

Did You Know?

August 6 The Feast of the Transfiguration

The transfiguration happened when Jesus and the three apostles, Peter, James and John, went up to the top of a high mountain. When they arrived at the top, Jesus disappeared and then reappeared suddenly in beautiful light, talking to Moses and Elijah. The Apostles watched Jesus as his appearance changed, reflecting His divinity through His humanity. Moses symbolizes the law and Elijah symbolized the prophecies that had been said throughout the centuries. You can read the encounter in Matthew, Chapter 17.

How can our family build tradition?

Make it a feast night. Cook your favorite family dinner and serve it on your good china with all the bells and whistles. Use wine glasses to serve sparkling juice, your best tablecloth and napkins, star confetti and candles.

A Family Transformed by the Power of the Holy Spirit

The transfiguration reminds us of the power of the Holy Spirit to transform lives and gives us the opportunity to talk about the Fruits of the Holy Spirit. To make your job easier we have included cards that name and explain each fruit and how it can be used in daily living. Once you have reviewed all of the fruits or virtues, have each family member pick one that they will dedicate themselves to work on over the next week. Each week, exchange the virtue for another. Once you have worked through the twelve virtues, you may want to make your own virtue cards.

Make multiple copies of the cards and place them in prominent places so that you will be reminded of the virtue that you are working on to transform your life in the Holy Spirit. Cards can be posted on the fridge, beside the bed, tucked into school books or agendas, posted by the computer or any other places where family members will be reminded of their virtue.

Talk to younger children naturally throughout the day about their virtue and provide hints of how to use it in everyday life. When praying at night, include a little time to talk about how you lived that virtue throughout the day and what you could have done better. Older children can be encouraged to journal or include in their night balance how they experienced success with their virtue or where they struggled.

Have fun with the cards. For younger children place stickers on the back when you find them practicing their virtue. For older children write little notes of encouragement on post it notes and stick them to the card. Even teens and adults need encouragement and nobody is ever too old to receive a happy face sticker!

Printing Instructions:

Older Children, Teens and Adults - Pages 2 and 3 are to be printed on card stock back to back.

Younger Children - Pages 4 and 5 are to be printed on card stock, back to back. Pages 6 and 7 are to be printed on card stock, back to back. If your children are very young you may want to exclude the Modesty and Chastity Fruit of the Spirit cards.

charity

joy

peace

patience

kindness

goodness

generosity

gentleness

faithfulness

modesty

self-control

chastity

The Fruits of the Holy Spirit

Older Children-
Adult

**Note: Print on cardstock

CHARITY

Charity is love.

Charity is the virtue by which we love God above all, and love all other people as ourselves for the love of God.

We live by charity by living the two great commandments: loving God with all our heart, soul, mind and strength, because he is worthy of all our love, and by loving our neighbour as ourselves.

JOY

Joy is to delight in God's Presence, to appreciate the beauty of all God's creations and to have the sparkle of enthusiastic zeal in our lives.

You appreciate the gifts each day brings knowing that they are from God.

Joy can carry us through the hard times even when we are feeling very sad.

PEACE

Peacefulness is being calm inside. Taking time for daily reflection and gratitude.

Peace solves conflicts so everyone wins. "Blessed are the peacemakers, for they shall be called the children of God."

Peace is giving up the love of power for the power of love. Peace in the world begins with peace in your heart.

Christ's peace resides in our hearts and soul and puts our minds at ease.

PATIENCE

Patience allows you to wait without complaining. You are tolerant and accepting of difficulties and mistakes.

It involves steadfastness and endurance.

Patience helps us to face trials and difficulties with calmness.

Patience is the ability to let things unfold without taking control. To trust in God's timing.

KINDNESS

Kindness is the quality of understanding, sympathy and concern for people in need.

Kindness is a component of love. It involves loyalty and mercy.

Kindness is showing you care and doing good to make life better for others.

GOODNESS

Goodness is a quality of God given to those made in His image.

It is the opposite of evil or wickedness.

Goodness promotes equality and respect. It defends and gives voice to the poor and the powerless and the less fortunate in society.

Goodness involves keeping God's commandments and fulfilling them with love.

GENEROSITY

Generosity is giving and sharing freely, not with the idea of receiving something in return.

Generosity finds ways to give others happiness. Generosity is one of the best ways to show love and friendship.

Generosity flows out of an awareness that everything we have is already a gift from God.

GENTLENESS

Gentleness is moving wisely, touching softly, holding carefully, speaking quietly and thinking kindly.

Gentleness promotes calm in the midst of chaos.

Gentleness sets limits without intimidating and creates an atmosphere of trust and safety.

FAITHFULNESS

Faith is one of the three theological virtues. The others are: hope and charity.

Faith is the supernatural virtue by which we believe all that God has revealed and teaches us through the Catholic Church.

By faith we commit our whole selves to God. We put our faith into action by bringing the Gospel spirit into every aspect of our lives, especially in our relations with others.

MODESTY

Modesty is having self-respect. When you value yourself with quiet pride, you accept praise with humility and gratitude.

Modesty is being comfortable with yourself and setting healthy boundaries about your body and your privacy.

Modesty is being discreet and showing decency. It inspires one's choice of clothing, actions, motives and integrity.

SELF-CONTROL

Self-control means self-discipline.

It is doing what God is asking you to do, rather than being tossed around by your feelings like a leaf in the wind.

Self-control is acting instead of reacting. It includes the ability to regulate feelings, impulses and behaviour.

Self-control inspires you to get things done in an orderly and efficient way.

CHASTITY

Chastity enables us to think purely and act purely. It helps us to be pure in mind, heart and body

Chastity gives inner peace; enables one to think and act purely with the mind of Christ; helps us respect ourselves and others; builds up respect and love in families; helps us to be holy; helps us to know what God is calling us to in our lives.

LIVING PEACE

Pray daily for peace. World peace, family peace, peace within the Church.

Be a model of peace to others. When tempers flair, remain calm. When situations become tense, provide some comic relief.

Speak words of peace, especially when angry. Soften the intensity and deliberately choose words that have a calming effect.

LIVING JOY

Look for reasons to be joyful. There are so many little gifts that God gives us each day.

Be a source of joy to others. Seek out ways to make others laugh and smile.

Take time out to play. Have fun with your family and friends.

LIVING CHARITY

Practice random acts of kindness. Look for ways that you can make people feel special and important.

Tell people you care about that you love them.

Reflect before you react. Give yourself time to think about what is the most loving response, especially if your impulse is to respond in a negative way .

LIVING GOODNESS

Appreciate your own goodness. Recognize that you are a child of God, created in God's image and through Christ are connected to God's goodness.

Look for the goodness in others. Know that all people are created by God and deserve to be treated with respect and dignity. Treat others as God's children.

Stand up for the less fortunate.

LIVING KINDNESS

Remind yourself regularly of God's everlasting kindness. Humbly appreciate what you have received and share it.

Choose being kind. When you are tempted to be cruel, to criticize or tease, decide to be kind instead.

Recognize, appreciate and be thankful for the acts of kindness that come your way.

LIVING PATIENCE

Think before you act. Do not feel compelled to make a decision or a commitment on the spot. Give yourself time.

Wait to get what you want. Give yourself time to realize your dreams. Aspire for what's right over what's expedient.

Set goals and stick to them. Persevere in what you set out to do. Do not let yourself get sidetracked.

LIVING FAITHFULNESS

Uphold faithfulness in your relationships. Remain true to your word. Honour your promises. Be someone who can be counted on.

Pick your friends wisely. Spend time with people who share your values and reinforce your commitment to faithfulness.

Find strength in your faith. Be faithful to prayer, scripture reading, attending Mass and receiving the Sacraments.

LIVING GENTLENESS

Pray for gentleness. Daily ask God to bless you with a spirit of gentleness.

Choose gentleness. Respond to children, brothers and sisters, family members, friends, teachers, workers with gentleness. When you feel like being rough, mad or aggressive, choose to be gentle and kind instead.

LIVING GENEROSITY

Recognize that all you have is a gift. Remind yourself daily that all you have is a gift from God, including time, talents and things. Take time to thank God for His abundant generosity.

Share your gifts. Be prepared to help those in need. Give without hope of reward. Act as if all of your possessions belong to God - because they do!

LIVING CHASTITY

Be careful where you look. Avoid TV, movies, internet, books or magazines that display inappropriate content.

Control your imagination. Replace impure thoughts with a prayer or turn your imagination to a ball game, a beautiful sunset, etc.

Honour people with your words and actions. Treat others with the greatest of dignity, remembering they are a special gift from God.

LIVING SELF-CONTROL

Think before you act. Give yourself options. Take a time out. Use good judgment. Do not simply react.

Own your behaviour. When you have an outburst, respond to someone inappropriately, lose your temper or lose self control, make amends and ask for forgiveness. This involves a change in behaviour.

LIVING MODESTY

Dress appropriately. Do a review of your wardrobe. Get rid of anything that is not in good taste or would cause someone else to stumble (sin with their thoughts, eyes or actions) or be tempted.

Help other's feel good about themselves. Compliment your friends and family members not only about their appearance but about all the gifts they have been given.

CHARITY#

Charity is love.

Love God more than anything or anyone else.

Love your family and friends

Treat other people the way you would like to be treated.

JOY#

Joy is to know and be happy that God is everywhere.

To love all of the beautiful people and things God has created.

To be excited about each day of our lives.##

PEACE#

Peacefulness is being calm inside.

Peace solves problems so everyone wins.

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

PATIENCE#

Patience allows you to wait without complaining.

To trust that God is in control.

Patience helps you to understand and accept difficulties and mistakes.

Patience gives God time to answer our prayers.

KINDNESS

Kindness is showing you care and doing good to make life better for others.

Kindness is being understanding and having sympathy and concern for people in need.

Kindness is showing Christ's love to others.

GOODNESS#

Goodness is a quality God gave us when He made us in His image.

Goodness teaches us to take care of the sick, weak, poor and lonely.

Goodness involves keeping God's Commandments.

LIVING JOY

Make other people laugh and smile.

Dance, laugh, sing to Jesus

Look for beautiful things that God has created.
Make sure you show your parents!

LIVING CHARITY

Tell your family how much you love them.

Surprise your parent with a hug or a special note.

Do something nice for someone. Help them with their chores or do an extra chore that will help out around the house.

LIVING PATIENCE

Ask for something once and then wait for an answer.

Wait until everyone is finished the meal
before you leave the table.

Let other's go before you.

LIVING PEACE

Pray for peace in your home, family, school,
church, community and the world.

When you are mad at someone, say something nice to
them. Work hard not to cause fights or arguments.

Work to be the best brother, sister, son, daughter,
student, grandchild and friend that you can be.

LIVING GOODNESS

Everyday tell each family member something
good about themselves.

Learn and practice the
Ten Commandments.

Thank Jesus for creating you in His image.
#

LIVING KINDNESS

Thank Jesus for everything you have.

Share with others.

When you feel like being mean, do
something nice instead.

Help someone without being asked #

GENEROSITY

Generosity is giving and sharing without wanting something in return.

Generosity finds ways to make others happy.

Generosity is one of the best ways to show love and friendship. It is knowing that everything we have is a gift from God.

GENTLENESS

Gentleness is touching softly, holding carefully, speaking quietly and thinking kindly.

Gentleness promotes calm in the midst of chaos.

Gentleness creates an atmosphere of trust and safety.

FAITHFULNESS

Faithfulness allows us to believe in God and everything He teaches us.

We love God with all of our hearts.

We tell others about God and how much He loves us.

MODESTY

Modesty is knowing that God gave you a beautiful or handsome body to know Him, love Him and serve Him.

Modesty allows you to accept praise with humility and gratitude.

Modesty is wearing clothing and acting in a way that will make Jesus proud. #

SELF-CONTROL

Self-control means controlling your words and actions.

Self-control allows you to be obedient to your parents, even when you don't want to.

Self-control gives you strength to follow God's Commandments, not the rule's of the world.

CHASTITY

Chastity helps us to be pure in mind, heart and body.

Chastity helps us respect ourselves and others.

Chastity builds up respect and love in families; helps us to be holy; helps us to know what God is calling us to in our lives.

LIVING GENTLENESS

Ask Jesus to help you be gentle.

Hug your family members and tell them how much you love them.

When you feel like being mean or rough, be kind and gentle instead.

LIVING GENEROSITY

Thank Jesus for everything you have and for being such a generous God.

Be generous with your time. Play with a younger brother or sister, hang-out with your Mom or Dad or play with a friend that may be lonely.

Donate something you own to a local charity.

LIVING MODESTY

Thank Jesus for making you in His image.

Ask yourself,
"What would Jesus do?",
"What would Jesus want me to wear?",
"What would Jesus want me to watch or play?"

LIVING FAITHFULNESS

Practice and learn the Apostles Creed.

Talk to God throughout the day.

Tell God how much you love Him.

Tell other's how much God loves them!

LIVING CHASTITY

Honour those people around you by always speaking well of others.

Ask yourself,
"What would Jesus do?",
"What would Jesus want me to wear?",
What would Jesus want me to watch or play?"

LIVING SELF-CONTROL

Be obedient to your parents and teachers.

If you are asked to do a job, do it right away with a joyful heart.

When you feel like arguing with someone, be silent or say something nice instead.