



FRUITS OF THE HOLY SPIRIT
MAY

Gentleness ~ mansuétude

“Gentleness: The gentle person is not weak; he or she has their power and strength under control and treats everyone they meet with kindness and understanding. The gentle person can forgive others and stop and think before acting. They are thoughtful and considerate.”

In the month of May as we contemplate the fruit of gentleness, we keep the example and model of Mary, our Heavenly Mother in our hearts, as she exemplifies this fruit.

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

MATTHEW 5.5



THEORY OF ACTION

“If we teach the example of gentleness as demonstrated by Mary and Jesus, then students will become active in the fruits of the Holy Spirit.”





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
o 7 Grandfather Teachings	1
 Traditional Prayers of the Month	2
o Hail Mary	2
o Regina Coeli	2
o Memorare	2
o The Magnificat	3
 Daily Prayers	4-7
 Prayer Service / Non Eucharistic Liturgy	8-10
o Non Eucharistic Symbols	8
o Opening Prayer	8
o Old Testament Reading	8
o Litany	8
o Responsorial Psalm	9
o Second Reading (Optional)	9
o Gospel Reading	10
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:** Stillness, careful actions, comfort, a gentle hug, a smile, a helping hand, a mother holding her child, a baby animal.


 **Sounds Like:** Quietness, words of encouragement, words of forgiveness, soft voice.

 **Feels Like:** A soft feather, gentle breeze, a light spring rain.


Prayer Table Ideas

 **Catholic Symbols:**

- o Green or White Cloth (depending on liturgical season)
- o Bible
- o Light
- o Crucifix
- o Rosary

 **Symbols:**

- o *Image of Mary*
- o *A Feather*
- o *Flowers*

 **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. This word can also be translated as gentleness, or patience. 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.



Regina Coeli

Queen of Heaven, rejoice, alleluia.
For He whom you did merit to bear, alleluia.
Has risen, as he said, alleluia.
Pray for us to God, alleluia.
Rejoice and be glad, O Virgin Mary, alleluia.
For the Lord has truly risen, alleluia.
Let us pray. O God, who gave joy to the world through the resurrection
of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through
the intercession of the Virgin Mary, His Mother, we may obtain the joys
of everlasting life.
Through the same Christ our Lord.
Amen.



Memorare

Remember, O most gracious Virgin Mary, that never was it known that
anyone who fled to thy protection, implored thy help, or sought thine
intercession was left unaided. Inspired by this confidence, I fly unto
thee, O Virgin of virgins, my mother; to thee do I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate, despise
not my petitions, but in thy mercy hear and answer me.
Amen.



The Magnificat

My soul magnifies the Lord
And my spirit rejoices in God my Savior;
Because he has regarded the lowliness of his handmaid;
For behold, henceforth all generations shall call me blessed;
Because he who is mighty has done great things for me,
and holy is his name;
And his mercy is from generation to generation
on those who fear him.
He has shown might with his arm,
He has scattered the proud in the conceit of their heart.
He has put down the mighty from their thrones,
and has exalted the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has given help to Israel, his servant, mindful of his mercy
Even as he spoke to our fathers, to Abraham and to his posterity forever.
Amen.



Prier avec le Magnificat

Mon âme exalte le Seigneur
et mon esprit s'est rempli d'allégresse
à cause de Dieu, mon Sauveur,
parce qu'il a porté son regard sur son humble servante.
Oui, désormais, toutes les générations me proclameront bienheureuse.
Parce que le Tout Puissant a fait de grandes choses :
Saint est son Nom.
Sa bonté s'étend de générations en générations sur ceux qui le craignent ;
Il est intervenu de toute la force de son bras ;
Il a dispersé les hommes à la pensée orgueilleuse ;
Il a jeté les puissants à bas de leur trônes et a élevé les humbles ;
Les affamés, il les a comblés de biens
et les riches, il les a renvoyés les mains vides.
Il est venu en aide à Israël son serviteur en souvenir de sa
bonté comme il l'avait dit à nos pères,
en faveur d'Abraham et de sa descendance pour toujours.
Amen.

Daily Prayers

1

Did You Know? Today we remember Pope John Paul II. Blessed Pope John Paul II is remembered for many things including the Luminous Mysteries and World Youth Day.

Dear God,

Please send your light to all young people. Help them to continue to bring faith, hope and charity into our lives, by becoming great builders of peace in our world. Amen.

2

Heavenly Father,

We are thankful for the fruits of Your work in our lives. Let us grow in gentleness by following the example of Jesus. Help us to know that gentleness can repair, nurture and counsel. Give us grace to know that gentleness and strength can work together to build the kingdom of God. Amen.

3

Dear Jesus,

You have called us to nurture gentleness in our lives. Let us treat others with compassion and not condemnation knowing that Your example of gentleness and love is our mandate. Let us reach out to those who have been scorned and marginalized in our world. Let us be Your hands in this world: gentle hands that create and mend and build. Amen.

4

Most Gentle & Loving God,

You treat us with loving gentleness all the time. You know us better than we know ourselves, and are patient with us, loving and kind always, slow to anger and rich in compassion. Thank you Lord, for being so gentle. Amen.

5

Dear God,

Grant us the gift of gentleness. Help us to treat all people and things with loving gentleness, recognizing that irritation, loudness, impatience, and carelessness can hurt those around us and damage things. Let our actions reflect You in all that we do. Amen.

6

Lord,

Help us to see You, in everyone around us and to think of all creation as belonging to You. Help us to treasure it and keep it in good condition for the next person whom You want to use it. Amen.

7

Jesus,

Today we pray that the words we use are gentle and kind. Let us remember that words have the power to help and to heal. Gentle, soothing and caring words can make a big difference to the life of another. Let us follow Your example in all that we do. Amen.

8

Lord Jesus,
There is no greater example of gentleness than You. You are kind and compassionate to everyone; You welcome us even when we sin. You understand our struggles and comfort us when we mourn and suffer. Jesus, let us follow Your example of patient, kind and gentle love. Amen.

9

Lord,
Help us to be like Your mother Mary whom you have chosen as a model for us of faithfulness and trust. By striving to emulate her gentle strength, we become closer to You. Amen.

10

Heavenly Father,
Today we offer every kind word and every gentle action to You. We know that You see how we care for one another and love one another. The love You have for us is shown in our love for others. Amen.

11

Dear Jesus,
Help us to remember all of 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 meet. Amen.

12

Dear God
Please work within me to nurture gentleness. Sometimes my anger is too quick and my words are too sharp. I ask that, through, Your grace I will become a gentler person and closer to the example of our Lord, Jesus Christ. Amen.

13

Heavenly Father,
Help me to pause today to hear Your voice in the stillness of the moment. My life is busy, fast and loud. I need to stop and listen to Your gentle voice. You are always with me. Help me to find You. Amen.

14

Did You Know? Today we remember the Good Shepherd. Traditionally, the 4th Sunday of Easter is called Good Shepherd Sunday. Jesus said, "I am the Good Shepherd. I know my own, and my own know me."

Dear Jesus,
You are my Good Shepherd. You know, and call me by name. I hear your voice and know you are near. Lord your gentle love holds me close and leads me day by day. Let me always hear your voice and follow it, I pray.
Amen.

15

Father,
It seems like the louder and the more outrageous, the better in this modern world. We pray today for a return to gentleness. May the kind word and the soft smile be valued among the loud and flashy world around us. Help me to be the one who stops to notice the small wonders in Your creation. Amen.

16

Jesus,
Please show today how I can follow Your gentle example. I am listening to Your voice within me. I offer every act of gentleness to You today. Amen.

17

Gentle Father,
Your love for us flows through the supreme sacrifice of Your son, Jesus. Help us to remember that Your love for us is boundless and unending. Through the grace of the Holy Spirit let Your unfailing love act through us to bring others closer to You. Amen.

18

Gentle Lamb,
You entered this world in a humble and simple way. Throughout Your life, you did not seek glory or praise. Your power and strength came from Your words of truth Your deeds of love and the obedient sacrifice of Your life for us. Let us strive to let the fruit of gentleness help to follow Your example so that we may submit to the will of God Your Father in all that we do. Amen.

19

Heavenly Father,
Let us take some time today to remember and be thankful for our moms and for those whose gentle love, mothers us each day. The humility of the Blessed Virgin Mary, and her mild and obedient manner, are examples to all mothers. Let us respect and care for all mothers acknowledging their gentle strength as they care for their children every day. Amen.

20

Dear God,
Sometimes I find it 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 strong. When I am compassionate, tender and forgiving I am showing incredible strength; yet also true gentleness. Amen.

21

Jesus,
Let us model our lives after You. Humility, obedience trust and faithfulness permeates all that You are. Let us follow in Your footsteps to offer our lives in God's service. Through Christ, Your Son, Amen.

22

Jesus, Gentle Lamb,
Your power and glory did not come through violence or wealth. Instead, the truth of Your divinity was shown through teaching, healing and sacrifice. Please let us follow You not by seeking praise and power but by living God's truth in our lives and serving others gently and simply. Amen.

23

Lord,
You are the Good Shepherd. We trust in You and know that you will guide and protect us. Even when we face sad or troubled times You are with us, comforting us and healing our pain. Let us always know that your gentle love for us is unending. Amen.

24

Jesus,

Let us remember the gentle way you dealt with sinners. You prayed for them, reached out to them, and saved them from the judgment of others. Please let us forgive others as You forgive us through the sacrament of reconciliation. Amen.

25

Jesus,

Help us to remember that service and faithfulness rather than glory and honour should be our goals and that a humble spirit will bring us even closer to God our Father, Amen.

26

Dear friend, Jesus,

I am a person who thinks before I speak and act. My voice is quiet and my actions are careful. Sometimes I feel like I am not seen or heard by others. I know You call us to be gentle. Please help me recognize that being a gentle person is a gift- it is the Holy Spirit working within me. Help me to value and nurture my strength. Through God our loving father, Amen.

27

Loving Jesus,

Thank you for all of the gentle comforts that nurture our spirits; for soft music, for the loving embrace of family, for the smiles of friends and kind strangers. All of these things show us that Your spirit is working here within us. Let us see You in all the wonderful, kind people we meet. Amen.

28

Dear Father,

Wisdom comes through a gentle spirit and a peaceful mind. Help me to seek a quiet calm so that I may hear Your truth in my own heart and in the thoughts and actions of others. Let me take time each day to quiet my mind. Let serenity be my countenance so that Your will may be seen and heard. Amen.

29

God,

Let your gentleness be evident in each one of us. You provide a heart of compassion, kindness, gentleness, humility and patience. Through you, help us to embrace these gifts and share them with each other. Amen.

30

Did You Know? Today we celebrate the ordination of Monsignor Leo Cleary. He built 8 Catholic Churches and opened 14 Catholic schools throughout his career.

Lord,

Let us pray for all educators, teachers, religious and priests, such as Monsignor Leo Cleary, who have guided us by their lived example and support. Help us to respond to their vocation by living lives that reflect Gospel values. Amen.

31

Did You Know? Today we celebrate the feast of the Visitation of the Blessed Virgin Mary. The feast of the Visitation reminds us of the visit the Blessed Virgin Mary paid to her cousin Elizabeth shortly after the Annunciation. Elizabeth greeted Mary as “Blessed Among Women” and Mary replied with the Magnificat.

Dear God, who, while the Blessed Virgin Mary was carrying your Son in her womb, inspired her to visit Elizabeth, grant us, we pray, that, faithful to the promptings of the Spirit, we may magnify your greatness with the most gentle, Mary at all times. Amen.

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.*



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. *℟*

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. *℟*

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

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. *℟*



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.”

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

Non-Liturgical

Spirit Come

The Change ~ Garth Brooks

Ave Maria

Immaculate Mary (CBWII 611)

Woman of Mystery









Like a Shepherd

Every Valley

Rejoice and Be Glad

Universal Prayer

Response: *Gentle Lord, hear our prayer.*

-  For our Holy father on earth, the Pope, all the bishops and the clergy everywhere that they may lead us to a deep faith in God and a stronger love for others by their example of humility and gentleness, we pray. *R*
-  For the priests of our Diocese, particularly (name priests at this mass) that he/they may continue to share his/their gifts with us, we pray. *R*
-  For our prime minister and all leaders of government that they may be effective in achieving peace and eliminating poverty, let us pray to the lord. *R*
-  For a gentle and just stewardship of God's Creation, we pray. *R*
-  For the members of (name school) who are suffering with an illness, we pray God's gentle love my comfort them. *R*
-  For the women, men and children who daily suffer the effects of war, violence and the lack of gentleness in our world, we pray. *R*
-  For people in our own communities who are hungry and those who are living on the street, we pray. *R*
-  For those who have died, that they may be welcomed into the gentle embrace of Christ, our Good Shepherd. *R*

Curriculum Connections



Primary

ML. 1.2: Examine the Beatitudes to summarize the characteristics that mark us as Beatitude people and use examples to illustrate how living the Beatitudes can change who we become and how we relate to others (i.e. we become more humble, merciful, pure of heart, selfless, meek, seekers of righteousness, peace and justice; our actions are based on love).

[CCCNos.1720-1729] (2).

PR. 1.1: through an examination of a selection of gospel passages, identify the unique prayer life of the Virgin Mary (i.e. Fiat, Magnificat, her intercession at Cana), connect each of her prayers to one of the forms of prayer promoted with the Church (blessing adoration, petition, intercession, thanksgiving and praise) and explain what each prayer reveals about plan of salvation.

[CCC nos 2617-2619; 2622; 2673-2679] (3)



Junior

ML 1: Demonstrate an understanding of how the New Law (i.e. the Law of the Gospel, Jesus Christ, the work of the Holy Spirit) expressed in the teaching of the Jesus in the Sermon on the Mount and the “New commandment” leads to the perfection of the Ten Commandments.

[CCC nos. 1965-1986; 1971-2029] (5).

PR1: Understand how our prayers must be reflected in the lives we live as Christians. i.e. call to justice, peace and reconciliation, struggle to form the habit of prayer.

[CCC 2725- 2745] (6).



Intermediate

PR 1.3: Explain why the Sermon on the Mount and the Our Father are at the centre of the Gospels (e.g. they are the summary of all of Jesus’ ethical and spiritual teachings on prayer and both point to the end of times and the promise of the kingdom. The message of the Sermon points to the need for conversion and attitude of humility and supplication before God, acts of faith, hope and charity and above all a spiritual life of prayer).

[CCC nos. 2607-2615; 2761-2764] (7)

ML1:1 Identify and describe the elements of moral life outlined in the Beatitudes and explain how beatitude living gives witness to a life of morality. Christian holiness and the work of the Holy Spirit.

[CCC nos. 2012-2029; 2044-2046] (8).

Bulletin Board Ideas



“Hail Mary Gentle Woman”

- o “Hail Mary Gentle Woman” in the centre, with an image of Mary.



Jesus Loves “Ewe”

- o Create a bulletin board to reflect the parable of the Lost Sheep



In a gentle way you can shake the world

- o Create a bulletin board that reflects the image of students holding or shaking hands around a globe to symbolize working together as a whole, to create a more gentle world.



Quotes

Religious



“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

Non-Religious



“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 possess. 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

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

