



Roots & Wings

A publication of the Infant Jesus of Prague Catholic Life Committee

Kindness

By: Laurie Liesen

Kind words produce their own image in men's souls; and a beautiful image it is. They soothe and quiet and comfort the hearer. They shame him out of his sour, morose, unkind feelings. We have not yet begun to use kind words in such an abundance as they ought to be used.

Blaise Pascal

In the culmination of this year's *Our Catholic Culture in Christ* program featuring the virtues, the School Life Committee hopes that we have created a kinder environment at IJP School. By practicing the various theological and cardinal virtues, we can more easily treat each other with kindness and gentleness, be more thoughtful in our interactions with others, and be more willing to help each other. Our kindness to others is rooted in God's love. To lead a good life by loving God and others is to have a good life here on earth and eternal life with God.



Kindness Every Day

By: Father Michael Wheaton, Associate Pastor

Each and every day we, together, are called to do acts of kindness to one another. For kindness includes everyone. We are a diverse society coming from different locations, different cultures, different religions and different races. Throughout all of this we are all made in God's image and should treat others with kindness, compassion, caring, sharing and the list goes on and on. When someone is in need we make a choice to help in some way or not to help. If we act, we offer kindness. For it is through kindness that we give and receive and begin to understand that we are all connected to everyone. We realize that we are part of a community that must live together in harmony, hope, and love.

Together we should make up our mind each day to always be very kind. For kindness matters everyday in every way. Sharing with one another and caring for one another is how we change the world and make hurt, sadness, trouble, and violence go away.

This month is dedicated to kindness to others. And so, as we celebrate this theme of kindness this month, we should try to cheer people up, help others when they are hurt, share with others, use good manners, ask others to play, greet each other with a smile, be a good friend, and treat others the way you want to be treated and to love each other as Jesus taught us. Remember we live together as a community each and every day, so try to be kind to each other in every way.

Say The Rosary

May is devoted to the Blessed Mother and is a good time to reflect on the importance of regularly praying the rosary. The rosary is a devotion to the incarnation of Our Lord and to His Blessed Mother. Simply put, Mary always takes us to her Son, Jesus. The rosary is composed of a set of prayers said on five sets of ten beads called decades. Each decade is prayed in honor of some mystery in the life of Our Lord and His Blessed Mother. As we recall the mystery for each decade, we should pray that we learn to practice the virtue each mystery teaches us.

† To begin the Rosary, hold the crucifix and make the sign of the cross. Say the Apostles' Creed.

† Holding the first single bead, say the Our Father.

† On the next three beads, say three Hail Mary's, then say the Glory Be.

† Recite the first mystery, then say the Our Father. On the ten beads in the first decade, say Ten Hail Mary's while meditating on the mystery, then say the Glory Be.

Each time you move to the next decade, repeat the above step, reciting the second, third, fourth, and fifth mysteries, respectively.

The Mysteries

The Joyful Mysteries

The Annunciation. The Angel Gabriel tells Mary she is to be the Mother of God. (Humility)

The Visitation. Elizabeth greets Mary: "Blessed art thou among women, and blessed is the fruit of thy womb!" (Charity)

The Nativity. The Virgin Mary gives birth to the Redeemer of the World. (Poverty)

The Presentation. The Blessed Mother presents the child Jesus in the temple. (Obedience)

The Finding in the Temple. The Blessed Mother finds Jesus in the temple. (Piety)

The Sorrowful Mysteries

The Agony in the Garden. At Gethsemane, Jesus prays as he contemplates sin. (Contrition)

The Scourging at the Pillar. Jesus is cruelly scourged until he can bear no more. (Purity)

The Crowning with Thorns. A crown of thorns is placed on Jesus' head. (Courage)

The Carrying of the Cross. Jesus carries the heavy cross on his shoulders to Calvary. (Patience)

The Crucifixion. Jesus is nailed to the cross and dies after three hours of agony. (Self-denial)

The Glorious Mysteries

The Resurrection. Jesus rises glorious and immortal three days after his death. (Faith)

The Ascension. Jesus ascends into Heaven forty days after the resurrection. (Hope)

The Coming of the Holy Spirit Upon The Apostles. The Holy Spirit descends upon Mary and the Apostles. (Love)

The Assumption of the Blessed Virgin. Mary is united with her divine Son in Heaven. (Eternal Happiness)

The Coronation of the Blessed Virgin.

Mary is gloriously crowned Queen of Heaven and Earth. (Devotion to Mary)

The Luminous Mysteries

The Baptism of Jesus in the Jordan. The Holy Spirit invests Jesus with his mission in obedience to the Father. (Fidelity to Christian vocation)

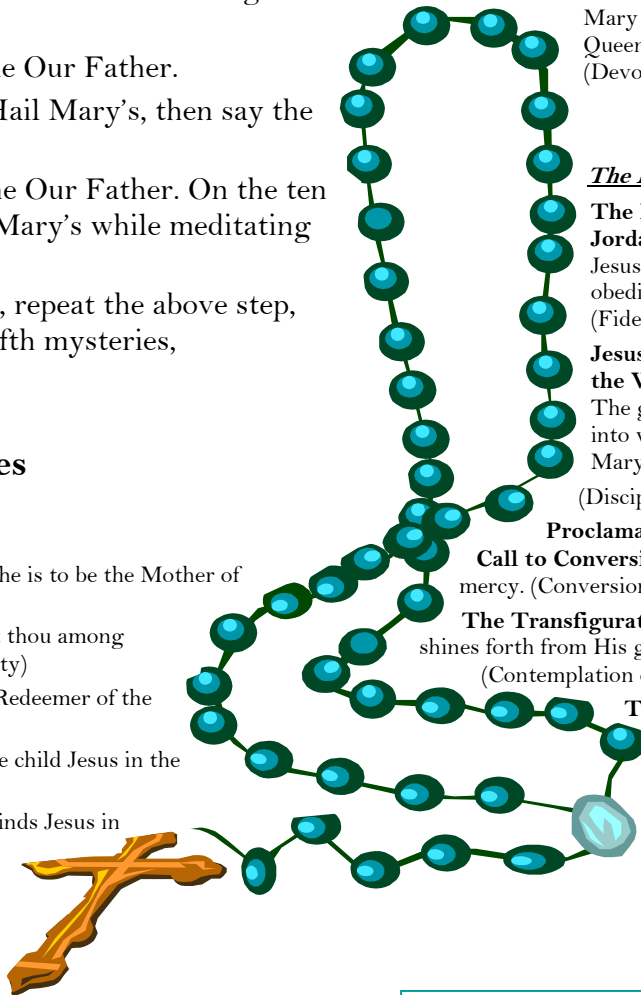
Jesus' Self Manifestation at the Wedding Feast at Cana. The great sign of turning water into wine was worked through Mary's intercession. (Discipleship)

Proclamation of the Kingdom and Call to Conversion. Jesus ministry of mercy. (Conversion of heart)

The Transfiguration. The divinity of Christ shines forth from His glorious face. (Contemplation of Christ's Divinity)

The Gift of the Eucharist. The great Sacrament of God's love. (Reverence for the Blessed Sacrament)

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Too Kind!

I have wept in the night
For the shortness of sight
That to somebody's need made me blind.
But I never have yet
Felt a tinge of regret
For being a little too kind!

-author unknown

The Memorare

Remember,
O most gracious Virgin Mary,
that never was it known,
that anyone who fled to thy protection,
implored thy help,
or sought thy intercession,
was left unaided.
Inspired with this confidence,
I fly unto thee,
O Virgin of virgins, my mother,
to thee I come,
before thee I kneel,
sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy,
hear and answer them. Amen.



Rules of Conduct!

Do all the good you can
By all the means you can
In all the ways you can
In all the places you can
At all the times you can
To all the people you can
As long as ever you can
-John Wesley (1915)

Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience.

~Colossians 3:12 (NAB)

Kindness in Literature

Primary

Andy and the Lion: A Tale of Kindness Remembered or the Power of Gratitude, by James Daugherty.

Glenna's Seed, by Nancy Edwards

The Story of Jumping Mouse: A Native American Legend, by John Steptoe

The Child's World of Kindness, by Jane Bell Moncure

Learn the Value of Kindness, by Elaine Goley

Learning How to Be Kind to Others, by Paul Galdone

The Paper Crane, by Molly Bang

Intermediate

The Other Side, by Jacqueline Woodson

The Power of Caring: Featuring the Story of George Washington Carver, by Maurine Phillips.

Kindness in *Akeelah and the Bee*

(PG, 2006)

By: Natalie Lamb

If there's a virtue-teaching-movie, it must be *Akeelah and the Bee*.

Akeelah is a young girl who pursues success in spelling bee competitions despite perceived cultural, practical and self-esteem limitations. As the movie develops we see kindness bestowed on Akeelah from expected sources like teachers and siblings. At the same time, kindness is gifted to Akeelah from some unlikely sources – like the neighborhood bully who helps her study, the rich kids from the other side of town, and the tough professor dealing with his own grief. And Akeelah gives kindness back, by showing interest in the poetry of the neighborhood's tough guy, by reaching out with a simple can of soda to her biggest competitor, by including her best friend in her adventure, and by sharing her sorrows to open the door to healing with another who is suffering. The cycle of kindness continues throughout the movie – kindness begetting kindness. Enjoy.

Why Do We Do That?

Taking a Closer Look at Catholic Rituals, Beliefs and Traditions...



May is a very special month to celebrate our Mothers, as well as Mary, the Mother of God, the Mother of our Church! As Catholics, we share a strong devotion to the Blessed Mother. Born of two saintly parents, St. Joachim and St. Ann, Mary has had more poems, hymns, statues, icons, paintings and sermons created of and for her than any other woman in all human history.

Catholics are so affectionate and attached to Mary quite simply because she gave birth to our Savior Jesus Christ. From the Immaculate Conception—Mary's conception in the womb of her mother, St. Ann—to the Incarnation—Jesus' conception in his mother's womb—Mary was kept free from original sin. Thus, Archangel Gabriel proclaimed, "Hail Mary, Full of Grace." She was full of grace because of the Immaculate Conception, a divine gift given freely to her from God so that she could provide a pure human nature for Jesus. And we know human beings have strong feelings of affection and love for their mothers. In fact, the bond between a mother and her child is the strongest and most intimate connection between two human beings. Therefore, Catholics identify their own feelings for Mary with the feelings Jesus had for his mom. Mary is our spiritual mother. We look to her to help protect us and bring us peace, just as we do our earthly mothers.

As Catholics, we express our Marian devotion in many ways. One way is by saying the rosary. In the 13th Century, Mary appeared to St. Dominic de Guzman and gave him a rosary and asked that instead of praying the Psalms on the beads or knots, the faithful pray the Hail Mary, Our Father and Glory Be. Since then, we have used the rosary to pray and meditate on the Mysteries of the Rosary— Joyful, Luminous, Sorrowful and Glorious.

Another form of Marian devotion is the May Crowning. The tradition of crowning a statue of Mary arose in recognition of her position as Queen of Heaven and Earth. She is queen because her son is the King of Kings and Prince of Peace. For the occasion, many flowers adorn the church, and usually a young girl is chosen to place a crown of roses on a statue of Mary, which is sometimes carried in a procession around the church. People march in the procession to symbolize that they're followers of the Lord and the saints, hopefully on the path to heaven.

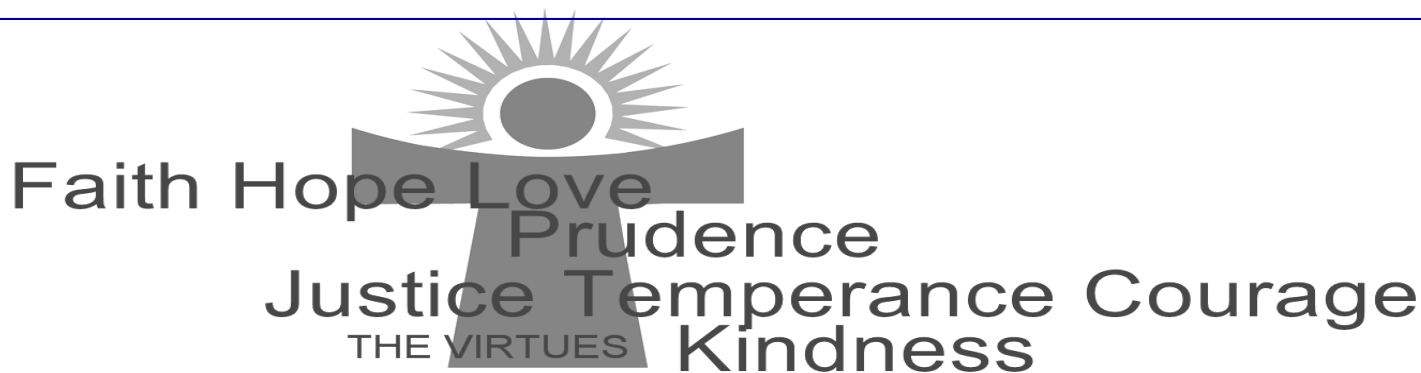
Honoring Mary on the first Saturday of every month is relatively new (compared with the First Friday devotion to the Sacred Heart of Jesus). It came about after Mary appeared to children in Fatima, Portugal in 1917 and then again to Sister Lucia in 1925, asking for the faithful to honor her Immaculate Heart on the first Saturday of the month by going to confession, receiving Holy Communion, praying five decades of the Rosary and meditating on the mysteries of the Rosary in reparation for sins. In return Mary promised intercession and prayers at the hour of our death.

Through the years, all over the world, Mary has appeared to visionaries—from St. Dominic to the children in Fatima and beyond—asking them to seek peace, to build a community of faith, or to return to a more spiritual life. She loves all her children and wants us all to join her one day in heaven. And it is because she brought her son, Jesus Christ, into this world, we know one day we will!

Happy Mother's Day!

Do you have a question about a Catholic ritual, belief or custom? If so, write to us at: The Catholic Life Committee, c/o Infant Jesus of Prague, 1131 Douglas Avenue, Flossmoor, IL 60422. Or send an e-mail to Lisa Moore at: moorelp@sbcglobal.net.

Source: Rev. John Trigilio Jr., PhD, ThD and Rev. Kenneth Brighenti, PhD. *Catholicism for Dummies*. Hoboken, New Jersey: Wiley Publishing, 2003.



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