



FRUITS OF THE HOLY SPIRIT  
JULY

*Chastity ~ chasteté*

“When we remain pure in heart, exercise self-discipline in our thoughts and are modest in our deportment, the fruit of chastity blossoms  
Through chastity, we emulate the purity of Jesus and become witness to the strength of the Spirit through our example. “

*“Truly I tell you, whatever you bind on earth will be bound in heaven,  
and whatever you loose on earth will be loosed in heaven.”*

MATTHEW 18.18



**THEORY OF ACTION**

*“If we teach students in our Catholic schools to think critically and make decisions accordingly,  
**then** students will live a morally and spiritually fulfilling life.”*



Peterborough Victoria  
Northumberland and Clarington  
Catholic District School Board

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# Traditional Prayers of the Month



## Prayer for the Virtue of Chastity

Jesus, Fortress of mankind, You are Immaculate as **God** and Man! Bless me with Your infinite graces, That I may remain in a state of purity. Strengthen my body, **spirit** and soul to continually reflect Your chastity. Protect my **soul** in its daily struggles, Guiding it to ponder on Your Godliness. Defend me from the forces of evil, Those that seek to acquire my soul: I am truly Yours forever and ever. Holy is my King, the Conqueror of sin!



## Hail Mary

Hail Mary, full of grace.  
Our Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb,  
Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.



## Je Vous Salue Marie

Je vous salue Marie  
pleine de Grâce  
le Seigneur est avec vous.  
Vous êtes bénie entre toutes les femmes  
Et Jésus, le fruit de vos entrailles, est béni.  
Sainte Marie, Mère de Dieu,  
priez pour nous pauvres pécheurs,  
maintenant et à l'heure de notre mort.  
Amen.



## 7 Grandfather Teachings:

*Minaadendamowin* – RESPECT: To honour all creation is to have respect. All of creation should be treated with respect. You must give respect if you wish to be respected. The Buffalo is a symbol of creation and faithfulness. It is a reminder to treat all of creation with respect.

## July Feast Day

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**Did You Know?** Today is the feast of St. Anne and St. Joachim, **parents** of the Blessed Virgin Mary. By tradition Joachim and Anne are considered to be the names of the parents of Mary, the Mother of God. We have no historical evidence, however, of any elements of their lives, including their names. Any stories about Mary's father and mother come to us through legend and tradition. Such **parents** can be examples and models for all parents.

### Prayer of St. Anne

Glorious St. Anne, filled with compassion for those who invoke you and with love for those who suffer, heavily laden with the weight of my troubles, I cast myself at your feet and humbly beg of you to take the present affair which I recommend to you under your special protection.

Vouchsafe to recommend it to your daughter, the Blessed Virgin Mary, and lay it before the throne of Jesus, so that He may bring it to a happy issue.

Cease not to intercede for me until my request is granted. (Here ask for favor you wish to obtain.)

Above all, obtain for me the grace of one day beholding my God face to face, and with You and Mary and all the saints, praising and blessing Him through all eternity. Amen.

## Scriptural Readings



### Old Testament Reading Genesis 1.26-28

Then God said, "Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth."

So God created humankind[e] in his image, in the image of God he created them; male and female he created them.

God blessed them, and God said to them, "Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth."

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



### New Testament Reading 1 Corinthians 6.18-20

Shun fornication! Every sin that a person commits is outside the body; but the fornicator sins against the body itself. Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.

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

# Catechism of the Catholic Church Reference – Chastity



## **CCC #2334**

"In creating men 'male and female,' God gives man and woman an equal personal dignity." "Man is a person, man and woman equally so, since both were created in the image and likeness of the personal God."



## **CCC #2392**

"Love is the fundamental and innate vocation of every human being." (FC 11).



## **CCC #2393**

By creating the human being man and woman, God gives personal dignity equally to the one and the other. Each of them, man and woman, should acknowledge and accept his sexual identity.



## **CCC #2394**

Christ is the model of chastity. Every baptized person is called to lead a chaste life, each according to his particular state of life.



## **CCC #2395**

Chastity means the integration of sexuality within the person. It includes an apprenticeship in self-mastery.

# Scriptural References to Chastity



## **Matthew 5.8**

“Blessed are the pure in heart: for they shall see God.”



## **1 John 3.3**

“And every one who thus hopes in him purifies himself as he is pure.”



## **Psalm 51.9-11**

“Hide your face from m sins, and blot out all my iniquities. Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me.”



## **James 3.17**

“But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy.”



## **Exodus 20.14**

“You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on earth beneath, or that is in the water under the earth.”



## **1 Thessalonians 4.7**

“For God did not call us to impurity but in holiness.”



## **1 Peter 2.11**

“Beloved, I urge you as aliens and exiles to abstain from the desires of the flesh that wage war against the soul.”

## Quotes on Chastity



“I will not let anyone walk through my mind with their dirty feet.”

~ Mahatma Gandhi



“Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well.”

~ Mahtama Gandhi



“When you express ‘purity’ which is the truth about yourself, you feel a love for yourself that is expressed by self-respect, self-esteem, and self-confidence.”

~ Tae Yun Kim



“To be pure, to remain pure, can only come at a price. This price is knowing God and loving Him enough to do His will. He will always give us the strength we need to keep purity as something beautiful to Him.”

~ Mother Theresa



“Chastity is a difficult long term matter, on must wait patiently for it to bear fruit for happiness of loving kindness which it must bring. But at the same time chastity is the sure way to happiness.”

~ John Paul II



“Giving into one’s lustful drives is irrational. Chastity is more than prudent self-control. To practice chastity there must be chastity of the eyes, chastity of the ears, chastity of thought and chastity of desire.”

~ Father John A. Hardon