

## "Virtues to Live by"

***"Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals."***

*(Pope Francis 2013)*

### Summer

## KINDNESS

### **Blessing**

May gratitude walk beside you

May kindness swarm about your head

May wonder be your inner child

May God's presence be comfort.

**And so may God's kindness be real to you**

May joy dance upon your shoulders

May love be your closest friend

May peace remain beyond its welcome

May laughter keep your cheeks in shape

**And so may God's kindness be real to you**

May sun shine while you're in shade

May clouds paint your sky with fun

May rain fall once you've returned home

May night send you pleasant dreams

**And so may God's kindness be real to you**

May colour startle you  
May smell remind you  
May touch warm you  
May words encourage you  
May music inspire you

**And so may God's kindness be real to you**

### **Prayer**

Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next door neighbour... Let no one ever come to you without leaving better or happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting. *Saint Teresa of Calcutta*

### **READING:**

**Eph 4:23-24; 32**

Your hearts and minds must be completely new, and you must put on the new self, which is created in God's likeness and reveals itself in the true life that is upright and holy. Be kind and tender-hearted to one another, and forgive one another as God has forgiven you through Christ.

### **REFLECTION**

Let us reflect on how kindness can help bring God's love to others.

When have small kindnesses made a big difference in my life?

In my picture of a successful life, what part does kindness play?

What helps me to have the self-restraint to listen and speak with kindness?

How far do I reach out in kindness?

I am thankful for the gift of kindness. It opens my heart to others.

There are so many opportunities to be kind. Today, I plan to take advantage of them.

## LIVING OUR VIRTUE

Inspire each one of us that we may help our children to:

- Look for ways to help others by following Jesus' example.
- Show kindness to every person and animal.
- Recognise ways to care for God's creation.
- Share what they have with others.
- Understand how to be kind to themselves.

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents.

## CONCLUDING PRAYER

**Jesus I love you**

**Jesus, I love you**

**Jesus, I welcome you**

**Jesus, I need you**

**Jesus, I adore you**

**Jesus, I thank you**

**Help me to be like you**

**Help me to be kind like you**

**Help me to be loving like you**

**Help me to bring your peace**

**And love into the world**

**Bless me and bless all the people I love**

**Jesus, I love you.**

**Amen**

## VIRTUE TO LIVE BY

### Kindness

I know that every act of kindness helps build God's Kingdom.