



FRUITS OF THE HOLY SPIRIT  
OCTOBER

*Charity ~ charité*

Charity is the theological virtue by which we love God above all things for His own sake and our neighbour as ourselves, for the love of God.  
(CCC 1822)

*“This is my commandment,  
that you love one another as I have loved you.”*

JOHN 15.12



**THEORY OF ACTION**

*“If we model Jesus’ commandment to love each other,  
then students will understand that charity is an act of love.”*



Peterborough Victoria  
Northumberland and Clarington  
Catholic District School Board

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# Daily Prayers

1

Loving God,  
We know Christ has no body now, but ours. No hands, no feet on earth, but ours. Ours are the hands from which he brings compassion on this earth. Christ has no body here on earth, but Ours. Help us to be the hands and feet of Christ. Amen.

2

A reading on Love from St. Paul's letter to the Corinthians.  
Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Amen.

3

God of abundance, we thank you for all of our blessings. Sometimes we take things for granted and don't appreciate all that we have. May we take the time to share our blessings with others, whether it is food, shelter, or money. Help us to be courageous to reach out to those who are less fortunate. Amen.

4

**Did You Know?** Today is the memorial of St. Francis of Assisi. He grew up in a rich family and chose to live in poverty. He wished to live simply and through charity. Some men joined him to live holy lives of poverty and charity. He founded the Franciscan order. He died in the 13th century. We know him well for the prayer Make Me a Channel of Your Peace.

## **St. Francis of Assisi**

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.

O Divine Master, grant that I may not so much seek  
to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.

For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.  
Amen.

## Prière de St François d'Assise

Seigneur,

Faites de moi un instrument de votre paix.

Là où est la haine, que je mette l'amour.

Là où est l'offense, que je mette le pardon.

Là où est la discorde, que je mette l'union.

Là où est l'erreur, que je mette la vérité.

Là où est le doute, que je mette la foi.

Là où est le désespoir, que je mette l'espérance.

Là où sont les ténèbres, que je mette la lumière.

Là où est la tristesse, que je mette la joie. Amen.

Faites que je ne cherche pas tant à être consolé que de consoler,

D'être compris que de comprendre.

D'être aimé que d'aimer.

Parce que

C'est en donnant que l'on reçoit,

C'est en s'oubliant soi-même qu'on se retrouve

C'est en pardonnant qu'on obtient le pardon.

C'est en mourant que l'on ressuscite à l'éternelle vie.

Amen.

5

Gracious God, forgive us when we fail to recognize you in our brothers and sisters. There are times when we judge others and we don't want to reach out to them because they are different. May we come to know that everyone is created in your image and likeness; that your love dwells within all of us. Amen.

6

God, may we live out the vision of the world that you created; a world where there is only peace and no war; a world of people living together in harmony; all different races, religions and cultures. A world where we work together, help each other and look after each other. A world of justice, compassion and love. God, teach us to live out this vision of the world that you created. Amen.

7

A reading from the book of Isaiah 58.7-9

Is it not to share your food with the hungry  
and to provide the poor wanderer with shelter –  
when you see the naked, to clothe them,  
and not to turn away from your own flesh and blood?

Then your light will break forth like the dawn,  
and your healing will quickly appear;  
then your righteousness will go before you,  
and the glory of the LORD will be your rear guard.

Then you will call, and the LORD will answer;  
you will cry for help, and he will say: Here am I.

The Word of the Lord.

8

Creator God, help me to be a voice for the oppressed; a light for those in darkness, joy for those who are despairing and hope for those who feel helpless. Help me to be aware of those in need in my own school community. Show me how to reach out and be love to them, today and every day. I ask this in Jesus name. Amen.

9

God, help us to recognize that our actions speak louder than our words. May we live our faith of justice and not just speak about it. In the words of Ghandi, may we be the change that we wish to see in the world. Amen.

10

Dear Lord,  
Please help us to remember to give thanks for our food, our homes, and our families. Keep those who are not as fortunate close to our hearts, so that we remember to do what we can to help them. Amen.

11

God of all people, help us to recognize you in everyone we meet, especially the marginalized. May we choose to reach out with love and compassion to them, being signs of hope and joy. Give us the courage to be people of hope and compassion. Amen.

12

Today, in all that we do and with everyone we meet, Lord, show us how to live out the words of Micah: to act justly, love tenderly and walk humbly with our God. May we open our hearts to allow the Spirit to guide us. Amen.

13

God of many blessings;  
Bless those who reach out to the poor, the homeless, the oppressed  
Bless those who choose love instead of apathy.  
Bless those who speak up for those less fortunate.  
Bless those who give, when they have little to give.  
God of many blessings, bless those who reach out to others with love and compassion.  
Amen.

14

God, may our school be a loving and inclusive community. May we treat each other with love and respect; celebrating our differences and uniqueness. Teach us to treat others as we would like others to treat us. We ask this in Jesus name. Amen.

15

**Did You Know?** Today we remember St. Teresa of Avila. She is a Doctor of the Church who wrote many books about prayer life, and lived in the 16th century. Christ has no body now, but yours. No hands, no feet on earth, but yours. Yours are the eyes through which Christ looks compassion into the world. Yours are the feet with which Christ walks to do good. Yours are the hands with which Christ blesses the world. Dear Lord, help us to be Christ in the world. Amen.

16

God of all people, we pray that you continue to guide us with your Spirit as we build your kingdom of love and justice, here on earth. May we continue to persevere, even when things seem impossible. We ask this in Jesus name. Amen.

17

Dear God,  
Thank you Lord for the many graces and blessings you have placed in my life. I offer you my heartfelt gratitude for your countless gifts to me each day. Help me to be aware of the needs of others, and to respond to those who are poor and less fortunate with generous expressions of charity, kindness and caring. We ask this through Christ our Lord. Amen.

18

**Did You Know?** Today is the feast day of St. Luke. He is one of the four Evangelists and is the patron saint of artists, physicians, surgeons, students and butchers. The Gospel according to Luke and the Acts of the Apostles are attributed to Him.

**Prayer to St. Luke**

Most charming and saintly Physician, you were animated by the heavenly Spirit of love. In faithfully detailing the humanity of Jesus, you also showed His divinity and His genuine compassion for all human beings. St. Luke help inspire all physicians with divine compassion for their patients. Amen.

19

**Did You Know?** Today we remember blessed Teresa of Calcutta, better known as Mother Teresa. Mother Teresa founded the missionaries of charity. They run hospices and homes for people with HIV AIDS, Leprosy and Tuberculosis; soup kitchens, orphanages, and schools. Pope John Paul II said he was personally grateful to the courageous Mother Teresa and called her “an icon of the Good Samaritan”.

Loving God,  
Help us to be gentle and humble of heart, like the fearless messenger of love, Mother Teresa. Help us to serve every person we meet with joy and a smile. Help us to be missionaries of Christ, our peace and our hope. Amen.

20

God, help me to be aware of those around me today, those who may need small gestures of hope; a smile, a helping hand, a listening ear. Help me to touch the lives of everyone I encounter this day. Amen.

21

A reading from Paul’s letter to the Corinthians.  
For just as the body is one and has many members, and all the members of the body, through many, are on body, so it is with Christ. For in the one Spirit we were all baptized into one body-Jews or Greeks, slaves or free- and we were all made to drink of one Spirit. The word of the Lord.

22

Lord, let me not become blind to the oppression in my own community. Instil in my heart a desire for love and justice. May your spirit empower me to reach out and help to make a difference. Amen.

**23**

Dear God,

Thank you Lord for the many graces and blessings you have placed in my life. I offer you my heartfelt gratitude for your countless gifts to me each day. Help me to be aware of the needs of others, and to respond to those who are poor and less fortunate with generous expressions of charity, kindness and caring. We ask this through Christ our Lord. Amen.

**24**

God, help us to be people of justice and compassion. Teach us to be aware of those around us who need love, support and care. Help us to open our minds and our hearts to those in need in our community. We ask this in Jesus name. Amen.

**25**

Gracious God, help me to have a charitable heart. Sometimes it's so easy to only be concerned about my needs. Help me to be aware of those whose needs are greater. Please give me the courage to reach out to them. Amen.

**26**

A reading from the book of Matthew.

Be careful not to do your 'acts of righteousness' before men, to be seen by them. If you do, you will have no reward from your Father in heaven. "So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by men. I tell you the truth, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.  
The Word of the Lord.

**27**

Lord, help me to choose love today. When I feel overwhelmed and it's easier to respond negatively to situations, give me the courage and wisdom to only speak in love. Amen.

**28**

God, help me not to judge others and love them conditionally. Help me to see that you are in everyone, the unpopular, the lonely, the forgotten. May I reach out to everyone with your unconditional love. Amen.

**29**

God of all people, teach us to live by the words of Pope Benedict: "If we love others with charity, then first of all we are just towards them. ...justice is inseparable from charity, and intrinsic to it. Justice is the primary way of charity."  
Amen.

**30**

Jesus,

You embody love and truth. Help us to recognize Your face in the poor. Help us to bring love and justice to Your people. Amen.

**31**

Holy Spirit,

You inspire us to transform our world. Empower us to seek the good for all persons. Give us a spirit of solidarity and make us one human family. Amen.

# Prayer Service / Non Eucharistic Liturgy



## Opening Prayer

In the name of the Father and of the Son and of the Holy Spirit.

God of love, we ask today that you ignite within our hearts a passion for charity. May we be inspired to reach out to those who are less fortunate in our community. May we be people of compassion and hope, witnesses of your love for all. Amen.

A Reading from the Song of Solomon 8.6-7.

Set me as a seal upon your heart,  
as a seal upon your arm;  
for love is strong as death,  
passion fierce as the grave.  
Its flashes are flashes of fire,  
a raging flame.  
Many waters cannot quench love,  
neither can floods drown it.  
If one offered for love  
all the wealth of one's house,  
it would be utterly scorned.

The Word of the Lord.



## Litany

Reader 1: Love is patient.

Reader 2: God, help us not to be impatient with each others imperfections.

Reader 1: Love is Kind, and not jealous.

Reader 2: God, teach us how not to be envious of what others have.

Reader 1: Love is not arrogant.

Reader 2: God, teach us how to share our wisdom with humility.

Reader 1: Love is not rude.

Reader 2: God teach us not to be disrespectful towards others.

Reader 1: Love does not bear grudges.

Reader 2: God, teach us forgiveness.

Reader 1: Love does not enjoy other's pain.

Reader 2: God, teach us to reach out to those in need.

Reader 1: Love bears all things, believes all things, hopes all things.

Reader 2: God, may we be witnesses of your love for us to others  
Teach us to bring love to everything we do.





## **Gospel Reading** **Matthew 25.34-40**

"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' "The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'

The Word of the Lord.



## **Universal Prayer**

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

For our leaders, that they are witnesses of God's unconditional love to all, especially to those who are struggling in their faith. For this we pray to the Lord. *R*

For aid workers in war torn countries, that they have the courage to persevere in helping the oppressed, even when it seem hopeless. For this we pray to the Lord. *R*

For the homeless and the oppressed in our society. We pray for the courage to reach out and be love and hope for them. For this we pray to the Lord. *R*

For those who are ill and have passed away in our school community. Let us remember them in our hearts and prayers with love. For this we pray to the Lord. *R*



## **Optional Activities**

**Chain of paper dolls:** Bring forth a chain of paper dolls. The chain represents the unity that we all have as human beings. Have students write down a charitable action that they can do to help bring about more fraternal charity in their own life, class, school, community, or world.

**Food, clothing, money:** Bring forth some donated food, clothes or money collected to symbolize our intent to become more charitable towards our neighbour.



## **Closing Prayer**

We are called to be witnesses of Gods unconditional love for us. Through the Holy Spirit, may we reach out to others with justice, compassion and love; reaching out to the lonely, oppressed and the despairing. May we be lights in the darkness, signs of comfort and peace. We ask this in Jesus name. Amen.

# Catechism of the Catholic Church Reference – Charity



## CCC #1822

Charity is the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God.



## CCC #1823

Jesus makes charity the new *commandment*. By loving his own "to the end," he makes manifest the Father's love which he receives. By loving one another, the disciples imitate the love of Jesus which they themselves receive. Whence Jesus says: "As the Father has loved me, so have I loved you; abide in my love." And again: "This is my commandment, that you love one another as I have loved you."



## CCC #1824

Fruit of the Spirit and fullness of the Law, charity keeps the *commandments* of God and his Christ: "Abide in my love. If you keep my commandments, you will abide in my love."



## CCC #1825

Christ died out of love for us, while we were still "enemies." The Lord asks us to love as he does, even our *enemies*, to make ourselves the neighbor of those farthest away, and to love children and the poor as Christ himself.



## CCC #1826

"If I . . . have not charity," says the Apostle, "I am nothing." Whatever my privilege, service, or even virtue, "if I . . . have not charity, I gain nothing." Charity is superior to all the virtues. It is the first of the theological virtues: "So faith, hope, charity abide, these three. But *the greatest of these is charity.*"

## Scriptural References to Charity



### **Matthew 6.1**

“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.”



### **Matthew 25.34-40**

"Then the King will say to those at his right hand, 'Come, you who are blessed by my Father; inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food. I was thirsty and you gave me something to drink. I was a stranger and you welcomed me. I was naked and you gave me clothing. I was sick and you took care of me. I was in prison and you visited me.' Then the righteous will answer him, 'Lord, when was it when we saw you hungry and gave you food or thirsty and gave you something to drink? And when was it when we saw you a stranger and welcomed you or naked and gave you clothing? And when was it when we saw you sick or in prison and visited you?' "And the King will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'



### **Luke 14.13-14**

“But when you give a banquet, invite the poor, the crippled, the lame, and the blind. And you will be blessed, because they cannot repay you, for you will be repaid at the resurrection of the righteous.”



### **2 Corinthians 9.7**

“Each of you must give as you have made up your mind, not reluctantly or under compulsion for God loves a cheerful giver.”

## Quotes on Charity



“If we love others with charity, then first of all we are just towards them ... justice is inseparable from charity, and intrinsic to it. Justice is the primary way of charity.”

~ Pope Benedict



“Love is not patronizing and charity isn't about pity, it is about love. Charity and love are the same – with charity you give love, so don't just give money but reach out your hand instead.”

~ Mother Teresa



“No one has ever become poor by giving.”

~ Anne Frank



Every citizen also has the responsibility to work to secure justice and human rights through an organized social response. In the words of Pius XI, “Charity will never be true charity unless it takes justice into account ... Let no one attempt with small gifts of charity to exempt himself from the great duties imposed by justice.”

~ Catholic Social Teaching



The Church has always emphasized that this obligation of helping those who are in misery and want should be felt most strongly by Catholics, in view of the fact that they are members of the Mystical Body of Christ. “In this we have known the charity of God,” says St. John, “because he has laid down his life for us; and we ought to lay down our lives for the brethren.”

~ Catholic Social Teaching

# Prayer Table Ideas



## Catholic Symbols:

- o Green Cloth
- o Bible
- o Light
- o Crucifix
- o Mary and a rosary (it is the month of the Rosary)



## Symbols:

- o **Food Bank, coin drives or clothes donations** – To symbolize the spirit of altruism that is part of charity.
- o **Terry Fox** – To symbolize a modern day Canadian citizen who had a vision led by his charitable heart.
- o **Mother Teresa** – To symbolize a modern day Saint who spent her life to do works of charity.
- o **Lamp** – To symbolize the eternal flame of charity that burns within each of us.
- o **Act of Charity** – To symbolize our inner peace within ourselves and our own sinful lives.
- o **Prayer of St. Francis** – To symbolize our vision of charity towards others.
- o **Books** – Any book that discusses or presents the topic of 'charity'.