



FRUITS OF THE HOLY SPIRIT  
NOVEMBER

*Peace ~ paix*

“We are blessed with Christ’s peace.  
The fruit of peace enables us to live as advocates for and witness to justice.”

*Blessed are the peacemakers,  
for they shall be called children of God.”*

MATTHEW 5.9



**THEORY OF ACTION**

*“If we teach Jesus’ examples of peacefulness,  
then students will become active in the Catholic responsibility for social justice.”*



Peterborough Victoria  
Northumberland and Clarington  
Catholic District School Board

# Table of Contents

 Daily Prayers .....	1-6
 Prayer Service / Non Eucharistic Liturgy .....	7-9
 Catechism of the Catholic Church Reference – Peace .....	10
 Scriptural References to Peace .....	11
 Quotes on Peace .....	11
 Prayer Table Ideas .....	12

# Daily Prayers

1

**Did You Know?** Today is a solemnity. It is called All Saints Day. This day was instituted by Pope George IV (827-844) as a day to commemorate, remember, and honor all those saints known and unknown. The Church decided to have a common feast day because most saints were traditionally recognized on the anniversary of their martyrdom. When the Christian persecutions increased in the late Roman Empire, there became an overwhelming number of saints to remember. Today we remember all those saints.

Dear God,

Today we begin a new month and celebrate the fruit of peace, and who better to emulate this fruit than the Saints we remember today on All Saints Day. God, thank you for the living saints who enrich our lives every day. We pray for those people who have touched our lives with their wisdom, kindness, and peaceful decisions, as well as those people whose saintly actions don't always get recognized. May we follow in Jesus' footsteps and be saints to the people we meet today, through our thoughts, words, and actions. Amen.

2

**Did You Know?** Today the Church invites us to celebrate the 'Commemoration of all the Faithfully Departed.' We take the time to remember all of those who have gone before us and whose journey on earth has ended. We reflect on the reality of death, and the hope of eternal life. On this day many people throughout the world visit cemeteries and pray for their loved ones who have left them. Visiting and praying shows that we are still connected, even after death. Let us remember today all those who died, as well as the Communion of Saints who guide us in our lives each day.

Dear God,

Today we pray for our family members and friends who have died. We remember them with love. We remember how they made our lives better. We especially pray for all of those who have died bravely defending the rights of those who live without peace. May God welcome them into His Kingdom with open arms. Amen.

3

Jesus, you are the prince of peace. Teach us how to bring about your kingdom of peace onto earth. Help us to open our hearts to learn how to be people of peace and compassion. Amen.

4

Gracious God, everyday there are people all over the world fighting for justice and peace. They are the unsung heroes. Their names aren't in the papers, they are not famous. Today, in our prayer, we hold these people in our hearts. We ask that you continue to bless and guide them, as they reach out to our brothers and sisters with compassion and love. Amen.

5

**Did You Know?** Today we remember St. Elizabeth. She was the mother of St. John the Baptist, the wife of Zachariah and the first cousin to Mary. Not much is known about St. Elizabeth, but she has the distinction of being one of the first to know about Mary's great blessing!

Peaceful God,  
As the full moon brightly reflects the light of the sun, you reflected the glory of the Messiah with John the Baptist. Elizabeth and Zachariah walked with all your commandments. Help us, peaceful God, to reflect your love to the world and to continue to walk in your commandments. We ask this in Jesus' name. Amen.

6

God, only you can give us the peace that surpasses all understanding. Teach me how to open up my heart, so that I may allow your peace to dwell within me. Amen.

7

In a world of noise, turmoil and confusion, Jesus, help us today to find that stillness within us, where we can hear your voice and feel your peace flowing through us. Amen.

8

God, help us to find peace in knowing that you are taking care of us and guiding us on our journey. When we worry and have anxiety, help us to find that inner calm of peace that lets us know that you are walking our path with us. Amen.

9

Dear God  
When a kind word needs to be spoken, use my voice.  
When a load needs to be lifted, use my back.  
When a friend needs to be loved, use my heart.  
In all things, in all ways,  
use me God,  
as your instrument of love, faith, peace and tranquility.  
Amen.

10

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Amen.

11

**Did You Know?** Today is the memorial of Saint Martin of Tours. He was born in either 315 or 316 in Pannonia, a Roman province in present day Hungary. Saint Martin was named after Mars, the God of war, meaning the 'brave and courageous.' When he was 15 he joined the Roman army. While stationed as a soldier Martin met a beggar at the gate of a town who was cold and very poor. Martin instantly cut off a piece of his cloak and gave it to the beggar. Later that night Martin had a dream where Jesus came and visited him, and thanked him for doing this deed. When Martin awoke his cloak was completely intact, as if no piece had ever been taken out of it. Martin got baptized the very next day and became a Christian. Martin then left the army and became a monk. He worked the rest of his life trying to convert people to Christianity, and in 371 became Bishop of Tours. He also began the first monastery in France. Saint Martin of Tours is the patron saint of soldiers, horses, riders, beggars, and the impoverished. Saint Martin died in 397, and we remember him today on November 11th, as well as all the soldiers who have fought for peace, and for those who continue to fight for peace in our world.

Heavenly Father,

Today we remember all of those who have fought and who are still fighting for peace and freedom around the world. So often we do not see the effects of war and violence. Help us to appreciate the freedom we have, because of the sacrifices of so many. St. Martin of Tours was an advocate of the poor, soldier, and a model for Christians. Lord, protect our soldiers at all times. Help make them always strong, just, and charitable as they continue to aim and establish peace on earth. Amen.

12

Today we remember the words of Mother Teresa,  
Silence is Prayer  
Prayer is Faith  
Faith is Love  
Love is Service-  
The Fruit of Service is Peace.

Lord, we ask that you help us to bring peace to the world. Amen.

13

God, today as I model peace, may I remember the words of St. Francis of Assisi: "While you are proclaiming peace with your lips, be careful to have it even more fully in your heart." Amen

14

God, our lives are consumed with noise; talking, phones, music, media and we fail to find time to stop, to listen and to find quiet and peace. God, help me to take 5 minutes today where I will stop and sit in silence. Help me to find that deep peace that so often I bury with my noise and my busy life. Amen.

**15**

God, Creator of the universe, Renew for us the wonders of your mercy: send forth your Spirit that He may work in the intimacy of hearts, that enemies may begin to dialogue, that adversaries may shake hands and peoples may encounter one another in harmony. May all commit themselves to the sincere search for true peace which will extinguish all arguments, for charity which overcomes hatred, for pardon which disarms revenge. Amen.

**16**

God of peace, bring your peace to our violent world:  
peace in the hearts of all men and women  
and peace among the nations of the earth.  
Turn to your way of love  
those whose hearts and minds  
are consumed with hatred. Amen.

**17**

Lord, we pray for the power to be gentle; the strength to be forgiving; the patience to be understanding; and the endurance to accept the consequences of holding to what we believe to be right, to fulfill the destiny for which we and all men were created. Amen.

**18**

Today's prayer comes from the book of Ecclesiastes;

For everything there is a season,  
and a time for every matter under heaven:  
a time to be born,  
and a time to die;  
a time to plant,  
and a time to pluck up what is planted;  
a time to weep,  
and a time to laugh;  
a time to mourn,  
and a time to dance;  
a time to keep silence,  
and a time to speak;  
a time to love,  
and a time to hate;  
a time for war,  
and a time for peace.  
The Word of the Lord.

**19**

Gracious God  
Give us the strength it takes  
to listen rather than to judge,  
to trust rather than to fear,  
to try again and again, and  
to make peace even when peace eludes us. Amen.

20

Make us worthy, Lord, to serve those throughout the world who live and die in poverty and hunger. Give them through our hands this day their daily bread, and by our understanding love, give peace and joy. Amen.

21

**Our prayer for today is the Beatitudes:**

Blessed are the poor in spirit: for theirs is the kingdom of heaven.  
Blessed are the meek: for they shall possess the land.  
Blessed are they who mourn: for they shall be comforted.  
Blessed are they that hunger and thirst after justice: for they shall have their fill.  
Blessed are the merciful: for they shall obtain mercy.  
Blessed are the clean of heart: for they shall see God.  
Blessed are the peacemakers: for they shall be called the children of God.  
Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven. Amen.

22

God of peace, help us to create a world of non-violence, where peace reigns. Help us to recognize that peace starts within us first. Teach us how to bring peace within our own families, our schools, our community and within the world. Amen.

23

Dear Lord, We remember Jesus when he said, 'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.' We ask that those seeking rest will find peace in your gentle and humble heart.  
Amen.

24

Gracious God, we desire a world of non violence. Help us to create this world, beginning with each of us. In the words of Ghandi, help us to be the change we wish to see in the world. Amen.

25

God of peace, when things get busy, or I feel anxious today, I pray that you help me to find that deep peace within me, that only you can give. Relive me of my anxiety and help me to trust in you more.  
Amen.

26

Dear God,  
Fortify me with the grace of Your Holy Spirit and give Your peace to my soul that I may be free from all needless anxiety and worry. Help me to desire always that which is pleasing and acceptable to You so that Your will may be my will. Amen.

**27**

God, help me to remember today the wisdom in the words of St. Frances De Sales: "Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset." Amen.

**28**

God, help us to get rid of all the chaos in our lives where we are unable to hear your voice and feel your presence. Teach us how to find that peace within us, that only you can give. We ask this in Jesus name. Amen.

**29**

Today, help me God to smile at everyone I encounter. As Mother Teresa reminded us, peace begins with a smile  
Amen.

**30**

Heavenly Father,  
May I find peace in my heart today and spread it wherever I go; a calm presence amongst the chaos.  
May I be joy today in all that I do, a sign of hope in a confused, chaotic world.  
Amen.

# Prayer Service / Non Eucharistic Liturgy



## Opening Prayer

Dear Lord,

We gather today to celebrate peace. These days we are bombarded by images of war, violence, injustice, and persecution. It may not be happening in our own backyard, but we are all affected by it, and we all want it to stop. By being peaceful we learn the importance of being just and fair with the people in our lives, through our actions and words when we interact with them. We learn that it is important to listen to other people's view points before judging, and that it is okay that we are different from each other, yet equal in the eyes of God. As we pray today we ask God to give us the courage, not only to recognize the injustices in our world today, but to stand up and be the call for change in our quest to live in peace with ourselves, each other, our world, and our God. Let us think about how Jesus calls us to live His message, by praying for peace, by working for peace, and through becoming peace makers, for we are all children of God.



## Old Testament Reading Ecclesiastes 3.1-9

A reading from the book of Ecclesiastes.

Everything that happens in this world happens at the time God chooses. He sets the time for birth and the time for death, the time for planting and the time for pulling up, the time for killing and the time for healing, the time for tearing down and the time for building. He sets the time for sorrow and the time for joy, the time for mourning and the time for dancing, the time for making love and the time for not making love, the time for kissing and the time for not kissing. He sets the time for finding and the time for losing, the time for saving and the time for throwing away, the time for tearing and a time for mending, the time for silence and the time for talk. He sets the time for love and the time for hate, the time for war and the time for peace.

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



## Responsorial Psalm Psalm 34

The response to the psalm is *“Show us the way great Prince of Peace.”*

I will always thank the Lord; I will never stop praising him.

I will praise him for what he has done; may all who are oppressed listen and be glad.

Proclaim with me the Lord’s greatness; let us praise his name together. *R*

I prayed to the Lord, and he answered me; he freed me from my fears.

The oppressed look to him and are glad; they will never be disappointed.

The helpless call to him, and he answers, he saves them from all their troubles.

His angel guards those who honour the Lord and rescues them from danger. *R*

The Lord watches over the righteous and listens to their cries, but he opposes those who do evil, so that when they die they are soon forgotten.

The righteous call to the Lord, and he listens; he rescues them from all their troubles.

The Lord is near to those who are discouraged; he saves those who have lost all hope. *R*



## Second Reading (Optional) 1 Peter 3.8-13

A reading from the first letter of Peter.

To conclude: you must all have the same attitude and the same feelings; love one another as brothers, and be kind and humble with one another. Do not pay back evil with evil or cursing with cursing; instead pay back with a blessing, because a blessing is what God promised to give you when he called you. As the scriptures says, “Whoever wants to enjoy life and wishes to see good times, must keep from speaking evil and stop telling lies. He must turn away from evil and do good; he must strive for peace with all his heart. For the Lord watches over the righteous and listens to their prayers; but he opposes those who do evil.”

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



## Gospel Reading Matthew 5.1-13

A reading from the Holy Gospel according to Matthew.

Jesus saw the crowds and went up a hill, where he sat down. His disciples gathered ‘round him, and he began to teach them: “Happy are those who know they are spiritually poor; the kingdom of heaven belongs to them! Happy are those who mourn; God will comfort them! “Happy are those who are humble; they will receive what God has promised! Happy are those whose greatest desire is to do what God requires; God will satisfy them fully! Happy are those who are merciful to others; God will be merciful to them! Happy are the pure in heart; they will see God! Happy are those who work for peace; God will call them his children! Happy are those who were persecuted because they do what God requires; the Kingdom of heaven belongs to them.”

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

## **Universal Prayer**

Response: *God of all people hear our prayer.*

For the faithful, that we experience God's peace that surpasses all understanding, as we journey in our faith. *R*

For countries that are torn apart by war. May they come to experience peace and healing. *R*

For those in our community who are ill or who have passed away. We pray that they may experience God's healing love and peace. *R*

## **Optional Activities**

**Paper Dove:** Bring forth a paper dove carrying the olive branch. The dove is a symbol of perpetual peace. Have students write down an 'action' that they can do to help bring about more peace in their own lives, class, school, community, or world.

**Poppy:** Present a poppy (either actual or homemade by students) to symbolize those who are fighting for peace, and those who continue to sacrifice their lives to bring about a greater good for others.

**Clock:** Students can bring forth numbers to build a clock face at the altar to symbolize that their time is now to bring about good, peace, friendship, and change in their lives in the hope of creating a better and more peaceful world.

## **Closing Prayer**

Dear Lord,

After listening to your stories and sharing our ideas, we learned that peace is the foundation of a just and fair world. You sent Your son Jesus into our world so that we may experience peace. Help lead us and give us the strength we need to live our lives in just and peaceful ways as children of God. Help us to put aside our differences, and seek unity with each other as we work for peace in our own lives and in our world today. We ask this through Christ our Lord.

Amen.

# Catechism of the Catholic Church Reference – Peace



## CCC #2302

By recalling the commandment, "You shall not kill," our Lord asked for peace of heart and denounced murderous anger and hatred as immoral.

Anger is a desire for revenge. "To desire vengeance in order to do evil to someone who should be punished is illicit," but it is praiseworthy to impose restitution "to correct vices and maintain justice." If anger reaches the point of a deliberate desire to kill or seriously wound a neighbor, it is gravely against charity; it is a mortal sin. The Lord says, "Everyone who is angry with his brother shall be liable to judgment."



## CCC #2303

Deliberate hatred is contrary to charity. Hatred of the neighbor is a sin when one deliberately wishes him evil. Hatred of the neighbor is a grave sin when one deliberately desires him grave harm. "But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven."



## CCC #2304

Respect for and development of human life require peace. Peace is not merely the absence of war, and it is not limited to maintaining a balance of powers between adversaries. Peace cannot be attained on earth without safeguarding the goods of persons, free communication among men, respect for the dignity of persons and peoples, and the assiduous practice of fraternity. Peace is "the tranquillity of order." Peace is the work of justice and the effect of charity.



## CCC #2305

Earthly peace is the image and fruit of the peace of Christ, the messianic "Prince of Peace." By the blood of his Cross, "in his own person he killed the hostility," he reconciled men with God and made his Church the sacrament of the unity of the human race and of its union with God. "He is our peace." He has declared: "Blessed are the peacemakers."

## Scriptural References to Peace



### **Psalm 85.8**

“Let me hear what God the Lord will speak for he will speak peace to his people, to his faithful to those who turn to him in their hearts.”



### **Isaiah 54.10**

“For the mountains may depart and the hills be removed but my steadfast love shall not depart from you and my covenant of peace shall not be removed says the Lord who has compassion on you.”



### **John 14.27**

“Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not let them be afraid.”



### **Romans 14.17**

“For the kingdom of God is not food and drink but righteousness and peace and joy in the Holy Spirit.”

## Quotes on Peace



“Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset.”  
~ St. Francis de Sales



“Keep your soul at peace, in order to be able to be attentive and very faithful to the inner movement of the Holy Spirit.”  
~ Saint Peter Julian Eymard



“Peace begins with a smile.”  
~ Blessed Mother Teresa



“Let us more and more insist on raising funds of love, of kindness, of understanding, of peace. The rest will be given.”  
~ Blessed Mother Teresa of Calcutta



“While you are proclaiming peace with your lips, be careful to have it even more fully in your heart.”  
~ Saint Francis of Assisi

# Prayer Table Ideas



## Catholic Symbols:

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



**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.



## Symbols:

- o **Branch** – To symbolize the olive tree branch carried by the dove.
- o **Dove** – Traditional symbol of peace and the Holy Spirit descending on Jesus during his baptism.
- o **Poppy** – Symbol of peace to commemorate those who have died in war.
- o **Lamp** – To symbolize the eternal flame of peace, hope and regeneration of life, light of Christ.
- o **Act of Contrition** – To symbolize our inner peace, our own sinful lives and forgiveness.
- o **Sand** – To symbolize tranquility within the soul, harmony, clear and peaceful mind.
- o **Serenity Prayer** – To symbolize our acceptance of hardships on our pathway to peace.
- o **Prayer of St. Francis** – To symbolize our vision of a just and peaceful world.
- o **Books** – Any book that discusses or presents the topic of 'peace'.