



FRUITS OF THE HOLY SPIRIT
APRIL

Joy ~ joie

“The fruit of joy thrives in Christ’s resurrection helps us to endure struggles that we encounter in daily life.

Joy is given to us divinely, through intercession of the Holy Spirit, so that the joy that we experience in Christ’s resurrection helps us to endure struggles that we encounter in daily life.”

*“Clap your hands all peoples!
Shout to God with loud songs of Joy.”*

PSALM 47



THEORY OF ACTION

*“If we support and encourage our students,
then they will experience the joy of Christ’s resurrection.”*



Peterborough Victoria
Northumberland and Clarington
Catholic District School Board

Table of Contents

 Definition	1
 Prayer Table Ideas	1
o Catholic Symbols	1
o Symbols	1
 Traditional Prayers of the Month	2
o Easter Prayer	2
o Act of Faith Hope and Love	2
o Prayer of St. Francis	2
 Daily Prayers	3-7
 Prayer Service / Non Eucharistic Liturgy	8-10
o Non Eucharistic Symbols	8
o Opening Prayer	8
o Old Testament Reading	8
o Responsorial Psalm	9
o Second Reading (Optional)	9
o Gospel Reading	9
o Optional Activities	10
o Closing Prayer	10
o Possible Song Recommendations	10
 Universal Prayer	11
 Curriculum Connections	12
 Bulletin Board Ideas	13
 Quotes	14
o Religious	14
o Non-Religious	14
 Short Resource List	15

Definition



Looks Like: Birds in the sky, a smile on a friend's face, beauty in nature, playing with my friends, seeing God's creation, getting my driver's license, a brand new baby, a child's face, beautiful art, being welcomed into the group.



Sounds Like: Silence, a pat on the back with words of encouragement, hearing children giggling, beautiful music, clapping, kids playing on the playground, food being cooked when you are starving, waves on the beach, cold wind blowing outside when you are warm inside, Mom's voice, a purring cat.



Feels Like: Feeling like I belong, warm sunshine on my face, knowing God loves me, knowing someone cares about me, petting my cat or dog, a hug when I have not seen someone in a while, a quiet mind.

Prayer Table Ideas



Catholic Symbols:

- o Green, purple or white cloth depending on the liturgical season
- o Bible
- o Light
- o Crucifix



Symbols:

- o **Lamb** – To symbolize that Jesus is the sacrificial Lamb of God who died for us.
- o **Butterfly** – The butterfly, with the power of flight, emerges from a lifeless cocoon in the spring. The butterfly is a symbol of the resurrection, and therefore joy.
- o **Egg** – The egg is a symbol of birth and rebirth. It is therefore a symbol of Christ's resurrection and is seen at Easter.
- o **Three crosses** – To symbolize the three crosses on Calvary.
- o **Empty Tomb** – To symbolize the tomb where Jesus was laid.
- o **Rock** – To symbolize the rock that was rolled in front of Jesus tomb.
- o **Easter Prayer**
- o **Books** – Any book that discusses or presents the topic of 'joy'.

Traditional Prayers of the Month



Easter Prayer

Ever-living God, help us to celebrate our joy in the resurrection of the Lord and to express in our lives the love we celebrate. Grant this through our Lord Jesus Christ, Your Son, who lives and reigns with You and the Holy Spirit, one God, for ever and ever. Amen.



Act of Faith, Hope and Love

Jesus, I believe in You.
Jesus, I hope in You.
Jesus, I love You.



Prayer of St. Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O Divine Master, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.
Amen.



Prière de St François d'Assise

Seigneur,
Faites de moi un instrument de votre paix.
Là où est la haine, que je mette l'amour.
Là où est l'offense, que je mette le pardon.
Là où est la discorde, que je mette l'union.
Là où est l'erreur, que je mette la vérité.
Là où est le doute, que je mette la foi.
Là où est le désespoir, que je mette l'espérance.
Là où sont les ténèbres, que je mette la lumière.
Là où est la tristesse, que je mette la joie.

Faites que je ne cherche pas tant à être consolé que de consoler,
D'être compris que de comprendre.
D'être aimé que d'aimer. Parce que
C'est en donnant que l'on reçoit,
C'est en s'oubliant soi-même qu'on se retrouve
C'est en pardonnant qu'on obtient le pardon.
C'est en mourant que l'on ressuscite à l'éternelle vie.
Amen.

Daily Prayers

1

Dear God,

This month we celebrate the fruit of joy. Take a moment to think about what you are thankful for. What has God given you that brings you joy? Perhaps it is good food on your table, a warm place to sleep at night, friends at school, your teacher.

Thank you for what I have and for the ability to share with others. Thank you for my friends, my school, my parents. Help me to remember the simple joys in life and to share my joy, every day, with others. Amen.

2

Dear Jesus,

We ask You to forgive us for the times we have hurt others through our words and deeds, for the times we have been mean or unkind, for the times we have thought only of ourselves. Remind us that we can do better and that we can bring joy to those around us through our thoughts and deeds. Amen.

3

Jesus,

Today we pray for our families at home. Help us to grow in love each day. Help us to share our joy with each other and to show our love for each other. Help us to see the good in those around us and to bring joy to others through our actions and words. Amen.

4

Dear God

Help us to find joy in our work. Help us to be supportive of everyone with whom we work and play. Teach us not to look for the glory, but for the good in all things. Remind us that winning is not achieved by the last person to score in a game, but by the whole team. Let us be joyful in our teamwork today. Amen.

5

Dear Jesus,

Help us to resolve conflicts like St. Vincent. Teach us the ways of peace. When there are conflicts at school, sometimes we do nothing other than to stand and watch. We need to remember that we are either part of the problem or the solution. Can we be courageous enough to step in at these times? Teach us to be peacemakers at school. Help us to be peacemakers and to bring joy to those around us. Amen.

6

Loving God,

We pause during a busy day at school to clear our minds. We reflect on our precious gift of faith and on Your love for each one of us. In the silence, let us listen to our hearts. Let us be still and listen to our feelings. Help us to find You in the silence. Help me to see You, Lord, in all those that I meet today. Amen.

7

Dear God,

Thank you for our school staff who help us to see the world, to dream about the future, and to reach for the stars. Let us help them by doing our best in everything that we do today. Teach us to find joy in others and in our schoolwork. Help us to honour the faith and trust that You have placed in each one of us. Amen.

8

Dear God,

We pray that Your will may be done on earth as it is in heaven. You gave us the Golden Rule: "In everything do to others as you would have them do to you". We imagine that in heaven all people are joyful, caring and considerate of one another. May our words and works this day give the people around us glimpses of heaven here on earth. Amen.

9

Heavenly Father,

You are always with me to bring cheerfulness to my life. It is so much easier to be around happy people than people who complain. Being optimistic helps us to deal with misfortune as we can always find the bright side to things that happen. Thank you for making my heart joyful. Help me to bring joy into others lives by complimenting their ideas and actions, by respecting their thoughts and opinions, by overlooking their weaknesses and by admiring their strengths. Amen.

10

Dear God,

Today we pray for the farmers who care for the earth and provide food for people and animals. We pray for those who do not have enough to eat. Teach us to share what we have with others so that we may provide the hungry with abundant food through the sharing of our resources. Amen.

11

Lord,

We pray today for our government leaders and elected officials. May they understand the responsibility they have been given to do good for all people. Let them make wise decisions for the good of all in their care, not only for those in this country, but for all citizens of the world. May they learn to address and resolve local, national and world issues thoughtfully. Amen.

12

Dear God,

Help me to have a positive voice to all the people I meet today. With my voice, I can touch the lives of others with words of love. I can comfort those who are sad with words of consolation. Remind me to use my words to bring joy to others and not harm. Lord, help me to remember that I have a choice to use my words in a positive way, to help others. Let me follow your example and make the right choice. Amen.

13

Loving God,

Thank you for the gift of friendship. Our friends give us a chance to forget our worries, to share our hopes and to be entertained. Let us always remember to use the gift of friendship to support one another. Let us remember to reach out to others who are excluded from the fun and the laughter, and bring some joy to their lives, by the simple sharing of our joy with them. Amen.

14

Heavenly Father,

We worry so much about tomorrow. Teach us to be the best we can be today and entrust our tomorrows to You. By taking time to see Your light in others and sharing our joyfulness with those around us, we need not fear for tomorrow for we will have created no enemies and will have caused no harm. Help us to trust that You will take care of tomorrow and to remember that we need only to take care of today. Amen.

15

O God,

Help us to remember that suffering and sadness are part of our lives. Sometimes it is difficult to see past our disappointments, but we can turn our disappointments into triumphs as Jesus did on the Cross. Today, Lord, help me bring peace and joy to one who is suffering. Amen.

16

Dear Lord,

Help us to have faith even when things are difficult. Help us to seek the values that will bring us joy in this changing world. Help us to listen to Your guidance and teach us to follow Your plan to find joy. Let us be a source of happiness for others, especially those whom others forget, tease, or treat badly. Amen.

17

Heavenly Father,

Today we pray for those who take care of the poor in special ways. People who help others in need are following Your example of reaching out to those who are without food or shelter. Help us to remember to be kind to all those that we meet. We are grateful for Your many blessings. Help us to share what we have with others. Amen.

18

Dear Lord,

Today we pray for sisters, priests, and religious. Help them as they go about the work of building Your kingdom. Bless them and give them strength. Be with them Lord, as they experience the trials and frustrations of their ministry. Help them to impart the wisdom of Your teachings. May we be examples of Your love through our actions and deeds. Amen.

19

Peaceful God,

Our planet experienced the pains of war for most of the last century. War destroys both the manmade and the natural beauty of our world. Please teach us the ways of peace during this century. Help us to see that the benefits of peace are more precious than the outcomes of war. Help us to find ways to bring joy to others. Keep our planet free from war's destruction. Amen.

20

Dear God,

Help us to celebrate our joy in the resurrection of the Lord and to express love and caring toward each other. Teach us to be kind and considerate of others. Help us to stay close to You. May we never take You or those in our lives for granted. Amen.

21

O Jesus,

Teach me to be joyful. Help me to share my joy in my family, at school, and in my community. Remind me to feel empathy for others: sad when they are sad, happy when they are happy, and peaceful when they are at peace. Let me bring your joy to the people I meet today. Amen.

22

Steward God,

Today is a time to thank you for our beautiful land with flowing streams, bountiful rivers and oceans, deep valleys, majestic mountains, fertile fields, and awesome skies. Let us think about whether we are taking care of this planet. Are we enjoying its beauty? Are we caring for the forests and rivers and animals? Are we making our school more beautiful? Each of us can make a difference to our planet's health by reducing, reusing, and recycling. Again, we thank you for our home - the Earth. Amen.

23

Eternal Father,

Today we pray for military personnel who gave their lives and won for us freedom and liberty through their courage in conflicts. Help us to be worthy of their sacrifices, to see the positive in our lives and to bring joy and happiness to those around us. May they have a share of the blessedness that we all hope to enjoy for eternity in Jesus Christ, Our Lord. Amen.

24

Dear Jesus,

May you comfort us when we are angry because someone has done something unkind to us. Teach us to embrace those who are against us because there is no true joy in revenge. May you remove all bitterness in our hearts. Amen.

25

Dear God,

Today we are reminded that You are in every person that we meet; Please help us to show our love for You by showing appreciation and by caring for all those who enter our lives. Help us to put aside our differences so that we may bring joy to others. May we be sensitive to those who are unloved or unaccepted. Help us to see Your face, God, in the eyes of the lonely and forgotten. Amen.

26

Dear Jesus,

Sometimes days are difficult at home and at school. I feel anxious and afraid. However I know You are with me. In these difficult times, help me to find joy and solace in my friends, in helping others and in doing the things I enjoy. Help me not to worry so much. Lord, I know You are there for me and You will take care of me. Amen.

27

Today we pray for our friends,

Lord, help me to bring joy to my friends. Let my joy affect other people's lives in a positive way. Thank you for providing me with a place where I can appreciate and feel the joy around me. Lord, I know that You know what is best for me and You will protect me. Help me to find joy in helping others. Amen.

28

Heavenly Father,

You have given me many blessings: the relationships I have with my family and friends, food to eat and a place to live. These things have brought me joy and happiness. Please help me continue to find joy in all those around me and to share my happiness with my friends and my classmates. Amen.

29

Did You Know? Today the church remembers Saint Catherine of Siena, the second woman to be named as a Doctor of the Catholic Church. Before she died, she spent her life helping the poor and sick in her town. She was a brilliant woman whose advice was welcomed by both ordinary and wealthy people. She arranged for peace by using her God-given talents.

Heavenly Father,

Help us to be kind to those we meet in our classes and on the yard. Help us to spread the joy of Your teachings. Remind us that we reflect Your love to the world. What we do for other people speaks to the world. Help us to act with peace, love and justice with everyone in our lives today. Amen.

30

Lord,

As we look back on the last thirty days of April. It is time to think about what we have done during the month. Have we asked ourselves “What would Jesus do in difficult situations?” Have we tried to see the light of Jesus in others? Have we tried to bring joy to another person, where perhaps that person was experiencing a difficult time? Have we looked for joy in our own lives in simple acts, in good deeds, in what God has given us? We ask God to help us recognize our good works while seeing our failures as opportunities for growth. Amen.

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.

Butterfly, lily and willow branches: Symbolizes new life, excitement, and joy.

Candle: To symbolize the eternal flame of peace, and hope in the second coming of our Lord Jesus Christ.

J.O.Y: Bring forward letters or banner with: J- Jesus first, O-others second, Y-yourself third.



Opening Prayer Gathering

God, our Father, you have given us our minds with which to think, our hearts with which to love and our bodies with which to do good deeds. Help us in this celebration to appreciate these talents we can use to study, play and pray and to be joyful in the many gifts that you have given us. We pray this in the Holy Spirit with Jesus, our Lord. Amen.



Old Testament Reading Baruch 5.5-9

A reading from the book of Baruch.

Arise, O Jerusalem, stand upon the height;

Look toward the east,

And see your children gathered from the west and east

at the word of the Holy One,

rejoicing that God has remembered them.

For they went out from you on foot,

led away by their enemies;

But God will bring them back to you,

carried in glory, as on a royal throne.

For God has ordered that every high mountain

and the everlasting hills be made low

and the valleys filled up, to make level ground,

so that Israel may walk safely in the glory of God.

The woods and every fragrant tree

have shaded Israel at God's command.

For God will lead Israel with joy,

in the light of his glory, with the mercy and righteousness that come from him.

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



Responsorial Psalm
Psalm 105

The response to the psalm is *“Let us sing praise to the Lord, our God.”*

O give thanks to the Lord, call on his name, make known his deeds among the peoples. *℟*

Sing to him, sing praises to him; tell of all his wonderful works. *℟*

Glory in his holy name; let the hearts of those who seek the Lord rejoice. *℟*



Second Reading (Optional)
Galatians 5.22-26

A reading from the letter of Paul to the Galatians.

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Jesus Christ have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another.

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



Gospel Reading
Luke 6.20-31

A reading from the Holy Gospel according to Luke.

Then he looked up from his disciples and said:

“Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who are hungry now, for you will be filled. Blessed are you who weep now for you will laugh. Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice in that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets. But woe to you who are rich, for you have received your consolation. Woe to you who are full now, for you will be hungry. Woe to you who are laughing now, for you will mourn and weep. Woe to you when all speak well of you, for that is what their ancestors did to the false prophets.

“But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone talks away your goods, do not ask for them again. Do unto others as you would have them do unto you.

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



Optional Activities

Easter Lilies- How can you bring joy to others?

- o Place a beautiful flower pot on the prayer table.
- o Give students five white flower petals.
- o On each petal students write one way to make another person joyful.
- o Give a green pipe cleaner and leaves to complete the project. The lilies can go into the flower pot in the prayer table and can be brought up during a liturgy.

Tree of Joy- What makes you feel joyful?

- o Have students write what makes them feel joyful and write on a heart.
- o Hang the hearts on a tree placed on the prayer table.
- o One branch/several branches may be brought up during a liturgy.



Closing Prayer

Dear Lord,

As we go from this table of your word and the communion of your love, may we bring with us, Lord God, an appreciation of the gifts that you have given us: our friendships, our family, the beauty of nature that surrounds us, and especially a strong faith in the unique beauty of each person who is made in your image and likeness. May we find joy in the gifts that you have given us; we ask this through Christ our Lord. Amen.



Possible Song Recommendations

Liturgical

Joy Joy Joy

Let Heaven Rejoice (CBWII 666)

Pass It On

Rain Down

Sing a New Song (CBWII 660)

Celebrate!

Children of the Light

New Hope

Non-Liturgical

Here Comes the Sun ~ The Beatles

Alright ~ Darius Rucker

Celebration ~ Kool and the Gang

What a Wonderful World ~ Louis Armstrong

Universal Prayer

Response: *Joyful Lord, hear our prayer.*

-  For our Pope, our Bishop, and our parish priests, that they may continue to be guided by God's word and may experience joy in their lives through their daily commitment to helping and working with others, as Jesus did, we pray to the Lord. *R*
-  For the government leaders, that they may work for a world in which people care for and respect one another, we pray to the Lord. *R*
-  For the poor and marginalized of the world, that they may receive the care and attention they need and experience joy through the kindness and care of others, we pray to the Lord. *R*
-  For the students who are sad, that they may experience the joy of true friendship, we pray to the Lord. *R*
-  For those who are suffering from mental or physical illness in our community, that others may reach out to care for them, so they may feel compassion of others, we pray to the Lord. *R*
-  For students and staff at the school, that we may see the light of Jesus in each other and feel joy in each other's company, we pray to the Lord. *R*

Curriculum Connections



Primary

CL3.3: Identify the various ways people communicate with each other and express their thoughts and feelings (e.g, words, signs, symbols, expressions) and relate this to the use of symbols, gestures, rituals and words in the liturgies of the Church to unfold the mysteries of Christ and a sense of waiting and hope, new life and joy, wonder and thanksgiving throughout the seasons of the liturgical year.

[CCC nos. 1145-1149] (Grade 1)

CL 2.3: Through an examination of selected scripture passages, identify the role of the Holy Spirit in the life of Christ and in the early Church and explain how this role is repeated in the liturgy of the Mass in the Church today.

[CCC nos. 1373-1381] (Grade 3)



Junior

CL 2.3: Identify certain gifts coming from God which, when we experience them in our lives, transform us and those who are in relationship with us (wonders of nature, the beauty of the arts, the laughter of a baby, the love of a parent or a guardian). (Grade 4)

LS3.2: Describe how Christians celebrate the presence of God in the special moments of their lives (birth, coming of age, marriage, death) and link these sacramental moments to similar celebrations within Judaism (e.g. Baptism and Jewish naming ceremony, confirmation and Bat Mitzvah/Bar Mitzvah).

[CCC nos. 748-870] (Grade 6)



Intermediate

LS2.2: **Focus: Marriage**

Understand that the sacraments strengthen, sanctify and sustain our witness to Christ through our life decisions of commitment and service in the Church and the world.

[CCC nos. 1601-1666] (Grade 7)

BL2.2: Using passages from the New Testament as evidence explain the significance and role of the Holy Spirit in the life of Christ and outline how this inseparable union of Christ and Spirit is found in the life of the Church.

[CCC nos. 711-747] (Grade 8)

Bulletin Board Ideas



Writing: Joy Acrostic

- o Use the letters of JOY to create acrostic poems. Use these poems to create a bulletin board.



“100 Ways to Bring Joy to Those Around Me”

- o Have students brainstorm “100 Ways to Bring Joy to Those around Me”. Have students then create a collage using pictures they can bring from home, magazines in class, or that they have generated from the computer, that represent joy. A paper chain of with ideas for helping other could be added to the bulletin board. Each day, one chain could be removed and read at announcements.



Joy for Others

- o Have students do something positive for others in their neighbourhood, for example: have them visit a senior’s home, have them clean up the property around the school, collect change for a charity. Provide them with a chart divided in two, entitled: “How I Brought Others Joy Today”, “How I Felt Joyful Today”.



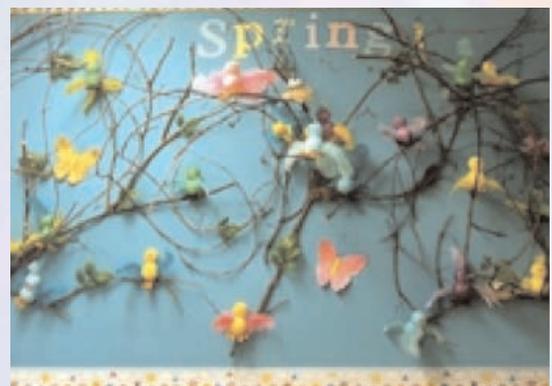
From Darkness to Light

- o Cut out paper branches. Have paper branches run down the hallway, towards the bulletin board. During Lent, the students could add leaves, fruit and flowers to it. This gives the children the visual that out of the darkness comes life and growth.



Growth & Change “New Life”

- o Place a tree with many branches on a bulletin board. In class, the children then decorate wooden clothespins with markers and glued on googly eyes to represent caterpillars. Next, tie-dye coffee filters with ink and water and glue to the clothespin. Add pipe cleaner antennae. When completely dry, wrap in brown tissue paper and secure to the branches. After Easter, open the tissue paper, unroll the wings of the butterflies and attach to the tree. They give the children the visual that Lent is a time for growth and change.



Quotes

Religious



“The gates of Jerusalem will sing hymns of joy, and all her houses will cry ‘Hallelujah! Blessed be the God of Israel!’ ” ~ Tobit 13.17



“There was very great joy among the people, and the disgrace brought by the Gentiles was removed.” ~ 1 Macabees 4.58



“My lips will shout for joy when I sing praises to you; my soul also, which you have rescued.” ~ Psalm 71.23



“Make a joyful noise to the Lord, all the earth; break forth into joyous song and sing praises.” ~ Psalm 98.4



“The meek shall obtain fresh joy in the Lord, and the neediest people shall exult in the Holy One of Israel.” ~ Isaiah 29.19



“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” ~ Romans 15.13



“Although you have not seen him, you love him; and even though you do not see him now, you believe in him now and rejoice with an indescribable and glorious joy, for you are receiving the outcome of your faith, the salvation of your souls.” ~ 1 Peter 1.8-9



Then he said to them, “Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared, for this day is holy to our Lord; and do not be grieved, for the joy of the Lord is your strength”. ~ Nehemiah 8.10

Non-Religious



“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.” ~ Helen Keller



“Joy is a net of love by which you can catch souls.” ~ Mother Teresa



“True happiness comes from the joy of deeds well done, the zest of creating things new.” ~ Antoine de Saint-Exupery



“Be good, keep your feet dry, your eyes open, your heart at peace and your soul in the joy of Christ.” ~ Thomas Merton

 “For me prayer is a surge of the heart, it is a simple look towards Heaven, it is a cry of recognition and of love, embracing both trial and joy.” ~ St. Therese of Lisieux

 “Joy is the most infallible sign of the presence of God.” ~ Pierre Teilhard de Chardin

 “Joy is the serious business of Heaven.” ~ C.S. Lewis

 “Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” ~ Thich Nhat Hanh

 “Joy does not simply happen to us. We have to choose joy and keep choosing it every day.” ~ Henri Nouwen

Short Resource List

- ❖ How Full is Your Bucket? – Tom Rath and Mary Reckmeyer (P/J)
- ❖ Growing Up With a Bucket Full of Happiness: Three Rules for A Happier Hap Happier Life – Carol McCloud (I)
- ❖ The Giving Tree – Shel Silverstein (P/J/I)
- ❖ Oh!The Places You Will Go – Dr. Seuss (P/J/I)
- ❖ The Rainbow Fish – Marcus Pfizer (P/J/I)

