



FRUITS OF THE HOLY SPIRIT
FEBRUARY
Kindness ~ longanimité

“When we act for the benefit of someone else and expect nothing in return
the fruit of kindness is revealed.”

*"But a Samaritan while travelling came near him ...
brought him to an inn and took care of him."*

LUKE 10. 33-34



THEORY OF ACTION

***"If we** teach Jesus' example of kindness,
then students will become more considerate of the presence of Christ in others.*



Peterborough Victoria
Northumberland and Clarington
Catholic District School Board

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Definition



Looks Like: Helping a friend, holding the door for someone, smiling at a stranger, complimenting someone, picking up someone else's pencil, sharing a special treat with someone who has forgotten, helping someone without being asked.



Sounds Like: Giving someone a compliment, using your manners, offering to help, laughter, saying thank you, asking others to join in, and happy voices.



Feels Like: Warm and fuzzy, inclusive, right and just, comfort, goodness.

Prayer Table Ideas



Catholic Symbols:

- o White or purple cloth (depending on liturgical season)
- o Bible
- o Light
- o Crucifix



Symbols:

- o **A Heart** – To symbolize the love of Jesus.
- o **A Globe** – A symbol of kindness not only at home but around the world.
- o **Pink Shirt** – Symbol of anti-bullying.
- o **Lenten Journal or Activity Card** – To symbolize the journey through Lent.
- o **Food Drive Items** – To symbolize our willingness to take care of others.
- o **Spring Flowers/Seeds** – To symbolize our longing for growth, renewal and spring.
- o **Books** – Any book that discusses or presents the topic of 'kindness'.



7 Grandfather Teachings:

Zaagi'idiwin – LOVE: To know love is to know peace. In the Anishinaabe language, this word means reciprocal love or mutual love. The Eagle is a great reminder of our own ability to soar great heights.

Traditional Prayers of the Month



Corinthians 13.1-13

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing. Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. For we know only in part, and we prophesy only in part; but when the complete comes, the partial will come to an end. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

Amen.



Prayer of St. Elizabeth

St. Elizabeth,

We ask you to help us grow in faith and understanding. Help us to know that nothing is impossible with God. Help us to celebrate life with our Mother Mary at the visitation. Help us to offer hospitality to those who are in need, just as you offered support to Mary during her pregnancy with Jesus. As a mother, you know the joys and sorrows of young people. Be our support. Help us to grow as students and teachers. May our school reflect your gifts of faith, respect for life, and hospitality.

St. Elizabeth, pray for us.

Amen.

Daily Prayers

1

This month we celebrate the fruit of the Holy Spirit called kindness. Our prayer today asks for God's help to remind us to be kind, and to grow the fruit of the Holy Spirit.

Dear Lord,

Help me to demonstrate kindness everywhere I go. Remind me to share smiles, share friendship, and spread kindness today and always. Amen.

2

Did You Know? Today the Church celebrates the Feast of the Presentation of the Lord, which occurs 40 days after the birth of Jesus. This day is also known as "Candlemass Day", since the blessing and procession of candles is included in today's liturgy.

Dear Lord,

Today we remember that Jesus was presented in the Temple by Mary and Joseph. We ask that by your grace, we may be presented to you with hearts and minds made pure through our Lord Jesus, Your Son, who lives and reigns with you, forever and ever. Amen.

3

Dear God,

Help us to remember to use kind words today. Saying hello and using your manners are ways to show our love for others. It only takes one word to show kindness. We ask this through Christ our Lord. Amen.

4

Heavenly Father,

Help us to be generous in prosperity, and thankful in adversity. Help us to be fair in judgment, and guarded in speech. Help us to be a light to those who walk in darkness, and a home to the stranger. Help us to be eyes for the blind, and strength for the weak. Help us to be a breath of life to the body of humankind, a dew to the soil of the human heart, and a fruit upon the tree of humility. Amen.

5

Dear Lord,

This day, this week, this month, help us to have the courage to recognize, stand up, and speak out against unkind words and actions. For all who are suffering right now we ask for your protection to surround them. Please encourage our hearts to continue to practice and spread kindness. Amen.

6

Dear Jesus,

We pray on this day that we can follow in Your footsteps and be loving and kind to our peers. Give us the strength and wisdom to think about Your life and your actions... "What Would Jesus Do?" Help us to show others, the love and kindness that You share with us each and every day. Amen.

7

Loving God,

We know Christ has no body but ours, no hands, no feet on earth but ours. Ours are the eyes with which Jesus looks with compassion on the world. Ours are the feet with which Jesus walks to do good. Ours are the hands with which Jesus blesses the entire world. Help us to bring Jesus to everyone we meet today. Amen.

8

God Our Father,

Creator of all good things in the world and in our school community, we thank you for the gift of this day, for our families and friends, and for the safe place to learn and grow. We ask you to bless all who teach and learn. Through your Holy Spirit guide us as we grow in faith and love, and give us the courage to be more like Your Son, we ask this in His name. Amen.

9

Heavenly Father,

Thank you for the compassion you have shown to us. We pray that we will follow your example being compassionate and kind, slow to anger, and abounding in your love. Amen.

10

Dear God,

Help us to be kind to others when they are sad or when they are feeling down. We must remember that kindness starts in our heart but requires an action towards another, an action that we do not expect something in return. Random acts of kindness make the world a better place. God, please guide me to a random act of kindness today. Amen.

11

Dear Lord,

Please help us realize the importance of kindness and guide us to make the right decisions today. Let us live in harmony with family and friends and let us show kindness to everyone we meet. Amen.

12

God,

Please forgive us for the times that we get angry and impatient, and fail to demonstrate kindness to the people we love the most. We pray that we will be rooted in Your love so that we can understand how deep Your love is for us. Only with Your power at work in us is it possible for us to offer others the kindness and grace that you take pleasure in. Amen.

13

Lord,

I know that with You, there is nothing that I cannot do. Help me to use the gifts and blessings that You have given me to be a light to others. Amen.

14

Heavenly Father,

On this day, Valentine's Day, please send love to my family, friends and to my school community. It is a day full of love and friendship and a day to recognize the people around us in a special way, as we share cards, chocolate or even a smile. Let today be filled with kindness, and help me to keep in my prayers those I love, and especially those who do not feel loved. Amen.

15

Jesus,

Help us to see with our eyes, help us to hear with Your ears, help us to speak Your truth in love, help us to make time for You, for others, and for ourselves. Amen.

16

O Lord,

Give me strength today to show kindness in all that I do. Help me to open my arms to those less fortunate and extend my hand to those who may need it, so that they may see You in my kind words and actions. Amen.

17

Heavenly Father,

Help us be appreciative and accepting of everyone's uniqueness. Help us to realize that no one is perfect. Teach us how to love each other and help us to learn about one another and open our hearts and our minds. Kindness is about learning to love. Amen.

18

Eternal God,

Bless our school community that it will be a place of learning, discovery, and joy. We pray that those who teach and those who learn will be a source of Your truth, through Jesus Christ our Lord. Amen.

19

Dear Lord,

Show me Your ways always. Teach me to walk your paths and guide me in Your truth all the days of my life. Amen.

20

Father,

We pray that everyone is treated fairly in their classroom, on the school yard and in their home. We pray that everyone is given a fair chance. May we learn how to put ourselves in each other's shoes and that we treat others how we want to be treated. Amen.

21

Dear God,

Kindness promotes peace and each one of us can take a step towards world peace. It begins here, now, with us. Show kindness and you will create peace with your peers, with your teachers, with your neighbors and with your world. Amen.

22

Did You Know? Today the Church celebrates the feast of the Chair of St. Peter. This feast brings to mind the mission of teacher and pastor (the first Pope) given to Peter by Jesus and continues in an unbroken line to our present Pope.

Loving Father,

Today we celebrate the unity of the Church, founded upon the Apostle Peter. Help us to listen to and learn from our Church as we grow closer and closer to You, through Your Son, Jesus. Amen

23

Gracious God,
We are grateful for the kindness and generosity You show us every day. We ask that You help us to see those around us in the same way that You do. Shape our hearts to be like Yours, and guide our hands by Your spirit in showing kindness and generosity to others today. Amen.

24

Heavenly Father,
Mary the Mother of Jesus showed kindness to everyone. She was so strong, but had every reason to be worried and afraid. She shared her faith and her love for You with everyone she encountered. Remind me to be brave and to share my love and kindness with the people that I encounter. Amen.

25

Lord,
We thank you for the gift of Your love and for all of our blessings especially our families, friends, and our school community. Guide us so that we will follow in Jesus' footsteps. Help us to remember that we are created in Your image. Protect us as we live, love, and pray as one community through Jesus Christ our Lord. Amen.

26

Lord,
Keep us from pettiness and let us be kind in thought, in word, and in action. May we never be quick to judge and always generous to others. Help us O Lord always to be kind. Amen.

27

Dear Lord,
Be with us today, be with us in our learning, our playing, our laughing and our working. Be with us as we travel to and from school. Let everything we do be a reflection of Your love for us. Amen.

28

Dear God,
At the end of the month, it is good to look back. It is time to reflect on what we have done in February. Have we shown kindness to everyone in our lives? Have we grown in our ability to be more kind and inclusive to those who are left out? Help us to finish this month off with positive energy, sending kindness to those in need. Amen.

29

Jesus,
Today we think about the presence of the Holy Spirit in our lives. You promised to send us the Spirit to guide us on our journey through life. May we continue to pray for the Fruit of Kindness in our lives and may the Holy Spirit continue to provide us with direction and guidance. 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. It reminds us to be just and kind in our dealings with others.

Spring Flowers / Seeds: To symbolize our longing for growth, renewal and spring.

Food Drive Item: To symbolize our willingness to show kindness in taking care of others.

A Paper Heart: To symbolize the love that Jesus has for us.



Opening Prayer Gathering

Dear God,

We gather today as a community to celebrate the fruit of kindness. Being kind in our thoughts, words, and actions each day, helps us to see those around us in the same way as You do, as loved and treasured people. God, help our hearts be more like Yours and help activate our hands by your spirit as we work to show You kindness and generosity in all that we do. Even if our way of doing so may seem insignificant at the time, every act of kindness and every prayer of love leaves a lasting impact on our world, on our future, and on our relationship with You. Today, let us think about how Jesus calls us to live his message by not only praying for kindness, but by becoming more kind human beings, for this is what You ask of us as members of Your family.

Amen.



Old Testament Reading 2 Samuel 9.1

A reading from the book of Samuel.

One day David asked, "Is there anyone left for Saul's family? If there is, I would like to show him kindness for Jonathan's sake." There was a servant of Saul's family named Ziba, and he was told to go to David. "Are you Ziba?" the king asked. "At your service sir," he answered. The king asked him, "Is there anyone left of Saul's family to whom I can show loyalty and kindness, as I promised God I would?" Ziba answered, "There is still of Jonathan's sons. He is crippled." "Where is he?" the king asked. "At the home of Machir son of Ammiel in Lodebar," Ziba answered. So King David sent for him. When Mephibosheth, the son of Jonathan and grandson of Saul, arrived, he bowed down before David in respect. David said, "Mephibosheth," and he answered, "At your service sir." "Don't be afraid," David replied. "I will be kind to you for the sake of your father Jonathan. I will give you back all the land that belonged to your grandfather Saul, and you will always be welcome at my table."

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



Responsorial Psalm **Psalm 145**

The response to the psalm is *“Father of great kindness, hear our prayer.”*

I will proclaim your greatness, my God and king;
I will thank you forever and ever. Every day I will thank you;
I will praise you forever and ever.
The Lord is great and is to be highly praised;
his greatness is beyond understanding. *R*

What you have done will be praised from one generation to the next;
They will proclaim your mighty acts.
They will speak of your glory and majesty,
And I will meditate on your wonderful deeds, and I will proclaim your greatness. *R*

They will tell about all your goodness and sing about your kindness.
The Lord is loving and merciful, slow to become angry and full of constant love.
He is good to everyone and has compassion on all he made. *R*



Second Reading (Optional) **Ruth 2.1-20**

Naomi had a relative named Boaz, a rich and influential man who belonged to the family of her husband Elimelech. One day Ruth said to Naomi, “Let me go to the fields to gather the corn that the harvest workers leave. I am sure to find someone who will let me work with him.” Naomi answered, “Go ahead, my daughter.” So Ruth went out to the fields and walked behind the workers, picking up the corn which they left. It so happened that she was in a field that belonged to Boaz. Sometime later Boaz himself arrived from Bethlehem and greeted his workers. “The Lord be with you!” he said. “The Lord bless you!” they answered. Boaz asked the man in charge, “Who is that young woman?” The man answered, “She is the foreign girl who came back from Moab with Naomi. She asked me to let her follow the workers and pick up the corn. She has been working since early morning and has just now stopped to rest for a while under the shelter.” Then Boaz said to Ruth, “Let me give you some advice. Don’t pick up corn anywhere except in this field. Work with the women here; watch them to see where they are reaping and stay with them. I have ordered my men not to hurt you. And whenever you are thirsty, go and drink from the water jars that they have filled.” Ruth bowed down with her face touching the ground, and said to Boaz, “Why should you be so concerned about me? Why should you be so kind to a foreigner?” Boaz answered, “I have heard everything that you have done for your mother-in-law since your husband died. I know how you left your father and mother and your own country and how you came to live among a people you had never known before. May the Lord reward you for what you have done. May you have a full reward from the Lord God of Israel, to whom you have come for protection!” Ruth answered, “You are very kind to me sir. You have made me feel better by speaking gently to me, even though I am one of your servants.”

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



Gospel Reading **Luke 6.27-31**

A reading from the holy Gospel according to Luke.

“But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who ill-treat you. If anyone hits you on one cheek, let him hit the other one too; if someone takes your coat, let him have your shirt as well. Give to everyone who asks you for something, and when someone takes what is yours, do not ask for it back. Do for others just what you want them to do for you.

If you love only the people who love you, why should you receive a blessing? Even sinners love those who love them! And if you do good only to those who do good to you, why should you receive a blessing? Even sinners do that! And if you lend only to those from whom you hope to get it back, why should you receive a blessing? Even sinners lend to sinners, to get back the same amount! No! Love your enemies and do good to them; lend and expect nothing back. You will then have a great reward, and you will be sons of the Most High God. For he is good to the ungrateful and the wicked. Be merciful just as your Father is merciful.

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



Optional Activities

The Golden Rule: Have children draw pictures showing examples of the Golden Rule.

Acts of Kindness: Have students write on a piece of paper an act of kindness that they hope to fulfill during the month of February. Present acts of kindness intentions during non-Eucharistic celebration.

Alphabetical Kindness List: Have students co-create an alphabetical list of easy kindness activities together. Present this list during celebration.



Closing Prayer

Dear God,

After listening to your word and hearing stories of kindness, we have learned that being kind even to our enemies can be the greatest reward of all. Help us be active witnesses to kindness in our own lives through our words, actions and interactions with others. We are the key ingredient to developing a more kind and tolerant world. Let us live out your message and make our future one we are proud of. We ask this through Christ our Lord. Amen.

Possible Song Recommendations

Liturgical

I Send You Now

Only a Shadow

Come to the Water

We Are the Family

Don't Laugh At Me

Pebbles

Non-Liturgical

Lean on Me ~ Bill Withers

What a Wonderful World ~ Louis Armstrong

Carefree Highway ~ Gordon Lightfoot

That's What Friends are For ~ Burt Bacharach

Kindness ~ Chris Tomlin

Universal Prayer

Response: *Selfless Father, hear our prayer.*

 For our Church leaders, the Pope, our Bishop and all the clergy, that they may be instruments of kindness in their ministry for all God's people, we pray to the Lord. *R*

 For the members of our community, that they may always see the light of Christ in one another and show kindness towards all they meet, we pray to the Lord. *R*

 For the members of our community, that they may continue to watch and look for ways to help those in need and spread kindness to the least accepted, we pray to the Lord. *R*

 For the staff of our school, that they may continue to guide us with their wisdom and share their kindness, we pray to the Lord. *R*

 For the students of our school, that they stand up for one another, lead with their hearts and turn thoughts into actions, we pray to the Lord. *R*

 For those who have been bullied, that they turn to God and the people who love them for strength, that they have the courage to find help and know that they are not alone, we pray to the Lord. *R*

Curriculum Connections

Primary

LS2.2: Name ways that the Church participates in communal acts which reach out to families and individuals and suggest how these acts promote relationships and recognize the dignity of those in need (food drives, visits to the sick and elderly, summer camp for children)

[CCC nos.1877-1896] (Grade 1)

ML2.3: Identify the Law of God in the Old Testament (i.e. Ten Commandments) and in the New Testament (i.e. Commandment of Love) and show how they guide us in making choices to act in ways that show love to God and our neighbour.

[CCC nos. 1949-1986; 1786-1789; 1847] (Grade 2)

Junior

ML3: Demonstrate an understanding that God is merciful (i.e. forgives sin) and offers us reconciliation through the Church and specifically the sacraments (i.e. sacraments of penance, healing and Eucharist).

[CC nos. 1420-1498] (Grade 4)

LS3.3: Provide examples of how we can show respect for people from diverse religious backgrounds (e.g learn about their beliefs and practices, look for similarities with your own faith but also notice differences, discuss ways you are similar, suspend judgement, ask questions in a respectful and polite manner).

[CCC nos. 811-822] (Grade 6)

Intermediate

ML2.1: Describe and distinguish between objective source from which moral judgement in our lives originates; the divine and natural law (the indwelling of God's law in our conscience); and the personal subjective judgement of our conscience (i.e. moral choice to act in a particular situation).(Grade 7)

LC2.1: Focus: Principle of Rights and Responsibilities

Explain the signs of holiness found within the Church (e.g. teachings, sacraments, witness of love and service) and connect this with the "communion of saints".

[CCC nos. 687-747; 823-829] (Grade 8)

Bulletin Board Ideas



Bee Kind Bulletin Board

- o Cut out bumble bees and flowers to create a spring-like scene. Add word bubbles displaying ways that we can “Bee” kind.



Random Acts of Kindness Bulletin Board

- o Display different ways of being kind all over the bulletin board, including student’s names and the act of kindness they displayed. Entitle this board “Random Act of Kindness.”



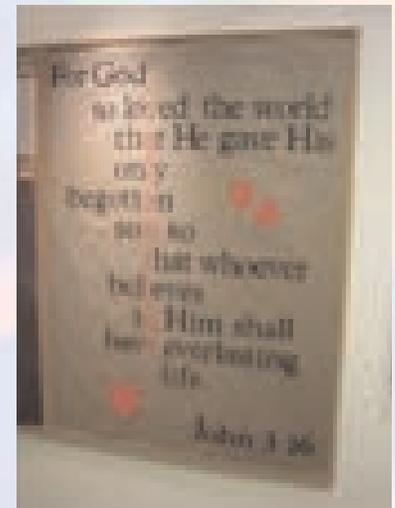
Make a Change Bulletin Board

- o Anti-bullying theme “Make a Change” and Commitment to standing up against bullies.



Celebrate John 3.16

- o Use the text of John 3.16. The letters of the verse are aligned to show the word ‘valentine’ down the center.



Valentine’s Theme Bulletin Board

- o Create your own valentine ‘conversation hearts.’ Instead of love messages, use biblical quotes to create ‘God’s conversation hearts.’



Quotes

Religious



"But a Samaritan while travelling came near him...brought him to an inn and took care of him." ~ Luke 10. 33-34



"And be kind to one another, tender hearted, forgiving one another, as God in Christ has forgiven you." ~ Ephesians 4.32



"Love is patient, love is kind." ~ 1 Corinthians 13.4



"What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God." ~ Micah 6.8



"Whoever pursues righteousness and kindness will find life and honour."
~ Proverbs 21.21

Non-Religious



"If you judge people, you have no time to love them." ~ Mother Teresa



"We can do no great things only small things with great love." ~ Mother Teresa



"It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving." ~ Mother Teresa



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." ~ Leo Buscaglia



"Be kind, for everyone you meet is fighting a hard battle." ~ Plato



"Life's most urgent question is, what are you doing for others?" ~ Martin Luther King Jr.



"Three things in human life are important: The first is to be kind. The second is to be kind. The third is to be kind." ~ Mother Teresa

Short Resource List

- ❖ The Dot – Peter H. Reynolds (P/J/I)
- ❖ Owen & Mzee – Isabella Hatkoff, Craig Hatkoff (P/J)
- ❖ One – Kathryn Otoshi (P/J)
- ❖ Don't Laugh At Me – Steve Seskin (P/J/I)
- ❖ The Recess Queen – Alexis O'Neill (P/J)
- ❖ Enemy Pie – Derek Munson (P/J)
- ❖ Unloveable – Dan Yaccarino (P/J)
- ❖ Have You Filled A Bucket Today? – Carol McCloud (P/J/I)

