



being **CREATIVE**



being **WELL**



being **COMMUNITY**

Celebrating Sacred Teachings

MAY 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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May Resources

Prayers and Reflections

Inspiring Images

CGE - Life Long Learner

Grandfather Teaching – Humility

Liturgical Possibilities

Quotes

Book List



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Prayers / Reflections

Gentleness

"Blessed are the meek, for they will inherit the earth."

MATTHEW 5:5

GENTLENESS

Self-Directed, Responsible, Life-Long Learner



Because I am listening to God's dream, I build on my strengths and I strive to be my best.

Wonder and Awe in God's Presence

I have been gifted with the understanding that I am a child of God.



Dabaadendiziwin – Humility

I recognize that no matter how much I think I know, I am still learning because learning is lifelong. Humility helps me to be realistic and filled with hope.



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***This month we celebrate the fruit of the Holy Spirit called Gentleness;
the gift of the Holy Spirit of Wonder and Awe in God's Presence;
the Grandfather Teaching of Humility (Dabaadendiziwin /dib-bah-den-di-zi-win/) and the
Catholic Graduate Expectation of Becoming Self-Directed, Responsible, Life-Long Learners.***

Dear God,
I have been gifted with the understanding that I
am a child of God. Because I am listening to
God's dream for me, I build on my strengths
and I strive to do my best. I recognize that no
matter how much I think I know, I am still
learning because learning is life-long. Gentle,
loving God, we ask that you will continue to
guide us along a righteous pathway and that
we will always be open to your advice.
Amen.

Lord,
I want to learn from your gentleness, even
when I fail you. Give me the wisdom to be
centered in your tender love, and the courage
to allow your gentleness to flourish in me. In
Jesus' name,
Amen.

Dear Lord,
Open my ears to your dream for me. Help me
to build on my strengths and use the wondrous
gifts you have given me to serve others. We
ask this through Christ our Lord.
Amen.

Great Spirit,
You have been always, and before you no one
has been.
There is no other one to pray to but you.
You yourself, everything that you see,
everything has been made by you.
The star nations all over the universe you have
finished.
The four quarters of the earth you have
finished.
The day, and in that day, everything you have
finished.
Amen.

Dear Creator,
We often look at your creation with wonder and
awe. The creation of this earth and beyond is
so beautiful that it is sometimes difficult to
comprehend. We stand in wonder at your
creation - how infinite! And yet every grain of
sand is so important. May we hold on to this
sense of wonder, propelling us to discover your
universe as well as discovering ourselves.
Amen.



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Merciful God,
Teach us to always speak the truth, especially
when it is difficult. Remind us of the various
ways you have shown gentleness to us,
primarily through your Son, Jesus. Let our
gentleness be a reflection of your work in our
lives.
Amen.

Dear Jesus,
Please continue to bless me with the gift of
learning. Help me to remain open to the ideas
of others and celebrate their input. Instil in me
the courage to admit when I am wrong and the
strength to change my way of thinking when
needed.
Amen.

Grandfather, Great Spirit,
Once more behold me on earth and lean to
hear my feeble voice. You lived first, and you
are older than all need, older than all prayer. All
things belong to you — the two-legged, the
four-legged, the wings of the air, and all green
things that live. ... Day in, day out, forevermore,
you are the life of things.
Amen.

Creator God,
The gift of your creation and the gift of your
love are so wonderful. You have shown us,
Lord, what is good. Enable us, we pray, to act
justly, to love mercy, and to walk humbly with
you, our God.
Amen.

Heavenly Father,
You are a gentle and forgiving God. Forgive us
for when we put our own needs before others.
Forgive us for when we fail to do your will. By
opening our hearts and minds to the Holy
Spirit, help us to treat one another with the
gentleness and compassion Jesus has taught
us.
Amen.

Dear God,
As we become the wonderful people you have
created us to be, may we remain present and
humble. We pray to have the courage to
maximize our full potential while being
instruments for others. May we empower and
enable others as we continue on our own
learning journey.
Amen.



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Grandfather Sacred One,
Teach us love, compassion, and honour. That
we may heal the earth and heal each other.
Amen.

Dear God,
We pray that we may become more reflective
and meditative in our approach to each day,
reflecting on the wonder of the universe and
the wonder and beauty of ourselves. All of
creation, especially each of us, is a marvel and
a wonder, beautiful and gifted. We pray, Lord,
that we are always open to the beauty and
wonder of all of this.
Amen.

Dear Jesus,
Help us to remember all the gentle people in
our lives. Sometimes their voices are not heard
and their acts of kindness and selflessness are
not noticed. We know these people are doing
the work of Your spirit. Remind us today to see
You in the gentle people we meet.
Amen.

Dear Lord,
Grant each of us the gift of humility. Keep us
mindful that all our gifts and achievements are
made possible through your giving. Be with me
as I strive to do my best and continue to learn
in your light.
Amen.

Creator,
We offer prayers, tobacco and our hearts.
Thank you for the Grandfathers and
Grandmothers of yesterday, today and
tomorrow. Thank you spirits of the winds,
water, fire and earth. Thank you spirits of the
north, east, south and west. Please help us to
live a good life.
Amen.

All-powerful God,
You are present in the whole universe
and in the smallest of your creatures.
You embrace with your tenderness all that
exists.
Pour out upon us the power of your love,
that we may protect life and beauty.
Fill us with peace, that we may live
as brothers and sisters, harming no one.
Amen.
(from Laudato si)

Dear God,
Sometimes it is hard to balance being gentle
and being strong. When I am gentle I am afraid
that others may think I am weak. Please help
me to understand that I can be gentle as well
as be strong. When I am compassionate,
tender and forgiving I am showing incredible
strength; yet also true gentleness.
Amen.



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Dear Lord,
Help us to recognize that responsibilities are an opportunity for growth and development. May we be blessed with responsibilities and challenges that enable us to recognize and develop the gifts with which we have been blessed. We ask this through Christ our Lord. Amen.

O Great Spirit of the heavens,
In the day's infinite blue and amid the countless stars of the night season, remind us that you are vast, that you are beautiful and majestic beyond all of our knowing or telling, but also that you are no further from us than the tilting upwards of our heads and the raising of our eyes. Amen.

References:

Grandfather, Great Spirit, you have been always ...

Earth Prayer

Miigwech (Thank You) Prayer

Return to Indigenous Peoples' Literature

Pope Francis. **Encyclical Letter Laudato Si' of the Holy Father Francis On Care For Our Common Home.** 2015

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



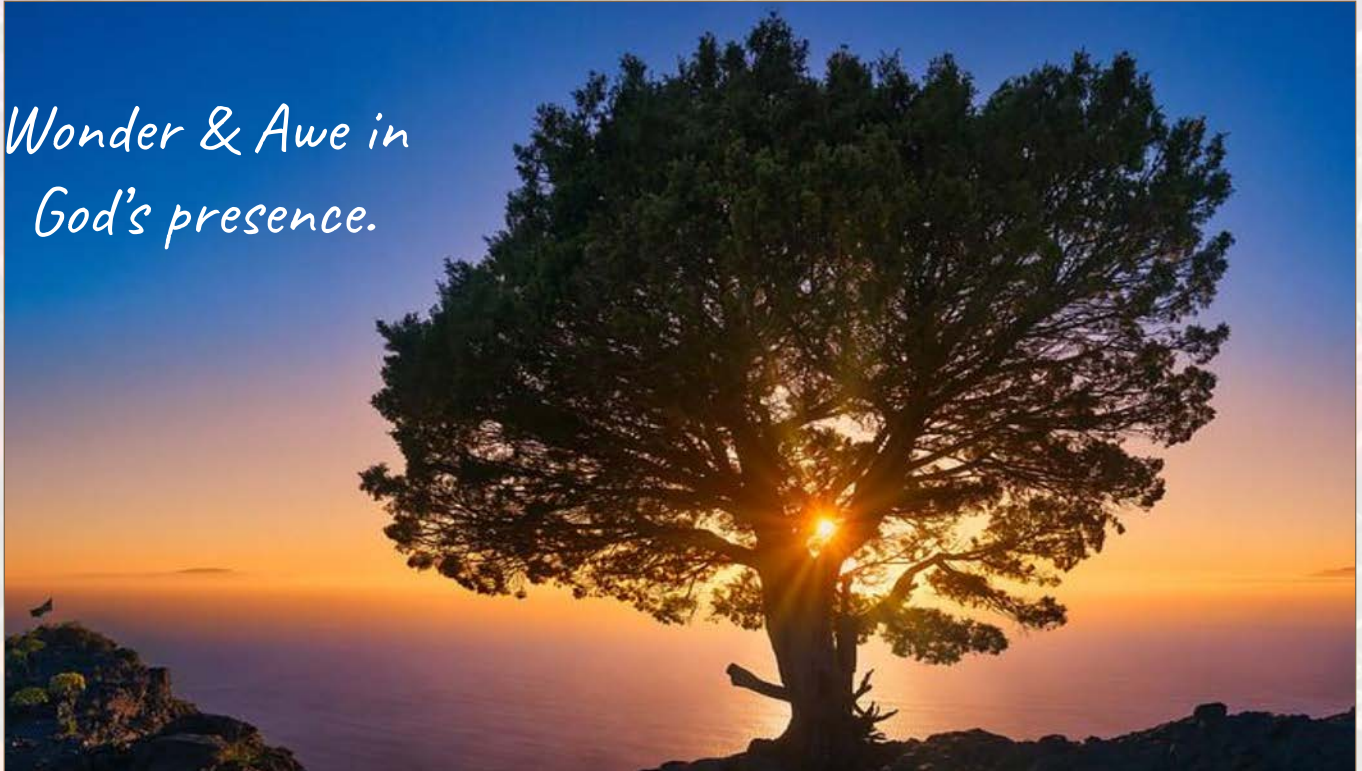
“Blessed are
the meek, for
they will inherit
the earth.”
Matthew 5:5



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*Wonder & Awe in
God's presence.*



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I have been gifted with the understanding that



I am a child of God.



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*Because I am listening to
God's dream for me, I
build on my strengths and
I strive to do my best.*



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*Becoming Self-Directed,
Responsible,
Life-Long Learners*



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I AM A LEARNER FOR LIFE!



- † I **use** my **gifts** and **talents** given to me by God
- † I always do my **best**
- † I **build** on my strengths and weaknesses
- † I set **goals**
- † I **accept** change
- † I am **proud** of the good things I do
- † I am **thankful** for the **gifts** of **others**

Because I am a learner for life, I can reach for my dreams, by living my life like Jesus.



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HUMILITY



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humility

IS TO KNOW YOU ARE
A SACRED PART OF
ALL CREATION.



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Catholic Graduate Expectation

A SELF-DIRECTED, RESPONSIBLE, LIFELONG LEARNER



A Self-Directed, Responsible, Lifelong Learner who:

- a. Demonstrates a confident and positive sense of self and respect for the dignity and welfare of others.
- b. Demonstrates flexibility and adaptability.
- c. Takes initiative and demonstrates Christian leadership.
- d. Responds to, manages and constructively influences change in a discerning manner.
- e. Sets appropriate goals and priorities in school, work and personal life.
- f. Applies effective communication, decision-making, problem-solving, time and resource management skills.
- g. Examines and reflects on one's personal values, abilities and aspirations influencing life's choices and opportunities.
- h. Participates in leisure and fitness activities for a balanced and healthy lifestyle.

“

*“We must seek to listen with faith and humility as we ask the questions:
How is the Spirit calling us to respond individually and communally to our
present context? Drawing from our Catholic faith and tradition, how can we
respond creatively to the challenges and opportunities we face today?”*

(RTP, page 4)

”



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Grandfather Teaching

HUMILITY – DABAADENDIZIWIN

Humility is represented by the wolf. For the wolf, life is lived for his pack and the ultimate shame is to be outcast.

To accept yourself as a sacred part of creation is to know humility.

Live life selflessly and not selfishly. Respect your place and carry your pride with your people and praise the accomplishments of all. Do not become arrogant and self-important. Find balance within yourself and all living things.



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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

Lamb: A symbol of gentle obedience and trust in God, as well as a symbol of Jesus, who humbly sacrificed his life for us.

An Image of Mary: Mary is a model of gentle, yet courageous faith. She willingly submitted to the will of God, became the mother of Jesus as well as our Heavenly Mother.

Feather: A feather reminds us to be gentle in our words and actions. We look to the examples of Mary and Jesus when we interact with our classmates, our colleagues, our families and indeed everyone we meet.



Opening Prayer Gathering

Dear Lord,

By the example of Mary, the Mother of God, we learn how to follow Jesus. She is the first and greatest disciple, because she believed and trusted in God's promise to her. Mary's gentle nature guides us as we develop this fruit of the Holy Spirit in our lives. Today, let us focus on gentleness and the wonderful example of Mary, Our Mother.



Old Testament Reading Isaiah 40.11

A reading from the book of Isaiah.

He will feed his flock like a shepherd; he will gather the lambs in his arms, and carry them in his arms, and gently lead the mother sheep.

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



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Litany

Leader:

In the Hail Mary, we use one title for Mary – Holy Mary, Mother of God. Over the centuries people have also given Mary other titles that tell us why she is important in their lives. Let's hear some of them now as we ask Mary to Intercede for us with God. After the reader speaks each title, please say, "Pray for us."

Gentle Mother of Christ	Pray for us	Seat of wisdom	Pray for us
Holy Mother of God	Pray for us	Cause of our joy	Pray for us
Mother most pure	Pray for us	Health of the sick	Pray for us
Mother of the Church	Pray for us	Help of Christians	Pray for us
Mother of the family	Pray for us	Queen of all saints	Pray for us
Virgin most faithful	Pray for us	Queen of peace	Pray for us

Leader: Pray for us, O holy Mother of God.

All: That we may be made worthy of the promises of Christ.
Amen.



Responsorial Psalm

Psalm 23

The response is "*The Lord is my shepherd, I shall not want.*"

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths
for his name's sake. *R*

Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff –
they comfort me. *R*



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You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows. *R*

Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
my whole life long. *R*



Second Reading (Optional)
Luke 1.39-42

A reading from the Holy Gospel according to Luke.

Now all the tax collectors and sinners were coming near to listen to him. And the Pharisees and the scribes were grumbling and saying, “This fellow welcomes sinners and eats with them.”

So he told them this parable: “Which one of you, having a hundred sheep and losing one of them, does not leave the ninety-nine in the wilderness and go after the one that is lost until he finds it? 5 When he has found it, he lays it on his shoulders and rejoices. And when he comes home, he calls together his friends and neighbors, saying to them, ‘Rejoice with me, for I have found my sheep that was lost.’ Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.

The Gospel of the Lord. *Praise to You Lord Jesus Christ.*



Gospel Reading
Luke 15.1-7

A reading from the Holy Gospel according to Luke.

Now all the tax collectors and sinners were coming near to listen to him. And the Pharisees and the scribes were grumbling and saying, “This fellow welcomes sinners and eats with them.”



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So he told them this parable: "Which one of you, having a hundred sheep and losing one of them, does not leave the ninety-nine in the wilderness and go after the one that is lost until he finds it? 5 When he has found it, he lays it on his shoulders and rejoices. And when he comes home, he calls together his friends and neighbors, saying to them, 'Rejoice with me, for I have found my sheep that was lost.' Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.

The Gospel of the Lord. *Praise to You Lord Jesus Christ.*



Optional Activities

Recite the Hail Mary as a class
Pray the Rosary



Closing Prayer

Dear God,
By example of the Blessed Virgin Mary we witness the dedication and love offered through the fruit of gentleness. Help us to continually say yes to Your call to be stewards for each other and for Your creation. Amen.



Possible Song Recommendations

Liturgical

Spirit Come

Ave Maria

Immaculate Mary (CBWII 611)

Woman of Mystery

Like a Shepherd

Every Valley

Rejoice and Be Glad

Non-Liturgical

The Change ~ Garth Brooks



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Quotes



"Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted."
~ Galatians 6.1



"Blessed are the meek, for they will inherit the earth." ~ Matthew 5.5



"A soft answer turns away wrath." ~ Proverbs 15.1



"There is nothing stronger in the world than gentleness." ~ Han Suvin



"Nothing is so strong as gentleness, nothing so gentle as real strength."
~ St. Francis de Sales



"Gentleness is the antidote for cruelty." ~ Phaedrus



"In a gentle way, you can shake the world." ~ Mahatma Gandhi



"Remember to be gentle with yourself and others. We are all children of chance and none can say why some fields will blossom while others lay brown beneath the August sun. Care for those around you. Look past your differences. Their dreams are no less than yours, their choices no more easily made. And give, give in any way you can, of whatever you posses. To give is to love. To withhold is to wither. Care less for your harvest than for how it is shared and your life will have meaning and your heart will have peace." ~ Kent Nerburn



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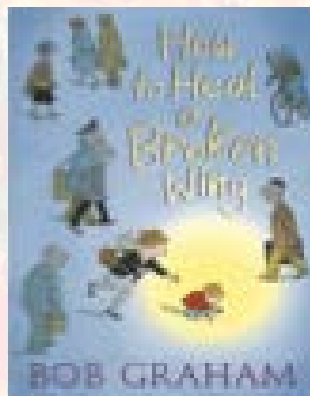
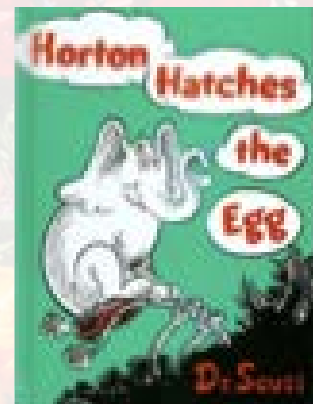
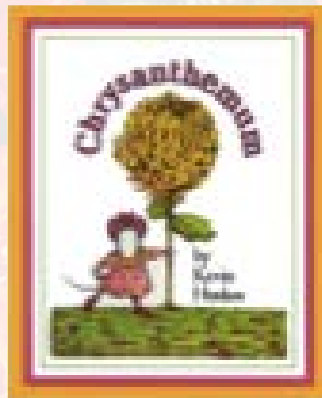
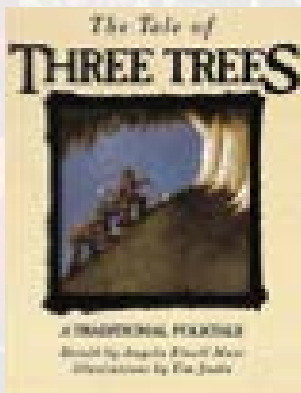


Short Resource List

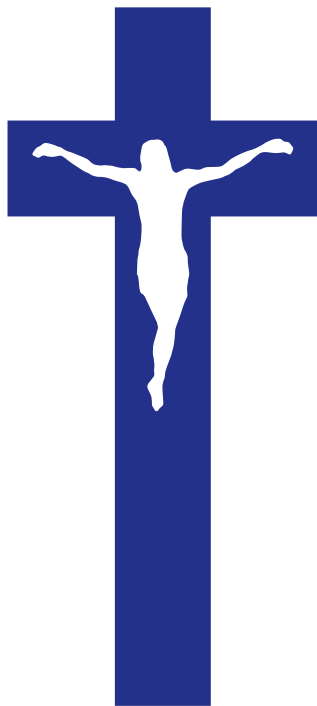
- ❖ The Three Trees – Angela Elwell Hunt (P/J/I)
- ❖ Chrysanthemum – Kevin Henkes (P)
- ❖ Horton Hatches an Egg – Dr. Seuss (P)
- ❖ How to Heal a Broken Wing – Bob Graham (P/J/I)
- ❖ The Kissing Hand – Audrey Penn (P)

Marian books for children

- ❖ Mary - Demi
- ❖ Mary - Brian Wildsmith



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