

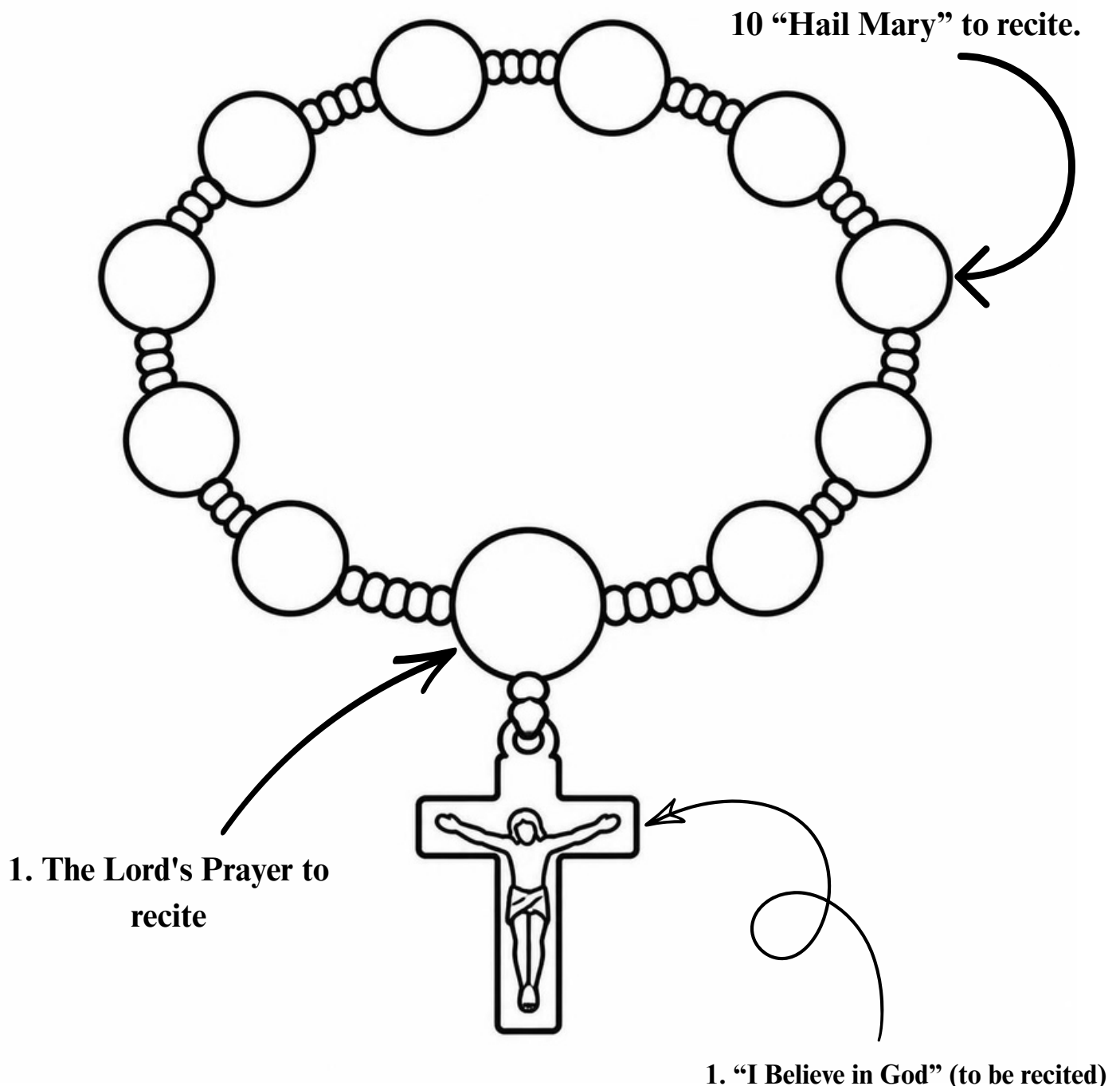
Elise and the Lantern of the Soul

Activities:

Simplified Decade of the Rosary:

Colour each bead a different colour according to the prayer:

Blue for the “Hail Mary”, Red for the “Our Father”, and Green for the “I Believe in God”.



I believe in God.

the Almighty Father, creator of heaven and earth;
and in Jesus Christ, his only Son, our Lord, who
was conceived by the Holy Spirit, born of the
Virgin Mary, suffered under Pontius Pilate, was
crucified, died and was buried, descended into
hell, on the third day rose again from the dead,
ascended into heaven, is seated at the right hand
of God the Father Almighty, from there he will
come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic
Church, the communion of saints, the forgiveness
of sins, the resurrection of the body, and life
everlasting.
Amen.

**A message of
hope!**



In 1917, Little Lucia was one of the three
shepherd children who saw the Virgin
Mary in Fatima, Portugal.

Sister Lucia would declare in 1957:
“The Blessed Virgin Mary (...) has given a
new efficacy to the recitation of the
Rosary, to such an extent that **there is no
problem, however difficult, temporal or
especially spiritual, relating to the
personal life of each of us, of our
families... that cannot be resolved by the
Rosary.**”

Our Father, who art in heaven,
Hallowed be thy name, thy kingdom
come, thy will be done on earth as it is in
heaven.

Give us this day our daily bread.
Forgive us our trespasses, as we forgive
those who trespass against us.
And lead us not into temptation, but
deliver us from evil.
Amen

Hail Mary, full of grace;
The Lord is with you;
You are blessed among all women;
And blessed is Jesus, the fruit of your
womb.
Holy Mary, Mother of God, pray for us,
poor sinners, now and at the hour of our
death.
Amen.

Word Search:

O	I	F	K	X	D	U	S	A	Q	D		W	G
T	R	R	L	O	P	L	B	L	S	N	U	C	V
P	Y	R	P	L	E	L	J	I	O	I	F	W	V
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D	P	C	A	Y	V	H	V	R	B	F	S	J	C
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PROTECTION
ROSARY
LIGHT
PRAYER
JESUS MARY
CROSS
ANGEL

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Quiz: Elise's Adventure and Her Lantern! 🌟

What is the name of our little heroine?

A) Clara B) Elise C) Joy

What did Elise do to feel calm when she was stressed about school?

A) She ate candy. B) She spoke to Jesus in her prayer. C) She went to take a nap.

What did Elise discover on her tablet that intrigued her so much?

A) Yoga and Reiki B) Princess cartoons C) Cake recipes

What strange noise did Elise hear in her ears after her sessions?

A) A very soft bird song B) A buzzing like a small bee C) The sound of a drum

How did Elise's dreams become?

**A) They became funnier and happier. B) They disappeared completely.
C) They became dark and mysterious**

What precious object did Grandma use to help Elise pray?

A) A rosary B) A small lamp C) A book of fairy tales

Whose protection does Elise's grandmother seek?

A) To his mother B) To the Blessed Virgin Mary C) To his friend Clara

Who is Elise now taking lovely walks with to relax?

A) With her little dog Joy B) With her classmates C) With the birds in the garden



In the Old Testament (God speaks clearly)

The first commandment (Exodus 20:3-5):

“You shall have no other gods before me. (...) You shall not bow down to them or serve them; for I, the Lord your God, am a jealous God...”

Deuteronomy 6:14:

“You shall not follow any other gods from among the gods of the peoples who are around you.”

Yoga comes from a very far away country, India.

In the religion of this country (Hinduism), people believe in many gods.

Yoga postures, or even the “mantras” of meditations, were invented to honor these gods, to greet them or to unite with them.

It's not just a sport or a way to relax. Originally, it was a way to pray and worship these gods.

For example, when you do the Tree pose, you honor Vishnu; the Sun Salutation is for Surya; the Cobra pose is for the Serpent: Kundalini... The mantra "Om" is a very important sound in Hinduism. The original sound of the universe, the primordial sound from which everything is said to have emerged.

People repeat it to call upon the divine and unite with a great invisible force.

Kundalini is linked to Hindu deities and a completely different vision of the body than our own.

Even if we are “only stretching”, certain postures and breathing techniques are designed to activate this energy.

People who have practiced it seriously report disturbing experiences (fear, confusion, strange sensations). The Church warns that it can open the door to evil spiritual influences.

Even though today we say "it's just for stretching", the movement was created for something else.

It's like making the sign of the cross just "for fun": the gesture remains a Christian symbol.

In the Catholic religion, we believe that there is only one true God: the Father, the Son (Jesus) and the Holy Spirit.

The gods of Hinduism (such as Shiva, Vishnu, Kali, Ganesh...) are not the true God.

It's like wearing another team's jersey when you're on Jesus' team.

Reiki

Reiki is when someone places their hands on you and says they are sending “universal energy” to heal.

But this energy does not come from God or from Christian prayer.

In Reiki, one sometimes invokes “guides” or invisible forces.

God has given us only one way: Jesus.

When we look for “energies”, “forces” or “inner serpents”, we stray from this path.

It's like opening a door to strangers in the house.

Even if it seems nice at first, we don't know who's coming in.

Jesus and Mary protect us. The rosary is our shield.

The Bible tells us not to seek power from other spirits. Only God truly heals, through prayer, the sacraments, and medicine.

In 2009, the Catholic bishops of the United States clearly wrote that Reiki is not compatible with the Christian faith.

We must respect each other and live in peace with everyone.

But we can't mix everything together.

You can't live in two houses at the same time.

Jesus said, “No one can serve two masters.