



OVERVIEW

OCTOBER

*Virtue: **GRATITUDE***



*Ontario Catholic School Graduate Expectation: **A Discerning Believer***

*Principles of Catholic Social Teaching: **Rights and Responsibilities***

Overview of the 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

Ontario Catholic School Graduate Expectation -- I AM A BELIEVER

A Discerning Believer Formed in the Catholic Faith Community Who:

- Illustrates a basic understanding of the saving story of our Christian faith. OCSGE 1(a)
- Participates in the sacramental life of the church and demonstrates an understanding of the centrality of the Eucharist to our Catholic story. OCSGE 1(b)
- Actively reflects on God's Word as communicated through the Hebrew and Christian scriptures. OCSGE 1 (c)
- Develops attitudes and values founded on Catholic social teaching and acts to promote social responsibility, human solidarity and the common good. OCSGE 1(d)
- Speaks the language of life..."recognizing that life is an unearned gift and that a person entrusted with life does not own it but that one is called to protect and cherish it."
(Witnesses to Faith) OCSGE 1(e)
- Seeks intimacy with God and celebrates communion with God, others and creation through prayer and worship. OSGE 1(f)
- Understands that one's purpose or call in life comes from God and strives to discern and live out this call throughout life's journey. OCSGE 1(g)
- Respects the faith traditions, world religions and the life-journeys of all people of good will.
- Integrates faith with life. OCSGE 1(h)
- Recognizes that "sin, human weakness, conflict and forgiveness are part of the human journey" and that the cross, the ultimate sign of forgiveness is at the heart of redemption.
(Witnesses to Faith) OCSGE 1(j)

Principles of Catholic Social Teaching

Rights and Responsibilities:

Catholic Tradition teaches that human dignity can be protected and a healthy community can be achieved only if human rights are protected and responsibilities are met. Every person has a fundamental right to life and a right to those things required for human decency.

Corresponding to these rights are the duties and responsibilities to one another, to our families, and to larger society.

SCRIPTURE PASSAGES, ADDITIONAL REFERENCES, AND DISCUSSION STARTERS

GRATITUDE

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RIGHTS AND RESPONSIBILITIES

Faith - Scripture Passages:

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

Additional References:

- “Life is an unearned gift and that a person entrusted with life does not own it but that one is called to protect and cherish it.” (***Witness to Faith***)
- “In a society marked by personality cults, we are called to bear witness to Jesus Christ, our Saviour and Lord, and to reverence Him in the poor, the lowly, and the marginalized.” (***This Moment of Promise***)

Discussion Starters:

- When we talk about 'living a life in light of Gospel values', what do we mean?
- How do you show your gratitude?
- How do other people show their gratitude for things?
- Is there someone you forgot to thank?
- Do you expect to be thanked when you do something nice?
- To have no gratitude — ingratitude; to be ungratefulDo you know some ungrateful people?
- What people are usually more ungrateful?
- Can you remember some times when you were ungrateful?
- Are children usually grateful for what they have?
- Is it okay to do thankless tasks? What are some examples of thankless tasks?
- Do you think the youngest generation is ungrateful for what they have? Were the older generations more grateful?
- What is Gratitude to you?
- It is said that the secret to happiness is to have gratitude? Agree? Disagree? Why?
- What are you thankful for? What should we most be thankful for?
- Who are you thankful to? Who is a person everyone should be thankful to?
- Make a list of ten things you are grateful for? Why are you thankful for these things?
- Make a list of ten people you are grateful to? Why are you grateful to these people?

A Woman Healed

Now there was a woman who had been suffering from hemorrhages for twelve years; and though she had spent all she had on physicians, no one could cure her. She came up behind him and touched the fringe of his clothes, and immediately her hemorrhage stopped. Then Jesus asked, "Who touched me?" When all denied it, Peter said, "Master, the crowds surround you and press in on you." But Jesus said, "Someone touched me; for I noticed that power had gone out from me." When the woman saw that she could not remain hidden, she came in trembling; and falling down before him, she declared in the presence of all the people why she had touched him, and how she had been immediately healed. He said to her, "Daughter, your faith has made you well; go in peace." (**Luke 8: 40-48**)

- *How do you reach out to Jesus in your role as a Catholic educator?*
- *Who is reaching out to you in faith?*
- *What have been some of your responses?*

FAITH IN ACTION – ACTIVITIES AND IDEAS

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RIGHTS AND RESPONSIBILITIES

The following Catholic Schools are among some which have received Speak Up Grants from the Ministry of Education. These Catholic Schools from around the province illustrated “Faith in Action” in their schools through various clubs and activities. May they serve to spark inspiration and innovation in your school, as your Catholic Community lives out the call “to bear witness to Jesus Christ, our Saviour and Lord, and to reverence Him in the poor, the lowly, and the marginalized.” (This Moment of Promise)

- **Title: *It Takes a Village to Raise a Child***

REFLECTION ON ACTIVITY: *Find scripture passages where Jesus reaches out to the various groups in his society. (Example: The Samaritan Woman) What was His response to them? As global citizens, how do we celebrate others’ uniqueness and show gratitude? How have the clubs/activities or events of our Catholic School Communities proclaimed our “oneness in the Body of Christ”?*

Description: With “It Takes a Village to Raise a Child”, students promoted tolerance of cultural differences, helped educate fellow students about different countries in the Global Village and promoted student leadership and the *rights and responsibilities* in being a global citizen. A survey of countries was conducted in each class, allowing students to choose the country they wanted to study. Then, for two hours a day for four days, each class studied their chosen country. On the fifth day, a school-wide cultural festival gave students the opportunity to present all they had learned about their chosen country’s traditional dress, foods, dance, costumes, games and more. Each student was issued a passport that enabled them to visit other students’ country presentations. Parents supported the project throughout, it was covered in the local media and plans for next year include supporting a real village in the third world.

Project Type: Student-Led Teacher-Facilitated

Grade(s) Impacted: SK-8

School Name: Gregory A Hogan Catholic S

School Board: St. Clair CDSB

- **Title: Random Acts of Kindness Week**

REFLECTION ON ACTIVITY: The meaning of the word Eucharist is "thanksgiving". How can you live out the graces which you receive through the Eucharist in your everyday life?

Description: Inspired by the movie "Pay it Forward", student leaders created "Random Acts of Kindness Week" to encourage their student body to do good deeds and pay them forward in the community. An entire week of activities was planned, with a different theme for each day. For example, Monday's theme was Blessed are the Children, and activities included collecting toys and baby items, volunteering in the LAC classroom, providing free candy-o-grams and more. Tuesday's theme was Feed Your Body and Your Soul and activities included a mini food drive, a pancake breakfast and more. Sign-up sheets were made available for each activity, the movie was shown every day during the week before the event, student leaders created posters to advertise each day's events and the PA system was used for morning announcements, morning challenges and end of the day challenges. Sign-up sheets for volunteers filled quickly and student leaders received notes and phone calls of appreciation from the community.

Project Type: Student-Led Teacher-Facilitated

Grade(s) Impacted: 7-12, Teachers, Community

School Name: St. Joseph-Scollard Hall SS

School Board: Nipissing-Parry Sound CDSB

Other ideas you can try!

- Be a blessing by performing a service to a neighbour or a shut-in — doing a chore, running an errand, or delivering groceries.
- Create a Gratitude Calendar for use in your household daily. Set up a schedule of blessing emphases in a date book, perhaps having a different focus for each month: (1) People We've Known, (2) People We Do Not Know but Admire (living and dead), (3) Artists, (4) Service Providers, (5) Spiritual and Other Communities, (6) Our Bodies, (7) Places, (8) Animals, (9) Nature, (10)
- Keep a Daily Gratitude Journal. Every day before you go to bed, write down five things that you can be grateful for that day.
- Use these three techniques to the give the most powerful thank you:
 - (1) **Find the benefit.** What good came to you because of this person? Ex. "THANK YOU! My serve is so much better thanks to you and the extra practice time you've allowed us to have".
 - (2) **Acknowledge the effort.** What might have been hard for them? Ex. "Coach, thanks for coming out on a Saturday to give us an extra practice when I know your own kid had a game today that you had to miss."
 - (3) **Spot the strength.** What good do you see in the person you're thanking? Ex. "You showed that you really care about us Coach....You make us feel like we matter!"

FAITH BASED MEDIA LINKS

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RIGHTS AND RESPONSIBILITIES

Salt and Light Media Link <http://saltandlighttv.org/openings/>

- **Openings: Faith Meets Music**



Music is a way into the heart, into the soul, that is unique in our humanity". Music can help us to open our hearts to gratitude.

Tired of being uninspired? Your faith should be the fuel that inspires you. We can help feed it. "OPENINGS" brings you intimate concert encounters with the music and faith stories of Catholic musicians from around the world. Wherever we find them these are artists connected to the firelight of their faith.

Inspired by the Gospel passage where Jesus heals the deaf and mute man with the words “Be opened”, OPENINGS asks you to:

- Be Open to the Music
- Be Open to the Spirit
- Be Open to sharing your Faith.

- ***The World I Know:***

<http://saltandlighttv.org/theworldiknow/>

Is it fair that good people get hurt?" | "Why is it difficult to accept myself the way I am?"

Young people have so many questions when it comes to issues such as fairness, acceptance, self-control, and respect. But they're not just sitting around waiting for answers. They're doing great things! In this dynamic and inspirational 10-part series, host Mary Rose Bacani brings you virtues in action. Each half-hour episode presents "virtues in action" in our Catholic school community, in our personal lives, and in the lives of young people who have followed the call to priestly or religious life. A life of virtue is not impossible. Take it from those who say, "People of virtue? They're in *The World I Know!*"

"The World I Know" supports the promotion of safe, caring, inclusive and healthy school communities.

Other Media Links

- <http://larche.ca/en/>
- <http://www.youtube.com/watch?v=PD60kaOo62Q&feature=related>
- <http://www.youtube.com/watch?v=7t9tH3SdxVU&feature=related>
- <http://www.youtube.com/watch?v=ge-RljinPt1A&feature=related>
- Belonging: The Search for Acceptance - Study Guide
Available on the L'Arche website: <http://www.larche.ca/en/publications/video>)

FAITH PRAYERS AND AFFIRMATIONS

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(Witnesses to Faith) OCSGE 1(e)

RIGHTS AND RESPONSIBILITIES

Prayers:

Faith, Hope and Charity

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.

Thanksgiving Grace

Bless us, O Lord.

And Bless these, thy children,

Who have planted and harvested

And brought us this food.

Bless us, O Lord,

And Bless these, thy children,

Who still wait for such abundance

To be brought to them.

These brothers and sisters in Christ

Are with us at this table.

We are grateful

For the solidarity

That we receive

Through thy bounty.

Through Christ,

Our Lord, Amen.

Bless Our Earth, O Lord



O God,

You love our earth;
from sunrise to sunset
You fill land and sea with riches;
the hills rejoice at your touch;
the valleys shout for joy,
yes, they sing.

Open our eyes
to your resplendent world,
that we may care for the earth
as our companion in creation.

May the pure song
of air, water, and trees
broaden our minds,
lift up our hearts,
and guide us to you.

Thomas Berry, CP.

- 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 to You, Lord. **Response:** Lord, hear our prayer.
- For a spirit of generosity and justice in reaching out to those in need – the homeless, those without food or proper clothing. We pray to You, Lord. **Response:** Lord, hear our prayer.
- May you always remember to count your blessings and praise God.
- May God give you the clarity of speech and action to be able express your appreciation to everything and everyone you encounter.

Affirmations:

- I believe that God is an awesome God.
- I believe and have faith in God.
- I believe that God is with us always.
- I believe that we can talk to God anytime and anywhere, through prayer.
- I believe in the stories of Jesus' life, death and resurrection.
- I believe in the Church community, celebrating Mass, and the seven Sacraments.
- I believe in showing gratitude.

REFERENCES

- Salt and Light <http://saltandlighttv.org/>
- ICE- Institute for Catholic Education www.iceont.ca
- CCC- Catholic Curriculum Corporation www.catholiccurriculumcorp.org
- CARFLEO www.carfleo.org
- TCDSB- Nurturing Our Catholic Community website www.tcdsb.org
- Dufferin-Peel Catholic District School Board www.dpcdsb.org
- Hamilton Wentworth Catholic District School Board www.hwcdsb.ca
- Niagara Catholic District School Board www.niagaracatholic.ca
- York Catholic District School Board www.ycdsb.ca
- Spirituality and Practice Website <http://www.spiritualityandpractice.com/>
- Actions
Speak Up Student Engagement –Ontario Ministry of Education
<http://www.edu.gov.on.ca/eng/students/speakup/index.html>
- Prayers <http://www.rc.net/arlington/stann/Teen%20and%20Parent%20Prayer%20Booklet.pdf>
- Passionist Community Prayer Resources www.cptryon.org/prayer/index.html
- Scripture quotes: <http://www.openbible.info/topics/gratitude>
- <http://wuxiesl.blogspot.ca/2011/01/gratitude-discussion-questions.html>
- Key Principles of Catholic Social Teaching
<http://catholicactionnetwork.org/dec05/documents/CSTprinciples.pdf>
- <http://schools.alcdsb.on.ca/schoolcouncil/Shared%20Documents/renewingthevision.pdf>
- <http://www.educationforjustice.org/>