

being **CREATIVE**



being **WELL**



being **COMMUNITY**

Celebrating Sacred Teachings

MARCH 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*



March Resources

Prayers and Reflections

Inspiring Images

Liturgical Possibilities

Quotes

Book List



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Prayers / Reflections

Self Control

“For God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline.”

2 TIMOTHY 1:7

SELF CONTROL

Generosity

“For God so loved the world that He gave His only Son, so that everyone who believes in him may not perish but may have eternal life.”

JOHN 3:16

GENEROSITY

Season of Lent

Preparing ourselves to walk the path that Jesus walked.



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Dear Lord,
With a generous heart, you created life on the planet Earth. Look on our Earth with mercy and help us to show reverence to the wonders you have made and recognize the urgency of protecting our planet. We ask for forgiveness for the times that we have failed to show self control and have harmed your creation, Lord, for we know that when we hurt the planet this also hurts us and hurts you. Help us to care for the creation you have given us.
Amen.

Heavenly Father,
As we begin this Lenten journey, help each of us to grow in our relationship with you. Encourage us to be generous toward others and remind us that generosity begins in our hearts. May our acts of giving and sacrifice create space for you in our minds, hearts, and souls. Give us the strength to live a disciplined life so that all we do is for your glory.
Amen.

O Gracious God,
As we enter into this season of Lent, help each of us be willing to give of ourselves so we can make a difference in the lives of others. May we always remain open to serving you through acts of love and compassion. May those around us see your presence through our generosity and may we all become a source of strength for each other as we carry our crosses.
Amen.

Dear God,
During this season of Lent we seek union with you in prayer, we make space in our lives through fasting and we give generously of our time and resources to those most in need. Grant us with the power of your Spirit to share your healing love through forgiveness, mercy, and peace.
Amen.

Heavenly Father,
Thank you for the gift of this Lenten season. Thank you for knowing our hearts and for drawing us closer to you throughout these forty days. May these weeks leading up to Good Friday and the glory of the Resurrection remind us of who you are, how you love us, and who you have created us to be as your followers.
Amen.

Lord,
Allow us to think about the love you have shown for us in giving us your only Son who died in order to save us. It is this love that acts as an invitation for all of us to turn to you, especially during this Lenten season. May we always provide comfort to those around us, exercise self control in times of trial, and generously offer refuge for those whose suffering is too great to bear.
Amen.





Loving God,
You have made us for each other. You call us from our isolation into one community of love with a voice that is sure and strong. Together, we hear the cry of the poor, bearing the weight of injustice, and we wish to respond generously. Together, we hear your voice calling us to live lives of simplicity that honour and respect all living things. O Lord, stretch the canvas of our hearts that we might make room for the suffering of all humanity, and of all creation. Lead us in the way of discipleship – the way of love, of faith, of justice, and of peace – the way that has always been yours. Amen.

God most high.
In our fear and loneliness, be our refuge. O God, hear the cries of those who yearn for belonging and come to their help! Calm the storms of anxiety and doubt which keep us from including others. Go before us and guide our steps to build bridges and relationships with others. May we reach out in generosity to welcome others in the same way that you welcome us. Amen.

Christ,
As we prepare to celebrate the mystery of your dying and rising, we ask you to heal our darkness and shortsightedness with your vision and insights. Refresh us with hope and generosity and transform us with your love so that we may bear our own crosses and lighten the load of others in your name. Amen.

O God of love,
We thank you for the saving cross of your Son, Jesus, who died that we might live. Give us the courage this Holy Week to love like Jesus, to give our hearts generously and to show this example to others so that they may know and love you. Humble our weary hearts and allow everything we say and do profess your glory. In your name. Amen.

Dear God,
Your Word teaches that when we truly experience your saving grace we find the power to turn away from sin and to live self-controlled and fruitful lives. Lord, promise to live powerfully through us so that we might love you and in turn, serve others. Grant us with the power of your Spirit to live out our Lenten resolutions and to unite ourselves to one another in love for you. Amen.

Dear God,
There are many times I think of myself over others. Help me to be mindful of all those around me and to reach out with the same selfless love you have shown to me. Help me to generously embrace all who are different from me, all with whom I may disagree, and all who are in need of your love. Amen.





Heavenly Father,
Self control does not always come easy to many of us. Please forgive us for the times that we have not been mindful of you or of others. Grant us the wisdom to demonstrate thoughtfulness in our character and in our actions so that we may continue to be a beacon of your light and love for others.
Amen.

Dear God,
Our words, through your gift of speech, can demonstrate knowledge and comfort, but we also know at times they can be harmful. Encourage us to always be mindful before we speak so that, when we do speak, we are spreading your love both compassionately and generously to all those in your midst . We ask this in Jesus' name,
Amen.

God be in my mind, and in my understanding;
God be in my eyes, and in my seeing;
God be in my mouth, and in my speaking;
God be in my heart, and in my loving.
Amen.

Heavenly Father,
Inspire me to be the best version of myself that I can be. Encourage me to hear your voice so that I may demonstrate love and generosity with a spirit of prudence, humility, and patience. Teach me how to forgive and how to have mercy and compassion so that I can be a source of happiness for others.
Amen.

Jesus, loving Saviour,
We all have steep hills to climb in our lives. Give us your guidance in staying on the right path and your endurance when we feel like we cannot continue on. Remind us that you never leave us to carry our crosses alone.
Amen.

Dear Jesus,
Sometimes life can be difficult. As your disciples turned to you to calm the wind and the seas, we turn to you to bring peace to our lives. Help us to feel your loving presence, especially when we are overwhelmed. Help us to trust that you are always with us.
Amen.

Loving God,
We know that you are with us as we learn, work, and play together. Teach us to work hard, to do our best and to never give up. Help us to collaborate, to support each other and to appreciate the gifts of those around us. We ask this in Jesus' name,
Amen.

Father, we pray for those who are facing a difficult decision; that you grant them your wisdom in choosing which way to go.
Jesus, we pray for those who are afraid of what others might think; that you give them your courage to choose the right path.
Holy Spirit, we pray for those who feel that they cannot keep going; that you inspire in them perseverance to continue on your way.
God, give us the grace to know that you are always with us on our journey.
Amen.





References:

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



Inspiring Images



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Generosity

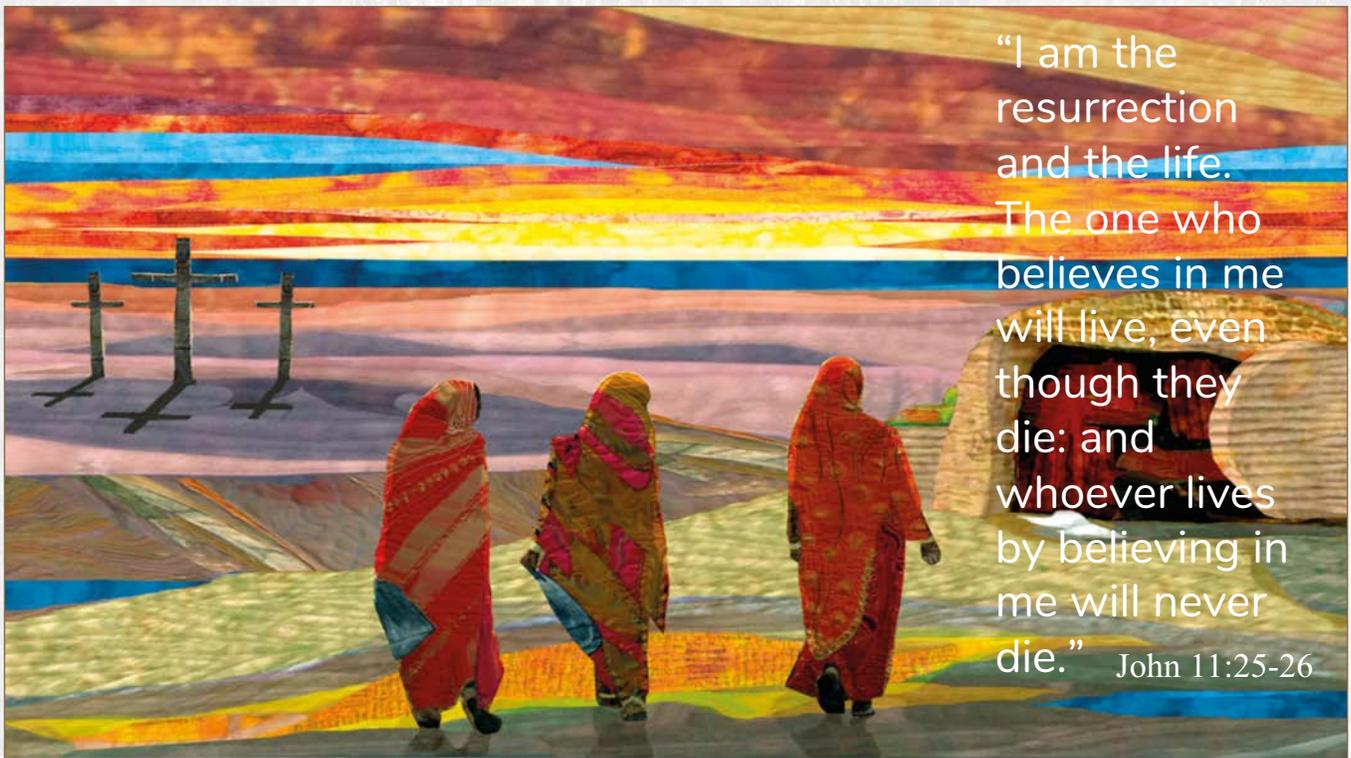


“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.”

John 3:16



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“I am the resurrection and the life. The one who believes in me will live, even though they die: and whoever lives by believing in me will never die.” John 11:25-26

The Way, the Truth and the Life, painting by Michael Torevell. Permission granted by artist.

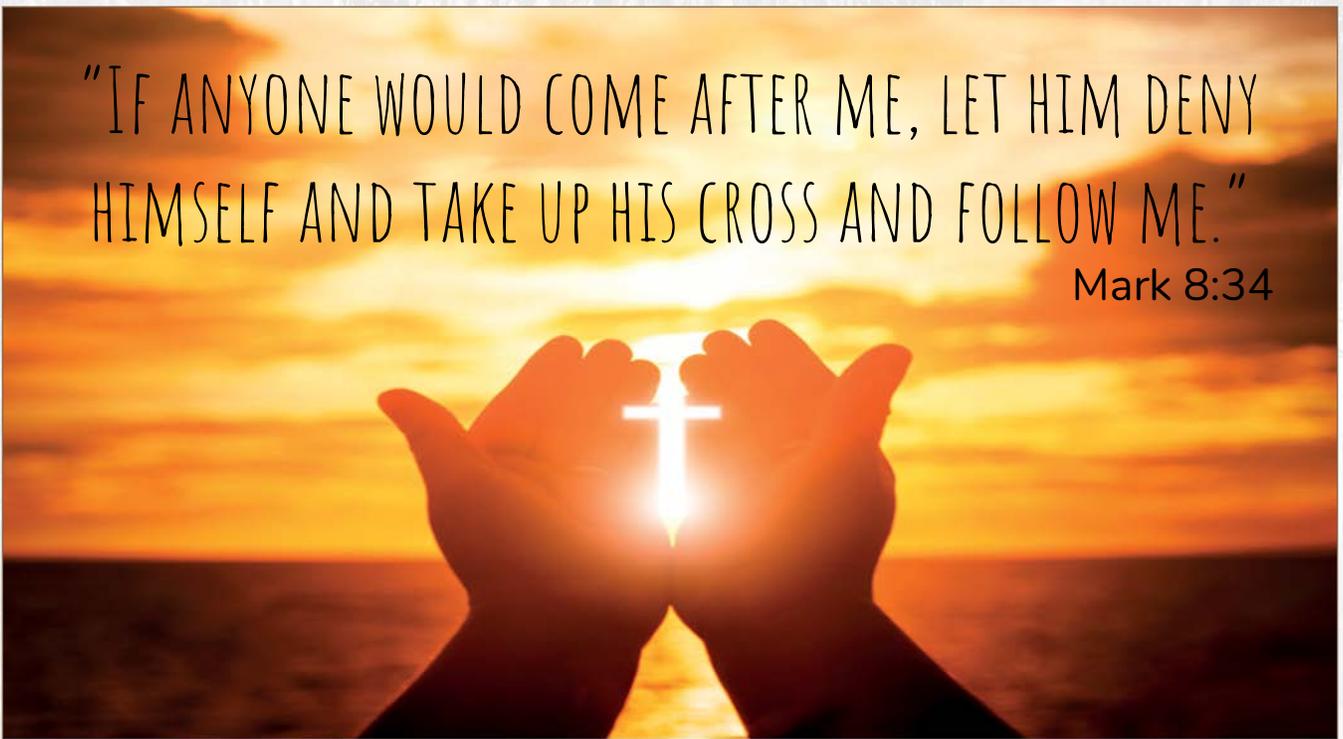


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"IF ANYONE WOULD COME AFTER ME, LET HIM DENY HIMSELF AND TAKE UP HIS CROSS AND FOLLOW ME."

Mark 8:34



Artit Fongfung / Shutterstock



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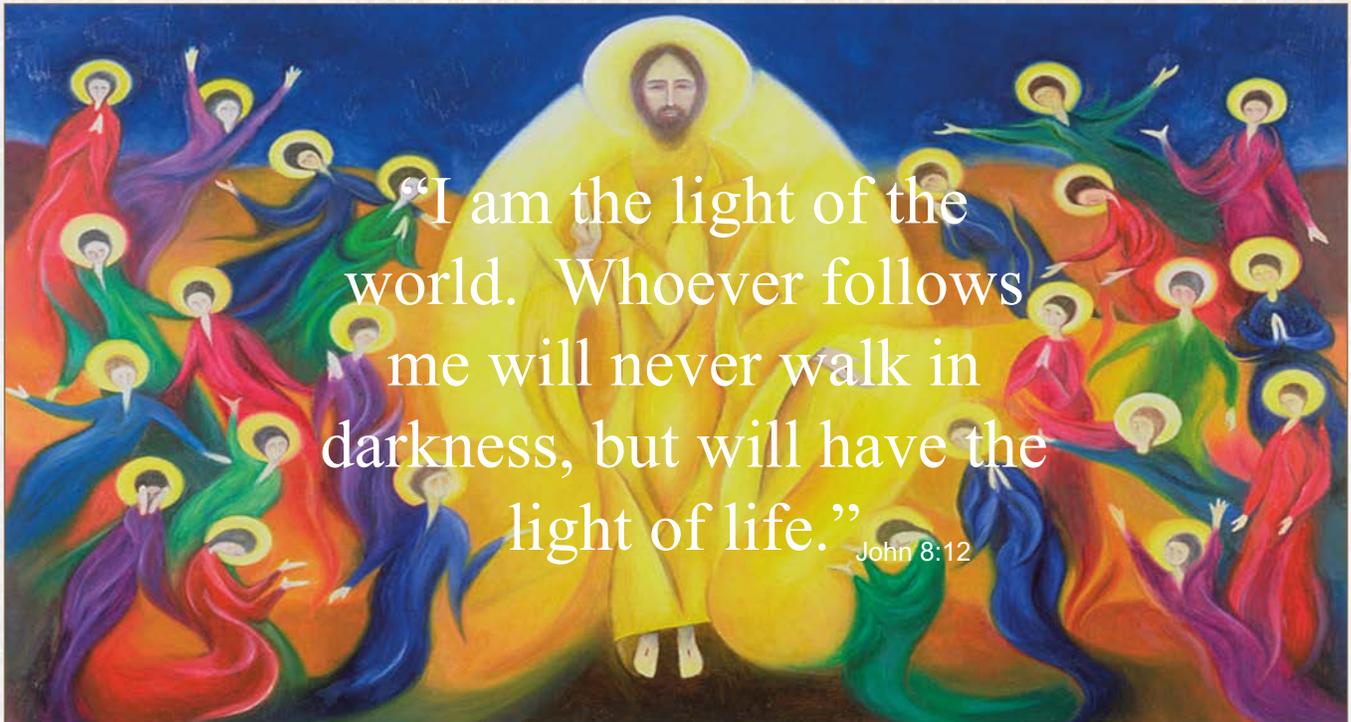


“For God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline.”
2 Timothy 1:7

UN Photo / Manuel Elias



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Resurrection Icon (acrylic on panel), Hacker, Sophie (Contemporary Artist) / Cotgrave Church, Nottinghamshire, UK / Commissioned by All Saints Church Cotgrave, Nottinghamshire / Bridgeman Images



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Prayer Service / Non Eucharistic Liturgy



Non Eucharistic Symbols

Crucifix: Symbol of injustice. It reminds us to be just in our dealings with others.

Pot of Gold Chocolates: To symbolize temptation and self control to avoid, resisting urges.

Sand: Symbol of tranquility and inner peace with self.



Opening Prayer Gathering

Dear Lord,

Let us take a moment of silence to reflect on our day. Have we tried to be the best person we can be? Have we reacted in anger to our classmates, friends, or family? Did we think before we spoke? Did we follow the crowd or did we make our own decisions? Friends we gather now in God's presence to ask God to forgive us for our mistakes and to rejoice in the good decisions we have made. Lord, through the fruit of self control, may You always help us to start again and think before we act.

Amen.



Old Testament Reading Genesis 2.15-17

A reading from the book of Genesis.

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

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



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Responsorial Psalm
Psalm 40

The response to the psalm is *“Lord help me to do what is right and just.”*

I waited lord for you to hear my prayer
You listened and you gave me a new song
A song of praise to you. *R*

Lord your promise is never broken
Your law is in my heart
You never fail to comfort me
Your love always keeps me safe. *R*

Happy are those who trust in the Lord
Happy are those who do not stray
You have done wonderful things for us
And I am happy to do your will. *R*



Second Reading (Optional)
Romans 8.5-8

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God’s law – indeed it cannot, and those who are in the flesh cannot please God.

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





Gospel Reading **Luke 4.1-12**

A reading from the holy Gospel according to Luke.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'"

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



Optional Activities

Meditation Music: Play meditation music during non-Eucharistic liturgy to set a soothing and tranquil environment of self control.

Student Illustrations: Have students draw and present a picture of how they would demonstrate self control in their own life.





Closing Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference. Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.



Possible Song Recommendations

Liturgical

Hearts that are Humble

Here I Am Lord

One Bread One Body

Do You Really Love Me?

Non-Liturgical

Kindness ~ Chris Tomlin

Easy Silence ~ Dixie Chicks

Redeemed ~ Big Daddy Weave





Quotes



"If anyone declares publicly that he belongs to me, I will do the same for him before my Father in heaven. But if anyone rejects me publicly, I will reject him before my Father in heaven." ~ Luke 12.8-9



"Like a city breached, without walls, is one who lacks self-control. ~ Proverbs 25.28



"One who is slow to anger is better than the mighty, and one whose temper is controlled than one who captures a city." ~ Proverbs 16.32



"For God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline." ~ 2 Timothy 1.7



"But he must be hospitable, a lover of goodness, prudent, upright, devout, and self-controlled." ~ Titus 1.8



"You cannot shake hands with a clenched fist." ~ Golda Meir



"I know God won't give me anything I can't handle. I just wish he didn't trust me so much." ~ Mother Teresa



"Freedom consists of not doing what we like, but in having the right to do what we ought." ~ John Paul II



"To have a right to do a thing is not at all the same as to be right in doing it." ~ G.K. Chesterton



"If you are humble nothing will touch you, neither praise nor disgrace, because you know what you are." ~ Mother Teresa



"It isn't that they can't see the solution. It is that they can't see the problem." ~ G.K. Chesterton



"People are unrealistic, illogical, and self-centered. Love them anyway." ~ Mother Teresa



"I would rather make mistakes in kindness and compassion than work miracles in unkindness and hardness." ~ Mother Teresa



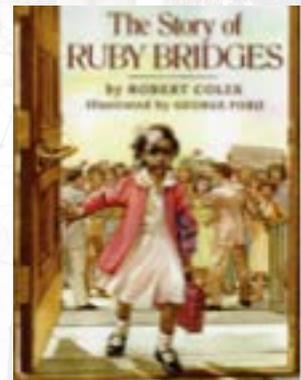
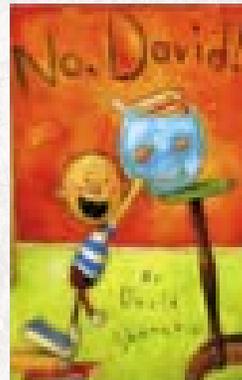
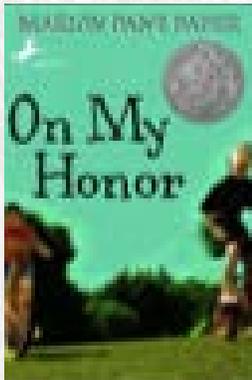
"I am a spiritual being. After this body is dead, my spirit will soar. I refuse to let what will rot, rule the eternal. I choose self-control. I will be drunk only by joy. I will be impassioned only by my faith. I will be influenced only by God. I will be taught only by Christ. I choose self-control."
~ Max Lucado

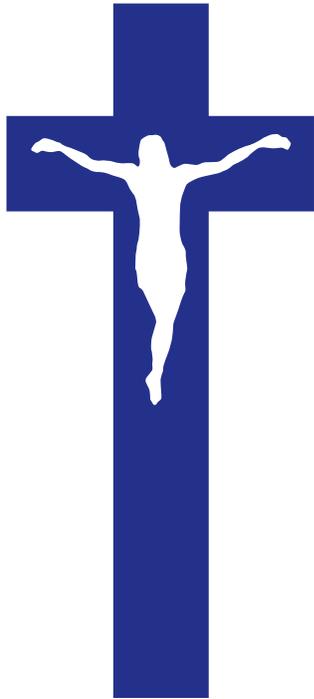




Short Resource List

- ❖ On My Honor – Marion Bauer (P/J/I)
- ❖ When Sophie Gets Angry - Really, Really, Angry – Molly Bang (P)
- ❖ Stand Tall Molly – Lou Melon (P)
- ❖ No David Series – David Shannon (P)
- ❖ Curious George – H. A. Rey





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