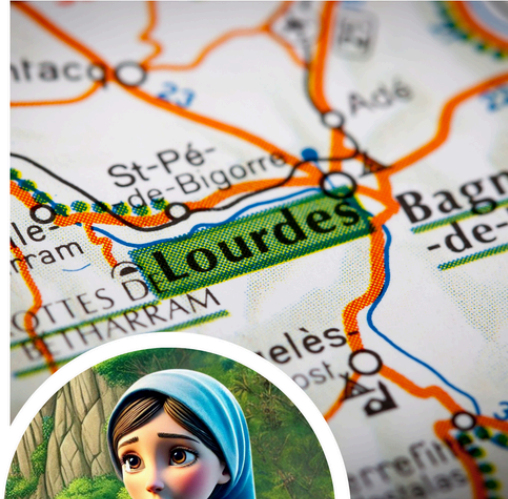


RESOURCE FOR PRIMARY SCHOOL'S AND YOUNG FAMILIES





St Bernadette and Lourdes

USING THIS GUIDE

Preparation:

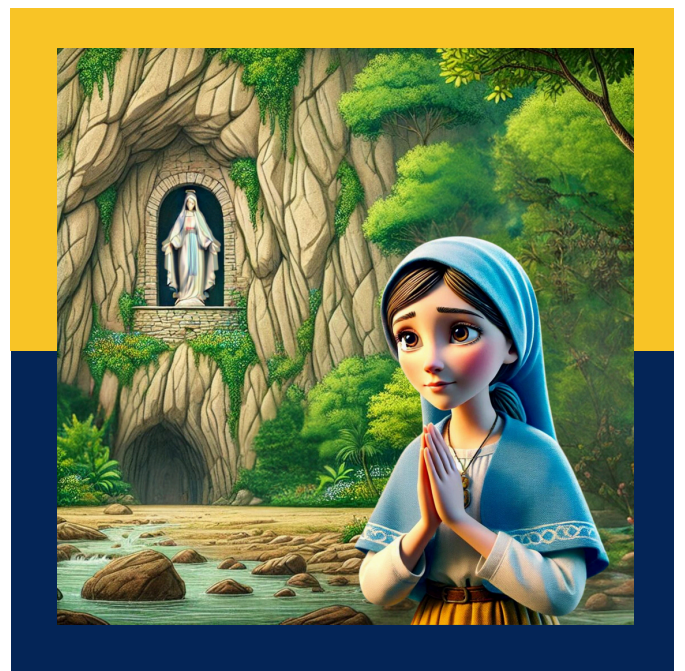
Read through Saint Bernadette's biography and key stories to familiarise yourself with her life and significance.

Presentation:

Share the stories and key points with the children in an engaging and interactive manner, encouraging them to reflect on the lessons from Bernadette's life.

Activities:

Conduct the reflection activities and crafts to deepen the children's understanding and connection to Saint Bernadette's life.



Prayer:

Lead the children in the prayers provided, encouraging them to reflect on how they can live as Saint Bernadette did in their daily lives.

St Bernadette's Life



Born: 7th January 1844

Died: 16th April 1879

Feast Day: 16th April

Patron Saint of: The Sick, Shepherds, Poor, and Lourdes, France

Biography Summary:

Saint Bernadette Soubirous, was born on January 7, 1844, in Lourdes, France. She was the eldest daughter in a poor miller's family and despite her fragile health and frequent illnesses, Saint Bernadette is best known for experiencing 18 apparitions of the Virgin Mary in 1858 at the Grotto of Massabielle, near Lourdes.

During these apparitions, a "young lady" who later identified herself as the "Immaculate Conception," instructed Bernadette to dig in the ground, revealing a spring of water. This spring, known as Lourdes water, is believed to have miraculous healing properties and has attracted millions of pilgrims worldwide.

Despite scepticism from many and following an extensive investigation, the Catholic Church declared Bernadette's visions as worthy of belief in 1862. Bernadette later joined the Sisters of Charity in Nevers, France, where she lived a humble and holy life, working in the infirmary until her death at the age of 35 on April 16, 1879. She was made a saint in 1933.

Key Miracles

- The First Apparition: On February 11, 1858, while gathering firewood with her sister and a friend, Bernadette saw a vision of a young lady in white at the Grotto of Massabielle, which was then the rubbish dump for the town. This marked the first of 18 apparitions, during which the Lady revealed herself as the Immaculate Conception.
- The Healing Spring: During one of the apparitions, Bernadette was instructed to dig in the ground, where she uncovered a spring. The water from this spring became known for its miraculous healing properties, leading to numerous cures.
- The Candle Incident: During one of her visions, Bernadette held her hand over a burning candle for an extended period without suffering any burns, a phenomenon witnessed by many onlookers and considered miraculous.



Reflections and Activities

Discussion Questions:

- What do you think St. Bernadette felt when she first saw Our Lady? How would you react in her situation?
- What does the story of the healing spring teach us about faith and trust in God?
- How can Bernadette's humility and obedience inspire us in our own lives?

Craft Activity:

Create a "Lourdes Grotto" model using simple materials like cardboard, clay or papier mâché. Children can shape the grotto, add a statue of the Virgin Mary, and place a small spring or well to represent the miraculous water. They can also paint or colour the grotto.

Service Project:

Encourage children to practice acts of kindness and humility, such as visiting the sick or helping those in need, reflecting St. Bernadette's service to others despite her own hardships.



Prayers to Our Lady and St. Bernadette

Prayers to Mary



Hail Mary

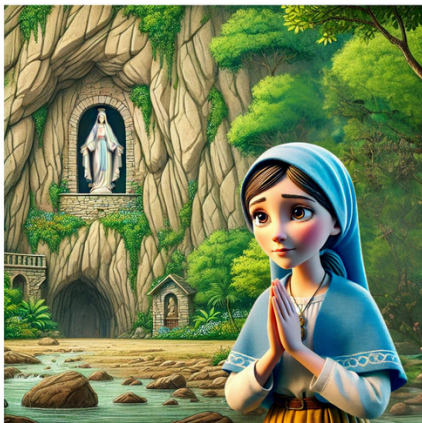
Hail Mary full of grace.
The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death.

Amen.

Hail Holy Queen

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O merciful, O loving, O sweet Virgin Mary! Amen.

Saint Bernadette



Saint Bernadette

Dear St. Bernadette,

Our Lady asked you to pray to God to help people who do wrong things so that they can find their way back to Him.

You once said, "Jesus and Mary, let my happiness in this world be to love You and to help those who need it the most."

Today, I offer any hard times or sad feelings I have to help people who need God's love, kindness and mercy the most in this world.

Amen