Care for the Caregiver:

An Invitational Guide for Staff Engagement and Personal Well-Being

(For Elementary School Communities)
(Created as a Summer Innovation project 2014-15)

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TCDSB Mission and Vision

OUR MISSION
The Toronto Catholic District School Board is an inclusive learning community rooted in the love of Christ. We educate students to grow in grace and knowledge and to lead lives of faith, hope and charity.

OUR VISION
At Toronto Catholic we transform the world through witness, faith, innovation and action.

OUR CATHOLIC VALUES
We believe...

- in the worth and dignity of every person
- in the critical role that our Catholic schools play in promoting Gospel values, social justice, environmental responsibility, human solidarity and the common good
- that high standards and expectations foster greater achievement
- that people thrive in a safe, healthy and compassionate environment
- that teaching is responsive to individual needs
- that teaching and learning should be rooted in research and evidence
- that each of us shares responsibility for creating collaborative communities of learning
- that equity, diversity, accessibility and inclusivity are integral to the Catholic community
- that the 21st century fluencies of digital literacy, creativity, innovation and collaboration are essential

Our vision of Catholic education invites each one of us—parents, students, teachers, principals, chaplains, support staff, trustees, clergy, and supervisory personnel—to work together as a community of believers committed to putting the values of our faith into practice in the daily life of the school, the home, and in all of society.

(Fulfilling the Promise, Assembly of Catholic Bishops of Ontario)

OUR MULTI-YEAR GOALS
LIVING OUR CATHOLIC VALUES
To apply Catholic Social Teachings to all that we do:

- Students will be instructed in a curriculum that is rooted in Gospel values and informed by the Ontario Catholic School Graduate Expectations
- Staff and trustees will participate in ongoing faith development through liturgical celebrations and opportunities for spiritual retreats
- Parents will be supported in their integral role of nurturing the relationship between home, school and parish
- Senior Team and Trustees will develop decision-making processes and ensure setting policy priorities that reflect Catholic social values (e.g. stewardship of God’s creation, option for the poor and vulnerable etc.)
INSPIRING AND MOTIVATING EMPLOYEES
To create learning and work environments that are equitable and diverse, and that supports professional learning, innovation and collaboration we will:

- Create a culture of respect and professionalism that recognizes and supports excellence and innovation at all levels of the organization
- Support the Catholic Leadership Frameworks for superintendents, principals, vice-principals and aspiring leaders
- Ensure procedures for authentic leadership development and succession planning are in place for recruiting, selecting, cultivating, empowering effective leaders
- Ensure that staff recruitment and promotion processes are systematic, transparent, inclusive and reflect the mission, vision and values of the board
- Develop processes such as 360 degree feedback and incentive programs to motivate staff at all levels
- Work collaboratively and proactively with unions and associations to continue to build right relationships rooted in trust and to reduce grievances

FOSTERING STUDENT ACHIEVEMENT AND WELL-BEING
To support our students in meeting the Ontario Catholic School Graduate Expectations:

- Students will exceed the provincial average in literacy and numeracy as measured in Education Quality and Accountability Office (EQAO) assessments by 2015
- Students will exceed the provincial average in credit accumulation and graduation rate by 2015
- Students, staff and parents will share a common understanding of the learning goals and related success criteria by 2015

To support our students’ ability to apply critical and innovative thinking in all subjects we will:

- Use teaching and learning strategies that have proven results to provide students opportunities to become: discerning believers, effective communicators, reflective thinkers, self-directed learners, collaborative contributors, caring family members and responsible citizens*
- Employ a variety of instructional strategies to ensure that individual learning needs are accommodated and to engage students fully in learning
- Increase investments in technology to better support digital literacy, creativity, innovation collaboration and the overall needs and aspirations of all students *Ontario Catholic School Graduate Expectations

To create equitable learning environments for all students we will:

- Provide all students with equal access to learning and technology and strive to close the opportunity gap so that the most vulnerable students achieve their full potential
• Strive to ensure that the physical, emotional, intellectual and spiritual needs of all students are met
• Strive to ensure all students are eating nutritionally and are physically fit
• Provide all students with safe, healthy learning environments

STRENGTHENING PUBLIC CONFIDENCE
To create enhanced, regular communication with all stakeholders we will:
• Improve communication and provide expertise for public communications that reflect the mission, vision and values of the board
• Ensure timely and sensitive responses to stakeholder questions and concerns
• Create opportunities for meaningful dialogue, feedback and input from the community
• Build and maintain community partnerships
• Ensure public transparency in all processes and activities

PROVIDING STEWARDSHIP OF RESOURCES
To establish integrated decision-making structures and processes to support responsive and responsible allocation of resources we will:
• Ensure that every student has the tools and resources they need to support their learning
• Increase use of research and evidence to guide decisions and actions in teaching, administration and governance
• To ensure fiscal responsibility at all levels of the organization we will:
• Establish informed, accountable and ethical decision-making for policy development and resource management
• Align operational and capital budgets with the Multi-Year Strategic Plan
• Maintain a sustainable balanced budget that reflects ecological justice principles Report results and actions annually

ACHIEVING EXCELLENCE IN GOVERNANCE
To lead and model best practices in Board governance we will:
• Build trustees’ capacity for governance and establish a mentoring program for new trustees
• Provide professional learning to strengthen leadership, accountability and transparency at all levels
• Regularly review board meetings and committee meetings for the purpose of continually improving effectiveness and accountability
• Develop an Annual Governance Plan and conduct an annual governance review
• Develop appropriate managerial and trustee governance oversight to carry out the annual plan in a fiscally responsible and transparent process in collaboration with staff
Introduction/Rationale
The educational landscape is a complex and ever-changing environment, one in which increasing amounts of stress can be felt among many of those who work in schools. Over the past decade, additional workload, accountability, and duties in the classroom and school community, have put added pressure on the day to day tasks that a school staff is responsible for.

“We need to stop and look at how important work is in people’s lives. By paying more attention to the emotional aspects of the workplace, we can make the work experience much more meaningful”, Dr. Steven J. Stein.

Make Your Workplace Great: The 7 Keys to an Emotionally Intelligent Organization

The well-being of those who work in schools has a direct connection to the achievement of the students in their care. The success of students is advanced when all school staff are engaged in their work, enjoy healthy relationships with their co-workers and feel mentally and physically sound in themselves. The Toronto Catholic District School Board in its Multi-Year Strategic Plan makes note of, “inspiring and motivating employees” as one of its primary goals. It is with these ideas in mind that the following invitational guide has been created.

Any organization, regardless of size, can create and benefit from a psychologically healthy workplace (http://www.apaexcellence.org/resources/creatingahealthyworkplace/). As educators, we often focus a great deal of time and energy in helping our students to develop resiliency skills in their lives. It is equally important that those who work in school communities are also able to be resilient in order to cope with the many challenges the workplace may present. Resiliency helps us deal with these kinds of challenges and is also an important factor in mental health and job/career satisfaction and success. There are four key ingredients to maintaining workplace resiliency:

- Relationships
- Coping Strategies
- Emotional Intelligence
- Optimism
- Competence
(http://www.psychologyfoundation.org/pdf/publications/WorkplaceResiliency.pdf)

Autonomy, mastery and purpose are also key ingredients in staff engagement, as well as the ongoing, close relationships educators have with their co-workers and the students in their care (http://www.cea-ace.ca/blog/bruce-beairsto/2012/03/6/teacher-engagement-key-student-engagement). The key goal of this invitational guide is to invite ongoing opportunities for Elementary school staff members, to be able to engage in individual, spiritual, community, and global activities that promote the building of healthy relationships with each other and enhance personal well-being.

The Toronto Catholic District School Board strives to be “a community of faith, anchored in hope, with heart and charity.” (www.tcdsb.org). Central to this is the work that we do in our schools in connection to the Virtues of the Month. Each of the virtues is linked to the tenants of Catholic Social Justice Teaching. The following invitational guide is directly connected to the
Virtues of the Month, with every month following the particular theme embedded in each virtue. We have divided each month into five sections:

- Staff Engagement Activities (SE)
- Personal Well-Being Activities (PWB)
- Suggested Reading (Books)
- Popcorn Time (Movies)
- Recipes of the Month (based on the Feast Days of each month)

The Staff Engagement activities seek to bring staff members together in a variety of ways: spiritually, socially, actively, as well as working for the common good. The Personal Well-Being activities are designed to help explore each of the virtues on a deeper, individual level. The activities are reflective, meditative, and aim to help us to discover personal insights and inner strengths. We have also included titles for Suggested Reading that connects to the Virtue of the month. Some are classics, while others may be books that are new to you. Popcorn Time, includes movies that can be shared with others or by oneself, and again are selected with the Virtue of the month in mind. Food has a way of connecting many of us together, so we have included Recipes for the Month that celebrate various feast days and celebrations taking place during the school year. We hope you enjoy making and sharing them. The links to all the resources can be found at the end of each month’s section. In addition to this detailed guide, each school will receive a month-by-month summary of the available activities that can be prominently displayed in the staff room.

It is our hope that you will explore the Staff Engagement and Personal Well-Being activities that we have offered. This invitational guide is only a starting point and each staff will bring their own gifts, talents and dimensions to it. Your staff may wish to add to this document, or amend the activities that have been included to suit different tastes and needs. Each of the activities, engage staff in discovering the vast dimensions of the different virtues of the month and the building of each of the virtues within our schools. Connecting with one another, and living in harmony fosters both understanding and mutual respect, which prove as integral elements of a cohesive staff.

God Bless,

Care for the Caregiver Writing Team

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Hospitality is shown when we welcome guests — including strangers and enemies — into our lives with kindness. Sometimes hospitality requires us to cross boundaries and remove some barriers established in our society, to believe in the unique dignity of every living being. Our schools need to be symbols of welcome and hospitality in our communities, with open doors, open minds and open hearts.

The following activities engage staff in discovering the vast dimensions of being welcoming and hospitable within our schools. It allows us to explore hospitality from a staff, local community, and global perspective. Connecting with one another, and living in harmony fosters both understanding and respect, which prove as integral elements of a cohesive staff.

**Staff Engagement Activities**

**SE Activity 1**  
*Liturgy of the Word*  
This liturgy can be arranged to be done before the morning bell during the first week of school. Extend an invitation to all staff that is able to attend. If there is a church close by, the liturgy could potentially be done there. Or alternatively, staff could attend morning mass together. A regular time for monthly staff liturgy can subsequently take place, for example: the first Wednesday of each month.

> “Only those who have opened their hearts to Christ can offer a hospitality that is never formal or superficial but identified by gentleness and reverence” Blessed John Paul II

**Preparation:** Create a prayerful atmosphere. Prepare a table at the front of your space. Tablecloth should be green for Ordinary Time. Include a cross, fresh flowers or green plant, pillar candle, Bible or Book of the Gospels, Welcome sign, perhaps a picture of your school’s namesake.

**Opening Prayer:**  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Loving God,  
You are caring and kind,  
You are wonderful and wise,  
You are our friend and guide,  
You are our deepest truth.  
You bring us together
To learn,
To play,
To worship together.
Be with us and guide us today
As we welcome back old friends
And greet new ones with hospitality.

All: Amen

Holy Scripture:
Matthew 19:13-15
Jesus Blesses Little Children
The children were being brought to Jesus in order that he might put his hands on them and pray. The disciples tried to stop those who brought them; but Jesus said, ‘Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs.’ And Jesus laid his hands on the children and he blessed them.

The Gospel of the Lord.

Prayers of the Faithful:
Please respond: Lord hear and help us
That we will always be kind to one another, we pray…Lord, hear and help us
That we will be loving and understanding we pray… Lord, hear and help us
That we will forgive one another we pray… Lord, hear and help us
That we will learn to be patient with one another we pray…Lord, hear and help us
That we may learn your wisdom and your ways we pray… Lord, hear and help us
That our school year may be one filled with many graces and blessings we pray…Lord, hear and help us

Reader or All: As we renew our relationships with each other, we notice all the fresh faces in our community – new students and new staff members. Let us welcome them with open arms. Let us make them feel at home. Let us allow them to experience the special warmth of our community and the mystery of God’s grace at work in our lives. For a spirit of hospitality and hope as we start this school year together, we pray to You, Lord. Amen

Ritual Action: If available, symbols of Hospitality can be brought up and placed in front of the prayer table (optional).
Our Father: Invite those present to pray together the words that Jesus taught us.
Sign of Peace: As witnesses of our faith and hospitality turn to one another and offer the sign of peace to those around you.

Closing Prayer:
Dear Jesus,
We are your disciples. This year, lead us, guide us and teach us to show hospitality to each other.
May we grow in mind, body and spirit.
Help us to make kind choices and take just actions.
When there is sorrow, help us to comfort.
When there is anger, help us to bring peace.
When there is joy, help us to celebrate wisely.
When there is success, help us to be grateful.
We make this prayer in your loving name.
Amen.

Adapted from Words for the Journey for Kids
Lisa Freemantle & Les Miller

Additional Optional Prayer

TCDSB Faith, Hope and Charity Prayer
Loving God, we pray that the Toronto Catholic District School Board community continue to witness to the theological virtues of Faith, Hope and Charity.
May we be people of FAITH, always willing to follow the example of Jesus in all that we do.
May we be people of HOPE, always trusting in your loving presence in our lives.
May we be people of CHARITY, always willing to give of ourselves to better the lives of others.

SE Activity 2
Welcome Breakfast
Being a new member of staff can be as intimidating as being a new student in a school. A Welcome Breakfast the first week back to school is a wonderful way to re-connect with colleagues but is especially important for any new people on staff. It will be an opportunity for new staff members to meet everyone and have a chance to mingle. This breakfast can be pot-luck or have staff contribute funds for breakfast items to be purchased. Alternatively, the principal may wish to fund this event. Please invite all staff members including custodial and itinerant staff. Introductions can be made at this time and perhaps a buddy for each new staff member can be established beforehand and announced at this time (see below). A Welcome/Survival Kit can be given to each new staff member that contains items such as: a Tim Horton’s ($5-$10) gift card, pens pencils, Post-It notes, paper clips, staples, Band-Aids, school mug or lanyard, tissues, hand sanitizer/wipes.

Additional ideas for A Teacher Survival Kit can be found here: http://www.kimskorner4teachertalk.com/classmanagement/survivalkit.html

SE Activity 3
Buddy System- New Staff
Current staff members volunteer to be a buddy to a new incoming staff, preferably one who has a similar assignment, subject or grade level. The buddy is responsible for introducing the new staff member to the faculty and staff, giving a tour of the building, showing where to find supplies in the building available for use, showing how to operate the copy machine and other equipment or technology, helping locate all textbooks, workbooks, and teacher supplies that are supposed to be in the classroom, etc. If there is a back to school breakfast or lunch, the
buddy teacher could attend with the new teacher so introductions can be made. Also the buddy teacher should be available all year to answer questions the new teacher may have.

**SE Activity 4**

**Staff Shout-Out Board**
Being recognized by our peers can boost our self-esteem, bring about a sense of group cohesiveness, and encourage others to follow suit. Designate a wall or public area, and encourage staff members to write a “shout out” and post it up when they spot a co-worker doing great things! **Keep it going all year long.** Post notes about people who: go above and beyond, help others, come up with new ideas, take on extra responsibility, teach a colleague something new, share ideas and resources, do a random act of kindness, etc.

**SE Activity 5**

**We Made It! - Staff Social**
Getting through the first month of school can feel like you have just run a marathon! A wonderful way to reward ourselves and our colleagues is by having an opportunity to share stories and success over a meal together. Staff members will be invited to a local restaurant for an after-school gathering. Please make sure that ALL staff members are invited, including custodial and itinerant staff! Making a reservation is recommended.

**Personal Well-Being Activities**

**PWB Activity 1**

**Journal Writing/Personal Reflection Time**
Keeping a journal or setting aside a few minutes a day for personal reflection can help us to pause in our busy day and center ourselves. Here are a few suggestions, thought provoking questions, quotes and scripture passages to reflect on the virtue of Hospitality.

1. Reflect on a time when a group to which you belonged excluded someone from membership because they were different. How do you feel about this action?
2. Reflect on a time when you were treated by a family member in a loving, compassionate and caring way.
3. Reflect on a time when you were welcomed into a new group or into someone’s home. What did your peers and/or hosts do to make you feel at ease? Then reflect upon how you can be hospitable in other settings, such as at school, work or in your community.

**Contemplating Jesus**
How did Jesus show inclusivity in his words and actions? How might we imitate Jesus in our daily lives and as a school community with regard to our interactions and welcoming/acceptance of others who are “different”.

**Scripture Passages:**

“Welcome him with Christian love and with great joy, and give him the honour that people like him deserves.” (Philippians 2:29)

“All are one in Christ.” (Galatians 3:28)

“...As for me and my household, we will serve the Lord.” (Joshua 24:15(b))

“Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares.” (Hebrews 13:2)

**Jean Vanier’s Message for Teachers on Hospitality**

http://www.youtube.com/watch?v=ZfDwWGEmj04&feature=g-upl

**Quotes on Hospitality**

“That boy is your company. And if he wants to eat up that tablecloth, you let him, you hear?”
— Harper Lee

“Hospitality means primarily the creation of free space where the stranger can enter and become a friend instead of an enemy. Hospitality is not to change people, but to offer them space where change can take place. It is not to bring men and women over to our side, but to offer freedom not disturbed by dividing lines.”
— Henri J.M. Nouwen

“True hospitality is marked by an open response to the dignity of each and every person. Henri Nouwen has described it as receiving the stranger on his own terms, and asserts that it can be offered only by those who 'have found the center of their lives in their own hearts'.”
— Kathleen Norris

“A life of hospitality begins in worship, with recognition of God's grace and generosity. Hospitality is not first a duty and responsibility; it is first a response of love and gratitude for God's love and welcome to us.”
— Christine Pohl

“We don’t practice hospitality to point other people to ourselves, our church, or even our beliefs. We practice hospitality to point people toward the ultimate welcome that God gives every person through Christ.”
— Holly Sprink
PWB Activity 2

**Back To School Survival Tips**

**Make use of your Benefits** – Use your benefit dollars for massage and chiropractic treatments. These treatments can help us to relieve stress and manage our work/life balance.

**Set Personal/Professional Goals** – Goals don’t have to be ambitious. You might decide to finish that book you started three years ago; to take a walk around the block every day; to learn to knit or play bridge; to call your friends instead of waiting for the phone to ring. Whatever goal you set, reaching it will build confidence and a sense of satisfaction.

**Share Humour** – Life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know. A little humour can go a long way to keeping us mentally fit!

**Exercise** – Regular physical activity improves psychological well-being and can reduce depression and anxiety. Joining an exercise group or a gym can also reduce loneliness, since it connects you with a new set of people sharing a common goal. Even taking a walk at lunch or after school can clear your head.

PWB Activity 3

**Striving for Work/Life Balance**

**At work**

- Schedule brief breaks for yourself throughout the day. Your productivity and effectiveness will increase if you take even a ten-minute break every two hours and overall, you will get more accomplished. Go to the staff room at recess or get some air!
- At the end of each day, set your priorities for the following day. Be realistic about what you can achieve in the time you have available.
- Only respond to email once or twice a day. Then, shut off your email program to avoid being distracted as messages come in.
- Make a distinction between work and the rest of your life. Protect your private time by turning off electronic communications. Don’t be available 24/7.

**At Home**

- Create a buffer between work and home. After work, take a brief walk, do a crossword puzzle, or listen to some music before beginning the evening’s routine.
- Decide what chores can be shared or let go. Determine which household chores are critical and which can be done by someone else. Let the rest go.
- Exercise. Even if it’s only for 15 minutes at a time, you’ll feel more energized and refreshed.
- Create and implement a household budget. Start by setting aside some money from each pay for the future.
Suggested Reading on Hospitality, Welcome and Acceptance

Enjoy these titles related to September’s theme.

**And You Welcomed Me: A Sourcebook on Hospitality in Early Christianity**
http://www.chapters.indigo.ca/books/and-you-welcomed-me-a/9780687096718-item.html?ikwid=and+you+welcomed+me&ikwsec=Home&ikwidx=0

**Keeping Katherine: A Mother’s Journey to Acceptance, 2004**
Susan Zimmermann tells the story of her life with her daughter Katherine, who has Rett syndrome, a devastating neurological disorder. Writing with honesty and candor, Zimmermann chronicles her personal journey to accept the changed dynamic of her family.

**Love. Life and the Pursuit of Acceptance: A Book of Poems, 2010**
Edward Raniola’s Love. Life. And the Pursuit of Acceptance is a collection of poems encompassing the trials and tribulations of youth, aging, falling in love, losing hope, broken hearts, dreams, fitting in, and the world in which it all takes place. This is a poem book for Humans.

**We Are All Welcome Here, 2007**
Elizabeth Berg, bestselling author of The Art of Mending and The Year of Pleasures, has a rare talent for revealing her characters' hearts and minds in a manner that makes us empathize completely. Her new novel, We Are All Welcome Here, features three women, each struggling against overwhelming odds for her own kind of freedom.
http://www.chapters.indigo.ca/books/we-are-all-welcome-here/9780812971002-item.html?ikwid=welcome&ikwsec=Books&ikwidx=19

**Popcorn Time for Movies on Hospitality, Welcome and Acceptance**
Enjoy these movies with family, friends, colleagues, or on your own! Please be reminded these are for staff viewing only.

**Argo, 2012** - Based on true events, "Argo" chronicles the life-or-death covert operation to rescue six Americans, which unfolded behind the scenes of the Iran hostage crisis -- the truth of which was unknown by the public for decades. Canada plays a key role in opening its doors to our neighbours to the south.
**Beyond Acceptance, 2011** - The story of a family's struggle to accept, a ten-year-old foster child, and their journey of loving the unlovable.

**Philadelphia, 1993** - When a man with AIDS is fired by his law firm because of his condition, he hires a homophobic small time lawyer as the only willing advocate for a wrongful dismissal suit. Through their relationship, a bond of mutual respect and understanding is formed.

**The Perks of Being a Wallflower, 2012** – In this coming of age story, an introverted freshman is taken under the wings of two seniors who welcome him to the real world. Through their love and friendship, he learns to come to terms with a tragic childhood event.

**To Kill a Mockingbird, 1962** - Atticus Finch, a lawyer in the Depression-era South, defends a black man against an undeserved rape charge, and his children against prejudice. Told through the eyes this five-year old daughter, this story reminds us that each person has dignity and that we must open our hearts to those who may be different from us.

Recipes for September – Dedicated to Our Lady of Sorrows

*Try these recipes to share with family, friends or colleagues.*

**Feast of St. Gregory – September 3rd**
Legend has it that St. Gregory had a great love of cherries. This recipe is called **St. Gregory Cherry Crisp** in honour of his feast day. [http://catholiccuisine.blogspot.ca/2009/09/st-gregorys-cherry-crisp.html](http://catholiccuisine.blogspot.ca/2009/09/st-gregorys-cherry-crisp.html)

**Feast of the Naming of the Virgin Mary – September 12th**
It is such a beautiful feast that allows the Church to express its love and devotion for the beautiful name “Mary” which is such a word of motherly comfort and beauty. Follow this link to the **Ave Maria Cake**: [http://catholiccuisine.blogspot.ca/2008/09/holy-name-of-mary-ave-maria.html](http://catholiccuisine.blogspot.ca/2008/09/holy-name-of-mary-ave-maria.html)

**Feast of St. Gennaro – September 19th**
This feast day, very popular with Italian immigrants to the United States at the turn of the century signifies welcome, new friends and celebrating life. Try this recipe for **Chicken San Gennaro**. [http://catholiccuisine.blogspot.ca/2012/09/chicken-san-gennaro.html](http://catholiccuisine.blogspot.ca/2012/09/chicken-san-gennaro.html)

**Feast of St. Isaac Jogues - September 26th**
St. Isaac Jogues and his companions may have eaten something similar while on their mission among the Huron Indians since the Huron Indians supplemented their diets with wild blueberries. **Huron Indian Blueberry Crunch Cake**: [http://catholiccuisine.blogspot.ca/2012/09/st-jorgues-huron-indian-blueberry.html](http://catholiccuisine.blogspot.ca/2012/09/st-jorgues-huron-indian-blueberry.html)
September Resources

**Virtues of the Month Secondary Resources**

**Staff Engagement Activities**
Liturgy of the Month – Hospitality
http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents/Liturgy%20of%20the%20Word%20-%20Virtue%20of%20Hospitality.pdf

Welcome Breakfast
http://www.kimskorner4teachertalk.com/classmanagement/survivalkit.html

Buddy System
http://www.kimskorner4teachertalk.com/classmanagement/newteachers.html#Buddy%20Teachers

Shout-Out Board

**Personal Well-Being Activities**
Journal Writing and Personal Reflection

Quotes
http://www.goodreads.com/quotes/tag/hospitality

Back to School Survival Tips
http://www.cmha.ca/mental-health/

Striving for Work/Life Balance
http://www.cmha.ca/mental_health/work-life-balance-make-it-your-business/

**Suggested Reading for September**
www.indigo.ca

**Popcorn Time for September**
www.imdb.com

**Recipes for September**
http://catholiccuisine.blogspot.ca/
October – Virtue of Gratitude

The virtue of gratitude shapes our entire outlook on life. It is the channel through which we become aware of the sacred, and the many blessings of our lives. To learn the grammar of gratitude, practice saying "thank you" for happy and challenging experiences, for people, animals, things, art, memories, dreams. Gratitude allows us to appreciate and accept our lives. Gratitude allows us to accept our life as a gift.

The following activities engage staff in discovering the vast dimensions of gratitude and the building of gratitude within our schools. It allows us to explore gratitude from a staff, local community, and global perspective. Connecting with one another, and living in harmony fosters both understanding and respect, which prove as integral elements of a cohesive staff.

**Staff Engagement Activities**

**SE Activity 1**

*Liturgic of the Word*

This liturgy can be arranged the week before or following Thanksgiving. All those who are able are welcome to attend. If there is a church close by, the liturgy could potentially be done there. Or alternatively, staff could attend morning mass together. A regular time for monthly staff liturgy can subsequently take place, for example: the first Wednesday of each month.

*"Give thanks to the Lord."* Psalm 105:1

**Preparation:** Create a prayerful atmosphere. Prepare a table at the front of your space. Tablecloth should be green for Ordinary Time. Include a cross, fresh flowers or green plant, pillar candle, Bible or Book of the Gospels, cornucopia, wheat sheaths, corn, pumpkins, gourds, etc.

**Opening Prayer:**

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

Gracious God,

As leaves turn to gold, you shine with your goodness.

We give thanks for all your gifts, and for the gift of friendship.

Make our hearts even more grateful.

May we also shine with your love.*

**All:** Amen
Holy Scripture:
Psalm 136

Give Thanks to the Lord
Give thanks to the Lord, for he is good, for his steadfast love endures forever.
O give thanks to the God of gods, for his steadfast love endures forever.
O give thanks to the Lord of lords, for his steadfast love endures forever; who alone does great wonders, for his steadfast love endures forever; who by understanding made the heavens, for his steadfast love endures forever; who spread out the earth on the waters, for his steadfast love endures forever; who made the great lights, for his steadfast love endures forever; the sun to rule over the day, for his steadfast love endures forever; the moon and stars to rule over the night, for his steadfast love endures forever.

The Word of the Lord.

Litany: Gratitude*
In this season of falling leaves and cooling temperatures, we draw closer to you.
All: We thank you, God
For sun-bright days and rain-soaked nights,
All: We thank you, God
For golden leaves and fading flowers,
All: We thank you, God
For faithful friends and loving families,
All: We thank you, God
For caring teachers and devoted priests,
All: We thank you, God
For joyful music and successful learning for all,
All: We thank you, God

Ritual Action:
If available, symbols of Gratitude can be brought up and placed in front of the prayer table.

Our Father:
Invite those to pray together the words that Jesus taught us.

Sign of Peace:
As witnesses of our faith and gratitude turn to one another and offer the sign of peace to those around you.

Closing Prayer:
*God of seasons of splendour,
We praise your gracious gifts.
Again and again
We give you our thanks.
May our gratitude lead us to give of our talents.
We make this prayer in the name of Jesus.

Amen
*Adapted from Words for the Journey for Kids
Lisa Freemantle & Les Miller

Reader or All: We pray for a deep sense of gratitude for all that we have received through family, through Church, through society, through friendship, through the extraordinary abundance of our planet earth. We pray for a spirit of generosity and justice in reaching out to those in need – the
homeless, those without food or proper clothing. May we always remember to count our blessings and praise God. May God give each of us the clarity of speech and action to be able express our appreciation to everything and everyone we encounter.

Amen.

Additional Optional Prayer

TCDSB Faith, Hope and Charity Prayer

Loving God, we pray that the Toronto Catholic District School Board community continue to witness to the theological virtues of Faith, Hope and Charity.

May we be people of FAITH, always willing to follow the example of Jesus in all that we do.

May we be people of HOPE, always trusting in your loving presence in our lives.

May we be people of CHARITY, always willing to give of ourselves to better the lives of others.

SE Activity 2

Thanksgiving Luncheon

Set aside a lunch time the week before or following Thanksgiving to share a staff meal together. Each person can sign up to bring an item as a way to show their gratitude toward one another. Begin the meal with a Thanksgiving prayer and take a few moments to have each person share something they are grateful for at school. People could also read the posted notes from the Shout-Out post-it board that was established in September.

SE Activity 3

Pay it Forward - Random Acts of Kindness (RAK) Week

Staff will choose a week in October to be Staff Random Acts of Kindness week. During this week, staff members will do random acts of thoughtfulness and kindness towards their colleagues. Encourage each other to pay it forward to someone else. Let these acts spill over to your classroom, home or community. Here are some RAK ideas:

- taking someone’s yard duty
- leaving someone a cup of coffee or tea on their desk
- write a card to wish someone a great day
- leave a treat in someone’s mailbox
- make someone laugh
- give your prep period to someone who needs it
- wash a colleague’s chalkboard
- pass on a good book you have enjoyed
- say a prayer for someone and leave them an anonymous note telling them that you prayed for them
- send an email to a colleague telling them what a good job they are doing

More ideas:

http://www.actionforhappiness.org/take-action/do-kind-things-for-others
http://wordsthatserve.wordpress.com/good-deed-weeks/
http://www.randomactsofkindness.org/
Activity 4
Staff Shout-Out Board – Thank You!
The theme for the Shout-Out board this month is: Thank You! Post notes of thanks to colleagues as often as you can during the month of October. Whether an act of kindness is big or small, we can show gratitude and thanks for the kindness of others. Being thanked helps us to feel that we are appreciated. Use these three techniques to give the most powerful thank you:
(1) Find the benefit. What good came to you because of this person?
(2) Acknowledge the effort. What might have been hard for them?
(3) Spot the strength. What good do you see in the person you’re thanking?

SE Activity 5
Hallowe’en Month-End Social
By the end of October, routines have been established, you’re grateful that Curriculum night is over and Thanksgiving and Hallowe’en activities have taken place. Make a plan to spend some much needed collegial time with each other at a staff social outing at the end of the month. It is refreshing to see staff away from the school environment. Sit with someone you may not be that familiar with to learn something new about someone and appreciate them a little more. Staff members will be invited to a local restaurant for an after-school gathering. Please make sure that ALL staff members are invited, including custodial and itinerant staff! Making a reservation is recommended. Costumes optional!

Personal Well-Being Activities

PWB Activity 1
Gratitude Journal or Personal Reflection Time
Keeping a journal or setting aside a few minutes a day for personal reflection can help us to pause in our busy day and center ourselves. Here are a few suggestions, short videos, quotes and scripture passages to reflect on the virtue of Gratitude.
1. Reflect on the people in your life that you are thankful for. Consider the reasons you appreciate them.
2. Reflect on a time when someone did something unexpectedly nice for you. Think about how this made you feel and what you might have said to them about the experience. Alternatively, list acts of kindness you have done for others. Consider how these unselfish acts made you feel.
3. Each week in October, list the things that you are thankful for in your life. By the end of the month, you will have a long list of gratitude.
4. Before going to sleep each night, ask yourself one or all of the following questions:
   - What touched me today?
   - Who or what inspired me today?
   - What made me smile today?
   - What’s the best thing that happened today?

Contemplating Jesus
How did Jesus show gratitude? How might we imitate Jesus in our daily lives and as a school community with regard to our ability to be thankful for both our blessings and our challenges?

Scripture Passages:
And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. (Colossians 3:15-20)

First, I thank my God through Jesus Christ for all of you, because your faith is proclaimed throughout the world. (Romans 1:8)

This is the day that the Lord has made; let us rejoice and be glad in it. (Psalm 118:24)

I do not cease to give thanks for you, remembering you in my prayers. (Ephesians 1:16)

Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe. (Hebrews 12:28)

Oh give thanks to the Lord, for he is good, for his steadfast love endures forever. (Psalm 107:1)

Gratitude Videos
http://www.youtube.com/watch?v=nj2ofrX7jAk
http://www.youtube.com/watch?v=oHv6vTKD6lg
http://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful

Quotes on Gratitude
“Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.”
— Maya Angelou,

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”
— Ralph Waldo Emerson

“Acknowledging the good that you already have in your life is the foundation for all abundance.”
— Eckhart Tolle

“Just an observation: it is impossible to be both grateful and depressed. Those with a grateful mindset tend to see the message in the mess. And even though life may knock them down, the grateful find
reasons if even small ones, to get up.”
— Steve Maraboli

PWB Activity 2
Gratitude Letter
Make a list of at least five people who have had a profound impact on your life. Choose one and write a thank you letter expressing gratitude for all the gifts you’ve received from that person. If possible, deliver your gratitude letter in person. In studies of people who have practiced this form of gratitude, the results have been amazing. Often the recipient of the letter had no idea what an impact he or she had had on another person and were deeply touched by the expression of such authentic gratitude. While we may often thank people verbally, the written word can often be even more powerful because someone has taken the time to write their appreciation. A letter can also be re-read and treasured, creating joy and love that will continue to ripple out into the universe.

PWB Activity 3
Gratitude Walk
During the month of October, add a daily or weekly Gratitude Walk. This is a particularly useful practice when you’re feeling down or filled with stress and worry. Set aside 20 minutes (or longer if you can) and walk in your neighborhood, through a park, around your office, or somewhere in nature. As you walk, consider the many things for which you are grateful: loving relationships, material comforts, the body that allows you to experience the world, the mind that allows you to really understand yourself, and your essential spiritual nature. Breathe, pause, and be grateful for the air that is filling your lungs and making your life possible.

Pay attention to your senses—everything you’re seeing, hearing, feeling, smelling, and maybe even tasting—and see how many things you can find to feel grateful for. This is a powerful way to shift your mood and open to the flow of abundance that always surrounds you.

PWB Activity 4
Making Gratitude a Habit
Gratitude is a thankful appreciation for what a person receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, they usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves—whether to other people, nature or a higher power. Researchers who study gratitude find that it is strongly and consistently associated with greater happiness. Gratitude helps people:

- Feel more positive emotions
- Relish good experiences
- Improve their health
- Deal with adversity
- Build strong relationships
Lisa Aspinwall, a psychology professor at the University of Utah, suggest that grateful people may be more likely to:

- take better care of themselves physically and mentally
- engage in more protective health behaviours and maintenance
- get more regular exercise
- eat a healthier diet
- have improved mental alertness
- schedule regular physical examinations with their doctor
- cope better with stress and daily challenges
- feel happier and more optimistic
- avoid problematic physical symptoms
- have stronger immune systems

**Suggested Reading on Gratitude and Thankfulness**

*Enjoy these titles to expand your thoughts on October’s theme.*

**Daily Gratitude: 365 Days of Reflection, 2014**
National Geographic's latest inspirational book takes on the most timeless and universal of topics: gratitude. Illuminating the diverse elements that make life precious, this book invites readers to savour what’s really important--from friends and family to adventure and success to the simple comforts of home.

http://www.chapters.indigo.ca/books/daily-gratitude-365-days-of/9781426213793-item.html?ikwid=gratitude&ikwsec=Books&ikwidx=1

**Gratitude: Inspirations by Melody Beattie, 2007**
Melody Beattie's Gratitude is an antidote to today's harried lifestyle. Beautifully illustrated and ideal for gift-giving, Gratitude encourages readers to reconnect with what's truly important in life, the everyday blessings that are ever-present and ever-sustaining.


**The Book of Awesome, 2011**
Neil Pasricha’s observations on life’s little joys are at once simple and deep. He brings to these observations the keen eye of a writer, the wit of a humourist, and the openness of an eternal optimist. This is just an unbeatable combination. It is impossible to read The Book of Awesome without being inspired to feel better about life.

The Thankful Heart: How Gratitude Can Change Every Texture of Our Lives, 2014
We all know that an attitude of gratitude helps each day be a little better. When times are difficult and challenges abound, having a thankful heart is the catalyst for the abundant life. The Thankful Heart, by well-known family authors Richard and Linda Eyre, is a book to keep or a book to give, and filled with messages of gratitude and inspiring images for even the most difficult day.
http://www.chapters.indigo.ca/books/the-thankful-heart-how-deliberate/9781939629401-item.html?ikwid=thankfulness&ikwsec=Books&ikwid=10

Popcorn Time for Gratitude and Thankfulness
Enjoy these movies with family, friend, colleagues, or on your own. Please be reminded that some of these titles may not be suitable for children.

Pay it Forward, 2000 - When Trevor McKinney begins seventh grade in his social studies teacher Eugene Simonet gives the class an assignment to devise and put into action a plan that will change the world for the better. Trevor's plan is a charitable program based on the networking of good deeds. He calls his plan "Pay It Forward", which means the recipient of a favour does a favour for others instead of paying the favour back. However, it needs to be a major favour that the receiver can't complete themselves. A young boy attempts to make the world a better place after his teacher gives him that chance.

It's A Wonderful Life, 1947 - An angel helps a compassionate but despairingly frustrated businessman by showing what life would have been like if he never existed. James Stewart comes to appreciate his own life, with all its joys and challenges, and comes to appreciate the sacred in the everyday.

Stepmom, 1999 - A terminally-ill mother has to settle on the new woman in her ex-husband's life, who will be their new stepmother. This story explores the gratitude that comes through realizing that people in our lives are a blessing, no matter how they come to us.

Eat Pray Love, 2010 - A married woman realizes how unhappy her marriage really is, and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to "find herself". Through self-examination and self-discovery, she learns what it means to trust and let go.

Recipes for October – Dedicated to the Holy Rosary
Try these recipes to make and share with family, friends or colleagues!
**Feast of St. Theresa of Lisieux – October 1st**
Roses are associated with St. Theresa and these Rose Cupcakes honour her devotion to Mary and the holy rosary. [http://catholiccuisine.blogspot.ca/2009/09/rose-cupcakes.html](http://catholiccuisine.blogspot.ca/2009/09/rose-cupcakes.html)

**Feast of St. Francis of Assisi – October 4th**
St. Francis’ love of nature and the animal world reminds us to never forget our furry friends. These recipes for Chicken Biscuit Dog Treats and Tuna Tidbits are delicious treats for your favourite dog or cat. [http://catholiccuisine.blogspot.ca/2009/10/remembering-st-francis.html](http://catholiccuisine.blogspot.ca/2009/10/remembering-st-francis.html)

**Feast of St. Pope John Paul II – October 26th**
This cake was a favourite of Pope John Paul II as a child in Poland. He and his childhood friends would buy this cake from the bakery after putting all their money together. Papal Cream Cake: [http://catholiccuisine.blogspot.ca/2011/04/kremowka-papieska-papal-cream-cake.html](http://catholiccuisine.blogspot.ca/2011/04/kremowka-papieska-papal-cream-cake.html)

**Feast of All Hallows Eve – October 31st**
Begging at the door grew from an ancient English custom of knocking at doors to beg for a "soul cake" in return for which the beggars promised to pray for the dead of the household. Try these modern day Soul Cakes that resemble delicious doughnuts. [http://catholiccuisine.blogspot.ca/2009/10/soul-cakes.html](http://catholiccuisine.blogspot.ca/2009/10/soul-cakes.html)
October Resources

**Virtues of the Month Secondary Resources**

**Staff Engagement Activities**
Liturgy of the Month – Gratitude
http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents/Liturgy%20of%20the%20Word-%20Virtue%20of%20Gratitude.pdf

Pay it Forward
http://www.actionforhappiness.org/take-action/do-kind-things-for-others
http://wordsthatserve.wordpress.com/good-deed-weeks/
http://www.randomactsofkindness.org/

Staff Shout Out – Gratitude
http://happierhuman.com/benefits-of-gratitude/
http://happierhuman.com/benefits-of-gratitude/

**Personal Well-Being Activities**
Gratitude Journal/Personal Reflection Time

Gratitude Videos
www.youtube.com

Gratitude Quotes
http://www.goodreads.com/quotes/tag/gratitude

Gratitude Letter
http://spiritualityhealth.com/articles/3-essential-practices-gratitude)

Gratitude Walk
http://spiritualityhealth.com/articles/3-essential-practices-gratitude)

Making Gratitude a Habit
http://www.healthline.com/health/depression/giving-thanks
Suggested Reading for October
www.indigo.ca

Popcorn Time for October
www.imdb.com

Recipes for October
http://catholiccuisine.blogspot.ca/
Care for the Caregiver: Invitational Guide for Staff Engagement and Personal Well-Being

November- Virtue of Peace

Peace is a goal of all spiritual people. Peace begins within ourselves and is an inner state of well-being and calm. People of peace promote non-violence, practice conflict resolution, and believe in cooperating to solve problems. The root of the Hebrew word for peace, “shalom”, means “whole” and points to this twofold meaning: peace within oneself and peace between people. Practice peace by refusing to participate in violence either directly or indirectly. Try to stay composed no matter how agitated the people around you become. Meet conflict with equanimity. Disarm yourself—lower your guard—as a first step in disarming the world. 

The following activities engage staff in discovering the vast dimensions of peace and peace building within our schools. It allows us to explore peace from a staff, local community, and global perspective. Connecting with one another, and living in harmony fosters both understanding and respect, which prove as integral elements of a cohesive staff. “If we have no peace, it is because we have forgotten that we belong to each other.” Mother Teresa.

Staff Engagement Activities

SE Activity 1

Liturgy of the Word

This liturgy can be arranged the week before or following Remembrance. All those who are able are welcome to attend. If there is a church close by, the liturgy could potentially be done there. Or alternatively, staff could attend morning mass together. A regular time for monthly staff liturgy can subsequently take place, for example: the first Wednesday of each month.

“Peace I leave you, my peace I give you.” John 14:27

Preparation:
Create a prayerful atmosphere. Prepare a table at the front of the space. Tablecloth should be green for Ordinary Time. Include a cross, fresh flowers or green plant, pillar candle, Bible or Book of Gospels, and symbols of Peace such as doves or cranes etc.

Opening Prayer:
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
God of Peace,
Help us to trust in your guidance.
Lead us to your peace.
We ask this through your Jesus, your Son.

Amen

Holy Scripture: John 14:25-27
“I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send my name, will teach you everything, and remind you of all that I have said to you. Peace I leave you; my peace I give 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.”

Reflections on Peace:
Peace is a gift that Jesus gives us. When he appeared to his friends the disciples he would say, “Peace with you.”
This is a greeting that puts everyone at ease.
During Mass, we offer each other the sign of peace.
This means that we wish those around us will share in the peace of Christ.
At the end of every Mass, the priest or deacon directs to “Go in peace to love and serve the Lord”.
We are called to live in peace and to love our neighbours.
Too often in our world today, people try to solve their problems by fighting.
We must remember that we are all members of the family of God, and that God wants us, his children to live in peace and harmony.

Our Father:
Invite the group to pray together the words that Jesus taught us.

Sign of Peace:
As witnesses of our faith and hospitality, turn to one another, and offer the sign of peace to those around you.

Closing Prayer:
Peace Prayer of 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;
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 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**  
Adapted from *Words for the Journey for Kids*  
Lisa Freemantle and Les Miller

**Songs:**  
Faith, Hope and Charity  
Prayer of Saint Francis

**SE Activity 2**  
*Peace Dove*  
Encourage individuals to think about and reflect on the different aspects of peace. The dove is the universal symbol of peace, and creating a Peace Dove is a very simple yet powerful image. Using felt, these images may be easily created by tracing the imprint of your hand, and including an eye and beak. These may be prominently displayed in the staff room as symbols of peace throughout the year. This beautiful activity may also be extended to the classroom, and students may also create a Peace Dove as it may develop into a school wide activity.

**SE Activity 3**  
*Peace and Remembrance*  
When you close your eyes and think of peace. What do you see? “Peace.....What Do You See?”  
Post this heading on a bulletin board, and invite staff to use sticky notes to include their comments, ideas, or statements.

**SE Activity 4**  
*Peace Garden*  
Trees, shrubs, and flower bulbs can be added to a small space in either the front yard or the schoolyard. Much of the greenery required can come from our own gardens at home! This activity builds relationships through hands-on activities, and we can readily discover who has the green thumb on staff. If a garden is already established, renew or redecorate the area. This space can be as simple or elaborate as the group decides. Once completed, it may serve as a quiet place to pray and reflect.  
Give back. Go Green!

**Personal Well Being Activities**

**PWB Activity 1**  
*Journal Writing/Personal Reflection*  
Create a Peace Pledge Diary and use it to record how you, your community, and world are moving towards a culture of peace and non-violence. Use the passages and quotes below as a way to center your reflections.
Scripture Passages
“The Lord gives strength to his people; the Lord blesses his people with peace.” Psalm 29:11

“Peace I leave you, my peace I give to you.” John 14:27

“Blessed are the peacemakers, for they shall be called sons of God.” Matthew 5:9

“Peace I leave with you, my peace I give to you.” John 14:27

“Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.” Romans 5:1

Quotes on Peace
“A smile is the beginning of peace.”- Mother Teresa

“I do not want peace that passeth as understanding. I want the understanding which bringeth peace.” - Helen Keller

“There was never a good war or a bad peace.”- Benjamin Franklin

“Imagine all the people living life in peace.”- John Lennon

“Peace is always beautiful.”- Walt Whitman

“Peace, like charity, begins at home.”- Franklin Delano Roosevelt

“When you make peace with yourself, you make peace with the world.”- Maha Ghosananda

PWB Activity 2
Yoga for Beginners
You don’t need a Yoga instructor! Simply use the links from this month’s resources, set a laptop or tablet, and relax....
These serene and peaceful sessions may be conducted on bi-weekly basis or as desired by the group. The following is an example of the videos available; however, the list is quite lengthy, and may easily sustain the group for the entire year if required.
- Yoga For Complete Beginners
- Yoga For Stress Relief
- Yoga for Yoga Salutations

PWB Activity 3
Peace and Remembrance Reflection: Mass
Attend an evening or early morning Mass, and meditate on the meaning of both Peace and Remembrance. This can be done on an individual basis or involving a small or large group.
PWB Activity 4

The Giving Tree

In order to promote personal health, well-being, and promote peace, create a large tree display. Use a large tree cut out and leaf cut outs and post in the staff room. The sign could state, “What will you do for Peace to improve your health, well-being and promote peace? Cut out leaf templates and write several examples to attach to the display.

Examples:
“For Peace, I will give speak well of people and not gossip.”
“For Peace, I will give up on negative thoughts.”
“For Peace I will work to remove anger in my own heart.

Have the tree on display and encourage staff to participate.

Supplementary Reading on Peace

Three Cups of Tea: One Man’s Mission to Promote Peace...One School at a Time, 2011
Greg Mortenson’s book demonstrates an individual’s power to change lives, as this homeless mountaineer promises to build villagers a school. The astonishing, uplifting story of a real-life Indiana Jones and his humanitarian campaign to use education to combat terrorism in the Taliban’s backyard

http://www.chapters.indigo.ca/books/three-cups-of-tea-one/9780143038252-item.html?ikwid=Three+cups+of+tea&ikwsec=Home&ikwidx=0

The Third Side: Why We Fight and How We Can Stop Fighting, 2000
William Ury’s book provides a bold new strategy for stopping fights and destructive conflicts. According to the author, it takes two sides to fight but a third to stop. Distilling the lessons from two decades of experience in family struggles, labour strikes and wars, he presents a bold new strategy for stopping fights.

http://www.chapters.indigo.ca/books/third-side-revised-and-updated/9780140296341-item.html?ikwid=the+third+side&ikwsec=Home&ikwidx=5

Beyond War: Reimagining American Influence in a New Middle East, 2014
A ground breaking look at America’s role in the Middle East—from the Pulitzer Prize–winning author David Rohde, demonstrates the privatization of the war on terror and offers an in depth look at the Middle East. Beyond War is a clarion call for change in American policies and attitudes toward a rapidly changing Middle East.

http://www.chapters.indigo.ca/books/beyond-war-reimagining-americas-role/9780143125112-item.html?ikwid=beyond+war&ikwsec=Home&ikwidx=0

Contemporary Conflict Resolution, 2011
This book by Oliver Ramsbotham, examines conflict resolution, as it has become part of the mainstream. The authors argue that a new form of cosmopolitan conflict resolution is emerging.

http://www.chapters.indigo.ca/books/contemporary-conflict-resolution/9780745649740-item.html?ikwid=contemporary+conflict+resolution&ikwsec=Home&ikwidx=0
Popcorn Time for Peacemaking
Watch movies that explore the principles of peacemaking and non-violence. Enjoy these movies with family, friends, colleagues, or on your own. Please note that these films are intended for adult audiences.

Gandhi, 1982 – The biography of Mohandas K. Gandhi, the lawyer who became the famed leader of the Indian revolts against the British rule through his philosophy of nonviolent protest. This is an inspirational film which delivers many of Gandhi’s inspirational words regarding peace.

Judgment at Nuremberg, 1961 - In 1948, an American court in occupied Germany tries four Nazi judges for war crimes. Four German judges are charged with crimes against humanity during the Nazi regime. This film is filled with notable performances by Montgomery Clift, Spencer Tracy, Burt Lancaster and Judy Garland.

Mississippi Burning, 1988 - This film outlines the lives of three civil rights workers who were part of a voter registration drive in Mississippi. Two FBI agents with wildly different styles arrive in Mississippi to investigate the disappearance of some civil rights activists.

Romero, 1989 - This movie explores the life and work of Archbishop Oscar Romero who opposed, at great personal risk, the tyrannical repression in El Salvador. This film presents the life of this non-violent revolutionary martyr advocating for the rights of the poor and oppressed in El Salvador.

Cry Freedom, 1987 - South African journalist Donald Woods is forced to flee the country after attempting to investigate the death in custody of his friend the black activist Steven Biko. This film outlines the struggle against apartheid through the friendship between a newspaper editor and a political activist.

Recipes for November - Dedicated to the Holy Souls

Feast of All Saints Day - November 1st
The Feasts of All Saints Day (preceded by All Hallows Eve) and All Souls tie together and help us remember the Church Militant, the Church Suffering, and the Church Triumphant. This recipe for Heavenly Haystacks is a sweet treat to celebrate all those who sacrificed for their faith. [http://catholiccuisine.blogspot.ca/2008/10/hallowed-days-all-saints-and-all-souls_27.html](http://catholiccuisine.blogspot.ca/2008/10/hallowed-days-all-saints-and-all-souls_27.html)

Feast of St. Martin de Porres - November 3rd
One of the endearing qualities of St. Martin was his love for all of creation, including even vermin. There is a favourite tale of mice eating the sacred linens in the sacristy. **St. Martin’s Mice** is a recipe for twice baked potato that honours St. Martin’s affinity for even the smallest of God’s creatures. [http://catholiccuisine.blogspot.ca/2008/11/st-martins-mice.html](http://catholiccuisine.blogspot.ca/2008/11/st-martins-mice.html)
Feast of St. Margaret of Scotland - November 16th
Try this authentic recipe for *Scottish Shortbread* in honour of St. Margaret, one of two patron saints of Scotland. St. Margaret of Scotland was also known as Margaret of Wessex and Queen Margaret of Scotland. She was an English princess of the House of Wessex. Margaret was sometimes called “The Pearl of Scotland”.

November Resources

**Virtues of the Month Secondary Resources**

**Staff Engagement Activities**
Liturgy of the Month – Peace
http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents/Liturgy%20of%20the%20Word%20-%20Virtue%20of%20Peace.pdf

Peace Dove
www.pinterest.com/planetpals/peace-ideas/

Peace and Remembrance
www.pinterest.com/rememberance

Peace Garden
www.teambuilding-unlimited.com

**Personal Well-Being Activities**
Quotes
http://www.goodreads.com/quotes/tag/peace

Yoga For Beginners
http://youtu.be/v7AYKMP6rOE

The Giving Tree
www.ymca.ca/.../ymca%20building%20activity%20guide%2020

**Suggested Reading for November**
www.indigo.ca

**Popcorn Time for November**
www.imdb.com

**Recipes for November**
http://catholiccuisine.blogspot.ca/
The virtue of Charity requires us to be generous with our presence, time, and money. Charity allows us to give freely without expecting anything in return. The virtue of Charity is an essential sign of faith. Jewish and Christian ethics are built upon charitable acts and deeds. The virtue of charity encompasses a range of small acts and habits that affects our own immediate surroundings as well as the larger global community. It can be as simple as giving someone a smile or it can be expressed on a larger scale through raising funds for world organizations such as Development and Peace or Free the Children. It applies not just to our personal relationships with other people, but also extends to things, animals, plants, and the Earth. All creation is interrelated. Charity allows us to see how we are connected to others through time and space. We have a responsibility to nurture, support, and be in solidarity with those around us.

The following activities engage staff in discovering the dimensions of charity and continue to promote an environment characterized by charitable acts. This allows us to explore charity from a staff, a local community, and global perspective. Connecting with one another, and living in harmony fosters both understanding and respect, which prove as integral elements of a cohesive staff.

Staff Engagement Activities

SE Activity 1
Liturgy of the Word
This liturgy can be arranged the week before or following Remembrance. All those who are able are welcome to attend. If there is a church close by, the liturgy could potentially be done there. Or alternatively, staff could attend morning mass together. A regular time for monthly staff liturgy can subsequently take place, for example: the first Wednesday of each month.

Ubi Caritas et amor, Deus ibi est—Where there is charity and love, God is there.” – Gregorian Chant

Preparation:
Create a prayerful atmosphere. Prepare a table at the front of your space. Tablecloth should be purple for Advent. Include an Advent Wreath, Bible or Book of Gospels, pillar candle.
Opening Prayer:
In the name of the Father, and of the Son, and of the Holy Spirit. Amen
In the season Advent, as we prepare for the birth of Jesus,
It is important to keep in mind those that are less fortunate than us.
This includes the poor in spirit and the poor in wealth, those that are ill and the lonely.
What we give can be different for each of us.
We can give prayers, our time or even a smile.
During this season of hope and waiting, we are called to give of ourselves to those in need.
This helps us grow in faith.*

Holy Scripture
The Final Judgment adapted from re: Matthew 25:34-40
Jesus told his disciples: “The king will say to the people on his right, “come, you that are blessed by my Father! Come and possess the kingdom which has been prepared for you ever since the creation of the world. I was hungry and you fed me, thirsty and you gave me a drink, I was a stranger and you received me in your homes, naked and you clothed me. When did I do these things? I never gave you food. I never gave you anything to eat or drink. I never gave you clothing. I never welcomed you when you were alone. Whenever you showed compassion by doing these things for any other person, you did it for me.
The Gospel of the Lord*

Litany: Let Us Give
All: Let us give to those who hunger.
We can give food to our local food bank.
All: Let us give to those who are poor.
We can share what we have.
All: Let us give to those who are lonely.
We can visit them.
All: Let us give to those who have few friends.
We can share a smile and talk with them.
All: Let us give to those who are ill.
We can offer our prayers to God for their healing.
Amen

Our Father:
Invite the school community to pray together the words that Jesus taught us.

Sign of Peace:
As witnesses of our faith and hospitality, turn to one another and offer the sign of peace to those around you.

Closing Prayer:
Jesus taught us to give.
He gave us the greatest gift of all.
He asks only that we love God first, with all our hearts,
And then love our neighbours.
We can show love for God in our prayers
And in the way we live our lives,
Following God’s word.
We can show our love for our neighbours,
By freely sharing our gifts.
Let us give to others.
Amen
Adapted from Words for the Journey for Kids
Lisa Freemantle & Les Miller

Songs:
Faith, Hope and Charity
Whatsoever You Do
Ubi Caritas

SE Activity 2
Bears that Care
This Charity Challenge is fun and altruistic! It benefits your group and the children who receive the Bears that Care. It’s a Win-Win group event and great for community service. Divide staff into groups (ensure that everyone is included). Each person requires a stuffed bear; a staff member may purchase for everyone or it can be done on an individual basis—the Dollar Store may be helpful. Each staff member builds and creates the personality of the Teddy Bears or other stuffed animals; each should have unique features such as clothing and accessories. A thematic approach might be challenging and fun! Ideas might include sports, fashion, celebrity look-a-likes, etc. Once the creative bears are completed, staff may present them to local organizations: Shelters, Police, Fire, Hospitals, etc...

SE Activity 3
Operation Backpack: Backpacks for Kids
Utilizing skills such as communication, collaboration, planning, resource allocation, and creativity, groups will enjoy this morale-building event. Groups or individuals create, decorate, and fill backpacks with basic school supplies that will be donated to needy children. The school community or the community at large may be the focus.

SE Activity 4
Project Runway
Strut your stuff on the cat walk! Can you pull together an outfit and create runway-worthy ensembles to wow the judges? This creative event is modeled after the TV series. Teams will be responsible for putting together three unique and individual "looks" to be shown on the fashion runway. Whether you create haute couture or just a hot mess, this event can be highly effective for building camaraderie and developing morale, inspiring your staff and keeping you looking good! Groups assemble outfits utilizing found materials, and model “glamorous fashions” on the catwalk for a panel of judges. One team will be crowned as Project Runway Champs. The fashion show can be presented to the students, as part of your December activities. Highlight the charitable
aspect; each team can donate a set amount of money and the proceeds can be donated to charity.

**Personal Well-Being Activities**

**PWB Activity 1**

*Journal Writing/Reflection Time*
Create a Charity Pledge Diary and use it to record how you, your community, and world are moving towards a culture of charity.

**Quotes on Charity**

“Where there is charity and love, God is there.” - Ubi Caritas, Gregorian Chant

“And now abide with faith, hope, charity, these three; but the greatest of these is charity.” 1Corinthians 13:1

“The measure you give will be the measure you get.” - Matthew 7:2

“It is more blessed to give than to receive.” - Acts 20:35

“It’s not how much we give, but how much love we put into giving.” - Mother Teresa

“When we give cheerfully and accept gratefully, everyone is blessed.” - Maya Angelou

“Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.” - Martin Luther King

“To ease another’s heartache is to forget one’s own.” - Abraham Lincoln

**PWB Activity 2**

*Goodwill/Salvation Army*
Goodwill: Got clothes, toys, and other items lying around the house? Find a chapter in your location to donate. [www.goodwill.on.ca](http://www.goodwill.on.ca)

Salvation Army: A leading name in item donations, the Salvation Army also accepts airline miles, furniture…. You can also volunteer for one of their many programs. [www.salvationarmy.ca](http://www.salvationarmy.ca)

**PWB Activity 3**

*MADD*
MADD: Mothers against Drunk Driving have many volunteer opportunities and branches. Get involved with legislative activities, working with victims, youth programs, etc... [www.madd.org](http://www.madd.org)
PWB Activity 4
Homeless Shelters
Homeless Shelters, Food Banks, and Soup Kitchens: Shelters and Kitchens in our area welcome assistance since this is a busy time of year.
www.blogto.com/city/2009/12/toronto_soup_kitchens_and_food_banks

PWB Activity 5
Missionaries of Charity
Missionaries of Charity: Individuals searching for something as simple as prayer for those in need...visit this site. You can even add someone in need of prayer. www.cmswr.org

Supplementary Reading on Charity

The Promise of a Pencil, 2014
While traveling, Adam Braun met a young boy begging on the streets of India, who after being asked what he wanted most in the world, simply answered, "A pencil." This is a riveting story of how a young man turned $25 into more than 200 schools around the world and the guiding steps anyone can take to lead a successful and significant life.
http://www.chapters.indigo.ca/books/the-promise-of-a-pencil/9781476730622-item.html?ikwid=promise+of+a+pencil&ikwsec=Home&ikwidx=0

Toxic Charity: How Churches and Charities Hurt Those They Help, 2012
Compassionate instincts and generous spirits aren't enough, says veteran urban activist Robert D. Lupton. In this ground breaking guide, he reveals the disturbing truth about charity: all too much of it has become toxic, devastating to the very people it's meant to help. This book outlines how to serve the needy in a way that will lead to lasting change.
http://www.chapters.indigo.ca/books/toxic-charity-how-churches-and/9780062076212-item.html?ikwid=toxic+charity&ikwsec=Home&ikwidx=0

Abundance: The Future is Better Than You Think By Steven Kotler 2012
Since the dawn of humanity, a privileged few have lived in stark contrast to the hardscrabble majority. Abundance, by Steve Kotler, establishes hard targets for change and lays out a strategic roadmap for governments, industry and entrepreneurs, giving us plenty of reason for optimism. Abundance is within our grasp; how to achieve better lives for billions.
http://www.chapters.indigo.ca/books/abundance-the-future-is-better/9781451614213-item.html?ikwid=abundance&ikwsec=Home&ikwidx=6

Popcorn Time for Charity
Watch movies that explore the principles of charity. Enjoy these movies with family, friends, colleagues, or on your own. Please be advised that some of these movies are intended for an adult audience.
**How the Grinch Stole Christmas, 2000** - Dr. Seuss' How the Grinch Stole Christmas! is a 2000 American fantasy comedy Christmas film from Universal Pictures and Imagine Entertainment, based on the 1957 book of the same name by Dr. Seuss. The Grinch discovers the virtues of giving.

**The Blind Side, 2009** - The story of Michael Oher, a homeless and traumatized boy who became an All American football player and first round NFL draft pick with the help of a caring woman and her family.

**It's a Wonderful Life, 1946** - George Bailey is a small-town man whose life seems so desperate he contemplates suicide. He had always wanted to leave Bedford Falls to see the world, but circumstances and his own good heart have led him to stay.

**A Christmas Carol, 1951** - Scrooge is a 1951 film adaptation of Charles Dickens's A Christmas Carol. Starring Alastair Sim portrays Ebenezer Scrooge, the miserly and miserable businessman who scoffs at the traditions and camaraderie of the Christmas season. It is only through a mystical encounter with 3 spirits, that he comes to appreciate family, friends and the joy of giving.

**Life is Beautiful, 1997** - A Jewish man has a wonderful romance with the help of his humour, but must use that same quality to protect his son. This Oscar winner profiles the brutal life in a Nazi death camp as seen through the eyes of a giving father.

**Recipes for December – Dedicated to the Divine Infancy**

**Feast of the Immaculate Conception - December 8th**
This feast day is commemorated with a complete dinner including **Lemon Roasted Chicken**, Roasted Cauliflower, Mashed Potatoes, French Bread, and Butter Brickle Cake. The all-white menu symbolizes the purity and the stainlessness of Mary's immaculate soul.
http://catholiccuisine.blogspot.ca/2008/12/meal-ideas-for-feast-of-immaculate.html

**Feast of Our Lady of Guadalupe - December 12th**
Mario Bosquez shares this recipe for **Mexican Chocolate cake** that is traditionally made at this time of the year. ; he is the host of Living Today on Martha Stewart Living Radio.
http://catholiccuisine.blogspot.ca/2008/12/mexican-chocolate-cake.html

**Feast of Santa Lucia December 13th**
The feast of St. Lucy, a fourth-century martyr, is celebrated on December 13th, also known as Saint Lucia Day Some of the loveliest St. Lucy Day traditions are Swedish! In Sweden, this special feast is called Luciadagen. This recipe honours the Swedish tradition of Luciadagen. **St. Lucia’s Braided Bread**.
http://catholiccuisine.blogspot.ca/2008/12/saint-lucas-braided-bread.html
December Resources

*Virtues of the Month Secondary Resources*

*Staff Engagement Activities*
Liturgy of the Month – Charity
http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents/Liturgy%20of%20the%20Word%20-%20Virtue%20of%20Charity.pdf

*Bears that Care*
www.teambuilding-unlimited.com

Operation Backpack: Backpacks for Kids
www.teambuilding-unlimited.com

*Project Runway*
www.canadianoutback.com

*Personal Well-Being Activities*
Activities 1-5
www.cmswr.org

*Quotes*
http://www.goodreads.com/quotes/tag/charity

*Suggested Reading for December*
www.indigo.ca

*Popcorn Time for December*
www.imdb.com

*Recipes for December*
http://catholiccuisine.blogspot.ca/
Courage also known as bravery, fortitude, or will, is the ability to confront fear, pain, risk/danger, uncertainty, or intimidation. "Physical courage" is courage in the face of physical pain, hardship, death, or threat of death. "Moral courage" is the ability to act rightly in the face of popular opposition, shame, scandal, or discouragement. The virtue of courage helps us to take up the challenge to make changes in our lives and to accept changes that we may be faced with. In partnership with setting goals and resolutions, we celebrate this virtue at the start of a new year.

The following activities engage staff in discovering the vast dimensions of courage and courage building within our schools. It allows us to explore courage from a staff, local community, and global perspective. Connecting with one another, and living in harmony fosters both understanding and respect, which prove as integral elements of a cohesive staff.

Staff Engagement Activities

SE Activity 1
* Liturgy of the Word

This liturgy can be arranged the week following the Christmas break. All those who are able are welcome to attend. If there is a church close by, the liturgy could potentially be done there. Or alternatively, staff could attend morning mass together. A regular time for monthly staff liturgy can subsequently take place, for example: the first Wednesday of each month.

"Do not be afraid." Luke 1:30

Preparation:
Create a prayerful atmosphere. Prepare a table at the front of your space. Tablecloth should be green for Ordinary Time. Include a cross, fresh flowers or green plant, pillar candle, Bible or Book of the Gospels.

Opening Prayer:
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
God of courage,
May we always seek to do what is right, no matter what others say or think.
May we face our fears knowing that you are by our side.
May we honestly try to be the best we can be, each and every day.
We know that we may not always be brave, but with your gift of courage,
May we be always willing to try new things as we follow Jesus, your Son, Our model of courage.
Amen.
**Holy Scripture:** Paraphrased Story of David and Goliath (adapted from 1 Samuel 17:1-54)
David was a shepherd boy who lived in Israel. He took care of sheep. God chose David to take care of the Jewish people. David played the harp. When the king of Israel was tired of fighting in the war, he asked David to play for him. David’s music made him feel better. One day a terrible giant named Goliath started bragging to his soldier friends that none of the Jews would dare to fight him. And he was right. The Jewish soldiers were all afraid of big Goliath. What would happen to the Jewish people? Then little David said: “I’ll fight Goliath. God will help me.” And he went and got some stones for his slingshot. The giant just laughed at him. David put a stone in his sling and flung it. The stone hit big Goliath on the head. Then David killed him with his sword. All of Goliath’s friends ran away. The little shepherd boy had saved the Jewish people!**
http://shortstoriesshort.com/story/david-and-goliath/

**Litany:** God Gives Us Courage
The response is:
God gives us courage
When we must make difficult choices in our lives
All: God gives us courage
When we are doing what we know is right, even though others are not,
All: God gives us courage
When we need to keep the peace,
All: God gives us courage
When we make mistakes and we are sorry,
All: God gives us courage
When we’re trying something new,
All: God gives us courage
When we are scared,
All: God gives us courage
May we always remember that God gives us courage.
+Amen.*

**Ritual Action:**
If available, symbols of Courage can be brought up and placed in front of the prayer table.
**Our Father:** Invite those present to pray together the words that Jesus taught us
**Sign of Peace:** As witnesses of our faith and gratitude turn to one another and offer the sign of peace to those around you.

**Reader or All:** Serenity Prayer
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.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world as it is, not as I would have it;
Trusting that He will make all things right if I surrender to His Will;
May I be reasonably happy in this life, and supremely happy with God forever in the next.

**Closing Prayer:**
God our strength,
With you by our side, we can do anything.
With you at our side, we can go anywhere.
Thank you, God, for giving us the gift of courage.

*Amen*

Adapted from *Words for the Journey for Kids*
Lisa Freemantle & Les Miller

**Additional Optional Prayer**

*TCDSB Faith, Hope and Charity Prayer*

Loving God, we pray that the Toronto Catholic District School Board community continue to witness to the theological virtues of Faith, Hope and Charity.

May we be people of FAITH, always willing to follow the example of Jesus in all that we do.
May we be people of HOPE, always trusting in your loving presence in our lives.
May we be people of CHARITY, always willing to give of ourselves to better the lives of others.

**SE Activity 2**

*Table Talk*

During the month of January, put the Courage discussion starters in a bowl and while you are having lunch in the staff room with your colleagues select one and have a table discussion about it. You may learn some amazing things about your fellow staff members or about yourself that you didn’t realize! There are enough discussion starters below to have *Lunch Talk* twice a week during January. Simply photocopy the list below and cut each discussion starter.

- Describe a time when a challenging situation you faced turned into something positive.
- Our young people receive so many mixed messages on the internet and in the media. Discuss strategies that have been/could be helpful in promoting Catholic values.
- Share someone you admire from history or contemporary times that showed extraordinary courage and talk about what it is that you find so admirable.
- What is it that makes a great hero?
- What is the bravest thing you have ever done? Why did you do it? How did it make you feel?
- In your youth, did you ever go along with the crowd even though you knew it was wrong? What was the outcome? What would you tell your younger self about the experience/situation.
- Talk about a time when you set a New Year’s resolution for yourself and stuck to it. How did you feel about your success?
- Discuss a time when you tried something new that you were afraid of. How did you conquer your fear and how did it make you feel?
• Discuss a favourite book or movie where the hero or heroine had to demonstrate courage. Share how you felt as you read the book or watched the movie and how it may have affected your own life?

SE Activity 3

Staff Shout-Out Board – Courage
Continue to use the Staff Shout-Out Board to post notes that acknowledge our colleagues. This month, focus on those staff members who do things that are difficult, but who do them anyway. Courageous acts to acknowledge might look like this:
• Share an opinion at a staff meeting
• Deal with a difficult parent
• Take on additional responsibility
• Helping a colleague even when busy
• Take a course or learn a new skill
• Someone who sticks to their New Year’s resolution

SE Activity 4

New Year Month End Social
Back into the swing of things by the end of January, this is a great opportunity to pause from your many tasks to spend some time after school with your work mates. This month of Courage, as a way to help us step out of comfort zones, try an activity that staff may not have done together before. Some ideas are:
• Zumba
• bowling
• yoga
• going to a movie
• curling
• trivia night
• karaoke
• arcade
• ballroom or line dancing
Perhaps put up a sign-up sheet to see which activity might be most interesting to people. Following the outing, share a meal at a local establishment to round out the experience. Please make sure that ALL staff members are invited, including custodial and itinerant staff! Making a reservation is recommended.
Personal Well-Being Activities

PWB Activity 1

*Journal Writing or Personal Reflection*

There is no small act of courage. Most of us don't think of ourselves as brave people. Yet that's exactly who we are. If you reflect on your life, one decade at a time, and write down your bravery, I'm sure you'd be surprised. Every brave thing we do in life counts. It's time to celebrate our fearlessness. As we do, we can begin to think of ourselves as bold people who are sometimes fearless instead of fear-filled people who try to be bold. The following ideas, quotes, scripture passages, short videos are provided to help you explore your own personal courage.

Each time you do a simple act of courage or bravery listed below, record the experience in your journal or spend some time reflecting on how the experience made you feel or changed you in some way.

**Everyday acts of courage to practice and celebrate:**

1. **Apologize.** It takes courage to admit when you are wrong. It's a bold act to admit when you make a mistake. Apologizing takes you out of your comfort zone and enhances your relationships. That's big.

2. **Be yourself.** Don't imitate anyone. Take off your mask. Allow yourself to become vulnerable. Share your flaws with others. See perfection in your imperfections. Who you are is a gift to the world. Allow yourself to shine.

3. **Take responsibility.** You are where you are in life because of the choices you make. If you don't like what you see, change it. One question I ask myself often is, "Is this the life I want to create?" If you don't exercise, make a change. If you need to get out of debt, spend less. Responsibility brings freedom.

4. **Keep your commitments.** Write down everything you say you are going to do. Write down the promises you make to others. When you keep your promises, you build self-respect. Others respect you as well.

5. **Rock the boat.** Speak up. Make a difference. Share your feelings when you witness an injustice. Practice sharing your opinion. Don't allow someone to take advantage of you. Learn to say, "no." Refuse to hold back when your gut says to move forward.

6. **Let go of the past.** Stop wallowing over what could have been. Forgive yourself. Forgive your parents. Forgive everyone. What happened is over unless you keep it alive by reliving it in your mind. When we know better, we do better. It takes courage to move on.

7. **Grow.** Learn something new. Step into the unknown. Change the way you do things. It doesn't matter if you get it the first time. Try again. Give yourself permission to be a beginner. Seize the opportunity. Growth brings new opportunities.
8. **Listen.** Listen to people who disagree with you. Listen to family members who think you are wrong. Listen to the elderly person in the coffee shop. Listen when you only want to speak and give advice. Listen and thank the other person for sharing.

9. **Help others.** Help someone who doesn't help you. Help others when you don't have the time. Help someone who can't pay you back. Help someone when you are the one needing help. Learn to be of service. That's why we're here.

10. **Love.** Turn the other cheek. Overlook annoyances. Be kind to each other. Be truthful. Accept differences. **Love** is a verb. Spend time together. Act like a loving person. You can love difficult people as well. Forgive them and wish them the best. Let them go with love.

11. **Choose to be happy.** Make a decision that you will think happy thoughts, speak kind words, and spend time doing things that bring you joy. Have a good attitude. See the glass half full. Look at the bright side. Expect the best. Choose to focus on what's good.

12. **Learn from your mistakes.** Reflect on what went wrong and what you could have done better. Look for your lesson. Choose to grow forward. Be gentle with yourself. Make a new plan. Try again. Refuse to give up.

13. **Follow your dreams.** Take action daily toward your goals. Ask for help. **Network, research, plan!** Take more action. Adjust your plans as you go along. Be open to something even better. Never give up. Adjust. Push on.

14. **Go the extra mile.** Allow someone to go in front of you in traffic or at the grocery store. Do more than what is required of you at work and at home. Hold a door open. Surprise someone. Don't keep score. Leave a big tip and help someone believe the world is a generous place.

15. **Ask for help.** When you are stuck, addicted or unhappy, seek professional help. Hire a coach, a therapist or join a support group. When you are overwhelmed at work, ask for assistance. When you don’t understand something, ask for an explanation.

16. **Put family and friends before stuff.** If you value your loved ones, make them a priority in your life. Work less and play more. Laugh. Create traditions and rituals. Find hobbies and activities that everyone enjoys. Have fun. Experiences bring more meaning than needless shopping.

17. **Love Yourself.** Accept your imperfections. Be your own best friend. Show yourself compassion, understanding and respect. This is the most courageous act of all.

More Ideas:
Contemplating Jesus
Jesus demonstrated courage beyond our human comprehension when he accepted the cross. How can we be more like Jesus in accepting the challenges that we may face in our lives? How can we gain strength from the example that Jesus gave us?

Scripture Passages:
In an age which seems more fearful of the future, we are directed to give an account of the hope that is within us. (1 Peter 3:15)

He gives power to the weak. He increases the strength of him who has no might. (Isaiah 40:29)

Yahweh is my light and my salvation. Whom shall I fear? Yahweh is the strength of my life. Of whom shall I be afraid? (Psalms 27:1)

Don’t you be afraid, for I am with you. Don’t be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness. (Isaiah 41:10)

Courage Videos
https://www.youtube.com/watch?v=usIHENAXuag
https://www.youtube.com/watch?v=f1QOtPDAaEY
https://www.youtube.com/watch?v=Ydeyl0vXdp0

Quotes on Courage
“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”
— Nelson Mandela

“There are so many ways to be brave in this world. Sometimes bravery involves laying down your life for something bigger than yourself, or for someone else. Sometimes it involves giving up everything you have ever known, or everyone you have ever loved, for the sake of something greater. But sometimes it doesn’t. Sometimes it is nothing more than gritting your teeth through pain, and the work of every day, the slow walk toward a better life.”
— Veronica Roth

“Don't be afraid of your fears. They're not there to scare you. They're there to let you know that something is worth it.”
— C. JoyBell
“Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.”
— Mary Anne Radmacher

PWB Activity 2
Using Creative Visualization to Achieve Goals or Overcome Fears

Using creative visualisation is a tool to change a negative belief system that is not working for you. If you "see yourself" through your imagination, achieving your goals, your subconscious will work to make them a reality. It takes practice — lots of practice. Is it worth it? Yes! Some medical experts have used this concept to heal cancer patients with remarkable results. Sports people use visualisation to enhance their ability to win. You can use it to change your belief system about yourself and as a tool to help you tackle things in your life that you would like to change or that you may be fearful about.

1. Set your goal
Decide on something you would like to have, work toward, realize, or create. It can be on any level — a job, a house, a relationship, a change in yourself, increased prosperity, a happier state of mind, improved health, better physical condition, solving a problem in your family or community, or whatever.

At first, choose goals that are fairly easy for you to believe in, that you feel are possible to realize in the fairly near future. That way you won’t have to deal with too much negative resistance in yourself, and you can maximize your feelings of success as you are learning creative visualization. Later, when you have more practice, you can take on more difficult or challenging problems and issues.

2. Create a clear idea or picture
Create an idea, a mental picture, or a feeling of the object or situation exactly as you want it. You should think of it in the present tense as already existing the way you want it to be. Imagine yourself in the situation as you desire it, now. Include as many details as you can.

You may wish to make an actual physical picture of it as well, by making a treasure map (described in detail later). This is an optional step, not at all necessary, but often helpful (and fun!).

3. Focus on it often
Bring your idea or mental picture to mind often, both in quiet meditation periods, and also casually throughout the day, when you happen to think of it. In this way it becomes an integrated part of your life, and it becomes more of a reality for you.

Focus on it clearly, yet in a light, relaxed way. It’s important not to feel like you are striving too hard for it or putting an excessive amount of energy into it — that tends to hinder rather than help.

4. Give it positive energy
As you focus on your goal, think about it in a positive, encouraging way. Make strong positive statements to yourself: that it exists; that it has come or is now coming to you. See yourself receiving or
achieving it. These positive statements are called “affirmations.” While you use affirmations, try to temporarily suspend any doubts or disbelief you may have, at least for the moment, and practice getting the feeling that what you desire is very real and possible.

Continue to work with this process until you achieve your goal, or no longer have the desire to do so. Remember that goals often change before they are realized, which is a perfectly natural part of the human process of change and growth. So don’t try to prolong it any longer than you have energy for it — if you lose interest it may mean that it’s time for a new look at what you want.

If you find that a goal has changed for you, be sure to acknowledge that to yourself. Get clear in your mind the fact that you are no longer focusing on your previous goal. End the cycle of the old, and begin the cycle of the new. This helps you avoid getting confused, or feeling that you’ve “failed” when you have simply changed.

When you achieve a goal, be sure to acknowledge consciously to yourself that it has been completed. Often we achieve things that we have been desiring and visualizing, and we forget to even notice that we have succeeded! So give yourself some appreciation and a pat on the back, and be sure to thank the universe for fulfilling your requests.

PWB Activity 3

Let’s Talk!

There are no hard and fast rules for talking about your own mental health. You should never feel under pressure to tell people that you have a mental health problem if you don’t want to. But sometimes having the courage to speak out can help you feel better in yourself, and more accepted by others. It takes courage to be able to talk about issues of mental health. Seeking help in itself takes an enormous amount of courage, but talking to our friends and loved ones can make us equally fearful. There can often be a feeling of stigma associated with the acknowledgement that we have a mental health issue. In order to gain the courage to be able to speak about it to those we care about, you may wish to consider the following:

- think about the reactions (both positive and negative) of those you share the information with
- choose a good time to disclose the information
- have some information ready to be able to answer their questions
- keep it light so that you and those you share the information with will feel at ease

Suggested Reading on Courage.

Les Miserables, 2012 (originally published in 1892)

Victor Hugo’s timeless story of injustice, heroism, and love set in nineteenth-century Paris. This story explores the courage of one man to change his life to rise above his.

http://www.chapters.indigo.ca/books/penguin-classics-les-miserables/9781846140495-item.html?ikwid=les%mis%C3%A9rables&ikwsec=Books&ikwidx=1
Anne Frank – The Diary of a Young Girl, 1993
Discovered in the attic in which she spent the last years of her life, and first published in 1947, Anne Frank's remarkable diary has since become a world classic—a powerful reminder of the horrors of war and an eloquent testament to the human spirit.
http://www.chapters.indigo.ca/books/the-diary-of-a-young/9780553296983-item.html?ikwid=the+diary+of+anne+frank&ikwsec=Books&ikwidx=0

The Red Badge of Courage, 2014
The Red Badge of Courage by Stephen Crane, was first published in 1895. Taking place during the American Civil War, the story is about a young private of the Union Army, Henry Fleming, who flees from the field of battle. Overcome with shame, he longs for a wound—a "red badge of courage"—to counteract his cowardice. When his regiment once again faces the enemy, Henry acts as flag-bearer.
http://www.chapters.indigo.ca/books/the-red-badge-of-courage/9990044836820-item.html?ikwid=the+red+badge+of+courage&ikwsec=Books&ikwidx=5

Popcorn Time for Courage
Enjoy these movies with family, friends, colleagues or on your own.

The Shawshank Redemption, 1994 - A prominent banker unjustly convicted of murder spends many years in the Shawshank prison. He is befriended by a convict who knows the ropes and helps him to cope with the frightening realities of prison life. These two imprisoned men bond over a number of years, finding solace and eventual redemption through acts of common decency.

Schindler's List, 1993 - In Poland during World War II, Oskar Schindler gradually becomes concerned for his Jewish workforce after witnessing their persecution by the Nazis. At great risk to his own life and livelihood, he works to shelter his workers and bring them to safety.

Long Walk to Freedom, 2013 - A chronicle of Nelson Mandela's life journey from his childhood in a rural village through, to his inauguration as the first democratically elected president of South Africa, this film explores the courage it takes to survive a brutal prison sentence and the ability to emerge with an open heart and the desire to change the face of a nation.

Finding Nemo, 2003
After his son is captured in the Great Barrier Reef and taken to Sydney, a timid clownfish sets out on a journey to bring him home. This story explores the love of a parent and the courage that can be found to protect the ones we love.

Recipes for January – Dedicated to the Holy Name of Jesus
Try these recipes to make and share with family, friends or colleagues!
**January 6th – Feast of the Epiphany of Our Lord**
Here is a tasty version of the traditional French Kings’ Cake, called *Galette de Rois*, complete with a hidden feve inside, to celebrate Epiphany.


**Feast of Saint Agnes – January 21st**
St. Agnes, virgin and martyr is numbered among the most famous martyrs of Rome. Because of the similarity of her name to the Latin for "lamb" (agnus), the lamb has been St. Agnes' symbol since the 6th century. Here is a recipe for **Lamb of God Bread**.

[http://catholiccuisine.blogspot.ca/2008/12/lamb-of-god.html](http://catholiccuisine.blogspot.ca/2008/12/lamb-of-god.html)

**Feast of St. Francis de Sales – January 25th**
Saint Francis de Sales **Honey Goodness Breakfast Bars** remind us of the goodness that radiated from Saint Francis de Sales, as well as the way he remained "sweet" to get people to listen to him.

[http://catholiccuisine.blogspot.ca/2009/01/saint-francis-de-sales-honey-goodness.html](http://catholiccuisine.blogspot.ca/2009/01/saint-francis-de-sales-honey-goodness.html)
January Resources

**Virtues of the Month Secondary Resources**

**Staff Engagement Activities**
Liturgy of the Month – Courage
http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents/Liturgy%20of%20the%20Word-%20Virtue%20of%20Courage.pdf

Table Talk on Courage
http://www.allprodad.com/tools-and-resources/build-relationships/conversation-starters-on-courage/

Staff Shout Out – Courage

**Personal Well-Being Activities**
Journal Writing and Personal Reflection

Everyday Acts of Courage
http://www.allprodad.com/tools-and-resources/build-relationships/conversation-starters-on-courage/

Quotes on Courage
http://www.goodreads.com/quotes/tag/courage

Videos on Courage
www.youtube.com

Using Creative Visualization to Overcome Fear
http://www.newworldlibrary.com/NewWorldLibraryUnshelved/tabid/767/articleType/ArticleView/articleId/35/Four-Basic-Steps-for-Effective-Creative-Visualization.aspx

Let’s Talk
http://www.time-to-change.org.uk/talk-about-mental-health/telling-someone-about-your-mental-health-problem

http://letstalk.bell.ca/en/
Suggested Reading for January
www.indigo.ca

Popcorn Time for January
www.imdb.com

Recipes for January
http://catholiccuisine.blogspot.ca/
February- Virtue of Love

Love of self, love of neighbours, and love of God are the basic pillars of many of the world’s religions. Throughout our life journey we also share in other “love connections”: love of family, of partner, of friends, of community, of animals, of nature, of country, of things, of hobbies, of work. Love is a spiritual practice and not simply something that “just happens”. We can strive to strengthen the love in our lives by practicing to extend the reach of our loving feelings both in our inner and outside worlds. The joy of love can be felt in both giving and receiving.

Love is caring for someone, wanting to be near them and wanting to share with them. Love accepts people as they are and asks you to treat someone with special care and kindness because they mean a lot to you. It is treating someone the way that you want them to treat you—with care and respect.

The following activities engage staff in discovering the dimensions of love and compassion. They allow us to explore compassion from a staff, local community, and global perspective. Connecting with one another, and living in harmony fosters both understanding and respect, which prove as integral elements of a cohesive staff.

Staff Engagement Activities

SE Activity 1
Liturgy of the Word
This liturgy can be arranged close to Valentine’s Day. All those who are able are welcome to attend. If there is a church close by, the liturgy could potentially be done there. Or alternatively, staff could attend morning mass together. A regular time for monthly staff liturgy can subsequently take place, for example: the first Wednesday of each month.

“Friends always show their love.” Proverbs 17:17

Preparation: Create a prayerful atmosphere. Prepare a table at the front of your space. Tablecloth should be green for Ordinary Time. Include a cross, fresh flowers or green plant, pillar candle, Bible or Book of Gospels, hearts, a friendship banner, etc.
Opening Prayer:
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
Loving Jesus,
We thank you for the gift of friendship.
Our friends play with us, encourage us, and share with us
Rejoice with us when we succeed,
Stay with us when we are sad
And bless us always with their love.
May we be ever thankful for our friends.*
Amen

Holy Scripture: Mark 12:28-31
The First Commandment
One of the scribes came near and heard them disputing with one another, and seeing that he answered them well, he asked him. ‘Which commandment is the first of all?’ Jesus answered, ‘the first is, “Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.”’ The second is this, “You shall love your neighbour as yourself.” There is no other commandment greater than these.”
The Gospel of the Lord.

Friendship Blessing Prayer:
All: We are blessed by our friends.
We are sure of their love.
All: We are blessed by our friends.
In them, we can trust.
All: We are blessed by our friends.
We can give and give and give.
All: We are blessed by our friends.
With them, we laugh, cry, and play.
All: We are blessed by our friends.
We pray with them to our Lord.*

Our Father: Invite the school community to pray together the words that Jesus taught us
Sign of Peace: As witnesses of our friendship and love, turn to one another and offer the sign of peace to those around you.

Closing Prayer:
God of friendship and love, help us to always treat others
With love and respect, for we know that Jesus calls us to love others as we love ourselves.
May he walk with us every day and guide us in our relationships.
May we always appreciate the wonderful gift of our friends.
We ask this through your Son, Jesus.
Amen.

Adapted from Words for the Journey for Kids by Lisa Freemantle & Les Miller
Songs:
Faith, Hope and Charity
They’ll Know We Are Christians

SE Activity 2
Secret Cupid
Each staff member selects a secret name, and performs specific acts of kindness throughout the week of February 14th. It could be as simple as completing a supervision duty or providing a warm coffee on a cold morning. Contributions to charity on the person’s behalf or small gifts could also be included. Consensus on a spending limit should be agreed upon. Shhhhh…it’s a secret!

SE Activity 3
Caring Coupon
Giving gifts does not always mean buying something; making or sharing time can be even more valuable. Compassion is often displayed through random acts of kindness; however, this activity is far more deliberate. Invite participants to create a Caring Coupon. This activity helps to create a culture of caring throughout staff members. It could be as simple as sharing time and having a coffee, or it could also include assistance of some kind. Remember to include an expiry date! This activity could easily be extended to the classroom.

SE Activity 4
Staff Social: Dancing
Go Dancing! If the group doesn’t want to go to a club or take formal dance lessons, there are many informal dance groups where you can express yourself through dance without having to worry about looking cool. Yoga studios may offer informal dance or go to the following website and set up your LCD projector in the gym! Dance, anyone?

Personal Well-Being Activities

PWB Activity 1
Journal Writing/Personal Reflection
Create a Compassion Pledge Diary and use it to record how you, your community, and world are moving towards a culture of love and compassion.

“We shall never know all the good that a simple smile can do.” Mother Teresa

Quotes on Love
“For God so loved the world, He gave it His only Son.” - John 3:16

“And now these three remain faith, hope, and love. But the greatest of these is love.” - 1Corinthians 13:13

“Whoever does not love does not know God, because God is love.” - John 4:8
“I have called you friends.” - John 15:15

“Love all, trust a few, do wrong to none.” - William Shakespeare
“You know you’re in love when you can’t fall asleep because reality is finally better than your dreams.” - Dr. Seuss

“Love is like the wind, you can’t see it but you can feel it.” - Nicholas Sparks

“If I had a flower for every time I thought of you...I could walk through my garden forever.” - Alfred Tennyson

“Where there is love there is life.” - Mahatma Gandhi

**PWB Activity 2**
**Exploring Compassion**
Think about an imaginary friend who is unconditionally loving, accepting, kind, and compassionate. Imagine that your friend can see all your strengths and all your weaknesses. Reflect upon what this friend feels towards you. This friend is kind and forgiving towards you, and recognizes the limits of human nature. Write a letter to yourself from the perspective of this imaginary friend. Include your strengths and weaknesses, and any possible changes you should make. As you write to yourself, try to infuse your letter with a strong sense of acceptance, kindness, caring, and desire for health and happiness. Put the letter down for a while, and come back to read it again as necessary. Love, connection, and acceptance are your birthright; look within yourself to claim them.

**PWB 3**
**The Criticizer, the Criticized, and the Compassionate Observer**
Put out three empty chairs. Think about an issue that often troubles you, and that often elicits self-criticism. Designate one chair as the voice of your inner self-critic, one as the voice of you that feels judged and criticized, and one chair as the voice of a wise, compassionate observer. You will role-play all three parts yourself-you, you, and you. It may feel silly at first, but you may be surprised at what comes out once you really start letting your feelings flow freely. Listen to the voice of your wise, compassionate self!

**PWB Activity 4**
**Roots of Empathy**
“Changing the world, child by child” is the mission of the Roots of Empathy program. Babies play a teaching role in this program started by Mary Gordon in 1996 and now practiced around the globe. The program brings a baby and parent into the classroom for visits over a period of a year. The children learn to observe the baby and interpret its needs and emotions. They are encouraged to give the same caring attention to their class and around the world. Roots of Empathy has a strong track record. A number of measurable results show an increase in social and emotional competence and empathy, and a reduction in aggression. Speak to your school Guidance Counsellor regarding starting a ROE program in your school.
PWB Activity 5

*Identifying What We Really Want*

Think about the ways you use self-criticism as a motivator. Is there any personal trait that you criticize yourself for having because you think being hard on yourself will help you change? See if you can think of a kinder, more caring way to motivate yourself to make a change if needed. What language would a wise and nurturing friend, parent, or mentor use to gently point out how your behaviour is unproductive? Every time you catch yourself being judgmental about your unwanted trait in the future, notice the pain of self-judgment and give yourself compassion. Try to reframe your inner dialogue so that it is more encouraging and supportive. Love is more powerful than fear!

**Suggested Readings on Love**

*The 5 Love Languages: The Secret to Love That Lasts - 2010*
This book by Dr. Gary D. Chapman proves as the most popular book on the subject of love for over a decade. True love is not a myth, but it takes work. Making sure that the one you love feels loved requires commitment, understanding, and effective communication. According to Dr. Gary Chapman, understanding your love language and that of your loved one is a way to breathe life into these efforts. Discover the key to maintaining a successful relationship and you’ll find the secret to love that lasts.

http://www.chapters.indigo.ca/home/search/?keywords=the%205%20love%20languages&suggest=1

*A General Theory of Love, 2001*
Thomas Lewis draws comparisons to the most eloquent science writing of our day, from three eminent psychiatrists tackling the difficult task of reconciling what artists and thinkers have known for thousands of years about the human heart with what has only recently been learned about the primitive functions of the human brain. The result is an original, lucid, at times moving account of the complexities of love and its essential role in human well-being.

http://www.chapters.indigo.ca/books/a+general+theory+of+love/9780375709227-item.html?ikwid=a+general+theory+of+love&ikwsec=Home&ikwidx=0

Why do you fall in love with one person rather than another? To find out, read this ground breaking new study of our personalities and the way we fall in love - and with whom! Helen Fisher provides us with a new way of understanding relationships, and how to strengthen the one you have.

http://www.chapters.indigo.ca/books/a+general+theory+of+love/9780375709227-item.html?ikwid=a+general+theory+of+love&ikwsec=Home&ikwidx=0
Men Are From Mars, Women Are From Venus: The Classic Guide to Understanding the Opposite Sex, 2004
This book by John Gray proves as the classic guide to understanding the opposite sex. Rediscover the most famous relationship book ever published. Once upon a time Martians and Venusians met, fell in love, and had happy relationships together because they respected and accepted their differences. Then they came to Earth and amnesia set in: they forgot they were from different planets. 
http://www.chapters.indigo.ca/books/men-are-from-mars-women/9780060574215-item.html?ikwid=men+are+from+mars+women+are+from+venus+cupids+code&ikwsec=Home&ikwidx=0

The Notebook, 2014
Every so often a love story so captures our hearts that it becomes more than a story—it becomes an experience to remember forever. The Notebook is such a book. It is a celebration of how passion can be ageless and timeless, a tale that moves us to laughter and tears and makes us believe in true...
http://www.chapters.indigo.ca/home/search/?keywords=the%20notebook&suggest=1

Popcorn Time for Love
Enjoy these movies with family, friends colleagues or on your own. Please be reminded that some of these titles may not be suitable for children.

Apollo 13, 1995 - The film depicts astronauts Lovell, Jack Swigert and Fred Haise aboard Apollo 13 for America's third Moon landing mission. En route, an on-board explosion deprives their spacecraft of most of its oxygen supply and electric power, forcing NASA's flight controllers to abort the Moon landing, and turning the mission into a struggle to get the three men home safely.

Bright Eyes, 1934 - An orphaned girl is taken in by a snobbish family at the insistence of their rich, crotchety uncle, even as her devoted aviator godfather fights for custody. Shirley Temple stars in this black and white classic where kindness and compassion win.

Erin Brockovich, 2000 – This biographical film directed by Steven Soderbergh and written by Susannah Grant is a dramatization of the true story of Erin Brockovich, portrayed by Julia Roberts, who fought against the energy corporation Pacific Gas and Electric Company (PG&E). It reminds us that one person can change the world for the better.

Glory, 1989 - This war epic displays the spirituality and compassion of one of the first African American regiments. This American drama war film, stars Matthew Broderick, Denzel Washington, Cary Elwes and Morgan Freeman

Rudy, 1993 - This film is an account of the life of Daniel "Rudy" Ruettiger, who harbored dreams of playing football at the University of Notre Dame despite significant obstacles. It was the first movie that the Notre Dame administration allowed to be shot on campus since Knute Rockne, All American in 1940. You don’t need to like football to love this film’s portrayal of the triumph of the human spirit.
Recipes for February - *Dedicated to the Holy Family*

*Enjoy making these recipes to share with family, friends or colleagues.*

**Feast of St. Brigid - February 1st**

This recipe is a simple favourite in honour of St. Brigid and she is traditionally honoured by leaving bread for her on the windowsill. On Saint Brigid's Day, the whole family will also share bread in honour of the saint. Bake *St. Brigid's Bread* a few days before February 1st, to be ready. [http://catholiccuisine.blogspot.ca/2010/01/st-brigids-bread.html](http://catholiccuisine.blogspot.ca/2010/01/st-brigids-bread.html)

**Feast of St. Blaise - February 3rd**

The Blessing of throats takes place on this day. Two candles are blessed, held slightly open, and pressed against the throat as the blessing is said. Saint Blaise's protection of those with throat troubles apparently comes from a legend that a boy was brought to him who had a fishbone stuck in his throat. The boy was about to die when Saint Blaise healed him. This recipe for *Edible Candles* will help commemorate the day. [http://catholiccuisine.blogspot.ca/2009/01/edible-candles-for-candlemas.html](http://catholiccuisine.blogspot.ca/2009/01/edible-candles-for-candlemas.html)

**Feast of St. Valentine - February 14th**

St. Valentine was not the patron saint of chocolate consumers, but rather a martyr who would offer his life out of love for Our Lord. This is the connection to this St. Valentine's Day meal. This *Celebration of Heroic Love* dinner menu, includes Roasted Red Snapper, Roasted Potatoes, and Valentine Dots for dessert. [http://catholiccuisine.blogspot.ca/2009/02/st-valentines-day-celebration-of-heroic.html](http://catholiccuisine.blogspot.ca/2009/02/st-valentines-day-celebration-of-heroic.html)
February Resources

**Virtues of the Month Secondary Resources**

**Staff Engagement Activities**
Liturgy of the Month – Love
http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents/Liturgy%20of%20the%20Word-%20Virtue%20of%20Love.pdf

Caring Coupon
www.justdotherightthing.org

**Personal Well-Being Activities**
Exploring Compassion
www.self-compassion.org

The Criticizer, the Criticized, and the Compassionate Observer
www.self-compassion.org

Roots of Empathy
www.rootsofempathy.org

Identifying What We Really Want
www.self-compassion.org/exercises

Quotes
http://www.goodreads.com/quotes/tag/Compassion

**Suggested Reading for February**
www.indigo.ca

**Popcorn Time for February**
www.imdb.com

**Recipes for February**
http://catholiccuisine.blogspot.ca/
When someone you care about hurts you, you can hold on to anger, resentment and thoughts of revenge—or embrace forgiveness and move forward. Forgiveness is about letting go of grudges and bitterness. By embracing forgiveness, you can also embrace peace, hope, gratitude and joy.

(http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents)

The following activities engage staff in discovering the vast dimensions of peace and peace building within our schools. It allows us to explore peace from a staff, local community, and global perspective. Connecting with one another, and living in harmony fosters both understanding and respect, which prove as integral elements of a cohesive staff.

**Staff Engagement Activities**

**SE Activity 1**  
**Liturgy of the Word**  
This liturgy can be arranged sometime during Lent. All those who are able are welcome to attend. If there is a church close by, the liturgy could potentially be done there. Or alternatively, staff could attend morning mass together. A regular time for monthly staff liturgy can subsequently take place, for example: the first Wednesday of each month.

“Forgive anything you may have against anyone, so that your Father in heaven will forgive the wrongs you have done.” Mark 11:25

**Preparation:** Create a prayerful atmosphere. Prepare a table at the front of your space. Tablecloth should be purple for Lent. Include a Bible or Book of the Gospels, pillar candle. No flowers during Lent. You could add a picture of the Prodigal Son.

**Opening Prayer:**  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Today we are going to hear a story about a father who had two sons. It is a story of forgiveness and love. We ask God’s help to always have open hearts to forgive others, especially when it is difficult.

**Holy Scripture:**  
The Prodigal Son: Luke 15:11-32  
Then Jesus said, ‘There was a man who had two sons. The younger of them said to his father, “Father, give me the share of the property that will belong to me.” So he divided his property between them. A few days later the younger son gathered all he had and travelled to a distant country, and there he squandered his property in reckless living. When he had spent
everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, “How many of my father’s hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands.’” So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, “Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.” But the father said to his slaves, “Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!” And they began to celebrate.

‘Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, “Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.” Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, “Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property; you killed the fatted calf for him!” Then the father said to him, “Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.”

The Gospel of the Lord.

Litany: Teach Us to Forgive
Teach us O Lord to always forgive others. We know that forgiveness can be hard to give especially if we are hurting, but we also know that it is the right thing to do. For you always love us and forgive us all our sins. Forgiveness brings us closer to you.
When people call us names,
All: Teach us to forgive them.
When friends don’t play with us,
All: Teach us to forgive them.
When someone talks behind our backs,
All: Teach us to forgive them.
When others are not truthful,
All: Teach us to forgive them.
When classmates take our things without asking permission,
All: Teach us to forgive them.
When people are mean to us,
All: Teach us to forgive them.
For all who hurt us,
All: Teach us to forgive them.
May we learn to always offer forgiveness.
May we learn to always love others.
We ask this through your Son, Jesus Christ.
All: Amen

Our Father: Invite the school community to pray together the words that Jesus taught us.
Sign of Peace: As witnesses of our faith turn to one another and offer the sign of peace to those around you.

Closing Prayer:
Let us all go in peace remembering to forgive one another as God forgives us.

Additional Optional Prayer
TCDSB Faith, Hope and Charity Prayer
Loving God, we pray that the Toronto Catholic District School Board community continue to witness to the theological virtues of Faith, Hope and Charity.
May we be people of FAITH, always willing to follow the example of Jesus in all that we do.
May we be people of HOPE, always trusting in your loving presence in our lives.
May we be people of CHARITY, always willing to give of ourselves to better the lives of others.

SE Activity 2
Light a Candle
Using a small candle like a tea light or votive, light it and think of the person you wish to forgive. You may visualize them while forgiving them either mentally or verbally.
Continue thinking of this person until the candle burns down. If you finish before the candle burns out then blow out the flame and release them. You may also try working with a list of people using a large candle for the group. Practicing the art of forgiveness takes time and effort. This exercise can help you get in touch with your feelings and heal old wounds. Forgiveness is a gift of liberation for both giver and recipient.

SE Activity 3
Shrove Tuesday/Pancake Tuesday Breakfast
The Tuesday before Ash Wednesday is known as Shrove Tuesday or "Pancake Tuesday." Traditionally all fats, eggs, and butter had to be given up for Lent and making pancakes or waffles was a good way to use them up.

SE Activity 4
Lenten Meatless Friday Luncheons
The tradition of abstaining from meat products during Lent reminds us of the staple of food in Jesus’ time: fish. In fact, the Greek phrase "Jesus Christ is Lord" creates the acronym "FISH" in that language. Eating fish is a reminder of Jesus! Please see links below for recipe ideas.
Fish Tacos
http://catholiccuisine.blogspot.ca/2008/12/fish-tacos-for-friday.html
Shrimp Pasta
http://catholiccuisine.blogspot.ca/2009/03/shrimp-pasta.html
Spaghetti and Clams
http://catholiccuisine.blogspot.ca/2009/03/meatless-meal-from-grace-before-meals.html
Zucchini and Sweet Potato Frittata
http://catholiccuisine.blogspot.ca/2012/03/meatless-meals-zucchini-and-sweet.html
Brown Rice Vegetable Casserole
http://catholiccuisine.blogspot.ca/2008/03/brown-rice-vegetable-casserole.html

Personal Well-Being Activities

PWB Activity 1
Journal Writing or Personal Reflection Time
Keeping a journal or setting aside a few minutes a day for personal reflection can help us to pause in our busy day and center ourselves. Here are a few suggestions and thought provoking questions to reflect on the virtue of Forgiveness.

Scripture Passages:

Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother when he sins against me? Up to seven times? “Jesus answered, “I tell you, not seven times, but seventy-seven times.” Matthew 18: 21-22

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. Colossians 3:13

When they kept on questioning him, he straightened up and said to them, “If any one of you is without sin, let him be the first to throw a stone at her.” John 8:7

Points to ponder:
Forgiving someone can be difficult.
Why do we need to forgive others?
How can we forgive a person?

PWB Activity 2
Forgiveness Inventory Exercise
To do this forgiveness exercise, choose a quiet, comfortable place where you will be free from distractions. Give yourself at least an hour to complete this exercise from beginning to end. You will need some paper and a pen.
1. Make a list of names.
   To begin the process of forgiving others, write down the name of every person (even if they are no longer living) who has irritated or offended you in some way. If that hurt or upset is still with you, their name goes on the list. Also, be sure to put your own name on the list to forgive yourself for regrets that you may have. Keep writing names until you can’t think of anyone else to add.

2. Spend some time forgiving each person on your list.
   Look at the first name on your list, close your eyes and then (as Doreen suggests) hold the image of each person in your mind and tell him or her, "I forgive you and I release you. I hold no grudges. My forgiveness for you is total. I am free and you are free."
   Once you say the affirmation, feel the truth of these words in your body. Feel how good it feels to let go. Continue to do this with each person on your list.

3. Notice how you feel and write about your experience.
   After you "speak to" the last person, pause for a moment to notice how you feel. You can write about your experience if you wish.

4. Express and feel your gratitude.
   If you followed these Steps to Forgiveness and asked for spiritual assistance, this is a good time to give thanks for the support that you received.

   To end this session of forgiving others and forgiving yourself, close your eyes and bring your awareness into your heart, allow your heart to fill with gratitude for the releasing that took place.

PWB Activity 3

*Mantras*

This exercise will help change your thought patterns.
Many religions have had some sort of mantra, or chant that was said daily. Because this practice is not as common today, you can create your own or repeat this out loud to yourself every day: "I forgive myself." Or "I forgive __________." This is going to feel awkward at first, but keep doing it. This exercise is about changing your thought patterns.

PWB Activity 4

*Atonement*

Learn how to consciously make a sacrifice in light of your desire for forgiveness.
You can do therapeutic work, or have a large network of people for support, but still not feel forgiven. That sort of forgiveness comes from a place of openness. In all wisdom traditions, it was customary to give some kind of offering, or sacrifice, for atonement. You can create your own sacrifice by asking yourself, "What will be my offering?" It could be philanthropy, political activism—something that requires a sacrifice of your time, money or effort. The key is to consciously make that sacrifice in light of your desire for forgiveness.
Suggested Reading on Forgiveness

**Forgiveness: 21 Days to Forgive Everyone for Everything**, 2013
Too many of us feel trapped in stagnant romantic, family, or workplace relationships. Weighed down by toxic thoughts and emotions, we might be quick to judge and slow to pardon, and self-righteous about our feelings as we dwell on memories of what we or others did (or failed to do). In this new book and CD, Iyanla Vanzant challenges us to liberate ourselves from the wounds of the past and to embrace the new power of forgiveness.


**Breaking Night: A Memoir of Forgiveness, Survival, And My Journey from Homeless To Harvard**, 2011
Breaking Night is the stunning memoir by Liz Murray, of a young woman who at age fifteen was living on the streets, and who eventually made it into Harvard.


Ever since Nelson Mandela dramatically walked out of prison in 1990 after twenty-seven years behind bars; South Africa has been undergoing a radical transformation. In one of the most miraculous events of the century, the oppressive system of apartheid was dismantled. Repressive laws mandating separation of the races were thrown out. The country, which had been carved into a crazy quilt that reserved the most prosperous areas for whites and the most desolate and backward for blacks, was reunited. But how could this country--one of spectacular beauty and promise--come to terms with its ugly past? How could its people, whom the oppressive white government had pitted against one another, live side by side as friends and neighbours? This book by by Antjie Krog explores a country re-defining itself.

Popcorn Time for Forgiveness
Enjoy these movies with friends, family, staff or on your own. Please be reminded that some titles may not be suitable for children.

**Pay it Forward, 2000** - Young Trevor McKinney, troubled by his mother's alcoholism and fears of his abusive but absent father, is caught up by an intriguing assignment from his new social studies teacher, Mr. Simonet. The assignment: think of something to change the world and put it into action. Trevor conjures the notion of paying a favour not back, but forward--repaying good deeds not with payback, but with new good deeds done to three new people.

**Field of Dreams, 1989** - An Iowa farmer hears a mysterious voice borne on the wind blowing through his corn field, "If you build it, he will come!" The voice becomes more insistent, until he gives in and builds a baseball diamond, complete with lights for night games and bleachers for spectators. A host of long-dead ball players come out of the night fog of the corn to play on the ball field, one asking, "Is this heaven?" To which, the farmer responds, "It's Iowa." But the real "He" who was to come is the farmer's long estranged and now dead father. In a simple game of "catch" on the field they have a chance to talk, see life from the other's point of view, and experience forgiveness and a restored relationship.

**The Green Mile, 1999** - This movie is about death row in a Louisiana prison. The last walk, from the cell to the electric chair is known at this prison as The Green Mile, due to the colour of the floor. The lives of guards on Death Row are affected by one of their charges: a black man accused of child murder and rape, yet who has a mysterious gift.

**Flatliners, 1990** - This film is one of the most intriguing and well-constructed supernatural thrillers of the 1990s. A group of brilliant medical students decide to literally play with life and death. They put themselves in suspended animation, electronically inducing a near-deathlike state and then pulling out of it at the last possible moment. What they were not expecting is to be confronted with past traumas that lead them toward a sense of closure and forgiveness.

Recipes for March – A Month Dedicated to St. Joseph and St. Patrick’s Day
Try one a week to make and share with family, friends or colleagues!

**Shrove Tuesday – Day before Ash Wednesday** (fluctuates according to calendar)
A well know celebration of "Carnival" (which comes from the Latin word *carnelevare* meaning "taking away of the flesh") is the famous Mardi Gras in New Orleans. The traditional dessert for the day is a King Cake.
http://catholiccuisine.blogspot.ca/2009/02/king-cake-for-mardi-gras.html
Feast of St. Patrick – March 17th
St. Patrick’s Day is a cultural and religious holiday celebrated annually on March 17th, the death date of the most commonly-recognised patron saint of Ireland. Saint Patrick's Day was made an official Christian feast day in the early seventeenth century and is observed by the Catholic Church, the Anglican Communion (especially the Church of Ireland), the Eastern Orthodox Church and Lutheran Church. Try these treats:

*Sweet Shamrock Pretzels*
http://catholiccuisine.blogspot.ca/2010/03/sweet-shamrock-pretzels.html

*Shamrock Cinnamon Rolls*
http://catholiccuisine.blogspot.ca/2011/03/shamrock-cinnamon-rolls.html

*Traditional Irish Soda Bread*
http://catholiccuisine.blogspot.ca/2013/02/traditional-irish-soda-bread.html
March Resources

*Virtues of the Month Secondary Resources*

*Staff Engagement Activities*
Liturgy of the Month – Forgiveness
http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents/Liturgy%20of%20the%20Word%20-%20Virtue%20of%20Forgiveness.pdf

Light a Candle
http://www.psychicsuniverse.com/articles/counseling/5-easy-exercises-forgiveness

Shrove Tuesday/Pancake Tuesday Breakfast
http://catholiccuisine.blogspot.ca/2011/03/shrove-tuesday-pancake-day.html

Lenten Meatless Friday Luncheons
http://catholiccuisine.blogspot.ca

*Personal Well-Being Activities*
Quotes
http://www.goodreads.com/quotes/tag/Forgiveness

Forgiveness Inventory Exercise
http://www.happiness-information.com/forgiving-others.html

Mantras
http://www.oprah.com/oprahs-lifeclass/Rituals-for-Forgiveness

Atonement
http://www.oprah.com/oprahs-lifeclass/Rituals-for-Forgiveness

*Suggested Reading for March*
www.indigo.ca

*Popcorn Time for March*
http://www.textweek.com/movies/reconciliation.htm

*Recipes for March*
http://catholiccuisine.blogspot.ca/
Justice means that we deal fairly with others, recognizing the equality and dignity of all. It requires that we work to insure that all people, especially the poor and the weak, have access to opportunities. It assumes that none of us is free until all of us are. One of the central tenants of Catholic social teaching is the dignity of the human being; we are all created in the image and likeness of God, which solidifies our dignity. Justice is extended to all people, animals, the environment; the whole universe.

The following activities engage staff in discovering the vast dimensions of justice and justice building within our schools. It allows us to explore justice from a staff, local community, and global perspective. Connecting with one another, and living in harmony fosters both understanding and respect, which prove as integral elements of a cohesive staff.

(http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents)

**Staff Engagement Activities**

**SE Activity 1**

*Liturg of the Word*
This liturgy can be arranged anytime during the month of April. All those who are able are welcome to attend. If there is a church close by, the liturgy could potentially be done there. Or alternatively, staff could attend morning mass together.

If you listen to me, you will know what is right, just and fair.”
Proverbs 2:9

**Preparation:**
Create a prayerful atmosphere. Prepare a table at the front of your space. Tablecloth should be white for the Easter season. Include a cross, fresh flowers or green plant, pillar candle, Bible or Book of the Gospels.

**Opening Prayer:**
+In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
God of Justice,
We know that we should always work hard to treat others with respect and fairness.
Help us to remember to live and work in fairness and equity. Teach us to live with justice every day, so we can live happily with others and look for peaceful solutions to any problems.
We ask this through your Son, Jesus.*
Amen.
Holy Scripture:
The Golden Rule
(adapted from Luke 6:29-31, 34-35)
A reading from the Gospel of St. Luke:
“If someone takes your coat, let her have your shirt as well. Give everyone who asks for something, and when someone takes what is yours, do not ask for it back. Do for others just what you want them to do for you. Lend your things to others and expect nothing back. Love your enemies and be good to them. Then you will be truly blessed as children of God.”*

The gospel of the Lord.

Petitions
*The response is: May we seek justice, O God.
We seek to be fair in the classroom and in our school community.
May we seek justice, O God.
We seek to treat others as we want to be treated.
May we seek justice, O God.
We seek to respect people from other nations and faiths.
May we seek justice, O God.
We seek peace in our school life and in our community.
+Amen

Reader or All: (A prayer for Earth Day)
We praise you, our Creator.
Grace us with a sense of our responsibilities to preserve and protect your precious gift, this garden, this Earth.
We praise you, Creator God, and we offer you our hearts and hands for the preservation of your Creation.

Closing Prayer:
Loving God,
Teach us to be peaceful and just in all that we do at school, at home and in our community.
Amen.
*Adapted from
Words for the Journey for Kids
Lisa Freemantle & Les Miller

Additional Optional Prayer
TCDSB Faith, Hope and Charity Prayer
Loving God, we pray that the Toronto Catholic District School Board community continue to witness to the theological virtues of Faith, Hope and Charity.
May we be people of FAITH, always willing to follow the example of Jesus in all that we do.
May we be people of HOPE, always trusting in your loving presence in our lives.
May we be people of CHARITY, always willing to give of ourselves to better the lives of others.
SE Activity 2

*Table Talk*

During the month of April, put the Justice discussion starters in a bowl and while you are having lunch in the staff room with your colleagues select one and have a table discussion about it. You may learn some amazing things about your fellow staff members or about yourself that you didn’t realize! There are enough discussion starters below to have *Table Talk* once a week during April.

- What social or environmental problem touches you most right now and why?
- Discuss someone who works for justice in our world that you admire.
- What do today's students want from their teachers?
- Talk about a time when someone really supported you.
- Share one thing you would improve about our justice system.
- How can we move from the ideals expressed in Scripture and Catholic Tradition to a daily life of action?

SE Activity 3

*Multicultural Treats*

This activity allows us to explore the dimensions of culture and Multiculturalism. Staff members who wish to participate share a traditional cultural treat during a recess or lunch. A theme might prove as challenging; for example, the group may decide on desserts, sandwiches, or even something as simple as traditional drinks such as milkshakes, smoothies, sodas, etc.... While this occurs, staff members are challenged to continue to understand the complexities of Multiculturalism and how they understand each other, their students, and the community based on their conceptualization of their own cultural dimensions.

SE Activity 4

*Fingerprints*

You can say an artist requires a signature. Your fingerprint is your built in signature and identity. Create a large impression of your fingerprint, and display them in a prominent place. The unique and diverse aspect of the signature is of significance. This may evolve into a classroom activity.

SE Activity 5

*Re-use! Re-use! Re-use!*

Many of us take up a lot of natural resources with stuff we don’t need, want, or use. Ironically, there are many who lack the basic necessities. Have a school or community wide rummage or garage sale. This is a great way to clean up unwanted clutter! Proceeds may be given to charity. A clothing sale or swap can also be incorporated into this activity.
SE Activity 5

Take a Hike!
There is no better way to get in touch with the Earth’s rhythms than to actually go outdoors and experience its many wonders. This Earth Day, why not take a hike? The point is, get outdoors, breathe the air, feel the sun on your cheeks and absorb some vitamin D. Spend some time in an urban park, and rejuvenate your soul.

Personal Well-Being Activities

PWB Activity 1

Journal Writing or Personal Reflection Time
Keeping a journal or setting aside a few minutes a day for personal reflection can help us to pause in our busy day and center ourselves. Here are a few suggestions and thought provoking questions, quotes and short videos to reflect on the virtue of Justice.

Contemplating Jesus
Jesus was a radical advocate for justice and his ministry focussed strongly on gaining justice for the oppressed. Reflect on the teaching and life of Jesus through the lens of Justice.

Scripture Passages:
Seek good and not evil, that you may live; And thus may the LORD God of hosts be with you, Just as you have said! Hate evil, love good, and establish justice in the gate! (Amos 5:14-15)

God has told you, what is good; and what does the LORD require of you but to do justice, to love kindness, and to walk humbly with your God? (Micah 6:8)

Is not this the fast that I choose to lose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover them... (Isaiah 58:6-7)

Quotes on Justice
“There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest.”
— Elie Wiesel

“Justice will not be served until those who are unaffected are as outraged as those who are.”
— Benjamin Franklin

Each time a person stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring those ripples build a current which can sweep down the mightiest walls of oppression.
and resistance."
— Robert F. Kennedy

“Where you are born should not dictate your potential as a human being.”
— Roméo Dallaire

PWB Activity 2
Write a Letter to Yourself
Remember that Jesus was always an instrument for justice in his work with people. In a letter to yourself, explore how you are an instrument of justice in your work? Once written, put the letter away and go back to it in September when school re-convenes.

PWB Activity 3
Prayerful Justice Meditation
When you feel faced with injustice, on a local, national or global scale, meditate on this prayer to bring about a sense for unity with those who are treated unjustly.

Father, you have given all peoples one common origin.
   It is your will that they be gathered together
   as one family in yourself.
Fill the hearts of mankind with the fire of your love
   and with the desire to ensure justice for all.
By sharing the good things you give us,
   may we secure an equality for all
   our brothers and sisters throughout the world.
May there be an end to division, strife and war.
May there be a dawning of a truly human society
   built on love and peace
We ask this in the name of Jesus, our Lord.

Amen.

Suggested Reading on Justice

I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban, 2013
This is an extraordinary story of bravery, passion, and determination – told in Malala’s Yousafzai’s own words. It’s an authentic portrait of a young woman who, with equal measures of boldness, reserve, and humility fully intends to change the world.
http://www.chapters.indigo.ca/books/i-am-malala-the-girl/9780316322409-item.html?ikwid=malala+yousafzai&ikwsec=Home&ikwidx=1
The Help, 2009
Aibileen is a black maid in 1962 Jackson, Mississippi, who's always taken orders quietly, but lately she's unable to hold her bitterness back. This story by Kathryn Stockett examines the racial injustice of the time through a strong, determined young heroine.
http://www.chapters.indigo.ca/books/the-help/9780425232200-item.html?ikwid=the-help&ikwsec=Home&ikwidx=0

A Long Way Gone: Memoirs of a Boy Soldier, 2008
This is an extraordinary and mesmerizing account, told with real literary force and heartbreaking honesty by former boy soldier Ishmael Beah, who he learns how to forgive himself, to regain his humanity, and, finally, to heal.
http://www.chapters.indigo.ca/books/a-long-way-gone-memoirs/9780143190172-item.html?ikwid=a+long+way+gone+memoirs&ikwsec=Home&ikwidx=0

Night, 2006
Night is Elie Wiesel's masterpiece, a candid, horrific, and deeply poignant autobiographical account of his survival as a teenager in the Nazi death camps.
http://www.chapters.indigo.ca/books/night-oprah-selection-55/9780374500016-item.html?ikwid=elie&ikwsec=Home&ikwidx=0

Popcorn Time for Justice
Enjoy these movies with friends, family, colleagues or on your own. Please be reminded that some titles are not suitable for children.

Amazing Grace, 2006 - The idealist William Wilberforce maneuvers his way through Parliament, endeavoring to end the British transatlantic slave trade.
http://www.imdb.com/title/tt0454776/

Do the Right Thing, 1989 - On the hottest day of the year on a street in the Bedford-Stuyvesant section of Brooklyn, everyone's hate and bigotry smolders and builds until it explodes into violence.
http://www.imdb.com/title/tt0097216/?ref_=nv_sr_1

Hotel Rwanda, 2004 - The true story of Paul Rusesabagina, a hotel manager who housed over a thousand Tutsi refugees during their struggle against the Hutu militia, in Rwanda.
http://www.imdb.com/title/tt0395169/

Twelve Angry Men, 1957 - A dissenting juror in a murder trial slowly manages to convince the others that the case is not as obviously clear as it seemed in court.
http://www.imdb.com/title/tt0050083/?ref_=nv_sr_2


Recipes for April – Dedicated to the Blessed Sacrament
Try one a week to make and share with family, friends or colleagues!

Feast of St. Kateri – April 17th
Kateri Tekakwitha was the first Native Canadian to be declared a Blessed. We remember her story and heroic works for Our Lord on this day. We celebrate her with the Best Ever Corn Bread.
http://catholiccuisine.blogspot.ca/2010/07/blessed-kateri-tekakwitha.html

Feast of St. George – April 23rd
St. George’s legacy of bravery in slaying the dragon is honoured here in this recipe for Dragon Cake.
http://catholiccuisine.blogspot.ca/2010/04/dragon-cakes-for-st-george.html

Feast of St. Mark – April 25th
Serving Risi e Bisi, a springtime soup of creamy rice and peas, on the Feast of St. Mark, is an ancient tradition that dates from the days of the Republic of Venice.

Feast of St. Catherine of Sienna – April 29th
This day marks the Feast of St. Catherine of Siena, an Italian saint that worked tirelessly for God by advising and interceding on behalf of her Popes. She is honoured here with Peace Bread.
http://catholiccuisine.blogspot.ca/2008/04/st-catherine-of-siena-peace-bread.html
April Resources

**Virtues of the Month Secondary Resources**

**Staff Engagement Activities**
Liturgy of the Month
http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents/Liturgy%20of%20the%20Word%20Virtue%20of%20Justice.pdf

Table Talk on Justice
http://www.smp.org/resourcecenter/resource/6296/

Multicultural Treats
www.edchange.org

Fingerprints
www.pintrest.com

Re-Use, Re-Use, Re-Use
www.wikihow.com

Take A Hike!
www.inhabit.com

**Personal Well-Being Activities**
Journal Writing and Personal Reflection, Justice Letter

Quotes
http://www.goodreads.com/quotes/tag/justice

Justice Meditation
www.catholic.org/prayers
Suggested Reading for Justice
www.indigo.ca

Popcorn Time for Justice
www.imdb.com

Recipes for April
http://catholiccuisine.blogspot.ca/
Compassion is a feeling deep within ourselves; it is also a way of acting, being affected by the suffering of others and moving on their behalf. Compassion is made up of two words. ‘co’ meaning together and ‘passion’ meaning a strong feeling. When we see someone is in distress and we feel their pain as if it were our own, and strive to eliminate or lessen their pain, then this is compassion. Sharing, readiness to give comfort, sympathy, concern and caring - all are manifestations of compassion. You will notice also that in the compassionate person, care and love towards others has its origins in care and love for oneself. We can really understand others when we really understand ourselves. ([http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents](http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents))

**May - Virtue of Compassion**

**Staff Engagement Activities**

**SE Activity 1**  
*Liturgical of the Word*

This liturgy can be arranged anytime during the month of May. All those who are able are welcome to attend. If there is a church close by, the liturgy could potentially be done there. Or alternatively, staff could attend morning mass together.

*“Be merciful just as your Father is merciful”* Luke 6:36

**Preparation:** Create a prayerful atmosphere. Prepare a table at the front of your space. Tablecloth should be white until Pentecost Sunday when it changes to green for Ordinary Time. Include a cross, fresh flowers or green plant, pillar candle, Bible or Book of the Gospels.

**Opening Prayer:**

+In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
God of compassion,  
Help us to grow in kindness and concern for others.  
Help us to listen and try to help others when they need it.  
We know that this brings us closer to you.  
Amen.
Holy Scripture:
(Adapted from Luke 6:31-36)
Do for others what you want them to do for you. If you love only the people who love you, why should you receive a special blessing? Even wicked people love those who love them. And if you do good only to those who do good to you, why should you receive a special blessing? And if you lend only to those you expect will give it back, why should you receive a blessing?
No! Love your enemies and do good for them; lend and expect nothing back. You will then have a great reward and you will be children of the Most High God, for he is good to the ungrateful and the wicked.
Be merciful just as your God is merciful.
The Gospel of the Lord.

Compassion Prayer
C is for caring for all people.
O is for outreach to others in our community.
M is for the good manners we show others.
P is for our prayers which help our faith to grow.
A is for acting on what we say.
S is for sharing our gifts each and every day.
S is for singing praises to God.
I is for investing time in faith and love.
O is for opening our hearts to others.
N is for needing to show compassion to everyone.

Closing Reflection:
Jesus gave us a new commandment to love one another as he loved us. Compassion means caring: our friends will know that no matter what, they can depend on us. So when you’re in your classroom, in the school yard or at home and in your neighbourhood, remember that showing compassion brings you closer to God. Amen

Additional Optional Prayer
TCDSB Faith, Hope and Charity Prayer
Loving God, we pray that the Toronto Catholic District School Board community continue to witness to the theological virtues of Faith, Hope and Charity.
May we be people of FAITH, always willing to follow the example of Jesus in all that we do.
May we be people of HOPE, always trusting in your loving presence in our lives.
May we be people of CHARITY, always willing to give of ourselves to better the lives of others.
SE Activity 2

Mindfulness
Before a staff meeting have someone read...
Now try to create a sense of being a compassionate person, as best you can. Some days this will be easier than others – even just the slightest glimmer can be a start. Now focus and bring to mind someone you care about (e.g. a partner, friend, parent or child, or an animal, or even a plant). When you have them in mind focus on directing towards them three basic feelings and thoughts:

* May you be well
* May you be happy
* May you be free of suffering

Keep in mind that it is your behaviour and intentions that are important - and the feelings may follow on behind. Be gentle, take time and allow yourself to focus on desires and wishes you create in yourself for the other person/animal/plant. Maybe picture them smiling at you and sharing these feelings. Okay, that’s tricky if you are thinking of a plant, but imagine the plant as ‘happy’ to receive your compassionate wishes. Spend time focusing on this genuine desire of yours for ‘the other’.

SE Activity 3

Create a Personalized Rosary
Use letter beads to remind you of who/what you need to be compassionate or who/what you want to pray for. Many “dollar” stores have the materials that you will require. The instructions are available on the links found on our May resource page.

SE Activity 4

Volunteer
One of the quickest ways to cultivate a sense of loving kindness is to seek out opportunities to interact with those in need. Volunteer at an animal shelter. Spend time visiting patients in a hospital (many hospitals have programs that facilitate this). Work in a soup kitchen for an afternoon. Compassion responds to suffering with gentleness, giving our time and energy generously.
Personal Well-Being Activities

PWB Activity 1

*Journal Writing or Personal Reflection Time*

Keeping a journal or setting aside a few minutes a day for personal reflection can help us to pause in our busy day and center ourselves. Here are a few suggestions and thought provoking questions to reflect on the virtue of Compassion.

*Scripture Passages:*

Jesus replied, “A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him and departed, leaving him half dead. Now by chance a priest was going down that road, and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was, and when he saw him, he had compassion. He went to him and bound up his wounds, pouring on oil and wine. Then he set him on his own animal and brought him to an inn and took care of him. Luke 10:30-35

“Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience.” Colossians 3:12

“So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets” Matthew 7:12

*Quotes on Compassion*

“Be kind, for everyone you meet is fighting a harder battle.” — Plato

“If we have no peace, it is because we have forgotten that we belong to each other.” — Mother Teresa

“Compassion is the basis of morality.” — Arthur Schopenhauer

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.” — Dalai Lama XIV

PWB Activity 2

*Teach Your Talents*

You have a set of unique talents, skills and access to a wide range of resources. Who can you share your talents/resources with today? Where might you find a person who would benefit from what you have to give? Compassion does not hoard what it has but gives generously.
PWB Activity 3

*Turn it Inward*

Although extending compassion to others should be a daily practice, showing that same kindness to ourselves is also vital. Are you holding onto past regrets? Have you ever done/said something that you are deeply ashamed of? Ask yourself, “Who would I be without this regret/shame?” Each day, practice forgiving yourself. Whether silently, out loud or maybe in front of a mirror, cultivate a space of calm acceptance of all things.

PWB Activity 4

*Pause*

They say hindsight is 20/20. It is often easy for us to admit that we used unkind words or behaved aggressively after we’ve reflected on our actions. Don’t wait until afterwards to pause and reflect. When you have to write a difficult email, challenge a colleague or complain to the restaurant manager about poor service, pause and consider the other person’s position. Could they just be having a really rough day? Is it possible for you to communicate your concerns with kindness instead of aggressiveness? Pause and let the compassionate answer come through.

Suggested Reading on Compassion

*Saving Simon: How a Rescue Donkey Taught Me the Meaning of Compassion, 2014*

In this heartfelt, thoughtful, and inspiring memoir, New York Times bestselling author Jon Katz tells the story of his beloved rescue donkey, Simon, and the wondrous ways that animals make us wiser and kinder people.


*Altruism: The Power Of Compassion To Change Yourself And The World, 2015*

In *Happiness*, Matthieu Ricard demonstrated that true happiness is not tied to fleeting moments or sensations, but is an enduring state of soul rooted in mindfulness and compassion for others. Now he turns his lens from the personal to the global, with a rousing argument that altruism—genuine concern for the well-being of others—could be the saving grace of the 21st century.


*Self-Compassion Step by Step: The Proven Power of Being Kind to Yourself, 2013*

Why does it feel so natural to be compassionate and kind to those we love—yet so hard to treat ourselves the same way? ‘Our culture teaches us to use self-shaming for motivation and to build self-esteem by constantly measuring our worth against everyone else,’ says Dr. Kristin Neff. ‘We need to re-learn the essential skill of be-ing genuinely kind to ourselves.’

**Tattoos on the Heart: The Power of Boundless Compassion, 2010**
Destined to become a classic of both urban reportage and contemporary spirituality" (Los Angeles Times), *Tattoos on the Heart* is a series of parables about kinship and redemption from pastor, activist, and renowned speaker, Father Gregory Boyle. 
http://www.chapters.indigo.ca/books/tattoos-on-the-heart-the/9781439171776-item.html?ikwid=Compassion&ikwsec=Home&ikwidx=5

**Popcorn Time for Compassion**
Enjoy these movies with friends, family, colleagues, or on your own. Please be reminded that some titles may not be suitable for children.

**Babe, 1995** - Farmer Hoggett wins a runt piglet at a local fair and young Babe, as the piglet decides to call himself, befriends and learns about all the other creatures on the farm. He becomes special friends with one of the sheepdogs, Fly. With Fly's help, and Farmer Hoggett's intuition, Babe embarks on a career in shepherding with some surprising and spectacular results.

**Forrest Gump, 1994** - The story follows the life of low I.Q. Forrest Gump and his meeting with the love of his life Jenny Curran. The film chronicles his accidental experiences with some of the most important people and events in America from the late 1950s through the 1970s including a meeting with Elvis Presley, JFK, Lyndon Johnson, Richard Nixon, fighting in Vietnam, etc. The problem is, he doesn’t realize the significance of his actions. Forrest becomes representative of the baby boomer generation having walked through life blindly.

**To Kill a Mocking Bird, 1962** - Atticus Finch, a lawyer in the Depression-era South, defends a black man against an undeserved rape charge, and his kids against prejudice. Through the eyes of "Scout," his feisty six-year-old tomboy daughter, this story carries us on an odyssey through the fires of prejudice and injustice in 1932 Alabama. Presenting her tale first as a sweetly lulling reminiscence of events from her childhood, the narrator draws us near with stories of daring neighbourhood exploits by she, her brother "Jem," and their friend "Dill."
Recipes for May – Dedicated to the Blessed Virgin Mary
Try these recipes to make and share with family, friends or colleagues!

Each of these recipe honour Mary, the Mother of God and remind us of her devotion and sacrifice to Jesus and his ministry. The May devotion in its present form originated at Rome where Father Latomia of the Roman College of the Society of Jesus, to counteract infidelity and immorality among the students, made a vow at the end of the eighteenth century to devote the month of May to Mary.

Cupcake Rosary
http://catholiccuisine.blogspot.ca/2010/10/in-honor-of-most-holy-rosary.html

Mary Blue Jell-o Cake
http://catholiccuisine.blogspot.ca/2008/09/mary-blue-jell-o-cake.html

ChrysanthemumMUM Cupcakes
http://catholiccuisine.blogspot.ca/2011/05/mum-cupcakes.html
May Resources

**Virtues of the Month Secondary Resources**

**Staff Engagement Activities**
Liturgy of the Month – Compassion
http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents/Liturgy%20of%20the%20Word%20-%20Virtue%20of%20Compassion.pdf

Mindfulness
http://www.compassionatemind.co.uk/downloads/training_materials/3.%20Clinical_patient_handout.pdf

Personalized Rosary
http://m.wikihow.com/Make-a-Rosary
http://www.catholicsupply.com/christmas/how%20to%20string%20rosary2c.jpg

Volunteer
http://goodlifezen.com/10-ways-to-practice-compassion/

**Personal Well-Being Activities**
Teach Your Talents/Turn it Inward/Pause
http://goodlifezen.com/10-ways-to-practice-compassion/

**Suggested Reading for May**
www.indigo.ca

**Popcorn Time for May**

**Recipes for March**
http://catholiccuisine.blogspot.ca/
June – Virtue of Faithfulness

Words synonymous with faithfulness are: loyal, true and constant. These adjectives mean adhering firmly and devotedly to someone or something, such as a person, cause, or duty that elicits or demands one’s fidelity. In the broad scope of spiritual life, we see faith not as something you have but as something you are in — a relationship. Practicing faith, then, is like developing any relationship. You have to give it time and attention. It requires you to see, hear, feel, and constantly remember your partner -- God.

Faithfulness and devotion is not ideally something that should be “practiced” only once a week, just on religious holidays, or only in response to a particular event in your life. Faithfulness needs to be part of your daily routine. A faithful life is one lived in the presence of God. It involves an awareness of God’s presence in our everyday experiences.

Staff Engagement Activities

SE Activity 1
*Liturgy of the Word*
This liturgy can be arranged anytime during the month of June All those who are able are welcome to attend. If there is a church close by, the liturgy could potentially be done there. Or alternatively, staff could attend morning mass together.

*“Happy is the person who remains faithful”* James 1:12

**Preparation:** Create a prayerful atmosphere. Prepare a table at the front of your space. Tablecloth should be green for Ordinary Time. Include a cross, fresh flowers or green plant, pillar candle, Bible or Book of the Gospels.

**Opening Prayer:**
+In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
God of light, bring us faith.
Help us to grow in faith each day as we strive to do your will.
Amen.

**Holy Scripture: 2 Corinthians 5:1-10**
For we know that if the earthly tent we live in is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. For in this tent we long to be clothed with our heavenly dwelling— for while we are still in this tent, we groan under our burden,
we wish not to be unclothed but to be further clothed, so that what is mortal may be swallowed up by life. He who has prepared us for this very thing is God, who has given us the Spirit as a guarantee. So we are always confident; even though we know that while we are at home in the body we are away from the Lord—for we walk by faith, not by sight. So whether we are at home or away, we make it our aim to please him. For all of us must appear before the judgment seat of Christ, so that each may receive recompense for what has been done in the body, whether good or bad.

What is Faith?
Faith joins us as a family and brings us together.
Faith is belief in our loving God.
Faith brings comfort in times of trouble and in times of joy.
Faith brings heaven closer to us.
Faith is the answer in both bad times and good;
We thank our Heavenly Father for faith.

Closing Prayer:
Faithful God,
Guide us in your way
This day and always
As we look forward
To the summer ahead,
May our faith grow stronger with each passing day.
We ask this through Christ our Lord. Amen

Additional Optional Prayer
TCDSB Faith, Hope and Charity Prayer
Loving God, we pray that the Toronto Catholic District School Board community continue to witness to the theological virtues of Faith, Hope and Charity.
May we be people of FAITH, always willing to follow the example of Jesus in all that we do.
May we be people of HOPE, always trusting in your loving presence in our lives.
May we be people of CHARITY, always willing to give of ourselves to better the lives of others.

SE Activity 2
Dipped Candles
When a candle maker dips candles, the first dips are not very noticeable. Each dip of the candle hold more wax and slowly a candle emerges and takes shape. As like our faith...it is strengthened by action, one layer at a time. For those who are interested, this can be done at after school as a concrete symbol of our faithfulness. Materials can be found at a local dollar store or craft store.
SE Activity 3
Host a Local Pilgrimage
Making a pilgrimage doesn’t have to mean traveling to far off places. There is probably a shrine or other holy place within your own community or diocese you can organize a day trip to! You can carpool in small groups, or for larger pilgrimages you can charge a small fee and rent a bus.

SE Activity 4
Rainbow Faith Bead Bracelets
Rainbow Faith Bracelets are a great way to show your faith. They are sometimes called “Witness Bracelets”. Each colour bead that you use on the Faith Bracelet represents a part of the process of following Jesus. Create your own Faith Bracelet with some of your colleagues by following the link found on the resources page for June. Materials can be found at your local dollar store or craft store.
http://craftandcreativity.com/blog/2012/09/02/beadbracelets/

Personal Well-Being Activities

PWB Activity 1
Journal Writing or Personal Reflection Time
Keeping a journal or setting aside a few minutes a day for personal reflection can help us to pause in our busy day and center ourselves. Here are a few suggestions and thought provoking questions to reflect on the virtue of Faithfulness.

Scripture Passages:
“Therefore, those also who suffer according to the will of God shall entrust their souls to a faithful Creator in doing what is right.” 1 Peter 4:19

“So I will sing praise to Your name forever, That I may pay my vows day by day.” Psalms 61:8

"Do not let your heart be troubled; believe in God, believe also in Me. John 14:1

"Trust in the LORD forever, For in GOD the LORD, we have an everlasting Rock.” Isaiah 26:4

Quotes on Faithfulness
“Being faithful in the smallest things is the way to gain, maintain, and demonstrate the strength needed to accomplish something great.”
— Alex Harris

“Faithfulness is not doing something right once but doing something right over and over and over and over.”
— Joyce Meyer
“God has not called me to be successful; He has called me to be faithful.”
— Mother Teresa

PWB Activity 2

Create a Prayer Journal

Steps for Construction:
Think through your prayer requests and try to identify categories to group requests.
Examples:
- Husband/Wife
- Son/Daughter
- Personal requests
- Family
- Friends
- Church
- Work

2. Divide your journal into sections according to your categories.
3. Label one post-it flag for each category.
4. Place a post-it flag on the first page of each section, working your way slowly down the page each time so that you can see all the flags at once when the journal is closed.
5. “Laminate” your flags using the scotch tape. Simply place a piece of scotch tape on the front and back of the flag, securing it to the paper and making it more durable. Trim off any excess.

Using Your Prayer Journal
The main idea of this prayer journal is to divide requests into categories. Pray for certain people/categories on certain days—some more often than others. Using the category system, you can make sure the things that you want to pray for frequently are in a category that you will often turn to.

PWB Activity 3

Prayer Sticks

Find pictures of family or friends and glue their images to popsicle sticks. Each day draw a person at random and pray for that person. See more detailed instructions in the link found on the June resources page.

Suggested Reading on Faithfulness

Great Is Thy Faithfulness: Inspiration from the Beloved Hymn, 2014
Joanne Simmons, adapts the lyrics from the beloved hymn “Great Is Thy Faithfulness” to inspire us with this encouraging title. Overflowing with thoughtful devotions, prayers, memorable quotations, and Bible promises, you’ll find the blessings, encouragement, joy, and comfort your heart truly desires.

http://www.chapters.indigo.ca/books/great-is-thy-faithfulness-inspiration/9781628366402-item.html?ikwid=Faithfulness&ikwsec=Books&ikwidx=12
Scripture Study Journal: Faith-Faithful-Faithfulness, 2014
This study journal has one purpose only, that being to follow the scripture from Genesis through Revelation introducing you the reader to the person of the Holy Spirit. The study is scripture only. Leaving the meditation you make throughout to be the revelation between you, the reader and the Spirit inspired word of God. Author Joy Rider reminds us to: Take time to meditate. Review whole passages that each scripture was pulled from as the Holy Spirit leads you to do so. The space to the right of each passage of scripture was provided for notes as the scripture speaks new revelation to your spirit. Read slowly do not rush through the study. We believe you will never be the same as the new revelations change you from inside out.

Great Is Thy Faithfulness, 2014 (eBook)
Through the eyes of author Amber E. Nease, London in 1899 is one of the greatest cities on earth and the heart of the global British Empire. Its fame is not enough to raise the appeal of city living in the eyes of young country gentleman John Whitting, however. He would rather be enjoying the idyllic setting of his family’s estate after being away at Oxford for several years than living in the midst of London's noise and dirt. Little does he know how life-altering his time in the great city will be -- especially after meeting Miss Helen Burbank and her family. As John comes to know the entire Burbank family, he realizes that his own Christian walk is lacking, a fact which troubles him. http://www.chapters.indigo.ca/books/great-is-thy-faithfulness/9781301865994-item.html?ikwid=Faithfulness&ikwsec=Books&ikwidx=15

Jonathans Miracle: A Mothers Love, A Mothers Loss, and Gods Faithfulness, 2014
Laurie E White tells the story of her son in Jonathans Miracle. Jonathan arrived bringing hope and joy to a family in turmoil. Over the next ten years he wove his way into the hearts of each member of that family and all who knew him. Then, one morning Laurie and her husband received a frantic phone call at work: Jonathan was choking. For the next seventeen days he lay unconscious in the hospital, while family, friends and strangers prayed for a miracle. Jonathans Miracle invites you to travel the journey with her. Along the way she shares her personal journal writings, and original poems, borne from a mothers heart, as she copes with tragedy, trust, acceptance, and beginning to live again.
http://www.chapters.indigo.ca/books/jonathans-miracle-a-mothers-love/9781462408771-item.html?ikwid=Faithfulness&ikwsec=Books&ikwidx=1
Popcorn Time for Faithfulness
Enjoy these movies with friends, family, staff or on your own. Please be reminded that some titles may not be suitable for children.

Evan Almighty, 2007 - Evan has left Buffalo, New York in pursuit of a greater calling. But that calling isn’t serving in the illustrious ranks of America’s politics, but being summoned by the Almighty himself, who has handed Evan the task of building a new ark, much as Noah did before. Evan will have to do the work that God has given him in what promises to be an unusual adventure for a man who just wanted to serve his country, might actually be serving humanity.

A Beautiful Mind, 2001 - From the heights of notoriety to the depths of depravity, John Forbes Nash, Jr. experienced it all. A mathematical genius, he made an astonishing discovery early in his career and stood on the brink of international acclaim. But the handsome and arrogant Nash soon found himself on a painful and harrowing journey of self-discovery.

Facing the Giants, 2006 - This is the action-packed drama about a Christian high school football coach who uses his undying faith to battle the giants of fear and failure. In six years of coaching, Grant Taylor has never led his Shiloh Eagles to a winning season. Devastated by his circumstances, he cries out to God in desperation. When Grant receives a message from an unexpected visitor, he searches for a stronger purpose for his football team. He dares to challenge his players to believe in God for the impossible on and off the field. Facing the Giants is a powerful experience for the whole family inspiring viewers to live with faith, hope, and love!

Recipes for June – Dedicated to the Sacred Heart of Jesus
Try these recipes make and share with family, friends or colleagues!

Devotion to the Sacred Heart of Jesus goes back at least to the 11th century, but through the 16th century, it remained a private devotion, often tied to devotion to the Five Wounds of Christ. It is celebrated 19 days after Pentecost Sunday. Try these treats all meant to remind us of the Sacred Heart.

Sacred Heart Strawberry Cupcakes
http://catholiccuisine.blogspot.ca/2010/06/o-sacred-heart-how-sweet-are-thee.html

Sacred Heart Sugar Cookies
http://catholiccuisine.blogspot.ca/2009/06/sacred-heart-cookies.html

Sacred Heart Egg Toast
http://catholiccuisine.blogspot.ca/2012/02/heart-of-st-valentine-egg-toast.html
June Resources

*Virtues of the Month Secondary Resources*

*Staff Engagement Activities*

Liturgy of the Month – Faithfulness
http://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Documents/Liturgy%20of%20the%20Word%20-%20Virtue%20of%20Faith.pdf

Dipped Candles
http://www.education.com/activity/article/dipped-candles/

Host a Local Pilgrimage
http://jonathanfsullivan.com/?s=Year+of+faith+activities

Rainbow Faith Bead bracelets

*Personal Well-Being Activities*

Create a Prayer Journal

Prayer Sticks
http://melissasprojects.blogspot.ca/2011/10/prayer-sticks.html

*Suggested Reading for June*
www.indigo.ca

*Popcorn Time for June*
http://www.wingclips.com/themes/faithful

*Recipes for June*
http://catholiccuisine.blogspot.ca/