and establish what positive and negative points have come up on the map which relate to the Catholic social teaching principles. For example, a negative concern that could come up is that there is nowhere for young people to go after school. Your group could decide that there is a lack of youth clubs in the area (relating it to the principle of Community and Participation).

3 TAKING ACTION



Deciding your action

Your group now has a principle(s) of CST to focus on, and have discussed their areas of concern. The next step is to decide what action to take.

- What will you do to help put your chosen principle into practice, and to help address some of your concerns?

IDEAS TO GET YOU STARTED

Below you will find all six principles listed. Underneath each principle are ideas/questions to consider. Have a think amongst yourselves of how you can respond to the concerns on your map or poster.

- How you can implement any of these actions and take them out into the community?
- Do you have any other ideas? On page 12 you will find a list of useful links/resources if your group is stuck on ideas and needs some inspiration.
- Which one(s) will you choose?

A preferential option for the poor

- Could your group get involved in helping out at your local soup kitchen/homeless shelter? What would that kind of help look like?
- Could you help out by setting up a local food bank?
- Can your group create something that would serve those in your community who live on their own or are lonely?
- What can we do to support those living in poverty?

The call to participation and community

- What would you like to see change in your local community? How would you go about implementing those changes?
- Could the young people/community set up a meeting with the local patrol/police force in an effort to start open conversations? From those conversations does an idea/project come up, which could then be implemented in the community?
- How might other people be enabled to be active members of your community? Are there roles missing?
- Could we set up a safe haven project in the area?

Care for creation

- Want to create an allotment with the support of your local community?
- Could you start a community garden?
- Could you lead a project in your school to reduce plastic consumption/food waste/water consumption?
- Have you thought about setting up a recycling scheme?
- How can you better educate those around you about the effects of the environment, and campaign for fairer solutions?
- Do you live near the sea? Is there anything you could be doing to protect it?
- (For this principle think about the wealth of resources your young people already have at their fingertips, from science, to art and photography teachers to an existing Eco Committee etc. Ask them to think about the ways they can channel these resources and put them to good use).

The dignity and quality of each human person

- How can we enable each person to flourish?
- How do we ensure all people can live lives of dignity?

The dignity and rights of workers

- How do we help people to work with dignity? (e.g. working conditions/fair and equal pay).
- What decisions and actions can we take to ensure people can work with dignity?
- Are you called to campaign for better working conditions?

Solidarity among peoples and the promotion of peace

- Could your group create a peace garden, which the local community can use?
- How could your community create a youth club/safe space in which people come together for the common good?
- In our relationships with others, where do we need to make amends? Where do we need to bring peace to those around us?
- Could we set up a safe haven project in the area?

MAKE A DETAILED PLAN

You will need:

- Project Plan handout on page 13.

The young people may want to separate into specific project groups, so that the whole group to creates several project plans, responding to more than one principle or area of concern.

Complete the plan together using the handout as a guide:

- What is the title of your social action project?
- What Catholic social teaching principle does it relate to?
- What do you want to achieve? What is the aim for the project?
- How will you get there? Complete the steps to get you there (even if you cannot plan all the steps, make a note of your first three steps)
- Time plan. When will you complete your main actions?
- Add up all the time you expect young people to spend on the project (remember to include every young person who will be involved)
- Who can help?
- What resources do you need? Will you need any money?

Tip

If you're working in a big group, then we suggest that you write out all of your project ideas for the room to see, and using a voting system pick the top three projects. Those then who have expressed an interest in a project should form into one group and fill out the social action project plan before moving on to the social action plan.

APPLY FOR A GRANT OF £500!

We fund projects in the UK undertaken by organisations and groups who work to enable young people to do things that change our world, inspired by Catholic social teaching. We hope that the activities provided have sparked the beginning of an idea. Before you apply for a grant with us please look closely at our funding criteria at millionminutes.org/grants. (We currently recommend applying for grants up to £500.)

Once you are certain your project meets our criteria please fill out the online application form which can be found on our website (millionminutes.org/grants/).

You will then receive an email once the application has arrived; our Trustees will then meet and discuss your project.

4 PLEDGE YOUR MINUTES

Congratulations! You have committed to action!

Now decide when you will meet again, and how you will complete your action.

Help to reach a million

Help us create 1,000,000 minutes of social action. Let us know that you are transforming your community and making our world a better place. Stand together with hundreds of other young people in making a change by pledging your time to social action projects.

Go to millionminutes.org/change and tell us about your project. We will add all your pledged time to our 'Million Minutes of Change' total.

OTHER WAYS TO GET INVOLVED WITH MILLION MINUTES

Nominate a young person or group for a Celebrating Young People Award.

Across the country, young people are changing our world. In quiet and unassuming ways-week in and week out.

The Celebrating Young People Awards aim to recognise young people who are dedicated to helping creating change for the better. The Awards see hundreds of young people across England and Wales nominated in six categories, each celebrating a different aspect of Catholic Social Teaching lived out in social action.

We encourage everyone who knows inspirational young people aged 11-25 to nominate their unsung heroes and heroines, so the Catholic Church can celebrate their achievements. Award nominations close about one month prior to the awards, and shortlists are announced in the following weeks. The Celebrating Young People Awards usually take place every 18 months.

For details and to nominate visit millionminutes.org/awards.

Pledge your time during siLENT

You can pledge your time by joining us during siLENT. Join us each Lenten period as we stand in solidarity with young people who don't have a voice. Money from the sponsored silences are used to fund youth led social action projects across England and Wales. Sign up today: millionminutes.org/silent/

Don't forget to spread the word!

Remember to share the news of your action on your social media channels. You can find us on Twitter, Facebook and Instagram.

[@Million_Minutes - Twitter](https://twitter.com/Million_Minutes)

[MillionMinutes11 - Instagram](https://www.instagram.com/MillionMinutes11)

[MillionMinutes - Facebook](https://www.facebook.com/MillionMinutes)





HUMAN DIGNITY

**“ALL PEOPLE ENJOY AN EQUAL DIGNITY.
ALL ARE LOVED BY GOD”**

Pope Francis

REFLECTION

We all have a unique worth not because of anything we do, but because we are made by God. In our community and world, where do we **not** see the guideline of ‘dignity and equality of each human person’ being upheld?

God said, ‘Let us make humankind in our image, according to our likeness; So God created humankind in his image, in the image of God he created them; male and female he created them.

Genesis 1:26-27

ACTION

How do we ensure all people can live lives of dignity?
How do we enable each person to flourish?

The guiding principle... of all the Church’s social doctrine, is a correct view of the human person and of their unique value

St John Paul II

PRAYER

Heavenly Father
Help us to see with your eyes, to judge with the loving heart of your Son, Jesus Christ, and through your Spirit to put love into action.
Amen



CARE OF CREATION

**“WE LOVE THIS MAGNIFICENT PLANET ON
WHICH GOD HAS PUT US, AND WE LOVE THE
HUMAN FAMILY”**
Pope Francis

REFLECTION

We are stewards of creation, called to look after the world, including for future generations. How do our actions harm the beauty of creation? How do these actions affect our sisters and brothers around the world?

In the beginning God created the heavens and the earth...
God saw everything that he had made and indeed it was very good.

Genesis 1

ACTION

How do we care more lovingly for creation?
How do we re-connect with nature?

Creation is not a property, which we can rule over at will; or, even less, is the property of only a few: Creation is a gift, it is a wonderful gift that God has given us, so that we care for it and we use it for the benefit of all, always with great respect and gratitude.

Pope Francis

PRAYER

Heavenly Father
Help us to see with your eyes, to judge with the loving heart of your Son, Jesus Christ, and through your Spirit to put love into action.
Amen



SOLIDARITY AND PEACE

**“HOW MANY WARS TAKE PLACE IN OUR COMMUNITIES, EVEN AMONG CHRISTIANS”
POPE FRANCIS**

REFLECTION

As we look around us, where is there conflict and division?

Where in our hearts?

Where in our local community?

Where in our world?

ACTION

In our relationships with others, where do we need to make amends? Where do we need to bring peace to those around us?

PRAYER

Heavenly Father

Help us to see with your eyes, to judge with the loving heart of your Son, Jesus Christ, and through your Spirit to put love into action.

Amen

Blessed are the peacemakers,
for they will be called
children of God.

Matthew 5:9

[Solidarity] is not a feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. It is a firm and persevering determination to commit oneself to the common good – the good of all and each individual because we are all really responsible for all.

St John Paul II



DIGNITY OF WORKERS

**“WORK IS FUNDAMENTAL, IT ‘ANOINTS’ US WITH DIGNITY, IT MAKES US SIMILAR TO GOD”
POPE FRANCIS**

REFLECTION

Are people around us enabled to work with dignity? How do we treat people who work for us? Or the people who make the clothes we wear or coffee we drink?

ACTION

How do we help people to work with dignity? What decisions and actions can we take to ensure people can work with dignity?

PRAYER

Heavenly Father

Help us to see with your eyes, to judge with the loving heart of your Son, Jesus Christ, and through your Spirit to put love into action.

Amen

Take no gold, or silver, or copper in your belts,
no bag for your journey,
or two tunics, or sandals, or a staff;
for labourers deserve their food.

Matthew 10:9-10

There is no worse material poverty... than the poverty which prevents people from earning their bread and deprives them of the dignity of work.

Pope Francis

OPTION FOR THE POOR



**“WE’RE CALLED TO FIND CHRIST IN THE POOR,
TO LEND OUR VOICE, TO BE THEIR FRIENDS,
TO LISTEN”
POPE FRANCIS**

REFLECTION

When we think about our local community, who are the people living in poverty? In our global community, where are the people living in poverty? How do we treat them?

ACTION

How do we truly listen to people living in poverty? How do we learn from them? What can we do to support people living in poverty?

PRAYER

Heavenly Father
Help us to see with your eyes, to judge with the loving heart of your Son, Jesus Christ, and through your Spirit to put love into action.
Amen

Blessed are you who are poor,
for yours is the kingdom of God.
Blessed are you who are hungry now,
for you will be filled.
Blessed are you who mourn now,
for you will laugh.

Luke 6:20-22

We are called to find Christ in [people living in poverty], to lend our voice to their causes, but also to be their friends, to listen to them, to speak for them and to embrace the mysterious wisdom which God wishes to share with us through them.

Pope Francis



COMMUNITY AND PARTICIPATION

**“DON’T BE OBSERVERS OF LIFE, BUT GET INVOLVED. JESUS DID...”
POPE FRANCIS**

REFLECTION

What springs to mind when you think of community? Who comes to mind? How are you involved in your community?

ACTION

What would you like to see change in your local community? How could you do it? How might other people be enabled to be active members of your community?

PRAYER

Heavenly Father
Help us to see with your eyes, to judge with the loving heart of your Son, Jesus Christ, and through your Spirit to put love into action.
Amen

‘Lord, when did we see you hungry or thirsty, a stranger or naked, sick or in prison and help you?’
‘Truly I tell you, when you did this to one of the least of these members of my family, you did it to me.’

Matthew 25

If indeed “the just ordering of society and of the state is a central responsibility of politics”, the Church “cannot and must not remain on the sidelines in the fight for justice”. All Christians, their pastors included, are called to show concern for the building of a better world.

Pope Francis

USEFUL LINKS/RESOURCES

The dignity and equality of each human person

- Jesuit Refugee Service: jrsuk.net/
- HCPT: hcpt.org.uk/

The call to participation and community

- For Jimmy Safe Haven Project: forjimmy.org/building-safe-havens/
- The Courtyard Project: courtyardproject.org.uk/

A preferential option for the poor

- Cardinal Hume Centre: cardinalhumecentre.org.uk
- Caritas Social Action Network: csan.org.uk/
- St Vincent De Paul Society: svp.org.uk/
- CAFOD: cafod.org.uk/

The dignity and rights of workers

- Young Christian Workers: ycwimpact.com/

Solidarity among peoples and the promotion of peace

- Pax Christi: paxchristi.org.uk/
- The Columbans: columbans.co.uk/
- For Jimmy Safe Haven Project: forjimmy.org/building-safe-havens/
- Together for the Common Good: togetherforthecommongood.co.uk/

Care for creation

- Laudato Si: laudatosi.com/
- CAFOD: cafod.org.uk/Campaign/Climate/Climate-Change
- Operation Noah: operationnoah.org/
- The Ecological Conversion Group: theecg.org/
- The Climate Coalition: theclimatecoalition.org/
- Catholic Climate Covenant: catholicclimatecovenant.org/
- ECO Parish Guide: cafod.org.uk/content/download/30269/345592/version/2/file/GCCM%20Eco-Parish%20Guide%20English.pdf
- The Catholic Bishops Conference study group resource: liverpooljp.files.wordpress.com/2019/03/lenten-reflections-year-c-1.pdf

OTHER USEFUL RESOURCES

- Synod Fruits a response to Christus Vivit: synodfruits.org.uk/
- Frontier Youth Trust: fyt.org.uk/downloads/
- Love in Action: stepforwardinlove.org
- Catholic Mental Health Project: catholicmentalhealthproject.org.uk/
- Young Minds: youngminds.org.uk/
- Theos: theosthinktank.co.uk/
- Missio: missio.org.uk/



SOCIAL ACTION PLAN

TITLE OF YOUR SOCIAL ACTION PROJECT



WHAT CATHOLIC SOCIAL TEACHING PRINCIPLE DOES IT RELATE TO?

WHAT DO YOU WANT TO ACHIEVE? YOUR AIM FOR THE PROJECT

THE STEPS TO GET YOU THERE

TIME PLAN

Total hours to be spent on the project: _____

KEY CONTACTS



FINANCIAL PLAN