



## FRUITS OF THE HOLY SPIRIT JUNE

### *Modesty ~ modestie*

“Modesty is the fruit that moderates our presentation to others.  
Modesty in behaviour directs us to observe proper behaviour.  
Modesty in appearance inclines us to avoid whatever is offensive to others and even  
whatever is not necessary. Modesty does not draw attention to oneself.  
It is being well kept, orderly, quiet and humble in speech,  
behaviour and dress and is grounded in humility.”

*“So, whether you eat or drink,  
or whatever you do, do all to the glory of God.”*

1 CORINTHIANS 10.31



### THEORY OF ACTION

*“If we teach our students to appreciate that their bodies are temples of God,  
then they will act with modesty and show respect for themselves and others.”*





Peterborough Victoria  
Northumberland and Clarington  
Catholic District School Board


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## Definition

 **Looks Like:** Making good choices (including clothing), positive relationships, simplicity, getting along with others, gentleness, humility, giving to the poor, making new friends, recognizing the good work of others, freedom of conceit or vanity, propriety in dress, speech, or conduct, meekness.


 **Sounds Like:** Silence, positive words, positive thoughts, complimenting others, politeness.

 **Feels Like:** Love, justice, kindness, warmth, being included, humility, free from boastfulness.

## Prayer Table Ideas

 **Catholic Symbols:**

- o Green Cloth
- o Bible
- o Light
- o Crucifix

 **Symbols:**

- o **White Flower** – To symbolize the beauty of modesty and purity.
- o **Picture of Mother Teresa or the Blessed Mary** – Examples of people who portray modesty in their actions.
- o **Prayer** – A copy of the Hail Mary prayer.

 **7 Grandfather Teachings:**

*Dabaadendiziwin* – HUMILITY: To know yourself as a sacred part of creation in the Anishinaabe language, this word can also mean compassion. You are equal to others but you are not better. The Wolf is the symbol for Humility, as it brings inner power and strength.

# Traditional Prayers of the Month



## 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.



## The Litany of Humility

O Jesus! meek and humble of heart, Hear me.  
From the desire of being esteemed,  
Deliver me, Jesus. (repeat after each line)  
From the desire of being loved,  
From the desire of being extolled,  
From the desire of being honored,  
From the desire of being praised,  
From the desire of being preferred to others,  
From the desire of being consulted,  
From the desire of being approved,  
From the fear of being humiliated,  
From the fear of being despised,  
From the fear of suffering rebukes,  
From the fear of being calumniated,  
From the fear of being forgotten,  
From the fear of being ridiculed,  
From the fear of being wronged,  
From the fear of being suspected,  
That others may be loved more than I,  
Jesus, grant me the grace to desire it. (repeat after each line)  
That others may be esteemed more than I ,  
That, in the opinion of the world,  
others may increase and I may decrease,  
That others may be chosen and I set aside,  
That others may be praised and I unnoticed,  
That others may be preferred to me in everything,  
That others may become holier than I, provided that I may  
become as holy as I should.

# Daily Prayers

1

Lord,  
Today we pray for Modesty. Let our works be for Your glory and not for the praises of others. May everything that we do, be a reflection of You. In Jesus' name.  
Amen.

2

Heavenly Lord,  
Let my words and actions speak of your presence to everyone I meet today.  
Amen.

3

**Did You Know?** Although the Solemnity of the most Holy Trinity Sunday is the first Sunday after Pentecost, we remember the Holy Trinity today. We can never fully understand the mystery of the Trinity, but we can sum it up with the following formula: God is three persons in one nature. The three persons are all equally God and cannot be divided.

Father, you sent your Word to bring us truth and your Spirit to make us holy. Through them we come to know the mystery of your life. Help us to worship you, one God in three Persons, by proclaiming and living our faith in you. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

4

Lord,  
Teach us to be self-effacing avoiding vanity or pushing our opinions on others, we pray in the name of your Son, Jesus Christ. Amen.

5

Loving God,  
Jesus told us, "Blessed are the poor in spirit, for theirs is the Kingdom of Heaven," Help us to recognize those around us who are poor in spirit so we can bring your loving presence to them. Amen.

6

Lord,  
Jesus told us, "Blessed are those who mourn, for they shall be comforted," help us to bring joy to those who are sad. Amen.

7

Heavenly Lord,  
Jesus told us, "Blessed are the meek, for they shall inherit the earth," help us to stand up for what we know is right when we need to, in Jesus' name. Amen.

8

**Did You Know?** Today we celebrate Monsignor Clayton O'Donoghue. He was born February 1918. He was baptized in Immaculate Conception Church in Peterborough, and attended Immaculate Conception School and St. Peter's Secondary School. His ordination on June 8th, 1946, initiated a life of priestly service as a dedicated scholar, advocate of the faith and committed Catholic educator.

Dear Lord,

We pray as members of our school faith community that we will continue to support the mission of our Catholic schools. We ask for the guidance and example of those who have gone before us, such as Monsignor Calyton O'Donoghue. May we help one another live out the goals of Catholic education and to celebrate this precious gift. Amen.

9

Divine God,  
Your Son Jesus told us, "Blessed are the merciful, for they shall obtain mercy," help us to be kind in everything we do today. Amen.

10

Creator God,  
Jesus told us, "Blessed are the pure in heart, for they shall see God," help us to recognize Your Face in all the people we see today. Amen.

11

Dear God,  
Jesus told us, "Blessed are the peacemakers, for they shall be called the sons and daughters of God," help me to be a peace maker with everyone today. Amen.

12

Sanctifier God,  
Jesus told us, "Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven," help us to remember You love us especially when we feel very alone. Amen.

13

**Did You Know?** Today we celebrate the memorial of St. Anthony, priest and doctor of the Church. St. Anthony of Padua was a Franciscan who preached the Gospel in Portugal and Italy. He was called ARCA TESTAMENTI, meaning the living repository of the Holy Scriptures by Pope Gregory IX.

Loving God, who gave St. Anthony of Padua to your people as an outstanding preacher, grant that, with his assistance, as we follow the teachings of Jesus, we may know your help in every trial. We ask this prayer in Jesus' name. Amen.

14

Loving God,  
We pray to You to help us love others, the way that You love us. Help us in all that we do to always be a reflection of You. Amen.

15

Heavenly Lord,  
Give us the humility to admit our mistakes, and the strength to correct them, the ability to sympathize rather than to discourage, and the heart to think of people at their best rather than at their worst. We ask this in your Son's name, Jesus. Amen.

16

Dear God,  
Lead us in modesty, teach us not to be boastful or arrogant, help us to build up your Kingdom as we share Your love with others. Amen.

17

O Jesus,  
Meek and humble of heart, hear us. From the desire of being esteemed, deliver us so that others may be esteemed more than us. Amen.

18

Loving God,  
We are often influenced by what others think of us. Please help us to not be too proud of praise, and not too discouraged by criticism. Show us how to be modest like Mary. Amen.

19

Dear Lord,  
Give us; we pray a firm faith, unwavering hope and perfect charity. Help us to have a Spirit of wisdom and understanding, a Spirit of counsel and strength and a Spirit of knowledge and true godliness. We ask this in Jesus' name. Amen.

20

Almighty and Everlasting God,  
You made the universe with all its marvelous order, its atoms, worlds, and galaxies, and the infinite complexity of living creatures. Grant that, as we probe the mysteries of your creation, we may come to know You more truly, and more surely fulfill our role in Your eternal purpose; in the name of Jesus Christ our Lord. Amen.

21

Heavenly Creator,  
You made us special and unique in so many ways, help us to recognize the gifts You have given us and allow us to share them with others in a way that helps Your Kingdom grow. Amen.

22

Eternal God,  
Bless all schools, colleges, and universities, especially \_\_\_\_\_, that they may be lively centers for sound learning, new discovery, and the pursuit of wisdom; and grant that those who teach and those who learn may find You to be the source of all truth; through Jesus Christ our Lord. Amen.

23

Bestow on us, O Lord, a gentle spirit and a loving, patient heart so that I may reflect Your spirit, love and patience to everyone I meet. Amen.

24

**Did You Know?** Today the Church celebrates the solemnity of the birth of St. John the Baptist. This is one of only three birthdays that we celebrate in the Church. John the Baptist preached in the desert and baptized Jesus in the Jordan River.

O God, You raised up St. John the Baptist to prepare a perfect people for Christ. Fill Your people with the joy of possessing His grace, and direct the minds of all the faithful in the way of peace and salvation. Grant that as St. John was martyred for truth and justice, so we may energetically profess our faith in You, and lead others to the Way, the Truth, and Eternal Life. Amen.

**25**

Lord,  
Today we pray for Modesty. Let our works be for Your glory and not for the praises of others. May everything that we do, be a reflection of You and not to glorify ourselves. In Jesus name. Amen.

**26**

Lord,  
Lead us in modesty. Teach us not to judge because harsh judgment in our hearts limits Your work. Let us find forgiveness through humbleness and help us to praise rather than criticize. Amen.

**27**

Heavenly Father,  
We thank you, Lord, for knowing us better than we know ourselves, and for letting us know ourselves better than others know us. Help us to be the best version of ourselves that we can be. We ask this through Jesus' name. Amen.

**28**

Lord Jesus,  
I give you my hands to do your work. I give you my feet to go your way. I give you my eyes to see as you do. I give you my tongue to speak your words. I give you my mind that you may think in me. I give you my spirit that you may pray in me. Above all, I give you my heart that you may love in me your Father and all mankind. I give you my whole self that you may grow in me, so that it is you, Lord Jesus, who live and work and pray in me. Amen.

**29**

O Lord,  
You know how busy we must be this day. If we forget You, do not forget us. Amen

**30**

Lord God,  
Creator of light, at the rising of Your sun each morning, let the greatest of all lights - Your love - rise, like the sun, within our hearts. Amen.



# Prayer Service / Non Eucharistic Liturgy



## Non Eucharistic Symbols

**Picture of Mother Teresa or the Blessed Mary:** Examples of people who portray modesty in their actions.

**Flower:** To symbolize the beauty of modesty.



## Opening Prayer Gathering

Dear Lord,

We gather today to celebrate modesty. The world teaches that we must please others in order to be popular. Teach us by your example to instill into others a real respect for modesty and purity. Allow us to celebrate our faith in You as we gather together today. Grant that others may see in us reason to change their ways, if that be necessary, and that we may have the courage to resist any temptation to sinful conduct. Let others be led closer to Jesus by our example.

Amen.



## Old Testament Reading Exodus 28.40-42

A reading from the book of Exodus.

For Aaron's sons you shall make tunics and sashes and headdresses; you shall make them for their glorious adornment. You shall put them on your brother Aaron, and on his sons with him, and shall anoint them and ordain them and consecrate them so that they may serve me as priests. You shall make for them linen undergarments to cover their naked flesh; they shall reach from the hips to the thighs; Aaron and his sons shall wear them when they go into the tent of meeting, or when they come near the altar to minister in the holy place; or they will bring guilt on themselves and die. This shall be a perpetual ordinance for him and for his descendants after him.

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



## **Responsorial Psalm** **Psalm 1.1-6**

The response to the psalm is *“Happy are those who take delight in the law of the Lord.”*

Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the Lord. *℟*

And on his law they meditate day and night. They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper. *℟*

The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgement, nor sinners in the congregation of the righteous; for the Lord watches over the way of the righteous, but the way of the wicked will perish. *℟*



## **Second Reading (Optional)** **1 Timothy 2.8-11**

A reading from the first letter of Timothy.

I desire, then, that in every place the men should pray, lifting up holy hands without anger or argument; also that the women should dress themselves modestly and decently in suitable clothing, not with their hair braided, or with gold, pearls, or expensive clothes, but with good works, as is proper for women who profess reverence for God.

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

— OR —

## **1 Corinthians 3.16-18**

Do you not know that you are God’s temple and that God’s Spirit dwells in you? If anyone destroys God’s temple, God will destroy that person. For God’s temple is holy and you are that temple. Do not deceive yourselves. If you think that you are wise in this age, you should become fools so that you may become wise.

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



## **Gospel Reading** **Matthew 6.1-4**

A reading from the Holy Gospel according to Matthew.

“Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. “So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

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



### Optional Activities

**Modest Body Collage** – Trace around children’s body, use scraps of fabric, paper to create modest clothes for the body outline. The same could be done in a smaller size on paper dolls too.

**Compliment Cards** – Have students write their name in the middle of a piece of paper. Students can then rotate around the cards and write a compliment about other students in the class.



### Closing Prayer

Dear Lord,

Teach us that God must be our first love and that all other love is based on Him and Him alone. Help us to remember that our bodies and the bodies of all in grace are temples of the Holy Spirit, destined someday for a glorious resurrection.

Through your beautiful example, teach us the value and dignity of Christian modesty. Grant that we may never be the occasion of dragging others into bad situations, by suggestive words or wrongful deeds of any kind. Remind us to not draw attention to ourselves and remind us to be orderly, quiet and humble in our speech, behavior and dress.

Amen.





### Possible Song Recommendations


Liturgical	Non-Liturgical
I Will Never Forget You	What Do I Know of Holy ~ Addison Road
Thank you God for Giving Us Life	Testify to Love ~ Wynonna Judd
Salvation Belongs to Our God	
Only a Shadow	
Hearts That Are Humble	


## Universal Prayer


Response: *Loving Lord, hear our prayer.*

 For the Church and her mission. May God's love be the foundation in the leadership of our Pope, all the bishops and the ministry of our priests, as we are all called to be living models of our faith, we pray. *R*

 We pray for those suffering from injustice in our world and those in our midst who are experiencing illness, pain, loneliness, or despair. May they be strengthened in faith and consoled by a community of love and compassion, as we discern in our hearts how we can best respond to God's call to serve their needs, we pray. *R*

 We pray for the people of our own community, and those in our school. Help us carry the light of God's love to all people and to all those we meet, we pray. *R*

 We pray for the staff and students of our school and for all those who guide us in our Catholic faith. That they might have the wisdom and courage to preach the modesty of Christ's Gospel in their lives, we pray. *R*

 We pray that through the grace of Jesus, that we might open our own hearts to his peace, and truly live out our gift of the Holy Spirit, to help foster love in our daily lives, we pray. *R*

# Curriculum Connections

## Primary

L.S1: Demonstrate an understanding of what it means to be made in God's image both in our equality and diversity and explain why this is the source of our human dignity.  
(CCC nos. 356-384; 1928-1948) (1)

L.S2.3: Identify ways we can express to God that we respect the gift of our "human dignity" and show respect toward others (i.e. Family and school communities) through our prayers and actions.  
(CCC nos. 356-384; 1928-1933; 1391-1401) (2)

## Junior

ML3.2: List the precepts of the Church and explain how they strengthen our moral life, the spirit of prayer, and growth in the love of God and neighbour.  
(CCC nos. 2041-2043) (5)

ML 3: Demonstrate an understanding of the important personal responsibility that each person has to form their moral conscience as a sign of Christian maturity and a commitment to the call to holiness.  
(CCC nos. 1730-1775; 1776-1802; 1929-1933) (6)

## Intermediate

ML 3: Demonstrate an understanding of the importance of developing a life of virtue (good habits and practices; Cardinal and Theological Virtues) in order to discern and implement the moral teachings found in the Gospels and applied through the teachings of the Church.  
(CCC nos. 1803-1845) (7)

ML 1.3: Using examples of moral dilemmas faced by young people, demonstrate how choosing to live a Christian moral life reflects a witness to God, a respect for personal dignity and promotes the common good for others.  
(CCC nos. 1700-1715; 2012-2051; 1928-1948) (8)

## Bulletin Board Ideas



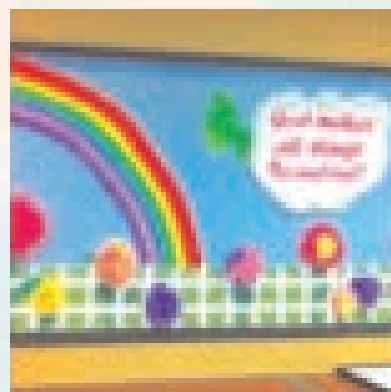
### Graduation Theme

- o Have Graduates write a thank you to someone (parent/teacher) for helping them with something "To Mr. Smith - thank you for helping me to develop my dunk in basketball"...



### God Made Everything Beautiful

- o Write each students' name on a flower to demonstrate inclusivity.



### Who Has Filled A Bucket?

- o Have students recognize good actions they have seen others perform and write the other students' name on a pre-cut out bucket.



### Keeping Things Sweet and Simple

- o Create a board with quotes about modesty as a reminder to stay humble.



### Footstep Prayer

- o Create footsteps on a bulletin board of the people who have helped your students on their journey in school.

# Quotes

## Biblical



“Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised.” ~ Proverbs 31.30



“So, whether you eat or drink, or whatever you do, do all to the glory of God.”  
~ 1 Corinthians 10.31



“Your body is a temple.” ~ 1 Corinthians 3.16



“Let another man praise you, and not your own mouth.” ~ Proverbs 27:2

## Non-Biblical



“In all your movements, let nothing be evident that would offend the eyes of another.”  
~ St. Augustine



“As long as modesty will not be put into practice, the society will continue to degrade. Society reveals what it is by the clothes it wears.” ~ Pope Pius XII



“What you are is God’s gift to you. What you become is your gift to God.”  
~ Hans Urs Von Balthasar



“He who speaks without modesty will find it difficult to make his words good.”  
~ Confucius



“Modesty is the conscience of the body.” ~ Honore de Balzac



“It is amazing what you can accomplish if you do not care who gets the credit.”  
~ Harry S. Truman



“No truly great person ever thought themselves so.” ~ William Hazlitt

## Short Resource List

- ❖ The Tower: A Story of Humility- Richard Paul (P/J/I)
- ❖ Don't Laugh At Me- Steve Seskin, and Allen Shamblin (P/J)
- ❖ Humble Pie-Jennifer Donnelly and Stephen Gammell (P/J)

