

LEARN AND TAKE ACTION

Name It!

Names are important. Read more about Miriam.

Was she known by other names? What names?

Why was she given those names and what did they mean?

Prayers for New Mothers

Miriam created a psalm that she sang and danced to with the other women when Pharaoh's chariots were tossed into the sea, a memorable moment during the Exodus.

- What special moments in your life have made you sing praise to God for something wonderful? Write a psalm you can sing or a prayer you can read explaining how you felt, just as Miriam did.
- Include this in your daily prayers for a short time.

Be Creative

Learn more about Miriam and create your own activity.

Why Is It?

That Miriam is represented by:

- reeds
- tambourine

For All

Read about Miriam in the Book of Exodus, either in your Bible or online, at www.usccb.org/bible/index.cfm. Answer the following questions:

- Who were the important people in Miriam's life?
- What did Miriam do as a young girl that was so special?
- Where in the Bible did you find information about Miriam?
- What can we learn about God by reading about Miriam?

Share what you learn with someone else.

For Older Youth

Investigate and see what other information you can find about Miriam. Did she marry? Did she have children? What other information can you find?

Helping All Moms

All moms need help, but some need more help than others.

- Brainstorm some ways you could help a mom you know—even your own mom—and do it.
- Perhaps volunteer for a period of time as a mother's helper.

Catholic Identity Patch Program is a project of the
NCCGSCF and NFCYM.



www.NCCGSCF.org

www.NFCYM.org