



FRUITS OF THE HOLY SPIRIT
OCTOBER

Charity ~ charité

Charity is the theological virtue by which we love God above all things for His own sake and our neighbour as ourselves, for the love of God.
(CCC 1822)

*“This is my commandment,
that you love one another as I have loved you.”*

JOHN 15.12



THEORY OF ACTION

*“If we model Jesus’ commandment to love each other,
then students will understand that charity is an act of love.”*



Peterborough Victoria
Northumberland and Clarington
Catholic District School Board

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Definition

 **Looks Like:** Looks like Jesus stretching out His hand with a smile; opening a door for someone, a teacher or a student; allowing others to go before us; taking care of what belongs to others; helping others that need help; praying for our loved ones and for our enemies.

 **Sounds Like:** Sounds like Jesus calling out your name; encouraging someone; complimenting each other; listening to other people's ideas; treating people the way we would like to be treated.

 **Feels Like:** Feels like Jesus bringing a cool drink of water during a hot day; welcoming others; helping others with their feelings; understanding each other; including others.

Prayer Table Ideas

 **Catholic Symbols:**

- o Green Cloth
- o Bible
- o Light
- o Crucifix
- o Mary and a rosary (it is the month of the Rosary)

 **Symbols:**

- o **Food Bank, coin drives or clothes donations** – To symbolize the spirit of altruism that is part of charity.
- o **Terry Fox** – To symbolize a modern day Canadian citizen who had a vision led by his charitable heart.
- o **Mother Teresa** – To symbolize a modern day Saint who spent her life to do works of charity.
- o **Lamp** – To symbolize the eternal flame of charity that burns within each of us
- o **Act of Charity** – To symbolize our inner peace within ourselves and our own sinful lives.
- o **Prayer of St. Francis** – To symbolize our vision of charity towards others
- o **Books** – Any book that discusses or presents the topic of 'charity'.

Traditional Prayers of the Month



Prayer of St. Francis

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.

O Divine Master, grant that I may not so
much seek

to be consoled as to console;

to be understood as to understand;

to be loved as to love.

For it is in giving that we receive;

it is in pardoning that we are pardoned;

and it is in dying that we are born to
eternal life.

Amen



Prière de St François d'Assise

Seigneur,

Faites de moi un instrument de votre paix.

Là où est la haine, que je mette l'amour.

Là où est l'offense, que je mette le pardon.

Là où est la discorde, que je mette l'union.

Là où est l'erreur, que je mette la vérité.

Là où est le doute, que je mette la foi.

Là où est le désespoir, que je mette l'espérance.

Là où sont les ténèbres, que je mette la lumière.

Là où est la tristesse, que je mette la joie.

Faites que je ne cherche pas tant à être consolé
que de consoler,

D'être compris que de comprendre.

D'être aimé que d'aimer.

Parce que

C'est en donnant que l'on reçoit,

C'est en s'oubliant soi-même qu'on se retrouve

C'est en pardonnant qu'on obtient le pardon.

C'est en mourant que l'on ressuscite à
l'éternelle vie.

Amen



Act of Love or Charity

O my God, I love You above all things with my whole heart and soul because You are all good and worthy of all my love. I love my neighbor as myself for the love of You. I forgive all who have injured me and ask pardon of all whom I have injured.

Amen.



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.

Daily Prayers

1

Heavenly Father,

This month we celebrate the Fruit of the Holy Spirit called charity. Jesus asked us to love one another as He loved us. Father help us to love those people in our lives who are sometimes difficult to love. Amen.

2

Dear Lord,

Please help us to remember to give thanks for our food, our homes, and our families. Keep those who are not as fortunate close to our hearts, so that we remember to do what we can to help them. Amen.

3

The first Mysteries of the Rosary are the Joyful Mysteries. They are about joyful moments in Mary's life. The first Joyful Mystery is the Annunciation. It is when Archangel Gabriel came to see Mary to let her know that she would have a baby through the power of the Holy Spirit. This was a very joyful moment for Mary. The Archangel had greeted her with "Hail Mary, full of grace. The Lord is with you."

Dear Lord,

Let us join together in the Hail Mary. Hail Mary ... Amen.

4

Did You Know? Today is the memorial of St. Francis of Assisi. He grew up in a rich family and chose to live in poverty. He wished to live simply and through charity. Some men joined him to live holy lives of poverty and charity. He founded the Franciscan order. He died in the 13th century. We know him well for the prayer Make Me a Channel of Your Peace.

Lord,

Make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness joy. Amen.

5

Dear God,

Thank you for our friends, the smiles and laughter that never ends; the flowers and trees and sun so bright, and the stars above us that light up the night. Thank you, God, for our wonderful world. Amen.

6

The second Joyful Mystery is the Visitation. It is a moment when Mary went to visit her older cousin Elizabeth who herself was carrying a special child. That child grew up to become St. John the Baptist. When Mary greeted her cousin, the baby of Elizabeth leapt with joy in her womb. This caused Elizabeth to greet Mary with "Blessed are you among women and blessed is the fruit of your womb."

Dear God,

Let us remember those who are sick and those who are not blessed with many visitors. May they find comfort in knowing that they are loved by God. Amen.

7

The third Joyful Mystery is the Nativity. We celebrate Jesus' birth. This is a joyful moment in Mary's life and it continues to be a joyful moment in our lives too.

Dear Lord,

Mary had the courage to say yes to You because she loved You so much. Help us to show that same courage to You as we show our love to You through our actions every day. Amen.

8

The month of October is the month of the Rosary. Today we remember Our Lady of the Rosary.

Lord, as we pray the Joyful, Luminous, Sorrowful and Glorious Mysteries, we follow Our Lady's life through the life of Jesus.

Dear Lord,

Help us to take time and reflect on the different mysteries of our faith; that we pray while saying the rosary. As we remember Mary's life journey, help us to be an example for others with our own lives. Amen.

9

The fourth Joyful Mystery is the Presentation in the Temple. All first-born males were to be presented to the Lord. Jesus being the first-born male in His family was brought to the Temple to be presented to the Lord.

God,

You present Yourself to us each day in many different forms. May we have the eyes to recognize and appreciate Your love that surrounds us. May we reflect Your love when we present ourselves to others. Amen.

10

The fifth Joyful Mystery is the finding of Jesus in the temple. Jesus was about twelve years old, when he had gone to Jerusalem with His family for Passover. On the way back home, Joseph and Mary realized that Jesus was not with the group with whom they were travelling. They returned hurriedly back to Jerusalem to find Him in the temple talking with the priests.

Dear God,

Just as the child Jesus spoke to the adults in the Church, the adults were amazed with his message and knowledge, You speak to us constantly. Help us to recognize how You reveal Yourself to us every day. Amen.

11

The Luminous Mysteries are about the public life of Jesus. They are Luminous because Jesus is the Light of the world. The first Luminous Mystery is the Baptism of Jesus. After having prayed for 40 days in the desert, Jesus began His public life by going to John, the son of Elizabeth, to be baptized in the river Jordan.

Dear God,

You are the light of the world. Help us to become children of the light. It is through our charitable work that our Your light within us grows stronger and shines brighter. Amen.

12

The second Luminous Mystery is the Wedding of Cana. Jesus, Mary and the disciples were invited to a wedding in Cana. During the wedding feast there was not enough wine. Mary told Jesus they were out of wine. Then she told the stewards "Do whatever he tells you." Jesus told the stewards to fill six jars with water. When they tasted the water it was wine. Jesus had worked his first miracle.

Lord,

Thank you for your many gifts. You provide abundantly for us so that we can share with others all over the world. Help us to be gracious with Your gifts. Amen.

13

The third Luminous Mystery is the proclamation of the Good News. Jesus came to give us the Good News. He told us how to live our lives and how to demonstrate our love for each other. This love for each other is called Charity.

Heavenly Father,

May we be people of charity always willing to give of ourselves to better the lives of others. We pray this through Christ our Lord. Amen.

14

The fourth Luminous Mystery is the Transfiguration. Nearing the end of his life Jesus invited Peter, James and John to pray with Him on the mountain. While he was praying his face became as dazzling as the sun and his clothes became as radiant as light. Jesus began speaking with Moses and Elijah, and told Peter, John and James that he had come to fulfill the Law and the Prophets.

O God,

We open our eyes and we see Jesus, the light of the world, Your light. May your light shine upon us and help us to continue to share that light with others. Amen.

15

Did You Know? Today we remember St. Teresa of Avila. She is a Doctor of the Church who wrote many books about prayer life, and lived in the 16th century. Christ has no body now, but yours. No hands, no feet on earth, but yours. Yours are the eyes through which Christ looks compassion into the world. Yours are the feet with which Christ walks to do good. Yours are the hands with which Christ blesses the world. Dear Lord, help us to be Christ in the world. Amen.

16

The fifth Luminous Mystery is the institution of the Eucharist. During the Last Supper when He was with His apostles, Jesus took bread, said the blessing, broke it, and giving it to his disciples said "Take and eat, this is my body." Then He took a cup, gave thanks, and gave it to them saying "Drink all of you, for this is my blood."

Loving Father,

When we receive communion you welcome us to the same table that Jesus welcomed his apostles to. You nourish us through Your sacrifice, help us to remember Your commandment to love one another as You have loved us. Amen.

17

Dear God,

Thank you Lord for the many graces and blessings you have placed in my life. I offer you my heartfelt gratitude for your countless gifts to me each day. Help me to be aware of the needs of others, and to respond to those who are poor and less fortunate with generous expressions of charity, kindness and caring. We ask this through Christ our Lord. Amen.

18

Did You Know? Today is the feast day of St. Luke. He is one of the four Evangelists and is the patron saint of artists, physicians, surgeons, students and butchers. The Gospel according to Luke and the Acts of the Apostles are attributed to Him.

Prayer to St. Luke

Most charming and saintly Physician, you were animated by the heavenly Spirit of love. In faithfully detailing the humanity of Jesus, you also showed His divinity and His genuine compassion for all human beings. St. Luke help inspire all physicians with divine compassion for their patients. Amen.

19

Did You Know? Today we remember blessed Teresa of Calcutta, better known as Mother Teresa. Mother Teresa founded the missionaries of charity. They run hospices and homes for people with HIV AIDS, Leprosy and Tuberculosis; soup kitchens, orphanages, and schools. Pope John Paul II said he was personally grateful to the courageous Mother Teresa and called her “an icon of the Good Samaritan”.

Loving God,
Help us to be gentle and humble of heart, like the fearless messenger of love, Mother Teresa. Help us to serve every person we meet with joy and a smile. Help us to be missionaries of Christ, our peace and our hope. Amen.

20

The second Sorrowful Mystery is the flagellation. Jesus was whipped after He was arrested. All His friends had disappeared and he was struck countless times.

Dear God,
Through Your suffering we remember the suffering of others. Please help us find strength in our darkest hour, as You found strength in Yours. Amen.

21

The third Sorrowful Mystery is the crowning with thorns. The soldiers wanted to make fun of Jesus. They wove a crown of thorns and placed it on His head. They had also placed a purple robe on Him and ridiculed Him.

Father,
Remind me to accept and respect everyone. Help me to welcome everyone as Your Son Jesus did, and give me the courage and wisdom to speak for people who are hurt by the actions of others. Amen.

22

The fourth Sorrowful Mystery is the carrying of the cross. Jesus was given a heavy cross to carry to the place where He would be crucified. It was a devastating moment for Mary who was following her Son throughout this ordeal.

God,
We all have our crosses to bear. Help us to encourage each other and recognize when our crosses become too heavy. Amen.

23

Jesus,
You embody love and truth. Help us to recognize Your face in the poor. Help us to bring love and justice to Your people. Amen.

24

The fifth Sorrowful Mystery is the crucifixion. Jesus was crucified and died on the cross.

Dear Lord,
On the cross Jesus offered Himself to the Father for the whole world. At the foot of the cross, may we join our prayers with His. Amen.

25

The Glorious Mysteries follow the Sorrowful Mysteries. The first Glorious Mystery is the Resurrection. On the third day, Jesus rose from the dead.

Dear God,
I thank you heavenly Father for loving me and accepting me. Please help me to live for You. We ask this in Jesus' name, Amen.

26

The second Glorious Mystery is the ascension. Before Jesus went to heaven, he told the apostles that they would never be alone, and to spread the Good News to everyone they meet.

Loving God,
Please help us to never forget that you are with us always. Help us bring Your Good News to all that we meet through our words and actions. Amen.

27

The third Glorious Mystery is the descent of the Holy Spirit. The Holy Spirit descended onto Mary and the apostles, rested on them, and they were filled with the Holy Spirit.

Dear Lord,
Send Your Holy Spirit upon us so that we may give clear and prayerful witness to Your Son, Jesus. Let us walk with You so that we may encounter others with Your charity. Amen.

28

The fourth Glorious Mystery is the Assumption. After Mary died she was placed in a tomb. Later, the apostles went to the tomb and found it empty. Mary was assumed, body and soul, to Heaven.

Dear God,
The mother of our Lord, Jesus was always charitable towards everyone she encountered in her life. Teach us to do the same. Amen.

29

The fifth Glorious Mystery is the coronation. Mary is crowned Queen of Heaven.

Together we pray. Hail Mary, full of grace...

30

Father,
Your truth is made known in Your Word. Guide us to seek the truth. Teach us the way to love because You are loved. Amen.

31

Holy Spirit,
You inspire us to transform our world. Empower us to seek the good for all persons. Give us a spirit of solidarity and make us one human family. Amen.

Prayer Service / Non Eucharistic Liturgy



Non Eucharistic Symbols

Crucifix: Symbol of injustice suffered by Jesus who was nailed to the cross and left to die. It reminds us to be charitable in our dealings with others.

Basket of Donations: Symbol of charity. Our donations of food, of clothes or of coins are for those people in the community that need the extra help.

Ball or Skipping Rope: Symbol of play. We learn first to be charitable to each other when we share our time with our friends in play.

Workbook: Symbol of work. We offer our work to God. We offer our works of charity to God.

Candle: To symbolize the eternal flame of God. He has sent His Son so that we may learn to be charitable to each other.



Opening Prayer Gathering

Dear Lord,

We gather today to celebrate Charity. We ask You to guide our actions and inspire us to do Your will at all times. O Lord, we wish to become more charitable through the example of Your Son Jesus Christ. We ask You this through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, one God, for ever and ever.
Amen.



Old Testament Reading Micah 6.8

A reading from the book of Micah.

He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

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



Responsorial Psalm Psalm 112.9

The response is *“He gives generously to the needy and his kindness never fails.”*

Light shines in the darkness for all people,
for those who are merciful, kind, and just.

Happy is the person who is generous,

A good person will never fail, they will always be remembered. *R*

We are not afraid of receiving bad news,
our faith is strong and we trust in the Lord.

He gives generously to the needy,
and his kindness never fails. *R*



Second Reading (Optional) **Romans 12.9-13**

A reading from the letter of Paul to the Romans

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.

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



Gospel Reading **Luke 10.25-37**

A reading from the Gospel according to Luke 10.25-37

Just then a lawyer stood up to test Jesus. “Teacher,” he said, “what must I do to inherit eternal life?” He said to him, “What is written in the law? What do you read there?” He answered, “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind, and your neighbor as yourself.” And he said to him, “you have given the right answer; do this and you will live.”

But wanting to justify himself, he asked Jesus, “And who is my neighbor?” Jesus replied, “A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away leaving him half dead. Now by chance a priest was going down that road; and when he saw him, he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed on the other side. But a Samaritan while traveling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, ‘Take care of him; and when I come back, I will repay you whatever more you spend.’

Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?” He said, “The one who showed him mercy.” Jesus said to him, “Go and do likewise.”

The Gospel of the Lord. *Praise to you Lord, Jesus Christ.*



Optional Activities

Chain of Paper Dolls: Bring forth a chain of paper dolls. The chain represents the unity that we all have as human beings. Have students write down a charitable action that they can do to help bring about more fraternal charity in their own life, class, school, community, or world.

Food, ClothiMoney: Bring forth some donated food, clothes or money collected to symbolize our intent to become more charitable towards our neighbour.



Closing Prayer

Dear Lord,

After listening to Your stories and sharing our ideas, we learned that charity is the foundation of Your Kingdom on earth. You sent Your only Son Jesus into our world so that we may become more charitable. Lead us and give us the strength we need to live our lives in charitable ways towards our neighbours. Help us to put aside our own needs, so that we may seek to do Your will always. We ask this through Christ our Lord. Amen.



Possible Song Recommendations

Liturgical

We Come to Your Table

Companions on the Journey

Non-Liturgical

We are the World ~ USA for Africa, or Haiti Relief

Give a Little Big ~ Rodger Hodgson

Heal the World ~ Michael Jackson

Man in the Mirror ~ Michael Jackson

Another Day in Paradise ~ Phil Collins

Where is the Love ~ Black Eyed Peas

What if ~ Charity

Universal Prayer

Response: *Lord of Charity, hear our prayer.*



For our Holy Father on earth, the Pope, all the bishops and the clergy everywhere that they may lead us to deeper faith in God and a stronger love and charity for others, we pray to the Lord. *R*



For the priests of our Diocese, that they may continue to share their gifts with us, we pray to the Lord. *R*



For those who work for peace in our world, that they may continue to do their charitable works, we pray to the Lord. *R*



For our Prime Minister and all our leaders of government that they may be effective in achieving peace and eliminating poverty, we pray to the Lord. *R*



For those who are sick, lonely, discouraged, or oppressed that they may be strengthened by God's help and aided by the love and charity of those surrounding them, let us pray to the Lord. *R*



For the students of our school, that their hearts continue to transform their actions into acts of charity, we pray to the Lord. *R*

Curriculum Connections



Primary

LS2: Focus: Human Dignity

Understand that as human beings made in God's image we are social by nature and are called both as individuals and as a community of offer friendship and charity to all people. (grade 1)

LS2: Focus: Option for the poor and vulnerable

Understand that we are responsible for the gift of our dignity as human beings and are to respect this gift in others (i.e. our neighbour) by following the example of Jesus who calls us to share (i.e. Eucharist) serving the needs of others [CCC nos. 356-384; 1928-1933; 1391-1401] (grade 2)

Junior

LC2.2: Identify how in the Church, its practices, celebrations, service and teachings gather and form us for a life of holiness (e.g. action of the Holy Spirit in the Sacraments, the practice of virtue and charity – outreach, the message of hope and the examples of holiness presented in the readings of the Liturgy of the Word and the gift of Grace in the celebration of the Mass).

[CCC nos. 164-69; 178-88] (Grade 4)

ML1.3: Identify, using passages from the New Testament, the ways we are called to live the New Commandment (i.e. conversion of heart, developing in our lives an interior law of charity, openness to the grace of the Holy Spirit) in the choices we make, in our relationship with God and others.

[CCC nos. 11965-1986] (Grade 5)

Intermediate

LS2.1: Link the Ten Commandments and the Beatitudes to how we are called to “friendship” or “social charity” with people of different nationality, race, ethnicity, economic status or ideologies/faith and explain why this involves individual and communal conversion (i.e. grace/Holy Spirit).

[CCC nos. 356-384; 1928-1933; 1391-1401] (Grade 7)

LS2.2: Summarize the key principles of Catholic social justice and link them to the primary Christian values of love, promotion of life, reconciliation, inclusion, compassion, fidelity, liberation, community and hope.

[CCC nos. 356-384; 1928-1933; 1391-1401] (Grade 8)

Bulletin Board Ideas

 Large bubble letters “**CHARITY**”. Inside the letters have students illustrate actions that depict charity.

 Take up a collection to give to a charitable organization such as St. Vincent Society, Terry Fox or the food bank. The display would be visible at the school.

 Students’ works on “**What is Charity?**”

 Rosary month – Mary is a model of Charity. Decorate the board with the Mysteries.

Quotes

Religious



“Love your enemies and pray for those who persecute you.” ~ Matthew 5.44



“This is my commandment, that you love one another as I have loved you.” ~ John 15.12



“And now faith, hope and love abide, these three; and the greatest of these is love.”
~ 1 Corinthians 13.13



“Above all clothes yourselves with love, which binds everything together in perfect harmony.” ~ Colossians 3.14



“But the aim of such instruction is love that comes from a pure heart, a good conscience, and sincere faith.” ~ 1 Timothy 1.5



“For this very reason, you must make every effort to support your faith with goodness, and goodness with knowledge, and knowledge with self-control, and self-control with endurance, and endurance with godliness, and godliness with mutual affection, and mutual affection with love. For if these things are yours and are increasing among you, they keep you from being ineffective and unfruitful in the knowledge of our Lord Jesus Christ.” ~ 2 Peter 1.5-8



“Above all, maintain constant love for one another, for love covers a multitude of sins. Be hospitable to one another without complaining. Like good stewards on the manifold grace of God, serve one another with whatsoever gift each of you has received.”
~ 1 Peter 4.8-10



“Beloved, you do faithfully whatever you do for the friends, even though they are strangers to you; they have testified to your love before the church. You will do well to send them on in a manner worthy of God.” ~ 3 John 1.5-6



“Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.” ~ 1 Corinthians 13.4-7

Non-Religious



“Preach the Gospel at all times and when necessary use words.” ~ St. Francis of Assisi



“Start by doing what is necessary; then do what is possible; and suddenly you are doing the impossible.” ~ St. Francis of Assisi



“Where there is charity and wisdom, there is neither fear nor ignorance.”
~ St. Francis of Assisi



“Each of us has a soul, but we forget to value it. We don’t remember that we are creatures made in the image of God. We don’t understand the great secrets hidden inside of us.” ~ St. Teresa of Avila



“Accustom yourself continually to make many acts of love, for they enkindle and melt the soul.” ~ St. Teresa of Avila



“I understood that every flower created by Him is beautiful, that the brilliance of the rose and the whiteness of the lily do not lessen the perfume of the violet or the sweet simplicity of the daisy. I understood that if all the lowly flowers wished to be roses, nature would no longer be enameled with lovely hues. And so it is in the world of souls, Our lord's living garden.” ~ Thérèse de Lisieux



“Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love.”
~ Thérèse de Lisieux

Short Resource List

- ❖ The Giving Tree – Shel Silverstein (P/J)
- ❖ The Quiltmaker's Gift – Jeff Brumbeau (P/J)
- ❖ Ribbon Rescue – Robert Munsch (P/J)
- ❖ Horton Hears a Who – Seuss (P)
- ❖ Horton Hatches the Egg – Seuss (P)
- ❖ The Selfish Giant – Oscar Wilde (P/J/I)
- ❖ Something From Nothing – Phoebe Gilman (P/J/I)

