



St. Thomas Syro-Malabar Catholic Diocese of Chicago

Department of Catechesis

LITTLE FLOWER MISSION LEAGUE (LFML)

[CHERUPUSHPA MISSION LEAGUE (CML)]

Diocesan Guidelines (Draft 9.14.2021)

The diocese requests every parish to have the Little Flower Mission League (LFML) under the auspices of Sunday School. The purpose of LMFL is to practice what children learn through the Sunday School faith program, especially the Spiritual and Corporal Works of Mercy.

Name: Little flower Mission League (LFML)

Aim: Fostering the Mission Spirit and Assisting the Missionaries by means of Prayer, Man, Money, Vocation Promotion, Initiate Leadership, and Spiritual Development.

Motto: Love, Sacrifice, Service, and Suffering.

Heavenly Patrons:

- St. Therese of Lisieux (Little Flower)
- St. Thomas the Apostle
- St. Francis Xavier
- St. Alphonsa

Eligibility:

1. Must be of the Catholic faith, active participation in catechism and church activities including the holy sacraments
2. Lead a life of faith, love, and service to others
3. Sunday School Children who received Solemn Holy Communion
4. Recite Daily LFML Prayer for Missionaries Around the World

Daily LFML Prayers: (Recite Daily)

1. Our Father... (1)
2. Hail Mary... (1)
3. Glory Be... (1)
4. Sacred Heart of Jesus, *Thy Kingdom Come*
5. Immaculate Heart of Mary, *Pray for the World*
6. St. Francis Xavier, *Pray for Us*
7. St. Thomas the Apostle, *Pray for Us*
8. St. Thérèse of Lisieux, *Pray for Us*

9. St. Alphonsa, *Pray for Us*

Organization & Leadership Structure

Diocesan Leadership

- **Patron: Bishop**
- **Director: Director of Faith Formation**
- **Joint Director: Appointed by the Bishop**

Parish LFML

Each parish LFML Leadership Committee should consist of Director, Joint Director, Sunday School Principal, President, Vice President, Secretary, Joint Secretary, Treasurer, Joint Treasurer.

- **Director of LFML:** Vicar/Mission Director
- **Joint Director:** One of the Sunday School Teachers or if there is a religious sister, preference be given to the nun/sister.
- **Animators:** Animators must be adults/parents. Each parish has enough animators to support the LFML activities. They must be adults who live virtuous life.
- **Members:** Sunday School Children who received Solemn Holy Communion.
- **President/Secretary/Treasurer:** 11th and 12th-grade classes (If a parish/mission do not have 11th and 12th-grade classes, select from the senior-most class)
- **Vice President/Joint Secretary/Joint Treasurer:** 9th and 10th-grade students.
- All members of the LFML will be divided into groups as determined by the leadership committee. Suggested to have a group formed for every seven members.
- Additionally select regional or ward coordinators

Leadership Roles:

1. **Director:** Parish Vicar/Mission Director
 - Provide guidance and leadership to LFML
2. **Joint Director:** In places where there is an established Convent, a sister/nun will be appointed as Joint Director, otherwise a Sunday School teacher be appointed by Parish Vicar/Mission Director.
 - Support Director in leading LFML
 - Assume responsibilities in the absence of Director
 - Give guidance and direction to the leadership committee
 - Overall responsibility of day-to-day activities
 - Adult Presence in all activities
3. **President** (Select someone from the senior class, preferably from 11th or 12th grade (If there are no 11th or 12th grade, select from the most senior class))
 - Lead Officer Meetings
 - Create Agenda for Officer Meetings

- Responsible for sharing leadership with fellow officers (Vice-President, Secretary, Joint Secretary, Treasurer, Joint Treasurer)
 - Responsible for relaying information and weekly updates about LFML
 - Create Effective Communication with Fellow Officers
4. ***Vice President*** (Select someone from 9th or 10th grade)
 - Assume responsibilities of President in His/Her Absence
 - Lead meetings and follow up on directors' initiatives
 - Responsible for all associated records and reports that are part of LFML
 - additional groups and provide leadership to its activities as required.
 5. ***Secretary*** (Select from 11th or 12th grade)
 - Responsible for record keeping including financial reports, participant numbers, participant attendance, volunteer hours, pictures, and Officer Meeting Minutes.
 - Share Work with Joint Secretary according to each personal capability
 6. ***Joint Secretary*** (Select someone from 9th or 10th grade)
 - Assist Secretary with record-keeping duties
 - Assume responsibilities in the absence of the Secretary.
 7. ***Treasurer***
 - Responsible for updating the financial status of LFML
 - Responsible for accounting and expenditures
 8. ***Joint Treasurer*** (Select someone from 9th or 10th grade)
 - Assist Treasurer with accounting and financial responsibilities
 - Assume responsibilities in the absence of the Treasurer

Group Development:

1. All participants of the LFML will be divided into groups as determined by the leadership committee.
2. Each group can name a saint as their group name.
3. Each group will have a chosen group leader.

Group Activities:

1. The group must meet at least bi-weekly; if a parish is meeting more often, it is encouraged.
2. Participation in the Holy Sacraments including, Holy Communion, Sacrament of Penance as well as praying the Rosary and other activities as listed.
3. Charitable activities as determined by the parish.
4. Fill out and complete the LFML Spiritual diary before the meeting (Children are encouraged to fill the diary weekly).

Items needed to start LFML (If you do not have all the items, try to acquire these items over the years)

1. Attendance Register
2. Statue of Little Flower (Thérèse of Lisieux)
3. Badges

4. Banner
5. Spiritual Diary (LFML book)
6. Account book
7. Meeting Minutes book
8. Registration forms
9. Record book
10. Volunteer Forms
11. Release/Consent Forms from Parents for Pilgrimages

LFML Day:

The inaugural day of LFML is usually celebrated on the feast of St. Therese of Lisieux. However, if this is not possible, please select one of the Sundays in October. There should be a procession with the LFML Flag, Statue or Picture of the Little Flower, Prayer, and then Blessing of the badges (*see below*).

Meetings:

Members meet at a minimum biweekly or if the parish decides to meet more often.

Grace Points/Marks:

Sunday School Children who participate in the LFML should receive grace points/marks as determined by the Director.

WhatsApp Group:

The diocese will be starting a diocesan-wide WhatsApp group to encourage communication among all diocesan Joint Directors.

Suggested Mission League Activities for the Year

Weekly

1. Mission League Prayer
2. Filling Spiritual Diary
3. Lead Saturday Mass Choir
4. Outdoor games like basketball, softball for an hour (can do monthly or weekly)
5. Mission League Library Management

Monthly

1. Bible/Sacraments/Saints - Spiritual Jeopardy (Divide children into groups)
2. Spiritual Kahoot with different topics
3. Bible Quiz w/ prizes
4. Church pews cleaning arrange mass books. Etc.
5. Choir practice
6. Saints Presentation

7. Record keeping for LFML (Leaders)

Yearly

1. Pilgrimage
2. Mission Sunday Fundraiser (Bake sale etc.)
3. Church Feast Day Activities (Mission League Stall – foods, pious articles sale, etc.)
4. Coordinate Easter Egg Hunt for younger kids
5. Vocation Week Fundraiser – to support seminarians, children in India, homeless shelters
6. Christmas Tree Fundraiser
7. Social/Fun Day (With new members in October)
8. Adoration for Mission League Members (3-4 times per year, before starting school, etc.)
9. Lead English Rosary on Saturdays in October
10. Lead English Way of the Cross-on Saturdays during Lent.

Summer

1. Participate in Vacation Bible School
2. Video Project for LFML members
3. Coordinate some Art projects – coloring competition for smaller kids.
4. Summer Community Service
5. Summer Gardening Project (can be done on church premises)
6. Writing Letters or Cards for Nursing home residents/ Old Age Homes and visit such facilities.

Mission League Reception and Renewal of Membership - Prayer

Director: Come, O Holy Spirit.

Members: Fill the hearts of thy faithful and inflame them with the fire of thy Divine Love.

Director: Lord, send forth thy spirit, and then all shall be created.

Members: And the face of the earth shall be renewed.

Director: Let us pray. O God, who has instructed the hearts of thy faithful by the light of thy Holy Spirit, grant that we may understand what is truth and live accordingly so that we may be filled with joy and consolation through our Lord Jesus Christ.

Members: Amen

Director & Members: We believe in one God, the Father, the Almighty, maker of heaven and earth of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through Him, all things were made. For us men and for our salvation He came down from heaven; by the power of the Holy Spirit, He was born of the Virgin Mary and became man. For our sake He was crucified under Pontius Pilate; He suffered, died and was buried. On the third day, He rose in fulfillment of 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. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son, He is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

Director: What do you desire?

Members: We desire to foster mission spirit in individuals/families, parishes, and other institutions. / We intend to work together / according to the will of God / and by means of prayer, contribution, and organized activities / as well as by fostering vocations / and strive to make all our missionary enterprises / successful in parishes and dioceses all over the world.

(Meanwhile, the Director blesses the badges, reciting the following prayer: He gives the badges to each one of the members. The choir sings mission songs.)

(Name) Receive the badge of the Little Flower Mission League. May Jesus bless you to become a zealous missionary.

Reading: Ephesians Chapter 3: Verses 7 – 12

(The Director turns to the altar and recites the following Litany loudly)

Director: Let us pray together with humility and hope that God may help us.

Members: May Lord help us

Director: To live according to the new life obtained from baptism and the strength and fortitude from confirmation.

Members: May Lord help us

Director: To be the salt of the earth and the light of the world

Members: May Lord help us

Director: To preserve the Christian spirit in our church, homes, and society.

Members May lord help us

Director: To preach the Gospel to the poor and to heal the wounded of heart.

Members: May Lord help us

Director: To preserve in us, our faith in your strong protection and providence.

Members: May Lord help us.

Director: Let us thank the merciful God, for the blessing we have obtained to participate in the spreading of the Gospel and for the manifold graces of encouragement and cooperation that we have had in the fulfillment of our duties. We ask this through Christ our Lord.

Members: Amen

Director: Let us pray that God may bless our Holy Father Pope Francis, all the bishops in the world, and our bishops Mar Jacob Angadieth and May Joy Alappatt. We pray to the Lord.

Members: We pray to thee, O Lord

Director: To give your light and peace to those who are engaged in Your service

Members: We pray to thee, O Lord.

Director: To increase our strength and interest to help the missionary activities by Christian life, prayer, and contribution.

Members: We pray to thee, O Lord

Director: To send enough missionaries with the readiness of service and spirit of sacrifice to the places where your Gospel is not known

Members: We pray to thee, O Lord

Director: For the people of all religions who have yet to know thee, the one God, and to love thee.

Members: We pray to thee, O Lord.

Director: For our county and all its inhabitant and for the leaders who strive for its spiritual and physical welfare

Members: We pray to thee, O Lord

Director: Let us dedicate ourselves to the Father, and to the Son, and to the Holy Spirit.

Members: Lord, we offer ourselves to thee

Director: Let us pray. O God, who desires that all men come to know the truth and be saved, send forth more workers to your vineyard and give them the fullness of hope. May your Holy Gospel, be preached everywhere and respected by all. May the people of all creeds and races know you, the one true God, and your son who is our Lord Jesus Christ.

Members: Amen.

Director: St. Thomas our Father and the first apostle of India, pray for us, that we may be ready to work, suffer and even die for the church.

Members: Amen.

Director: St. Francis Xavier, the second apostle of India, pray for us, that we may imitate your missionary spirit and zeal for souls.

Members: Amen.

Director: St. Therese of Child Jesus, our heavenly Patroness, make us and our missionary endeavors fruitful by your heavenly intercession.

Members: Amen.

Director: Sacred Heart of Jesus,

Members: Thy kingdom come.

Director: Immaculate Heart of Mary

Members: Pray for us.

Director: St. Joseph

Members: Pray for us.

Director: May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all. *Now, † always and forever.*

Members: Amen