



being **CREATIVE**



being **WELL**



being **COMMUNITY**

Celebrating Sacred Teachings

JUNE 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*



June Resources

Prayers and Reflections

Inspiring Images

CGE - Responsible Citizen

Grandfather Teaching - Courage

Liturgical Possibilities

Quotes

Book List



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Prayers / Reflections

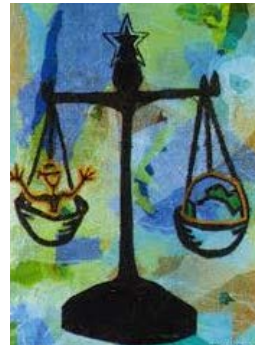
Modesty

“So, whether you eat or drink, or whatever you do, do everything for the glory of God.”

1 CORINTHIANS 10:31

MODESTY

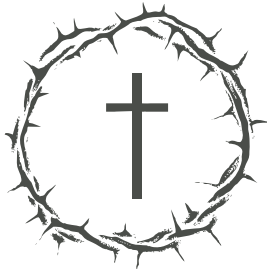
Becoming Responsible Citizens



Because I have responsibilities, I can make a difference in the world.

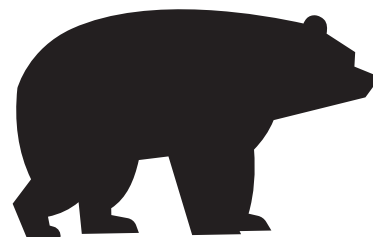
Courage

I have been gifted with the ability to do the right thing, even when it is not easy.



Aakode'ewin – Courage

I do the right thing even when it is difficult.
I show courage when I am brave.



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***This month we celebrate the fruit of the Holy Spirit Modesty;
the gift of the Holy Spirit of Courage; the Grandfather Teaching of
Courage (Aakode'ewin /ah-kuh-day-win/) and the
Catholic Graduate Expectation of Becoming Responsible Citizens.***

Dear God,

Lead us in modesty, teach us not to be
boastful or arrogant, help us to build up Your
kingdom as we share Your love with others.
May we also show courage in doing the right
thing, even when it is not easy.
Amen.

Lord,

Lead us in modesty. Teach us not to judge
because harsh judgment in our hearts limits
Your work. Let our works be for Your glory and
not for the praises of others. May everything
that we do be a reflection of You and not to
glorify ourselves. In Jesus' name,
Amen.

Dear Jesus,

Sometimes we have high expectations placed
on us. Help us to fulfill our responsibilities and
may we never be overwhelmed in our
challenges that call us to be the best we can
be. We ask this through Christ our Lord.
Amen.

Creator

Give me the strength to walk the soft earth, a
relative to all that is!
Give me the eyes to see and the strength to
understand,
that I may be like you.
With your power only can I face the winds.
This is my prayer; hear me!
The voice I have sent is weak,
yet with earnestness I have sent it.
Hear me!
Amen.

Dear God,

Grant me the serenity to accept the things I
cannot change, the courage to change the
things I can, and the wisdom to know the
difference.
Amen.

Heavenly Father,

We pray today that we are reminded of the
modesty of your Son Jesus Christ; His purity,
His resiliency, and His endless love in our lives.
We ask you to allow modesty into our lives, so
that we learn the importance of humility,
decency, and respect, and may we continue to
be reminded of Your constant love and
devotion.
Amen.



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Dear God,
It is not always easy to do the right thing. Yet in doing the right we accomplish great things, change the world, and make it a better place. Help us to stay true to the gifts you have given us. Give us the courage and strength to follow our dreams and to never abandon what you have called us to do.
Amen.

Creator,
Grant me the strength of eagle wings, the faith and courage to fly to new heights, and the wisdom to rely on his spirit to carry me there.
Amen.

Heavenly Father,
Thank you for the gift of courage, for the ability to face and overcome our fears, and the ability to plow through difficulties without giving up hope.
Amen.

Dear Lord,
Teach us by your example to instill into others a real respect for modesty and purity. Allow us to celebrate our faith in You as we gather together today. Grant that others may see in us reason to change their ways and that we may have the courage to resist temptation. Let others be led closer to Jesus by our example.
Amen.

Dear Lord,
Keep alive in us all that we have learned. Help us to be willing to use our knowledge to create a better world and a more perfect and just society.
Amen.

“Oh, 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.
Make my hands respect the things you have made and my ears sharp to hear your voice.
Amen.
(a prayer by Lakota Chief Yellow Lark, 1887)

Lord Jesus,
The Holy Spirit gives us these gifts, including the gift of courage, but a gift that lies on the table without ever being unwrapped does us no good. Help us to make good use of the gifts that the Holy Spirit has given us.
Amen.





Dear Father,
Lead me in humbleness. Teach me not to judge
and allow me to find forgiveness. May mercy
always be my companion and grace my refuge.
Help me to praise rather than to criticize, to
sympathize rather than to discourage, to build
rather than to destroy. Through modesty, may
love be seen in me. In Jesus' name,
Amen.

Dear God,
Bless us with the strength, discipline and
courage to develop and use our gifts. Keep us
confident in the face of adversity and may we
always, first and foremost, use our gifts to
serve you and build one human family here on
earth.
Amen.

“Oh, Great Spirit,
whose voice I hear in the wind ...
Help me to remain calm and strong in
the face of all that comes towards me.
Let me learn the lessons you have hidden
in every leaf and rock.”
Amen.

Peaceful God,
Sometimes it is hard to make good decisions,
for at times we lack the courage to stand up for
what is right and just. Sometimes it is easier to
follow the crowd and to let others make our
decisions for us. Lord, give us the courage to
do what is right, and the strength to help those
who cannot speak for themselves. Help us to
be more like you.
Amen.

Merciful Father,
Give us the faith to live simple and modest
lives of self awareness, which leads to love and
service of others. Forgive us for thinking of
ourselves more highly than we ought to.
Through your kindness, let the world see in us
what we so clearly see in you: profound
humility and strength for the sake of those who
are most needy. We ask this in your name.
Amen.

God of courage,
May we always choose the good path. It is not
easy to be the first to speak up, to step in, or
put an end to things we believe are unjust. We
pray to make choices that reflect our true
character, serve you, and help others.
Amen.





Great Mystery,
Teach me how to trust my heart, my mind, my
intuition, my inner knowing, the senses of my
body, the blessings of my spirit.
Teach me to trust these things so that I may
enter my Sacred Space and love beyond my
fear and thus walk in balance with the passing
of each glorious sun.
Amen.

References:

Bevel, Helen. **The Nonviolent Right To Vote Movement Almanac**. 2018. (p 50)

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

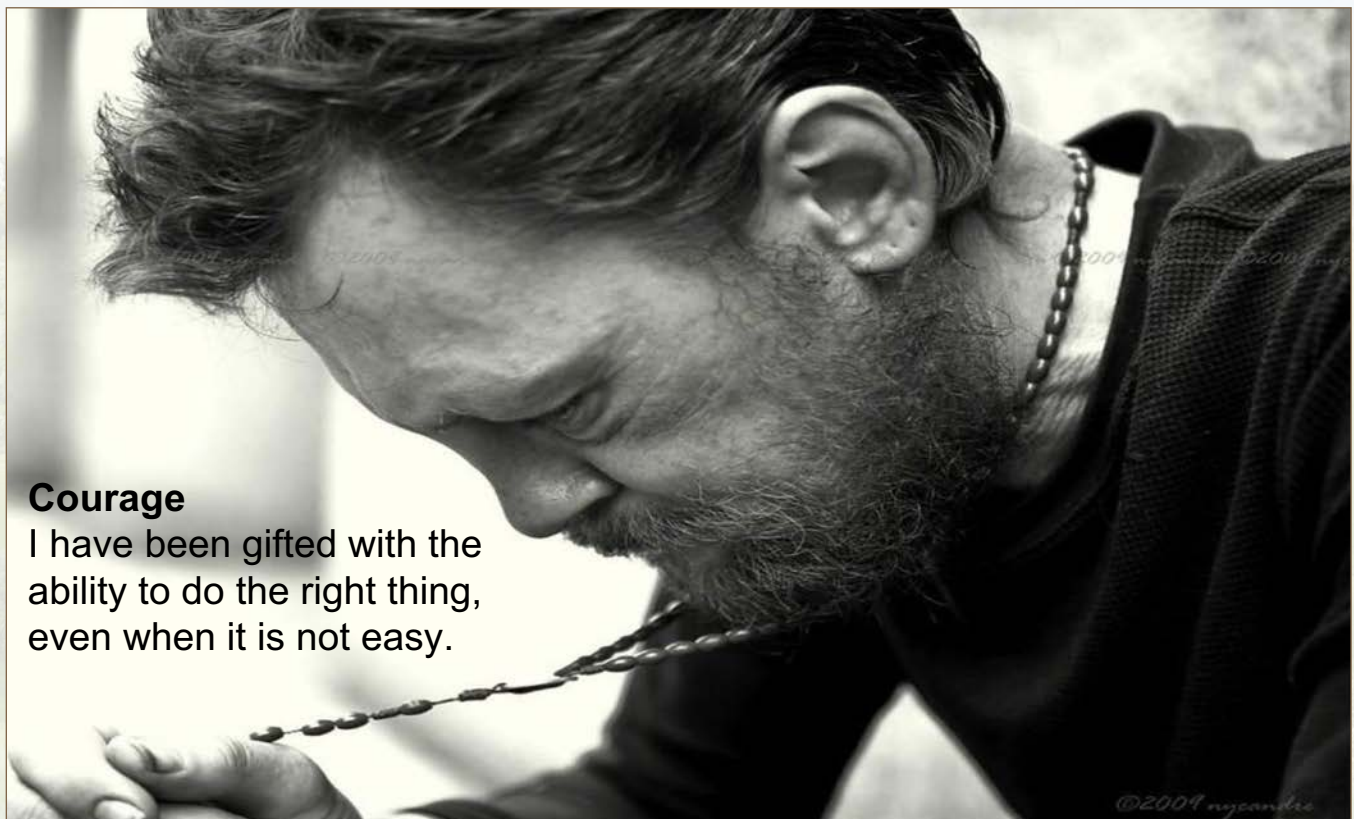
Tassi, Filomena & Peter Tassi. **500 Prayers for Catholic Schools & Parish Youth Groups** 2004



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Inspiring Images



Courage

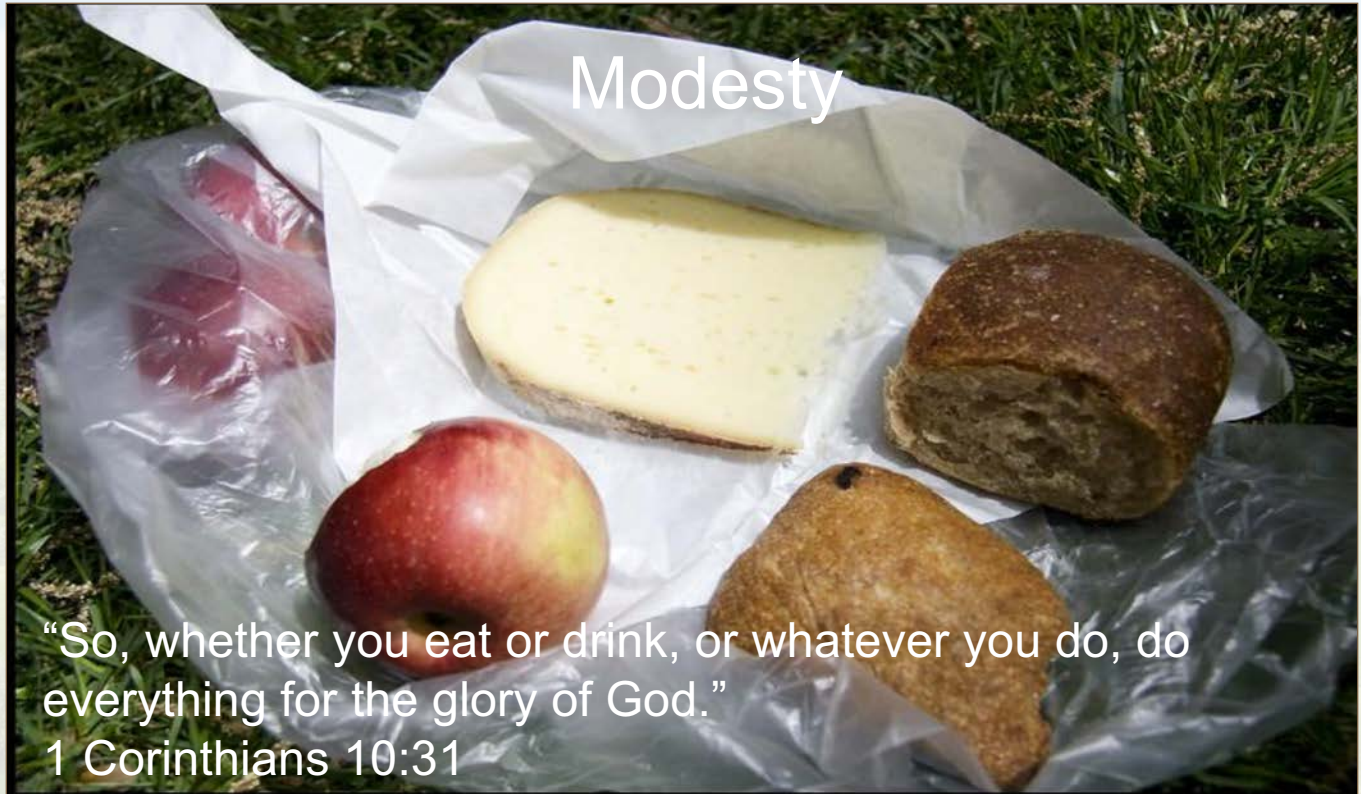
I have been gifted with the ability to do the right thing, even when it is not easy.



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Modesty



“So, whether you eat or drink, or whatever you do, do everything for the glory of God.”

1 Corinthians 10:31



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I HAVE RESPONSIBILITIES!



- † I am a **peace-maker**
- † I am **fair**
- † I am **forgiving**
- † I **follow rules** and do my **share**
- † I **help** the poor and care for people in need
- † I **stand up** for what is right

Because I have responsibilities, I can make a difference, and will live my life like Jesus.



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I SHOW *courage* WHEN I AM
BRAVE

I do the right thing, even when it is difficult.



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COURAGE



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Becoming Responsible Citizens

*Because I have responsibilities, I can
make a difference in the world.*

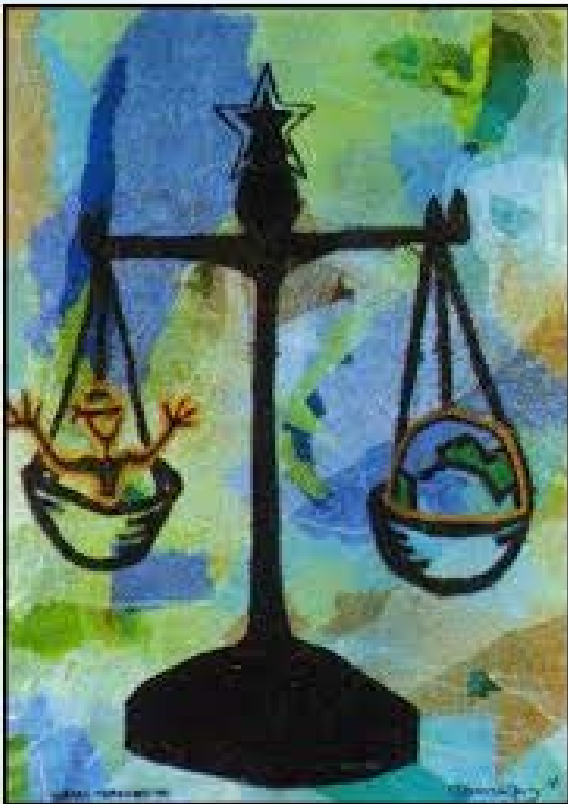


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Catholic Graduate Expectation

A RESPONSIBLE CITIZEN



A Responsible Citizen who:

- a. Acts morally and legally as a person formed in Catholic traditions.
- b. Accepts accountability for one's own actions.
- c. Seeks and grants forgiveness.
- d. Promotes the sacredness of life.
- e. Witnesses Catholic social teaching by promoting equality, democracy, and solidarity for a just, peaceful and compassionate society.
- f. Respects and affirms the diversity and interdependence of the world's peoples and cultures.
- g. Respects and understands the history, cultural heritage and pluralism of today's contemporary society.
- h. Exercises the rights and responsibilities of Canadian citizenship.
- i. Respects the environment and uses resources wisely.
- j. Contributes to the common good.

“

“While the world may sometimes make you feel like you are not good enough, not wealthy enough, not attractive enough, or not special enough, Jesus knows you perfectly and loves you without limits. He is always at your side, encouraging you and helping you to be the best that you can be as you offer your service to the world as an instrument of peace.”

(RTP, page 6)

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Grandfather Teaching

BRAVERY – AAKA'ODE'EWIN

Bravery is represented by the bear. The mother bear has the courage and strength to face her fears and challenges while protecting her young. The bear also shows us how to live a balanced life with rest, survival and play.

To face life with courage is to know bravery.

Find your inner strength to face the difficulties of life and the courage to be yourself. Defend what you believe in and what is right for your community, family and self. Make positive choices and have conviction in your decisions. Face your fears to allow yourself to live your life.

To do what is right even when the consequences are unpleasant.



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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

Picture of Mother Teresa or the Blessed Mary: Examples of people who portray modesty in their actions.

Flower: To symbolize the beauty of modesty.



Opening Prayer Gathering

Dear Lord,

We gather today to celebrate modesty. The world teaches that we must please others in order to be popular. Teach us by your example to instill into others a real respect for modesty and purity. Allow us to celebrate our faith in You as we gather together today. Grant that others may see in us reason to change their ways, if that be necessary, and that we may have the courage to resist any temptation to sinful conduct. Let others be led closer to Jesus by our example.
Amen.



Old Testament Reading Exodus 28.40-42

A reading from the book of Exodus.

For Aaron's sons you shall make tunics and sashes and headdresses; you shall make them for their glorious adornment. You shall put them on your brother Aaron, and on his sons with him, and shall anoint them and ordain them and consecrate them so that they may serve me as priests. You shall make for them linen undergarments to cover their naked flesh; they shall reach from the hips to the thighs; Aaron and his sons shall wear them when they go into the tent of meeting, or when they come near the altar to minister in the holy place; or they will bring guilt on themselves and die. This shall be a perpetual ordinance for him and for his descendants after him.

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



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Responsorial Psalm **Psalm 1.1-6**

The response to the psalm is *“Happy are those who take delight in the law of the Lord.”*

Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the Lord. *℟*

And on his law they meditate day and night. They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper. *℟*

The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgement, nor sinners in the congregation of the righteous; for the Lord watches over the way of the righteous, but the way of the wicked will perish. *℟*



Second Reading (Optional) **1 Timothy 2.8-11**

A reading from the first letter of Timothy.

I desire, then, that in every place the men should pray, lifting up holy hands without anger or argument; also that the women should dress themselves modestly and decently in suitable clothing, not with their hair braided, or with gold, pearls, or expensive clothes, but with good works, as is proper for women who profess reverence for God.

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

— OR —

1 Corinthians 3.16-18

Do you not know that you are God’s temple and that God’s Spirit dwells in you? If anyone destroys God’s temple, God will destroy that person. For God’s temple is holy and you are that temple. Do not deceive yourselves. If you think that you are wise in this age, you should become fools so that you may become wise.

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



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Gospel Reading Matthew 6.1-4

A reading from the Holy Gospel according to Matthew.

“Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. “So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

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



Optional Activities

Modest Body Collage – Trace around children’s body, use scraps of fabric, paper to create modest clothes for the body outline. The same could be done in a smaller size on paper dolls too.

Compliment Cards – Have students write their name in the middle of a piece of paper. Students can then rotate around the cards and write a compliment about other students in the class.



Closing Prayer

Dear Lord,

Teach us that God must be our first love and that all other love is based on Him and Him alone. Help us to remember that our bodies and the bodies of all in grace are temples of the Holy Spirit, destined someday for a glorious resurrection.

Through your beautiful example, teach us the value and dignity of Christian modesty. Grant that we may never be the occasion of dragging others into bad situations, by suggestive words or wrongful deeds of any kind. Remind us to not draw attention to ourselves and remind us to be orderly, quiet and humble in our speech, behavior and dress.

Amen.



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Possible Song Recommendations

Liturgical

Non-Liturgical

I Will Never Forget You

What Do I Know of Holy ~ Addison Road

Thank you God for Giving Us Life

Testify to Love ~ Wynonna Judd

Salvation Belongs to Our God

Only a Shadow

Hearts That Are Humble



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Quotes



"Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised." ~ Proverbs 31.30



"So, whether you eat or drink, or whatever you do, do all to the glory of God."
~ 1 Corinthians 10.31



"Your body is a temple." ~ 1 Corinthians 3.16



"Let another man praise you, and not your own mouth." ~ Proverbs 27:2



"In all your movements, let nothing be evident that would offend the eyes of another."
~ St. Augustine



"As long as modesty will not be put into practice, the society will continue to degrade. Society reveals what it is by the clothes it wears." ~ Pope Pius XII



"What you are is God's gift to you. What you become is your gift to God."
~ Hans Urs Von Balthasar



"He who speaks without modesty will find it difficult to make his words good."
~ Confucius



"Modesty is the conscience of the body." ~ Honore de Balzac



"It is amazing what you can accomplish if you do not care who gets the credit."
~ Harry S. Truman



"No truly great person ever thought themselves so." ~ William Hazlitt

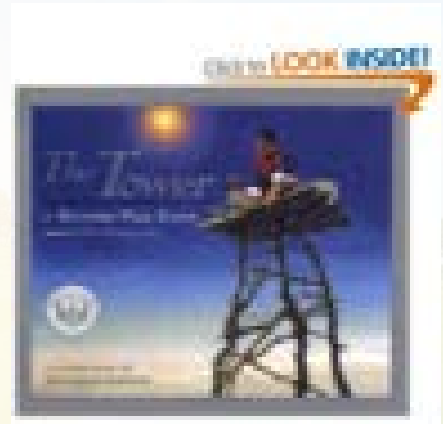
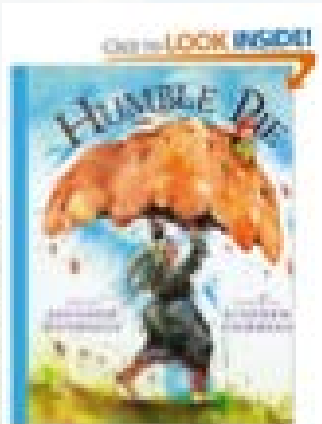


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Short Resource List

- ❖ The Tower: A Story of Humility- Richard Paul (P/J/I)
- ❖ Don't Laugh At Me- Steve Seskin, and Allen Shamblin (P/J)
- ❖ Humble Pie-Jennifer Donnelly and Stephen Gammell (P/J)



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