



being **CREATIVE**



being **WELL**



being **COMMUNITY**

# **Celebrating Sacred Teachings**

## **FEBRUARY RESOURCES**

### **Vision**

Creating a culture of faith, hope and love  
to ensure equity and well-being.

### **Mission**

To accompany our students as we strive for excellence in Catholic Education.  
We educate students in faith-filled, loving, safe, inclusive schools  
to develop the God-given abilities of each person.



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# **February Resources**

**Prayers and Reflections**

**Inspiring Images**

**CGE - Effective Communicator**

**Grandfather Teaching - Truth**

**Liturgical Possibilities**

**Quotes**

**Book List**



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# Prayers / Reflections

## Kindness

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

MICAH 6:8

# KINDNESS

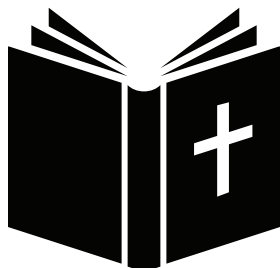
## Effective Communicator



Because I  
have a voice,  
I listen,  
speak, and  
write with  
care and  
respect for all  
people.

## Knowledge

I have been gifted with  
knowledge and the ability  
to learn.



## Debwewin – Truth

I live, walk and speak the truth  
when I live with integrity.  
I walk the talk.



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***This month we celebrate the fruit of the Holy Spirit called Kindness; the gift of the Holy Spirit called Knowledge; the Grandfather Teaching of Truth (Debwewin /dib-way-win/) and the Catholic Graduate Expectation of Becoming Effective Communicators.***

***February is also Black History Month, the month during which we celebrate the many achievements and contributions of Black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassionate and prosperous nation it is today.***

Dear Lord,

We have been gifted with Knowledge and the ability to learn. Bless our school community that it will be a place of learning, discovery, and joy. We pray that those who teach and those who learn will be a source of Your truth, through Jesus Christ our Lord.  
Amen.

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Dear God,

If I can not be brilliant, let me be kind. If I can not change the world, let me inspire just one other to do so. If I can not give away riches, let me be loving. Let me be known for kindness, for it is the greatest glory.  
Amen.

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Heavenly Father,

We pray today especially for Knowledge - the raw facts and information about life that we need to learn to process in intelligent ways in order to become informed and wise people. May we use this knowledge to be appreciative and accepting of everyone's uniqueness. Teach us how to love each other and help us to learn about one another and open our hearts and our minds.  
Amen.

Dear Lord,

Help me to remember that I have ideas, I have a purpose and a calling to live what I believe. Allow my words to be honest and sensitive to the needs of others in all I do today and every day.  
Amen.

---

O Great Spirit,

You have created me and everything around me with a sense of mystery. I now step into that mystery and put my arms around it. Help me to accept the things of this day I do not, and cannot understand, and that my encounter with them will bring me nearer to you and closer to living a holy life.  
Amen.

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Lord,

Thank you for your never ending kindness and love. I pray for your guidance in helping me to always show kindness to others, especially to those in need, in your name.  
Amen.



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Creator of all good things in the world and in our school community, we thank you for the gift of knowledge, and for the safe place to learn and grow. We ask you to bless all who teach and learn. Through your Holy Spirit guide us as we learn how to discern fact from fiction, and important facts from trivial facts.  
Amen.

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Dear Lord,  
Give us the power to speak your words while sharing our unique gifts with others. Please open our hearts to receive your words by being welcoming and be accepting of the gifts of others.  
Amen.

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Today's Reflection:  
*"There is one God looking down on us all. We are all children of one God. God is listening to me. The sun, the darkness, the winds, are all listening to what we now say." (Geronimo – Apache 1829-1909)*

Let us pray ...(e.g. Our Father, Holy Mary, etc.)

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Dear Lord,  
True kindness is not always easy, it is so much more than simply being nice. Kindness is brave, empathetic, and accepting; all characteristics of how Jesus lived his life. Allow us to follow his authentic example in our daily lives.  
Amen.

Dear God,  
Today we pray especially for the gift of knowledge. Black History Month is a time to learn more about the stories and the many important contributions of Black Canadians to the settlement, growth and development of Canada, and about the diversity of Black communities in Canada and their importance to the history of this country. May we use this learning to always speak the truth and be kind with each other.  
Amen.

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Dear Jesus,  
Grant us the ability to reach out to all those who are in need as you did. May we refrain from judging, gossip and criticizing others and may you guide us in using our words to stand up for those in need of our love and support.  
Amen.

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Today's Reflection:  
From Black Elk, Ogala Lakota. *"The Great Spirit is everywhere; He hears whatever is in our minds and our hearts, and it is not necessary to speak to Him in a loud voice. The Holy Land is everywhere. You showed me...the spirit shape of things as they should be. You have shown me, and I have seen."*

(Black Elk – Ogala Lakota 1863-1950)



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Today's Reflection comes from St. Mother Teresa.

*Be kind and merciful.*

*Let no one ever come to you without coming away better and happier.*

*Be the living expression of God's kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.*

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Dear Jesus,

Help me to really listen to the words of others so I can understand. Allow me to learn in the light of your values to then speak the truth with sincerity. We ask this through Christ our Lord. Amen.

---

Oh Great Spirit,

Help me always to speak the truth quietly, to listen with an open mind when others speak, and to remember the peace that may be found in silence. *(Cherokee Prayer)*

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Bless my soul, O God, and grace it with kindness. Spare me from judgment and fill my heart with love for you and for others. May all my words and actions always send forth understanding and generosity. In Jesus' name, Amen.

Dear Lord,

Inspire us to spread the power of God's love throughout the world as your disciples did.

Allow me to choose kind words and spread your message of love through both my words and actions. We ask this through Christ our Lord.

Amen.

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We call upon all that we hold most sacred, the presence and power of The Great Spirit of love and truth which flows through all the universe. To be with us, to teach us, and show us the way.

*(Native American Chinook)*

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Oh Great Spirit, Creator of all things; Human Beings, trees, grass, berries. Help us. Be kind to us. Let us be happy on earth. Let us lead our children to a good life and old age. These our people; give them good minds to love one another. Oh Great Spirit, be kind to us. Give these people the favor to see green trees, green grass, flowers, and berries this next spring; so we all meet again. Oh Great Spirit, we ask of you.

*(Mohawk Prayer)*



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## ***References:***

**Beliefnet. 10 Short Prayers (accessed 2019)**

**'Mohawk Indian Prayer' A Native American Prayer.**

**Sisters of the Divine Saviour. Prayer - Kindness (accessed 2019)**

Tassi, Filomena & Peter Tassi. **365 Prayers for Catholic Schools and Parish Youth Groups: Interactive, Seasonal, Traditional** 2016

Tassi, Filomena & Peter Tassi. **500 Prayers for Catholic Schools & Parish Youth Groups** 2004



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# Inspiring Images



*Do justice... love kindness...  
walk humbly with your God.*

MICAH 6:8



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Be the living  
expression of  
God's  
*kindness*;  
*kindness* in  
your face,  
*kindness* in  
your eyes,  
*kindness* in  
your smile.

SAINT MOTHER TERESA



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I have been gifted with *knowledge*  
and the ability to *learn*



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**I HAVE A  
VOICE!**



- † I **speak, write** and **listen** as Jesus would want me to
- † I care about others and **speak up** for them
- † I am **honest**
- † I **think carefully** before I react or speak
- † I **respect** all people and their languages

*Because I have a voice, I will use it lovingly,  
and I will live my life like Jesus.*



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**Before you...**



**THINK!**

**T** = Is it True?  
**H** = Is it Helpful?  
**I** = Is it Inspiring?  
**N** = Is it Necessary?  
**K** = Is it Kind?



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I LIVE, WALK AND SPEAK THE *Truth*  
WHEN I LIVE WITH INTEGRITY



*I walk the talk.*



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TRUTH



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# Catholic Graduate Expectation

## AN EFFECTIVE COMMUNICATOR



### A Effective Communicator who:

- a. Listens actively and critically to understand and learn in light of gospel values.
- b. Reads, understands and uses written materials effectively.
- c. Presents information and ideas clearly and honestly and with sensitivity to others.
- d. Writes and speaks fluently one or both of Canada's official languages.
- e. Uses and integrates the Catholic faith tradition, in the critical analysis of the arts, media, technology and information systems to enhance the quality of life.

“

*“As young people growing to maturity in a complex world, you are faced with many difficult and confusing choices on a daily basis. The demands of our consumer driven society and the noise of social media may sometimes lead you to think you are alone. Know that you are never alone. You are the beloved child of God, and he is with you always.” (RTP, page 16)*

”



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# Grandfather Teaching

## TRUTH – DEBWEWIN

Truth is represented by the turtle as he was here during creation of Earth and carries the teachings of life on his back. One of the oldest animals on our planet. The turtle lives life in a slow and meticulous manner, because he understands the importance of both the journey and the destination.

Truth is to know of these things.

Apply faith and trust in your teachings. Show honor and sincerity in all that you say and do. Understand your place in this life and apply that understanding in the way that you walk. Be true to yourself and all other things.

You have to look at yourself before you judge another's way of walking.

Speak the truth. Do not deceive yourself or others.

The laws of time and life are recorded on the back of the Turtle. There are 28 markings representing the 28 full moons and the 28 days between a woman's cycle for creating and bearing life. There are also 13 moons that represent the 13 times and the Earth circles the Sun.



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<https://www.truecanadianart.com/single-post/2018/03/14/What-are-the-Seven-Grandfather-Teachings>



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# 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 just and kind in our dealings with others.

**Spring Flowers / Seeds:** To symbolize our longing for growth, renewal and spring.

**Food Drive Item:** To symbolize our willingness to show kindness in taking care of others.

**A Paper Heart:** To symbolize the love that Jesus has for us.



## Opening Prayer Gathering

Dear God,

We gather today as a community to celebrate the fruit of kindness. Being kind in our thoughts, words, and actions each day, helps us to see those around us in the same way as You do, as loved and treasured people. God, help our hearts be more like Yours and help activate our hands by your spirit as we work to show You kindness and generosity in all that we do. Even if our way of doing so may seem insignificant at the time, every act of kindness and every prayer of love leaves a lasting impact on our world, on our future, and on our relationship with You. Today, let us think about how Jesus calls us to live his message by not only praying for kindness, but by becoming more kind human beings, for this is what You ask of us as members of Your family.

Amen.



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## Old Testament Reading 2 Samuel 9.1

A reading from the book of Samuel.

One day David asked, "Is there anyone left for Saul's family? If there is, I would like to show him kindness for Jonathan's sake." There was a servant of Saul's family named Ziba, and he was told to go to David. "Are you Ziba?" the king asked. "At your service sir," he answered. The king asked him, "Is there anyone left of Saul's family to whom I can show loyalty and kindness, as I promised God I would?" Ziba answered, "There is still of Jonathan's sons. He is crippled." "Where is he?" the king asked. "At the home of Machir son of Ammiel in Lodebar," Ziba answered. So King David sent for him. When Mephibosheth, the son of Jonathan and grandson of Saul, arrived, he bowed down before David in respect. David said, "Mephibosheth," and he answered, "At your service sir." "Don't be afraid," David replied. "I will be kind to you for the sake of your father Jonathan. I will give you back all the land that belonged to your grandfather Saul, and you will always be welcome at my table."

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



## Responsorial Psalm Psalm 145

The response to the psalm is "*Father of great kindness, hear our prayer.*"

I will proclaim your greatness, my God and king;  
I will thank you forever and ever. Every day I will thank you;  
I will praise you forever and ever.  
The Lord is great and is to be highly praised;  
his greatness is beyond understanding. *R*

What you have done will be praised from one generation to the next;  
They will proclaim your mighty acts.  
They will speak of your glory and majesty,  
And I will meditate on your wonderful deeds, and I will proclaim your greatness. *R*

They will tell about all your goodness and sing about your kindness.  
The Lord is loving and merciful, slow to become angry and full of constant love.  
He is good to everyone and has compassion on all he made. *R*



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## **Second Reading (Optional)**

### **Ruth 2.1-20**

Naomi had a relative named Boaz, a rich and influential man who belonged to the family of her husband Elimelech. One day Ruth said to Naomi, "Let me go to the fields to gather the corn that the harvest workers leave. I am sure to find someone who will let me work with him." Naomi answered, "Go ahead, my daughter." So Ruth went out to the fields and walked behind the workers, picking up the corn which they left. It so happened that she was in a field that belonged to Boaz. Sometime later Boaz himself arrived from Bethlehem and greeted his workers. "The Lord be with you!" he said. "The Lord bless you!" they answered. Boaz asked the man in charge, "Who is that young woman?" The man answered, "She is the foreign girl who came back from Moab with Naomi. She asked me to let her follow the workers and pick up the corn. She has been working since early morning and has just now stopped to rest for a while under the shelter." Then Boaz said to Ruth, "Let me give you some advice. Don't pick up corn anywhere except in this field. Work with the women here; watch them to see where they are reaping and stay with them. I have ordered my men not to hurt you. And whenever you are thirsty, go and drink from the water jars that they have filled." Ruth bowed down with her face touching the ground, and said to Boaz, "Why should you be so concerned about me? Why should you be so kind to a foreigner?" Boaz answered, "I have heard everything that you have done for your mother-in-law since your husband died. I know how you left your father and mother and your own country and how you came to live among a people you had never known before. May the Lord reward you for what you have done. May you have a full reward from the Lord God of Israel, to whom you have come for protection!" Ruth answered, "You are very kind to me sir. You have made me feel better by speaking gently to me, even though I am one of your servants."

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





## Gospel Reading Luke 6.27-31

A reading from the holy Gospel according to Luke.

“But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who ill-treat you. If anyone hits you on one cheek, let him hit the other one too; if someone takes your coat, let him have your shirt as well. Give to everyone who asks you for something, and when someone takes what is yours, do not ask for it back. Do for others just what you want them to do for you.

If you love only the people who love you, why should you receive a blessing? Even sinners love those who love them! And if you do good only to those who do good to you, why should you receive a blessing? Even sinners do that! And if you lend only to those from whom you hope to get it back, why should you receive a blessing? Even sinners lend to sinners, to get back the same amount! No! Love your enemies and do good to them; lend and expect nothing back. You will then have a great reward, and you will be sons of the Most High God. For he is good to the ungrateful and the wicked. Be merciful just as your Father is merciful.

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



## Optional Activities

**The Golden Rule:** Have children draw pictures showing examples of the Golden Rule.

**Acts of Kindness:** Have students write on a piece of paper an act of kindness that they hope to fulfill during the month of February. Present acts of kindness intentions during non-Eucharistic celebration.

**Alphabetical Kindness List:** Have students co-create an alphabetical list of easy kindness activities together. Present this list during celebration.



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## **Closing Prayer**

Dear God,

After listening to your word and hearing stories of kindness, we have learned that being kind even to our enemies can be the greatest reward of all. Help us be active witnesses to kindness in our own lives through our words, actions and interactions with others. We are the key ingredient to developing a more kind and tolerant world. Let us live out your message and make our future one we are proud of. We ask this through Christ our Lord. Amen.

## **Possible Song Recommendations**

### **Liturgical**

I Send You Now

Only a Shadow

Come to the Water

We Are the Family

Don't Laugh At Me

Pebbles

### **Non-Liturgical**

Lean on Me ~ Bill Withers

What a Wonderful World ~ Louis Armstrong

Carefree Highway ~ Gordon Lightfoot

That's What Friends are For ~ Burt Bacharach

Kindness ~ Chris Tomlin



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# Quotes



"But a Samaritan while travelling came near him...brought him to an inn and took care of him." ~ Luke 10. 33-34



"And be kind to one another, tender hearted, forgiving one another, as God in Christ has forgiven you." ~ Ephesians 4.32



"Love is patient, love is kind." ~ 1 Corinthians 13.4



"What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God." ~ Micah 6.8



"Whoever pursues righteousness and kindness will find life and honour."  
~ Proverbs 21.21



"If you judge people, you have no time to love them." ~ Mother Teresa



"We can do no great things only small things with great love." ~ Mother Teresa



"It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving." ~ Mother Teresa



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." ~ Leo Buscaglia



"Be kind, for everyone you meet is fighting a hard battle." ~ Plato



"Life's most urgent question is, what are you doing for others?" ~ Martin Luther King Jr.



"Three things in human life are important: The first is to be kind. The second is to be kind. The third is to be kind." ~ Mother Teresa

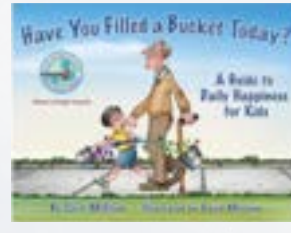
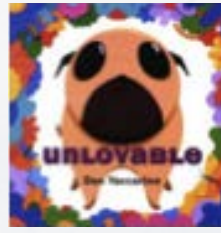
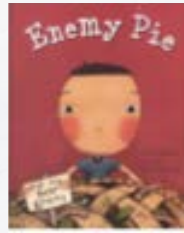
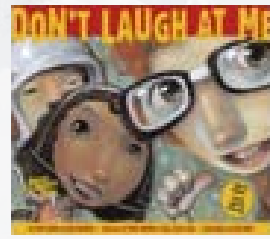


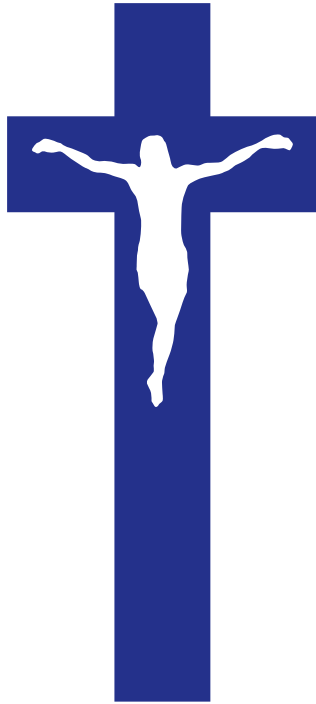




# Short Resource List

- ❖ The Dot – Peter H. Reynolds (P/J/I)
- ❖ Owen & Mzee – Isabella Hatkoff, Craig Hatkoff (P/J)
- ❖ One – Kathryn Otoshi (P/J)
- ❖ Don't Laugh At Me – Steve Seskin (P/J/I)
- ❖ The Recess Queen – Alexis O'Neill (P/J)
- ❖ Enemy Pie – Derek Munson (P/J)
- ❖ Unloveable – Dan Yaccarino (P/J)
- ❖ Have You Filled A Bucket Today? – Carol McCloud (P/J/I)





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