

WHAT'S INSIDE:



-Prayer Centre ideas
-Scripture Readings of hope
-Symbols and Music for Hope
-Bulletin board ideas
PAGE 2



-Links to Catholic Graduate Expectations
-Quotes about Hope
-Resources to support Hope
PAGE 3



-Prayer Service
PAGE 4



Northeastern Catholic District School Board

Growing our

through virtues

MARCH & APRIL
VIRTUE: HOPE

The Importance of HOPE:

Hope is the theological virtue by which we desire the kingdom of heaven and eternal life. We are at our happiest when we place our trust in Christ's promises and rely not only on our strength, but on the help of the grace from the Holy Spirit. Hope is God's gift to us at Baptism and unites us with the risen Christ. Hopeful people work for peace and justice on earth despite facing many obstacle. They trust that God's plan will be fulfilled, even if not in their lifetime.

Hope is visible in our classrooms whenever we find prayer, trust in God's faithfulness and work for justice and peace. It is hope above all that gives us strength to live and to continually try new things even in conditions that may seem hopeless. "Life is too precious to permit its devaluation by living pointlessly, emptyly, without meaning, love and finally without hope" Vaclav Havel

Lord, you know my dreams, and I know it is a lot to ask to realize those dreams when others have so little, but I ask that you hear my prayer of hope. I would like to think that my hopes and dreams are all part of your plans for me, but I trust that you will always know better. I put my dreams in your hands to mold and fit to your will. I surrender my hopes to you. Amen

Looks Like: Birds in the sky, a smile on a friend's face, beauty in nature, playing with my friends, seeing God's creation, getting my driver's license, a brand new baby, a child's face, beautiful art, being welcomed into the group.

Sounds Like: Silence, a pat on the back with words of encouragement, hearing children giggling, beautiful music, clapping, kids playing on the playground, food being cooked when you are starving, waves on the beach, cold wind blowing outside when you are warm inside, Mom's voice, a purring cat.

Feels Like: Feeling like I belong, warm sunshine on my face, knowing God loves me, knowing someone cares about me, petting my cat or dog, a hug when I have not seen someone in a while, a quiet mind.

DEVELOPING CHARACTER THROUGH HOPE

A hopeful person:

- x Inspired and inspires others
- x Optimistic
- x One who seeks good in the world
- x Someone who sets and sticks to goals
- x

Scripture readings:

- x The Resurrection of Jesus—
Luke 24:1-12
- x The People who Walked in
Darkness Have Seen a
Great Light—Isaiah 9:1-7
- x A Shoot Shall Come out
from the Stock of Jesse—
Isaiah 11:1-9
- x A Future with Hope—
Jeremiah 29:11
- x My Redeemer Lives—Job
19:25-27
- x The Lord is my Shepherd—
Psalm 23

Bulletin Board Ideas:
Tree of Joy

PRAYER CENTRE IDEAS FOR HOPE

Lamb– To symbolize that Jesus is the sacrificial Lamb of God who died for us.

Butterfly – *The butterfly, with the power of flight, emerges from a lifeless cocoon in the spring. The butterfly is a symbol of the resurrection, and therefore joy.*

Egg – *The egg is a symbol of birth and rebirth. It is therefore a symbol of Christ’s resurrection and is seen at Easter.*

Three crosses – *To symbolize the three crosses on Calvary.*

Empty Tomb – *To symbolize the tomb where Jesus was laid.*

**BUILDING LOVE IN OUR
HOMES AND SCHOOLS**

The word hope in the Bible expresses confidence and assurance concerning the future because it’s based on God’s promises, character and faithfulness. Christians always know that they have hope because they have God in their hearts. Hope is having Jesus to talk to. Hope is also being satisfied with what God has given you. It is something that makes you feel good inside. Hope is what you believe but you cannot see it. Hope helps you believe in Christ.

How Full is Your
Bucket? Author: Tom
Rath and Mary Reck-
meyer (P/J)

Growing Up With a
Bucket Full of Happiness: Three Rules
for A Happier Life Author: Carol
McCloud (I)

The Giving Tree Author: Shel
Silverstein (P/J/I)

Oh!The Places You Will Go. Author:
Dr. Seuss (P/J/I)

The Rainbow Fish. Author: Marcus
Pfizer (P/J/I)

The Twelve Gifts of Birth. Author:
Charlene Costanzo

Hope is a Ferris Wheel. Author: Robin
Herrera