

SOUTH AFRICA

welcomes you to the
2010 Soccer World Cup!

A note to pilgrims and fans:

Vuvuzela:

a unique home-grown South African trumpet blown with ear-splitting enthusiasm at soccer matches for support of your team or intimidation of another's.

South Africa: Your host country ready to welcome the world.

The Catholic Church in South Africa: A colourful, vibrant worshipping community, a Rainbow People of God.

So praise the Lord and blow your trumpet at this festival time in his honour. *Psalm 81:3. 150*

Mary, Queen Assumed into heaven, Patroness of South Africa, PRAY FOR US

FOREWORD

2010 World Cup: blow your trumpet!

The World Cup 2010 will be associated with one overriding sound the vuvuzela, that uniquely South African war cry of elation and intimidation. Football is not specifically religious, but when the whole world joins in, it is a great occasion to celebrate one's faith too with brothers and sisters from around the globe! And so it can become a spiritual experience.

This is an opportunity for the Church in Southern Africa to showcase a dynamic and vibrant Christianity that is the mark of the local faithful, the Rainbow People of God. We do have our differences but what we have in common is so much more compelling and that is what we want the teams and supporters to experience. They won't come mainly as pilgrims but as fans and many will come hoping to discover South Africa and its people.

So, may the most deserving team win and beyond the trophy, may barriers be broken and bridges be built. Together may we strive for a safe and crime-free environment.

I wish all fans, local and foreign, a special sense of fellowship as members of the family of God. May this pocket prayer guide be a companion so as to "Praise him with trumpet sound" (Psalm 150:3).



+ Buti Tlhagale

Archbishop of Johannesburg

President of the Southern African Bishops' Conference

May all visitors and locals, as they watch the games and tour our country experience this time as one of joy and not of disappointment or loss, nor be victims of crime of any kind. Amen.

BRIEF HISTORY OF THE CATHOLIC CHURCH IN SOUTH AFRICA

- December 1487:** First Mass celebrated on arrival of Bartholomew Diaz just off Port Elizabeth.
- 1652 - 1802 :** Under Dutch East India Company and later under British rule Catholicism was forbidden.
- 1818** First Vicar Apostolic of the Cape appointed but never set foot on South African soil. 1837 brought 3rd Vicar Apostolic as first bishop to South Africa.
- 1852** First Oblates of Mary Immaculate (OMI) mission founded in Lesotho. Now one of the strongest Catholic communities in Africa.
- 1880s** First significant missionary results with Trappists of Mariannhill under Abbot Francis Pfanner. Innovative methods combined farming, schooling and preaching.
- 1925** First South African born bishop David O'Leary consecrated in Johannesburg.
- 1947 - 1948** Separate national seminaries first for black then for white seminarians opened.
- 1951** Only five out of twenty one bishops born locally.
- From 1950s** Conflict with the State and loss of Catholic schools and hospitals.
- 1976 - 1994** Church battles government for social justice.
- 1994 - 2010** In new democratic South Africa evangelisation and ongoing development in changing local environment. Fewer religious vocations, greater needs for lay involvement and formation, addressing social and moral issues particularly HIV/AIDS, youth and family life.

Currently 9% of population are Catholics. In line with population proportions in SA 80% are black.

LIST OF PARISHES NEAR WORLD CUP STADIUMS

POLOKWANE

Cathedral of the Sacred Heart

54 Biccard Street
Tel: 015 295 3119

RUSTENBURG

Most Holy Redeemer

Rustenburg Town,
Tel: 014 592 3707
E-mail: rtbcatholic@telkomsa.net

NELSPRUIT

St Peter Parish

37 Nel Street (opposite
Nelmed day hospital),
Tel: 013 752 2559,
E-mail: roger@mpmail.co.za

JOHANNESBURG

(Ellis Park Stadium)

Cathedral of Christ the King
(One kilometer from stadium),
Tel: 011 023 1501
E-mail: cathjhjb@telkomsa.net

PRETORIA

Cathedral of the Sacred Heart

395 Bosman Street
Tel: 012 326 3027
E-mail: catadmin@telkomsa.net

JOHANNESBURG

(Soccer city / Soweto)

Regina Mundi

1149 Khumalo Street, Soweto,
Tel: 011 986 2546
E-mail: mahlangu6@hotmail.com

Saint Pius X Parish

660 Pienaar Street,
Waterkloof,
Tel: 012 460 4043.
E-mail: stpius@iafrica.com

BLOEMFONTEIN

Sacred Heart Cathedral

Tel: 051 447 2827,
E-mail: bloemomi@mweb.co.za

DURBAN**St Joseph Parish**

212 Florida Road,
Morningside,
Tel: 031 303 1890,
E-mail: stjosephdbn@iafrica.com

CAPE TOWN**Saint Mary's Cathedral,**
Corner Roeland & Plein
Streets

(Opposite Parliament)
Tel: 021 461 1167 / 462 2586

DURBAN**St Annes Parish,**

585 Randles Road,
Sydenham
Tel: 031 208 6186,
E-mail: stannes@saol.com

PORT ELIZABETH**St Augustine's Cathedral,**

Whites Road, Central (opposite
SARS near the City Hall),
Tel: 041 585 2161,
E-mail:
st.augustinespe@metroweb.co.za

CAPE TOWN**St Margaret-Mary Parish,**

Cheviot Place, Green Point
(One kilometer from stadium),
Tel: 021 434 3324
E-mail: patl@iafrica.com

St Bernadette,

Cnr 8th Ave & Fordyce Rd,
Walmer,
Tel: 041 581 2035,
E-mail: parish@pe-oratory.org.za

For other information look up :

www.churchontheball.com and/or www.sacbc.org.za

USEFUL PUBLIC NUMBERS:

Police/emergencies:	10111
Ambulance:	10177
Childline:	0800 055 555
Trafficking hotline:	0800 555 999
Telkom crimehotline:	0800 124 000

TRADITIONAL PRAYERS

THE SIGN OF THE CROSS

The Sign of the Cross is drawn with the hand across one's body, while saying the words "*In the name of the Father and of the Son and of the Holy Spirit. Amen.*"

This simple gesture that Christians make thousands of times in their lives is not a lucky charm but has a deeper meaning. It is :

A prayer without words, a blessing on oneself

A calling to mind the presence of the Trinity

A confession of faith and a renewal of baptism

A mark of discipleship and defence against the devil

A victory over self-indulgence, an acceptance of suffering and an expression of gratitude to God

Can those who are not Catholic use the sign of the cross? Yes. It is used by many denominations and comes from our common Christian heritage. Martin Luther recommended making the sign of the cross at bedtime and first thing in the morning.

When we see professional sportsmen make the sign of the cross - and there is hardly ever a soccer match without several instances of this - there is no need to be critical. Games become special when played with the awareness of the presence of God. All aspects of our lives can be offered to God in this way.

THE LORD'S PRAYER

(in 4 main local languages)

English

Our Father who art in heaven,
Hallowed be your name;
Your kingdom come,
Your will be done on earth as it is in heaven.
Give us today our daily bread.
Forgive us our trespasses
As we forgive those who trespass against us.
Lead us not into temptation but deliver us from evil.
[For the kingdom, the power and the glory
are yours now and for ever. Amen.

Afrikaans:

Onse Vader wat in die hemel is,
laat U naam geheilig word;
laat U koninkryk kom;
laat U wil geskied, soos in die hemel,
net so op die aarde.
Gee ons vandag ons daglikse brood,
en vergeef ons skulde soos ons ook
ons skuldenaars vergewe;
en lei ons nie in versoeking nie,
maar verlos ons van die bose. Amen.
[Want aan U behoort die koninkryk,
die krag en die heerlikheid tot in ewigheid. Amen.





SeSotho:

Ntat'a rona ea maholimong,
lebitso la hao le halaletsoe,
'Muso oa hao a o tle,
thato ea hao e etsoe lefatseng joaloka leholimong.
U re fe kajeno bohobe ba rona
ba tsatsi le leng le le leng;
u re tsoarele libe tsa rona,
joalokaha le rona re tsoarela ba re sitetsoeng;
'me o se ke ua re isa molekong,
u mpe u re ntse bobeng.
[Hobane 'muso le matla le letlotlo
ke tsa hao kamehla. Amen.

SiZulu:

Baba wethu, Osezulwini
Maliphathwe ngobungcwele igama lakho
Umbuso wakho mawufike
Intando yakho mayenziwe
Emhlabeni njengasezulwini.
Awusiphe namhla isinkwa sethu semihla ngemihla
Usithethelela izono zethu
Njengoba nathi sibathethelele abasonayo.
Ungasingenisi ekulingweni
Kodwa usisindise kokubi.
[Ngoba ngowakho umbuso namandla nobukhosi
kuze kube phakade. Amen.

Hail Mary, Full of grace,
The Lord is with you,
Blessed are you among women
And blessed is the fruit of your
womb Jesus.
Holy Mary, Mother of God,
Pray for us sinners
Now and at the hour of our death.
Amen.

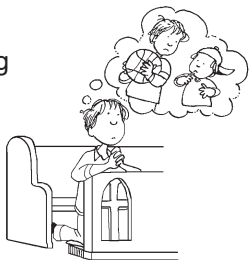


Glory Be

To the Father, and to the Son
And to the Holy Spirit,
As it was in the beginning
Is now and ever shall be.
Amen.

Act of Contrition

O my God, I am sorry for my sins.
In choosing to do wrong and failing
to do good,
I have sinned against you
whom I should love above all
things.
I firmly intend with your help, to
do penance,
to sin no more, and to avoid
anything that leads me to sin. Amen





Morning Offering

Lord, may all my thoughts, words and actions today be pleasing to you. Grant that I may see you and serve you in others with love and happiness. Save me from the selfishness that prevents me from loving and helping others in their need.

Lord, I shall live through this day once only and so help me to make use of the graces and opportunities that will come my way today. Amen

Night Prayer

I praise and thank you loving Father through Jesus your Son for the favours and blessings you bestowed on me today.

Help me to recognise the sins I have committed and be truly sorry for them.

(Pause and reflect)

Merciful Father I am sorry for the sins

I have committed this day as they offended against your love and hurt others. Forgive me for them and help me with your grace to avoid sin in the future.

Bless me and those dear to me.

Keep us safe and grant us a restful night.

Amen.



SOCCER WORLD CUP PRAYER

Almighty God, Creator of all,
As people from every nation gather with excitement
and enthusiasm for the World Soccer Cup of 2010
may South Africans be good hosts,
our visitors welcome guests
and the players from every team
be blessed with good sportsmanship and health.

May your Spirit of fairness, justice and peace prevail,
amongst players and all involved.

May we each contribute in our own positive way
to prevent, control and fight crime and corruption,
hooliganism of any kind and exploitation and abuse,
especially of those most vulnerable.

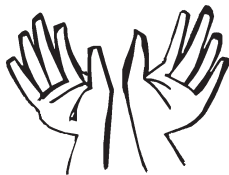
May those far away from home
and those in their families across the world
find much joy in this occasion to celebrate
the beautiful game of soccer
and the beautiful game of life
according to Your plan for the common good of all.

Submitted by Family Life Desk - SACBC



PRAYER OF SELF-OFFERING

Into your hands I entrust these days of the World Cup.
Into your hands O Lord I commend my spirit.
Into your hands I entrust my life, my health,
my work, my problems, my relationships with others.
Into your hands I entrust my fears and anxieties,
my moods of enthusiasm and my times of
despondency,
my feelings of gratitude and any
feelings of resentment or
bitterness against life, against
people,
even sometimes against you Lord.
Into your hands I entrust all my
past, my present,
and my unknown future.
Into your hands I entrust all the players on each team,
all the fans and supporters who will be cheering them.
Into your hands I entrust all the referees
and officials and organisers.
Into your hands I entrust all the volunteers and
hospitality personnel.
Finally Lord, into your hands...
(to be completed with your own personal intention)
Amen.



SERENITY PRAYER (adapted)

Lord, grant me the serenity
to accept the people I cannot change,
the courage to change the one I can,
and the wisdom to know that one is me. Amen.

SHORT AND SWEET PRAYERS

The soccer fan's prayer

Lord, when they're put to the test
May our team do their best.

Put your mantle of care
Over all who are there.
The players, the coaches, spectators, fans, all.
We pray to you Lord from "Church on the ball."

Lord let us not think that in the game we play with you
the ball is permanently in your court.
You pass the ball to us
and the next move to play is ours. Amen.

Lord you have said that
where two or three are gathered you
are amongst them. May every team be
conscious of your presence
in their midst and play according to your
rules
and so give you glory. Amen.

Lord teach us to play not only to win
but to enjoy the game and help others to
enjoy it.
May our competitive spirit not hurt others
but bring out the best in us all.
Whatever the outcome is may we be
humble winners and good losers. Amen.



Lord, I abandon myself into your hands.
I am willing to receive what you give.
I am willing to lack what you with-hold.
I am willing to relinquish what you take.
I am willing to suffer what you inflict.
I am willing to be what you require! Amen.

THE LORD IS OUR REFEREE

Lord God, you are the referee of all
humanity.
Give us the spirit of fairness.
Help us to rid ourselves of our
meanness
of heart and smallness of mind.
Make us able to see the rights of others.
Help us not to judge others falsely
and to treat everyone as we ourselves
want to be treated. Amen.



Lord,
human history which is for us a long game,
is for you a great liturgy, a prodigious ceremony,
initiated at the dawn of time,
which will end only when the last celebrant
has completed his final rite.
In this world we each have our place.
You, Lord, the far sighted coach have planned it for us.
It isn't the position I hold that is important Lord,
But the contribution and dynamism of my presence;
What difference, whether I am forward or back,
spectator or player as long as I am fully what I should
be?

POOR KIDS PRAYER

We love our game of soccer, Lord,
We play it in our street
With boys and girls, all ages too,
We play in our bare feet.
No boots or jerseys do we have,
We're short of funds you know
I pray that you will help us out
We want our team to grow. (TR)

FOR FAIR PLAY

Lord God, may every team be competitive
without being aggressive.
May every team strive to win their matches
by fair means not foul.
May every country be patriotic
without being partisan and discriminatory.
May we see your presence, O God, in the talents
of the players and the enjoyment of the game.
May we see your hand in the management of the event.
May criminals be constrained by the efforts
of those interested only in the game.
May the police and those responsible for protection
and keeping order, be committed to their task.
May fan parks and stadiums be safe spots for all.
May alcohol, drugs, sexual abuse and exploitation
be outlawed and prohibition enforced.
May respect for justice and right be practised.
May the spirit of the game, a spirit of integrity,
fairness and right, prevail at all times.
Amen.

KICK OUT human trafficking!

In South Africa, trafficking in persons takes place across and within the borders of the country. It is a source, destination and transit country as it is seen as the economic powerhouse of Africa. People are trafficked for reasons including for labour and sexual exploitation and it is spurred on by sex tourism. Pope Benedict XVI refers to trafficking as a real 'scourge' of our time and 'Modern Day Slavery'. Primary factors that facilitate trafficking are poverty, family breakdown, gender discrimination, culture, HIV/AIDS, war, natural disasters and political instability, ignorance and demand. Weak laws, corruption and migration contribute.

The main task of the **Counter Trafficking in Persons Desk** of the Church in South Africa has been awareness raising

Contact Sr Melanie O'Connor
moconnor@sacbcorg.za

What tourists and visitors need to be aware of:

- South Africa is a 'hotspot' for human trafficking.
- The World Cup is likely to bring about an increase especially of children for cheap labour and sexual services. Most at risk are unattended and lost children as well as street and refugee children.
- Paedophiles can easily disguise their intentions.
- Those who come from desperately poor circumstances may view 2010 as an opportunity to improve their lot.
- Prostitution is illegal in South Africa. Traffickers intermingle trafficked girls among local prostitutes.

PRAYER TO END HUMAN TRAFFICKING

O God, our words cannot express what our minds can barely comprehend and our hearts feel when we hear of men, women and children, deceived, transported into unknown places, forced into prostitution or other forms of labour for the financial gain of traffickers their slaveholders.

Our hearts are saddened and our spirits angry that their dignity and rights are transgressed through threats, deception and force.

We cry out against this degrading practice of trafficking and pray for it to end.

Protect all victims now, during the WORLD CUP and beyond.

Let your tender love and care surround all present victims of trafficking.

Deliver them, O God, from the perpetrators' hands.

Give us the courage and wisdom

to stand in solidarity with them so that together we will find ways

to attain the freedom that is your gift to all of us. Amen.

SACBC - Counter Trafficking In Persons desk.



THE PRAYERS OF THE MASS

(new approved text for Southern Africa)

INTRODUCTORY RITE

GREETING: The Lord be with you.

RESPONSE: And with your spirit.

Penitential Rite

Priest: Brothers and Sisters, let us acknowledge our sins, that we may prepare ourselves to celebrate the sacred mysteries.

All: I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

GLORIA

Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you,
we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King, O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;

you are seated at the right hand of the Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father.
Amen.

LITURGY OF THE WORD

NICENE CREED

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
And in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father;
through him all things were made.
For us and for our salvation
he came down from heaven, and by the Holy Spirit
was incarnate of the Virgin Mary, and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
And is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

And in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and
glorified, who has spoken through the prophets.
And one, holy, catholic and apostolic Church.
I confess one baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

PRAYERS OF THE FAITHFUL



THE LITURGY OF THE EUCHARIST/OFFERTORY

THE EUCHARISTIC PRAYER

Priest: The Lord be with you.

People: And with your spirit.

Priest: Lift up your hearts.

People : We lift them up to the Lord.

Priest : Let us give thanks to the Lord our God.

People: It is right and just.

Holy, Holy, Holy Lord God of Hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

THE COMMUNION RITE

Priest: At the Saviour's command

People. Our Father Amen.

Priest: Deliver us, Lord, we pray, from every evil, ...

People: For the kingdom, the power, and the glory are yours, now and forever. Amen.

Priest: Lord Jesus Christ, who said to your Apostles,
Peace I leave you, my peace I give you, look not on our
sins, but on the faith of your Church, and graciously
grant her peace and unity in accordance with your will,
who live for ever and ever.

People: Amen.

Priest: Behold the Lamb of God, behold him who takes
away the sins of the world. Blessed are those called to
the supper of the Lamb.

People: Lord, I am not worthy that you should enter
under my roof, but only say the word and my soul shall
be healed.

THE CONCLUDING RITE

EXAMEN

The Examen is a simple helpful format for looking back over the day past and preparing for the day ahead.

1. Become aware that God is present with you.
2. Think back over the day, noting what there is to be grateful for and thank God.
3. Think about moments that made you distant from God. Ask for forgiveness and healing.
4. Think about the graces you may need for the day ahead and ask God to grant you these.



CONVERSION

It is easy Lord in the exuberance of the game
the excitement of a win,
the disappointment of a loss,
the loneliness in the midst of a crowd
or getting caught up in the ways of others
to lose sight of you and your way.
I acknowledge that I have failed
and humbly ask forgiveness
for offending you
and hurting any others.
Help me to be strong to resist temptation
and determined to strive again
to follow your way. Amen

INTERCESSIONS

Creator God, we thank and praise you for the gift of life and the ability to use our bodies and minds in the exercise of sport. May we do so with fairness and dedication for your greater glory:

Lord hear us. **R.** Lord graciously hear us

- Heavenly Father, sport is a gift, a joy and an opportunity to practise the principles of fair play and good sportsmanship that are important in all aspects of life; May we use this opportunity to the full for our good, the good of our families, our country and the world.

Lord hear us. **R.** Lord graciously hear us

- Families know about teamwork, fair play and learning to share; may we use this opportunity to show the world how much we care.



Lord hear us. **R.** Lord graciously hear us.

- The family that plays together stays together. As the family of nations joins together in playing for the World Cup, may the game and how it is played help to build bonds among the greater family of humankind.

Lord hear us. **R.** Lord graciously hear us.

A "NERD'S" PRAYER

Sport is confusing Lord for a guy like me
I'm not good at it, don't have the build,
but to be admired you have to shine,
be first in line.

Don't say I don't like sport Lord, because I do.
I get excited about a well-played match,
But to make it with your mates, you have to know,
Be on the go!

Drug-free prep and fair play matter, Lord, to me.
I want to see the heights these guys can reach
My take is technical, I'm really quite a nerd
you may have heard. (TR)

Lord, make me a better person;
- more considerate towards others;
- more honest within myself;
- and more faithful to you.

May I be generous enough to want
sincerely

to do your will whatever it may be,
and thus to find my true purpose in
life,

in which I will be happy and so be
able

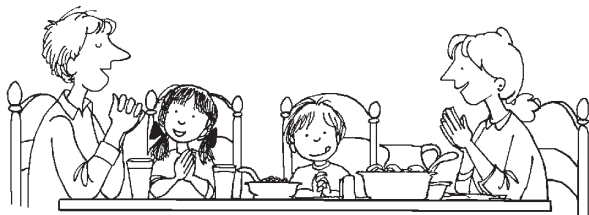
to bring happiness to others too.

Amen.



A PRAYER FOR PARENTS

We thank and praise you Father God
for the gift of family life,
and for parents who through their love give us life.
You call them to love as you do,
to care for and provide for our needs
to be there in good times and in bad
and to teach us Your ways.
Bless especially our mothers.
Help them to be like Mary
the mother of Your Son
who stood by him until the end.
Help our fathers to be like Joseph,
a provider, protector and guide.
Through our commitment, support
and willingness to be at peace with one another
as parents and children
make our families holy families.
Send your Holy Spirit to help and inspire
all parents as they strive to carry out their task
with gentleness, patience and perseverance
so that together we may experience the joy
of being the true community of love
You have called us to be. Amen. (TR)



A SPOUSE'S PRAYER

Lord God,
Thank you for the gift of my spouse
and our sacrament of marriage.
Thank you for the life we have shared
with each other and our children.
In our marriage continue to show us
your way,
to live and love freely, without fear or
self-pity.
Teach us wisdom and thoughtfulness,
gentleness and trust.
Make us quick to discover the best in
each other
and slow to find fault.
Teach us never to take each other for
granted.
Encourage us to make time to grow
together,
to be generous with kind words and
compliments
and mean with criticism.
Keep us from selfishness and hasty judgments,
criticism and hurt.
When we hurt each other open us up to forgiveness.
Instil in our minds, hearts and souls
the passion and compassion of Jesus
so that we may live our lives in unity for his glory.
Amen. (TR)



CHILDREN'S LETTERS TO GOD

Dear God,
Please let our team win, but if you can't do that, at least don't let them come last. *George.*

Dear God,
My daddy is never home any more, he's always out practising or playing soccer or getting drunk with his friends. I just want this whole business to get finished so he can come home and be a good daddy again.
Please let him know. *Lara*



Dear God, If all the teams practised as hard as we had to do this week could they all win? What do you think?
Pitso

IN PRAISE OF SPORT

You have given us our bodies Lord, for your glory
We play the games of life as a hymn of praise
We play the game of soccer
 to display the talents you gave us
 and the skills we have worked hard to acquire.
We thank you and praise you Lord
for your generous gift of life. Amen. TR

TRAVELLERS PRAYER

LORD GOD, our highways,
byways,
our airways and railways will
be filled
with thousands of travellers
moving about,
in and out and around the
country.



Many will be careful, others will be careless,
of their own safety and that of others.
Some will be patient, others overcome with road rage,
tiredness, the effects of alcohol
or the exuberance of the game.
In your mercy protect those who travel
from accidents and harm.
Inspire us to act responsibly,
mindful that the slightest slip
can spell disaster for many.
Make our law-enforcers strict but compassionate
and so **MAY ALL WHO DRIVE ARRIVE ALIVE.** Amen.
TR

St Christopher, patron saint of travellers pray for us.

God, you gave us the wonderful gift of speech
to share our thoughts with each other.
Help us to use it rightly.
Teach us to speak the truth,
and not to use words that hurt or insult others,
but only to say what will help build up
love and friendship between people. Amen.

SELF-EXAMINATION

As I examine how I played my part in the game today,
Lord, did I sit too much on the side-lines,
criticising the play of others, my hands in my pockets?
And when you were watching our side,
did you see me there?

Did I catch my team-mate's pass and that of the player
at the other end of the field?

Did I cooperate with my team
without seeking the limelight?
Did I play the game only to win
or so that

each one should enjoy it and
have a part in it?

Did I battle on courageously
despite set-backs,
fouls and bruises?

Was I troubled by the protests of the crowd,
discouraged by their lack of support and
their criticism,

or made proud by their cheers?

Did I think of praying my part, remembering that
in the eyes of God the **human** game
is the most religious of ceremonies?

Lord, if you kick off our next match, I'll try play better.

And so each day, grant that this game,
played with all my brothers and sisters,
may become the magnificent liturgy that you expect of
us,

so that when your last whistle interrupts our lives,
we shall be chosen for the championship of heaven.

Amen.

(adapted from Michel Quoist)



PSALM 139 (adapted)

Lord, you have examined me and you know me.
You know every thing I do.
From far away, you understand all my thoughts.
You see me, whether I am working or resting.
You know all my actions.
Even before I speak, you already know what I will say.
You are all around me on every side.
You protect me with your power.
Your knowledge of me is beyond my understanding.
Where could I escape from your presence?
If I flew away beyond the East,
or lived in the furthest place in the West,
you would be there to guide me and to help me.
You created every part of me.
You put me in my mother's womb.
When my bones were being formed,
carefully put together in my mother's womb;
when I was growing there in secret,
you knew that I was there,
you saw me before I was born.
When I awake, I am still with
you.
Examine me, O God, and
know my mind;
test me and discover my
thoughts.
Guide me in the way of
everlasting joy!



CULTURE OF LIFE PRAYER

O God of wisdom and love

Thank you for the gift and power as men and women to give life to our relationships.

Help us to grow in maturity, understanding and responsibility, so that we may learn to use and not abuse the gift and power of sex.

May the least of all our brothers and sisters, the unborn, the unwanted, the homeless and the lost

be welcomed and not turned away;

be accepted and not rejected;

be valued and not discarded;

be given life and not condemned to death;

be loved as you love them.

We ask this through the power of your Holy Spirit and in the name of Jesus your Son,

who experienced rejection, homelessness and death,

for our salvation. Amen. (TR)

The prevalence of pregnancy amongst teenagers and outside of committed marriage relationships is a serious concern. Legal and illegal abortion is all too common in South Africa.

BIRTHRIGHT. PREGNANT, WE CARE.

Tel: 031

Tel: 082,,.....

REFLECTION

Dear God,

I want my team to win but so does Michael and Musa and Mohammed and Mo, all the friends I made from all around the world. We talk about the matches and the star players and we wondered how you are going to make it work. I suppose we'll just have to wait and see.

Your soccer buddy, *Morobi.*

PS. Maybe if they all do their very best and keep the rules they can all be winners even if only one wins the cup. I suppose that is how it's got to be.

FOR UNIVERSAL PEACE

Lord, we beg you to help us improve the relationships between all the people of the world. Break down the barriers that have been built up over the centuries.

Teach us to understand one another better.

Open our hearts and remove our selfish prejudices.

Help us realise that injustice breeds hatred, and that there cannot be peace without justice and love.

So fill us with the compassion and concern

that will defeat the power of evil in our world

as we strive for justice and peace in the world.

Send your unifying Spirit, Lord, on all the world's people. Amen.



FOR PEACE IN SOUTHERN AFRICA

O God of justice and love
bless us the people of Southern Africa
and help us to live in your peace.
Lord make me an instrument of your peace.
Where there is hatred, let me sow love;
Where there is injury, let me sow pardon;
Where there is discord, let me sow harmony.
Divine Master grant that I may not
so much
Seek to be understood as to
understand
to be loved as to love
to receive sympathy as to give it.
For it is in giving that we receive,
in pardoning that we are pardoned,
in forgetting ourselves
that we shall find unending peace with others. Amen.



Justice and peace issues in South Africa have always been in the forefront of the Church's ministry. Despite the end of apartheid human rights and dignity continue to be challenged. The Catholic Justice and Peace Departments present and remind us of Catholic Social Teaching.
Fr Mike Deeb mdeeb@sacbc.org.za

FOR RELIGIOUS UNITY:

O God, you are the source of life and peace.
Praised be your name forever.
We know it is you who turn
our minds to thoughts of peace.
Your power changes hearts;
Muslims, Christians and Jews remember,
And profoundly affirm,
That they are followers of the one God,
Children of Abraham, brothers and sisters.
Enemies begin to speak to one another.
Those who were estranged join hands in friendship.
Nations seek the way of peace together.
Strengthen our resolve to give witness
to the truth by the way we live.
Grant us:
Understanding that puts an end to strife;
Mercy that quenches hatred, and
Forgiveness that overcomes vengeance.
Empower all people to live
out your law of love.
Amen.

*(Adapted from
the Eucharistic
preface for
reconciliation)*



DISCIPLESHIP

Lord, you have the words of eternal life,
and you guide your people to yourself
in your own mysterious ways.

Grant that every day of our life may bring
us closer to you and to one another,
and help us to grow into good Christians
and honest citizens. Amen.

Lord God,
You have created each of us for some special purpose;
help us to discover what you want us to do,
and to carry it out to the best of our abilities. Amen.

Eternal God,
you sent your Son into the world
to be an example to us.
Help us to walk in his footsteps:
may we walk in his humility
so that we too might learn to serve;
may we walk in his forgiveness,
so that we too may learn to forgive;
may we walk in his courage
so that nothing might discourage us
in what we ought to do;
may we share truly the
life
that our Lord lived
on earth,
so that we might
share fully
in his risen life in
heaven. Amen.



HIV/AIDS is a major concern of the Catholic Church in the Southern African region. The SACBC Aids Desk operates with a network of 100 service programmes at diocesan and local levels to provide a range of services. Prevention, palliative care, provision of ARVs, homebased and orphan care are among these. The Church continues to do the work despite the odds; and embraces new forms of traditional response to health care and education.

AIDS OFFICE: Sr Allison Munro
amunro@sacbc.org.za

HIV/AIDS PRAYER

Creator of the Universe we ask for your special blessing on all infected and affected by HIV/AIDS.

Help us to accept and face with courage this challenge of our time and to fight the fear, shame, ignorance, stigma and discrimination associated with this disease.

Fill the hearts of all with compassion and unselfish concern to accept and support, to treat with kindness and love those who are courageously living with HIV/AIDS.

Provide strength to those caring for the sick and the lonely. Enlighten those doing research and seeking ways to cure and prevent the disease.

Calm the fears of those who are suffering and in pain.

Fill them with courage and renewed hope.

Comfort those who are dying and console those who have been bereaved.

Protect the healthy and help us all to work together to build a loving and supportive nation. Amen

PRAYERS TO POPULAR SAINTS

To Saint John Bosco, patron saint of youth:

O Saint John Bosco, you helped so many young people to find their true place in life; I pray that I may know mine and do God's will all my life long.

Should he want me as a lay person, then help me to be a good one faithful to the church, serving the needy

and loving my neighbour as myself. Should God call me to be a priest or religious,

then help me to know clearly the work which he wants me to do, and give me the courage and generosity to answer yes to his call. Amen.



To St Jude - patron of those in distress:

Blessed apostle St Jude, we call upon you for help in hope and utmost confidence. Renowned helper of the hopeless come to my aid in this time of distress. Obtain from Jesus our Lord and Saviour the favours I now need and seek especially.... Amen.

To St Sebastian, patron of athletes:

St Sebastian your physical endurance as a soldier, a disciple of Christ and a martyr has made you the patron of athletes. May the players in the World Cup learn from you to dedicate themselves totally to the part they have to play for the sake of their team, their country and God's greater glory. Amen.

To Mary, the Mother of Jesus:

O Mary Help of Christians,
I place myself under your loving care.
You are my heavenly Mother and like a child,
I feel the need of your protection and
guidance.

Just as you taught Jesus to walk and
talk,
teach me that I might live according to
God's will.

Mother assumed into heaven and
patroness of South Africa
- Pray for us! Amen.



To St Anthony who helps us find things that are lost:

O blessed St Anthony,
the grace of God has made you a powerful advocate
in all our needs and the patron for finding things
that have been lost or stolen.

I turn to you today with confidence.

You have helped countless people
to find what they have lost: material things,
as well as things of the spirit: faith, hope, and love.
I come to you with confidence in my present need.

I recommend what I have lost to your care
in the hope that God will return it to me
if it is his holy will. Amen.

National Anthem of South Africa

This is the official version of the national anthem,
combining
Nkosi sikelel' iAfrika and Die Stem / The Call of South
Africa

Nkosi sikelel' iAfrika
Maluphakanyisw' uphondo lwayo,
Yizwa imithandazo yethu,
Nkosi sikelela, thina lusapho lwayo.

Morena boloka setjhaba sa heso,
O fedise dintwa la matshwenyeho,
O se boloke, O se boloke setjhaba sa heso,
Setjhaba sa South Afrika - South Afrika.

Uit die blou van onse hemel,
Uit die diepte van ons see,
Oor ons ewige gebergtes,
Waar die kranse antwoord gee,

Sounds the call to come together,
And united we shall stand,
Let us live and strive for freedom,
In South Africa our land.

Our deepest fear
is not that we are inadequate
Our deepest fear is that
we are powerful beyond measure.
It is our light,
not our darkness
that most frightens us.
We ask ourselves
Who am I to be brilliant,
gorgeous, talented and fabulous?
Actually who are you NOT to be...?
You are a child of God.
Your playing small doesn't save the world.
There's nothing enlightened about shrinking
so that other people won't feel insecure around you.
We were born to make manifest
the glory of God that is within us.
It's not just in some of us;
it's in EVERYONE!
And as we let our own light shine,
we unconsciously give other people
permission to do the same.
As we are liberated from our own fear
our presence automatically liberates others.

*Nelson Mandela 1994
Inaugural Speech*