

May 2009 ... Excellence

Rise up Children of God
In what He has given you
The things God has laid on your heart
Rise up, go forth, and do

Unlock what God has placed within
The potential you have inside
The world is waiting for your release
To expand your wings and fly

Arise in your God-given gifts
For this is your finest hour
Arise in the Lord's holy might
Ignited and empowered

For God is calling you to come forth
To impact this world for Him
Don't hold back or limit yourself
Let His power arise within

And take His message to the world
To those that have lost their way
For you can surely make a difference
If you'd hear His voice and obey



You shall be strengthened in the Lord
As you begin to arise
Conquering those doubts that pull you down
And believe who you are in Christ

For you shall surely be transformed
As, in you, God increases more
And become a child of true excellence
Bringing honour to our Lord

M.S. Lowndes

Sun Mon Tue Wed Thu Fri Sat

CGE 5c: Graduates develop and demonstrate their God-given potential.

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3 Family Activity 	4 Pray the Joyful Mysteries 	5 Family Discussion 	6 Prayer Time 	7 Pray an "Our Father" for those who have lost their jobs.	8 Poem 	9 "The disciples, each according to his ability, decided to provide help for the brothers living in Judea." <i>Acts 11:29</i>	
10 Mother's Day 	11 Family Chat 	12 Pray the Sorrowful Mysteries 	13 Our Lady of Fatima 	14  St. Matthias	15 Family Activity 	16 "Perseverance must finish its work so that you may be mature and complete, not lacking anything." <i>James 1:4</i>	
17 Family Time 	18 Pray a "Hail Mary" for your Teachers	19 Poem 	20 Pray the Glorious Mysteries 	21 World Catholic Education Day 	22 St. Rita 	23 "We have different gifts, according to the grace given us." <i>Romans 12:6</i>	
24 Ascension of our Lord 	25 Family Chat 	26 St. Philip Neri 	27 Prayer Time 	28 Pray the Luminous Mysteries 	29 The Many Names of Mary 	30 "I made you grow like a plant of the field. You grew up and developed and became the most beautiful of jewels." <i>Ezekiel 16:7</i>	
31 Pentecost 				 = Check the back for more fun stuff!			<i>faith and fun calendar</i>

MAY 1: ST. JOSEPH THE WORKER

Today St. Joseph is honoured for his dedication and hard work. St. Joseph teaches us that the work we do is very important, because we give our contribution and our service to our family. Taken from *holyspiritinteractive.net*



MAY 3: FAMILY ACTIVITY

May is the month of Mary. A wonderful idea to do as a family is to plan and grow a Mary garden. A Mary garden is a garden filled with flowers, plants and trees named for Our Lady and Jesus. It can be designed as a place of beauty that reminds us of Our Lord and Our Lady.



Some flowers you could plant are:

- Mary's rose—Peony
- Her veil—Baby's Breath
- Mary's Humility—Violet
- Our Lady's Tears—Lily of the Valley
- Our Lady's Mantle—Morning Glory

Mary's Flower of God—English Daisy

More ideas can be found at

www.fisheaters.com/marygardens.html

MAY 5: FAMILY DISCUSSION

Read the CGE for this month. Do you understand what it means? What are your God-given gifts or talents?

MAY 6: PRAYER TIME

Take 5 minutes today and sit quietly. You can talk to God and let him know what you are feeling or just sit and listen. Try to spend 5 minutes every day quietly with God.



MAY 8: POEM

Read the "Rise Up Children of God" poem together that is on the front of the calendar. Talk about what it means and what it is inspiring you to do.

MAY 10: MOTHER'S DAY

Celebrate today! Think of your Mom, Grandmother, Aunt or some other special lady. Make beautiful cards and let them know how much you appreciate them. Say a Hail Mary for all Mothers, including Mary, the Mother of God.



MAY 11: FAMILY CHAT

Take turns telling your family the wonderful strengths and gifts you see in each other. How can you better use the gifts God has blessed you with?

MAY 13: OUR LADY OF FATIMA

On May 13, 1917 in Portugal, Our Lady of Fatima appeared to 3 shepherd children. Our Lady appeared on the 13th of each month for 5 months asking the children to pray the Rosary and offer sacrifices for all sinners. Although many people thought the children were lying, over 70,000 people witnessed the last apparition on October 13, 1917.



MAY 14: ST. MATTHIAS

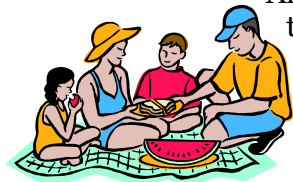
Matthias was an apostle of Jesus who spread the Good News of the Gospel in Judea. Many people listened to him and believed his wonderful message.

MAY 15: FAMILY ACTIVITY

How is your garden doing? If you aren't a gardener, or don't have space for a garden, your family could draw or make paper flowers or buy a plant or two for an indoor garden. Think of Mary every time you look at your garden.



MAY 17: FAMILY TIME



After mass today, plan to spend the day together outside in the beauty of our world! Go for a walk, a bike ride, a picnic or visit a park. If it is raining, have an indoor picnic and play games.

MAY 19: POEM

Reread the "Rise Up Children of God" Poem together. Encourage your children to share their hopes and dreams for the future and what they would like to do when they grow up. Give them your love and support just as God always does.

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MAY 21: WORLD CATHOLIC EDUCATION DAY

We celebrate today with Catholics worldwide the gift of Catholic Education. The theme for this year is "In God's word, I put my hope". Offer a prayer of Thanksgiving for this wonderful blessing.



MAY 22: ST. RITA



St. Rita was born in 1381 and is known for her prayers, gentleness and goodness. She is known as the "Saint of the Impossible". Try to be gentle, good and prayerful today.

MAY 24: ASCENSION OF OUR LORD

The Ascension of the Lord is celebrated 40 days after Easter. On this day, the risen Lord, ascended bodily into Heaven.



MAY 25: FAMILY CHAT

How is each person in your home doing with discovering their gifts and talents? Continue praying and listening to God daily and He will help you to know what they are.



MAY 26: ST. PHILIP NERI

St. Philip was a very happy and friendly saint who wanted only to bring the Good News of Jesus to everyone. "A servant of God ought to always be happy."

MAY 27: PRAYER TIME

A prayer to begin each day:
*"Oh my God, I give you this day;
All that I think, do and say.
Uniting it with what was done,
on Earth by Jesus Christ, your son. Amen."*



MAY 29: THE MANY NAMES OF MARY

- Holy Mary
- Holy Mother of God
- Gentle Lady
- Queen of Love
- Full of Grace
- Fountain of Beauty
- Queen of the Angels
- Queen of all Saints
- Mother of Christ
- Queen of all the Earth
- Handmaid of the Lord
- Woman Clothed with the Sun
- Chosen Daughter of the Father



These come from the Litany of the Blessed Virgin. There are many more names for Mary. Do you know others?

MAY 11: PENTECOST

This is the culmination of the Easter season. 50 days after Easter, the Holy Spirit descended on the disciples. We remember this during the 3rd Glorious Mystery. Read Acts 2:1-4. Pentecostal colours: White symbolizes the dove. Red symbolizes the tongues of fire.

