



being **CREATIVE**



being **WELL**



being **COMMUNITY**

# Celebrating Sacred Teachings

## JANUARY 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.



*Peterborough Victoria  
Northumberland and Clarington  
Catholic District School Board*



# **January Resources**

**Prayers and Reflections**

**Inspiring Images**

**CGE - Reflective Creative Holistic Thinker**

**Grandfather Teaching - Honesty**

**Liturgical Possibilities**

**Quotes**

**Book List**



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# Prayers / Reflections

## Chastity

“Mercy and truth have met;  
justice and peace have  
embraced.”

PSALM 85.10

# CHASTITY

## Becoming Reflective, Creative, Holistic Thinkers



Because I have  
ideas, I have a  
purpose and a  
calling to live  
what I believe.

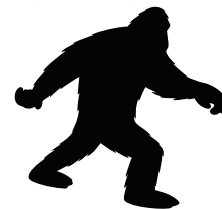
## Right Judgment

I have been gifted, through  
my head, heart, and hands,  
for good.



## Gwayakwaadiziwin – Honesty

I demonstrate honesty when I am  
sincere, trustworthy and  
cooperative. Honesty is living well  
and recognizing who you are.





***This month we celebrate the fruit of the Holy Spirit called Chastity;  
the gift of the Holy Spirit of Right Judgement;  
the Grandfather Teaching of Honesty (Gwayakwaadiziwin /gwuh-yuh-kwah-di-zi-win/),  
and the Catholic Graduate Expectation of Reflective, Creative, Holistic Thinkers.***

Dear God,  
I have been gifted, through my head, heart,  
and hands, for good. I have a purpose and  
calling to live what I believe. Help me to be  
sincere, trustworthy and honest with myself  
and others, to lead a good life and recognize  
You in everybody and everything around me.  
Amen.

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Dear God,  
You have made us in your image. You have  
gifted to us a mind, body, and soul with  
tremendous potential to do good. May all that  
we do and think always reflect the  
magnificence of Your creation. Guide us as we  
strive to treat our body, mind, and soul as  
sacred temples that focus on serving you.  
Amen.

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Dear Lord,  
Thank you for the gift of creativity. Help us to  
believe in our ideas and inspirations. May we  
be granted the confidence to develop and  
express the wondrous gifts we have been  
blessed with.  
Amen.

Creator God,  
Honesty in facing a situation is to be brave.  
Help me to always be honest in word and  
action. If we are honest with ourselves, then it  
is easier to be honest with others.  
Amen.

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Heavenly Father,  
The gift of right judgement helps us to judge  
between what should be done, and what  
should be avoided in our daily life. With the  
assistance of the gifts of knowledge and  
understanding, right judgement is a wonderful  
help as we try to make decisions in our  
ordinary, day to day lives. It is a gift of spiritual  
“common sense” – a common sense that  
assures us the Spirit is resting gently in our  
hearts to guide us to the proper decisions.  
Amen.

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Dear Jesus,  
We ask you to bless our relationships with love,  
that they always encourage us to be better  
people. Grant that they will be a reflection of all  
that you are, by being healthy, honourable, and  
holy. We ask this in Your name.  
Amen.





Dear God,  
Thank you for allowing us to experience the good in the world around us. Help us to see grace over sin and give us the hope that is essential in facing all challenges. We ask this through Christ our Lord.  
Amen.

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*Honesty comes when you learn to be fearless with yourself. When you speak and act straight from the heart, the Creator will give you love and strength to say and do what is right for you in every moment. Innocence, curiosity and openness will keep you honest.*

Creator God:  
Help me to be honest. Give me the love and strength to say and do what is right.  
Amen.

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Lord Jesus,  
Teach me knowledge and good judgment, for I trust your commands. Grant me the Spirit of Right Judgement that I may choose the surest way of pleasing God.  
Amen.

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Dear Lord,  
I know that every perfect gift You have created depends on the power of Your destiny. Shape my heart with Your truth, Your love, and Your endless mercy. I pray that all I do gives glory to Your name.  
Amen.

Dear Lord,  
We do not always know what to say or do. Please grant us the patience to look at all sides of a situation and use right judgement to solve our problem. We ask this through Christ our Lord.  
Amen.

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Now is the time for you to be honest with yourself; see and accept yourself for who you are. Then and only then might you accept others for who they are. Be honest with yourself as well as with others. When you speak, speak truthfully.

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Lord Jesus,  
Let us be guided by the Holy Spirit to make the right decisions. Sometimes we choose otherwise because it appears more convenient in the short run. We seek instant gratification instead of our long term spiritual well being. Let us receive God's gift of right judgement today and exercise it in our lives.  
Amen.

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Dear God,  
Although we are all created different and unique, grant us the insight, wisdom and vision to recognize that we are all rooted in a common humanity. Help us to model the life of Your Son through our commitment to living our lives with truth, respect and dignity.  
Amen.





Dear Jesus,  
It was your honesty that played a vital role in shaping our world. We pray for the courage to always be honest, to take responsibility for our thoughts and actions, and to use all that we have learnt to develop a just and compassionate society.  
Amen.

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May all I say and all I think  
be in harmony with thee,  
God within me,  
God beyond me,  
maker of the trees.  
Chinook prayer, Pacific Northwest Coast

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Dear Jesus,  
Help us to open our ears to what the Spirit is saying. Right judgement is a gift of the Holy Spirit. It can be nurtured through prayer, reading, above all, by practice. Let us practice right judgement in our actions with others and in the service of justice.  
Amen.

Heavenly Father,  
Bless our senses. Grant that the sounds we hear, the beauty we see, the food we taste, the scents we smell, and the encounters we touch are all experiences in Your name. May all that we see, smell, hear, taste and touch show respect for ourselves and others in order to bring greatness to our community and world.  
Amen.

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Dear God,  
Thank you for giving us the ability to think and reflect. While adapting to and evaluating new ideas, please continue to guide us in serving the common good. We ask this through Christ our Lord.  
Amen.

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Great Spirit,  
Whose voice I hear in the wind; whose breath gives life to all the world. Hear me; I need your strength and wisdom. Let me walk in beauty, and make my eyes ever behold the red and purple sunset.  
Amen.





## ***References:***

Bouchard, David. **Seven Sacred Teachings**. 2009

**May all I say and all I think be in harmony with Thee** ... from World Prayers Website

**Oh, Great Spirit, whose voice** ... from World Prayers Website

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

**I HAVE  
IDEAS!**

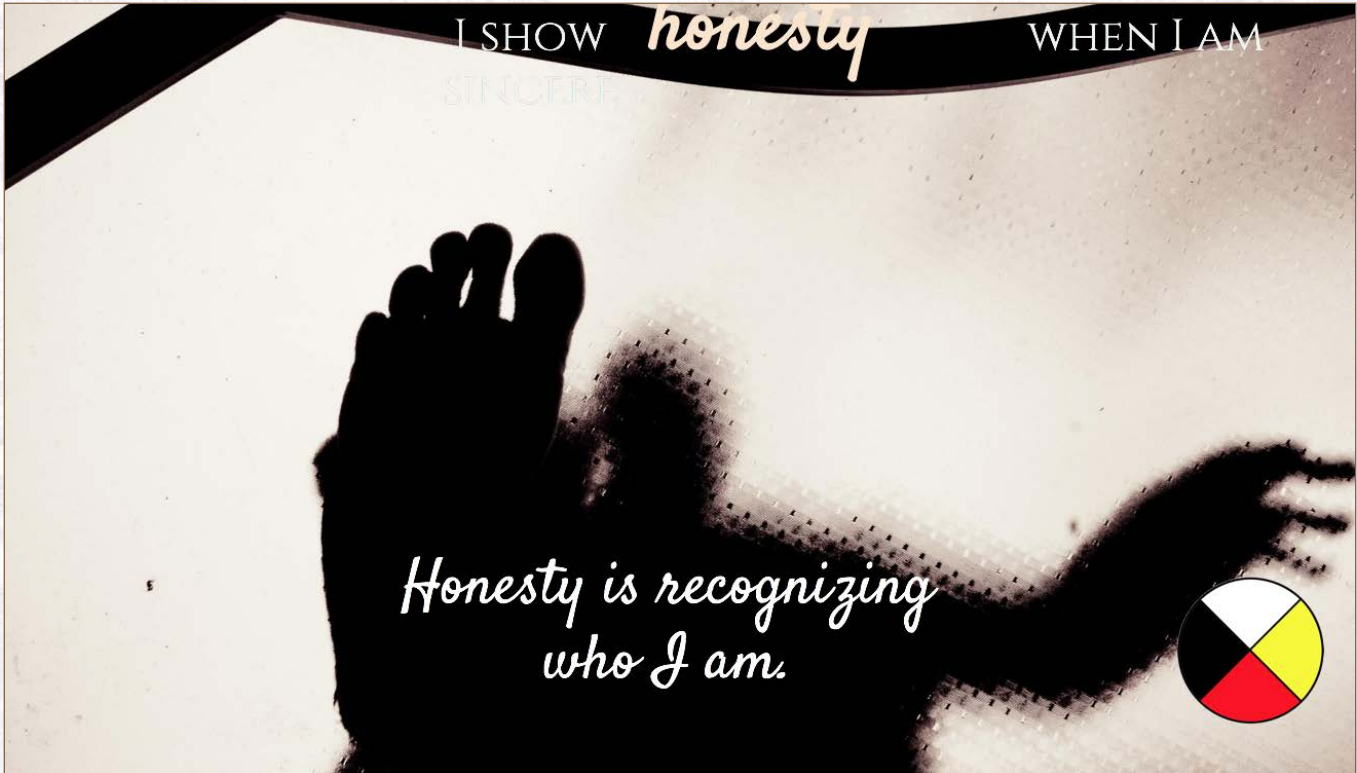


- † I have **thoughts** and **opinions** that **matter**
- † I make **good choices**
- † I have **hope** for the future
- † I **solve problems** with knowledge, understanding and prayer
- † I know we are all **equal** and **special**

*Because I have ideas, I have a purpose,  
and I will live my life like Jesus.*







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# HONESTY



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# Catholic Graduate Expectation

## A REFLECTIVE, CREATIVE AND HOLISTIC THINKER



### A Reflective, Creative and Holistic Thinker who:

- a. Recognizes there is more grace in our world than sin and that hope is essential in facing all challenges.
- b. Creates, adapts, evaluates new ideas in light of the common good.
- c. Thinks reflectively and creatively to evaluate situations and solve problems.
- d. Makes decisions in light of gospel values with an informed moral conscience.
- e. Adopts a holistic approach to life by integrating learning from various subject areas and experience.
- f. Examines, evaluates and applies knowledge of interdependent systems (physical, political, ethical, socio-economic and ecological) for the development of a just and compassionate society.

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*“Find strength in knowing that Jesus is always at your side, accompanying you ... In a world that is sometimes beset with negativity and acrimony, remember your example of life, grounded in faith, is a powerful witness ... , and an antidote to the hopelessness that often permeates our times.”*

(RTP, page 17)

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# Grandfather Teaching

## HONESTY – GWAYAKWAADIZIWIN

Honesty is represented by the sabe. The sabe understands who they are and how to walk in their life. “Sabe reminds us to be ourselves and not someone we are not. An honest person is said to walk tall like Kitchi-Sabe.

To walk through life with integrity is to know honesty.

Be honest with yourself. Recognize and accept who you are. Accept and use the gifts you have been given. Do not seek to deceive yourself or others.

The Sabe represents honesty because it is closer to the Creator than to humans. It is believed that the Sabe used to walk among humans to remind us of the Creator’s wish for us to remain true to our natural forms.

Actions such as being true to our spirit and accepting who we are will guide us in being honest.



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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**

***Please note that there are currently no liturgical suggestions for January based on the availability of resources for this particular Fruit of the Holy Spirit in the 2012 Fruits of the Spirit resource. If you would like to be involved in the updating of liturgical suggestions for the month of January, please contact the Religious Education and Family Life consultant.***



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# Quotes



“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



“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





# Short Resource List

***Please note that there are currently no book suggestions for January based on the availability of resources for this particular Fruit of the Holy Spirit in the 2012 Fruits of the Spirit resource. If you would like to be involved in the updating of book suggestions for the month of January, please contact the Religious Education and Family Life consultant.***



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