



FRUITS OF THE HOLY SPIRIT
JULY

Chastity ~ chasteté

“When we remain pure in heart, exercise self-discipline in our thoughts and are modest in our deportment, the fruit of chastity blossoms
Through chastity, we emulate the purity of Jesus and become witness to the strength of the Spirit through our example. “

*“Truly I tell you, whatever you bind on earth will be bound in heaven,
and whatever you loose on earth will be loosed in heaven.”*

MATTHEW 18.18



THEORY OF ACTION

*“If we teach students in our Catholic schools to think critically and make decisions accordingly,
then students will live a morally and spiritually fulfilling life.”*



Peterborough Victoria
Northumberland and Clarington
Catholic District School Board

Table of Contents

 Definition	1
 Traditional Prayers of the Month	1
o Prayer for the Virtue of Chastity	1
o Hail Mary	1
 Date to Note in July	2
 Scripture Readings	2
 Curriculum Connections	3
 Quotes	4
o Biblical	4
o Non-Biblical	4

Definition

 **Looks Like:** Self control, faithfulness, respecting your body (temple), patience, prayer, receiving and participating in the sacraments , loving relationships, discipline, proper nutrition and exercise.

 **Sounds Like:** Prayer, forgiveness.

 **Feels Like:** Purity of mind, body and soul, self-control, intimacy, self-giving.

 **7 Grandfather Teachings:**

Minaadendamowin – RESPECT: To honour all creation is to have respect. All of creation should be treated with respect. You must give respect if you wish to be respected. The Buffalo is a symbol of creation and faithfulness. It is a reminder to treat all of creation with respect.

Traditional Prayers of the Month

 **Prayer for the Virtue of Chastity**

Jesus, Fortress of mankind, You are Immaculate as God and Man! Bless me with Your infinite graces, That I may remain in a state of purity. Strengthen my body, spirit and soul to continually reflect Your chastity. Protect my soul in its daily struggles, Guiding it to ponder on Your Godliness. Defend me from the forces of evil, Those that seek to acquire my soul: I am truly Yours forever and ever. Holy is my King, the Conqueror of sin!

 **Hail Mary**

Hail Mary, full of grace.
Our 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.

 **Je Vous Salue Marie**

Je vous salue Marie
pleine de Grâce
le Seigneur est avec vous.
Vous êtes bénie entre toutes les femmes
Et Jésus, le fruit de vos entrailles, est béni.
Sainte Marie, Mère de Dieu,
priez pour nous pauvres pécheurs,
maintenant et à l'heure de notre mort.
Amen.

Date to Note in July

26

Did You Know? Today is the feast of St. Anne and St. Joachim, parents of the Blessed Virgin Mary. By tradition Joachim and Anne are considered to be the names of the parents of Mary, the Mother of God. We have no historical evidence, however, of any elements of their lives, including their names. Any stories about Mary's father and mother come to us through legend and tradition. Such parents can be examples and models for all parents.

Prayer of St. Anne

Glorious St. Anne, filled with compassion for those who invoke you and with love for those who suffer, heavily laden with the weight of my troubles, I cast myself at your feet and humbly beg of you to take the present affair which I recommend to you under your special protection. Vouchsafe to recommend it to your daughter, the Blessed Virgin Mary, and lay it before the throne of Jesus, so that He may bring it to a happy issue.

Cease not to intercede for me until my request is granted.

(Here ask for favour you wish to obtain.)

Above all, obtain for me the grace of one day beholding my God face to face, and with You and Mary and all the saints, praising and blessing Him through all eternity. Amen.

Scripture Readings



Old Testament Reading Genesis 1.26-28

Then God said, "Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth."

So God created humankind in his image, in the image of God he created them; male and female he created them.

God blessed them, and God said to them, "Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth."

The Word of the Lord. *Thanks be to God.*



New Testament Reading 1 Corinthians 6.18-20

Shun fornication! Every sin that a person commits is outside the body; but the fornicator sins against the body itself. Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.

The Word of the Lord. *Thanks be to God.*

Curriculum Connections



Primary

ML1.1: Retell gospel narratives that reveal how Jesus welcomes and cares for people by showing them they have dignity in the eyes of God i.e. made in the image of God.

[CCC nos. 544, 1823-25] (1)

ML3: Demonstrate an understanding that God wants to help us through the gift of His grace to live a Christian life and that we can respond to this gift by the way we live our lives.

[CCC nos. 1996-2005; 2006-2016] (2)



Junior

ML2.1: Examine the narrative of the first sin (Genesis 2) and explain what it tells us about human free will and responsibility, how it illustrates an understanding of the “sources of morality” and how it describes the consequences for immoral actions i.e. sin.

[CCC nos. 407-408; 1730-1775] (5)

ML3.3: Explain using examples the relationship between making good moral choices, developing Christian virtues and holiness. (6)



Intermediate

ML1.2: Articulate the Church’s teaching concerning the Sixth and Ninth Commandments - “You shall not commit adultery. You shall not covet you neighbours wife” and apply these to the moral issues facing society today (e.g. chastity, purity of heart, respect for the dignity of the human person, sanctity of marriage and the purpose of human sexuality, pornography, prostitution, incest and child abuse, social living conditions, etc.).

[CCC nos. 2196-2257; 2258-2330] (7)

ML2.4: Link the need for commitment, turning away from sin, growth in virtue and faith to the process of forming and exercising a healthy (upright) conscience for moral decision-making.

[CCC nos. 1776-1789] (8)

Quotes

Biblical



“Blessed are the pure in heart: for they shall see God.” ~ Matthew 5.8



“And every one who thus hopes in him purifies himself as he is pure.” ~ 1 John 3. 3



“Hide your face from m sins, and blot out all my iniquities. Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me.” ~ Psalm 51.9-11



“But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy.” ~ James 3.17



“You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on earth beneath, or that is in the water under the earth.” ~ Exodus 20.14



“For God did not call us to impurity but in holiness.” ~ 1 Thessalonians 4.7



“Beloved, I urge you as aliens and exiles to abstain from the desires of the flesh that wage war against the soul.” ~ 1 Peter 2.11

Non-Biblical



“I will not let anyone walk through my mind with their dirty feet.” ~ Mahatma Gandhi



“Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well.” ~ Mahtama Gandhi



“When you express ‘purity’ which is the truth about yourself, you feel a love for yourself that is expressed by self-respect, self-esteem, and self-confidence.” ~ Tae Yun Kim



“To be pure, to remain pure, can only come at a price. This price is knowing God and loving Him enough to do His will. He will always give us the strength we need to keep purity as something beautiful to Him.” ~ Mother Theresa



“Chastity is a difficult long term matter, on must wait patiently for it to bear fruit for happiness of loving kindness which it must bring. But at the same time chastity is the sure way to happiness.” ~ John Paul II