

FRUITS OF THE HOLY SPIRIT

LOVE (CHARITY)

What forms of love and charity could be the work of the Holy Spirit?

Saint Maximilian Kolbe: As a priest imprisoned in the concentration camp at Auschwitz during World War II, Father Kolbe celebrated Mass with the prisoners using smuggled bread and wine. He was given the worst jobs and treated the most harshly because he was so calm and dedicated to his faith. When there was an escape from the camp in July 1941, ten prisoners were to be killed as punishment. Francis Gajowniczek, a married man with small children, was chosen to die. Maximilian Kolbe sacrificed himself by trading places with Francis.

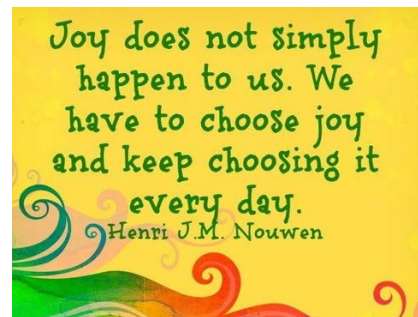


GivesMeHope.com: "It was my sister's birthday last week. For presents, she had everyone take something to *Greater Works* or *Toys for Tots*. She spent her entire birthday volunteering at a soup kitchen. She didn't have to do that. She could have devoted her entire birthday to herself. But she didn't. Lea, you give me hope!"

JOY

How do you express joy in the Lord?

Saint Teresa of Avila: Teresa once wrote, "God, deliver me from sullen saints!" She believed that great joy of the heart is visible in all who truly serve God. She even joked with God. Once when she was crossing the street, a passing cart splashed mud on her white robes. Teresa looked up to heaven with a smile and said, "Lord, if this is how you treat your friends, it is no wonder you have so few."

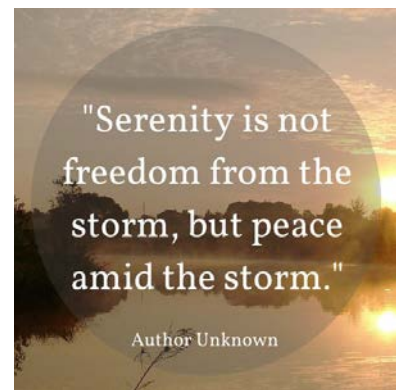


GivesMeHope.com: "Today, I learned that my ten-year-old brother has cancer. After I cried for a while, he looked at me and said, 'Why are you crying? It's just another test from God. And we will surely pass with flying colors.' My little brother's optimism gives me hope."

PEACE

Who are the peacemakers of today?

Saint Francis of Assisi: One story about Francis describes how he was asked to help a town called Gubbio where a wolf was attacking the townspeople. Francis walked up to the wolf, holding out his hand, and made a deal with the wolf. It was agreed that if the townspeople would leave food out for the wolf, the wolf would stop attacking them. Francis saw all the creatures of the world as his brothers and sisters.



GivesMeHope.com: "Today, I filled my school with post-its saying, 'Smile,' 'Be happy,' and 'You're beautiful.' I was really sad when some boys started pulling them down and ripping them up. Then a girl I have never even seen before ran up to them, saying, 'No! Leave them up! They make a difference.' Girls like her give me hope."

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PATIENCE



A MOMENT OF
PATIENCE IN A MOMENT
OF ANGER SAVES YOU
A HUNDRED MOMENTS
OF REGRET.

At what times in my life do I need patience the most?

Saint Monica: Monica's son, Augustine, was brilliant but wasted his life with an obsessive love affair and heresies against God. She prayed every day that he would change his wicked ways and become a good Christian. When he was 32 years old, Augustine finally saw that what he had been doing was wrong. He was baptized, gave his money to the poor, and became a bishop less than 10 years later. Monica's patient prayers paid off; now Saint

Augustine is known as one of the most important Christian writers of the early Church.

GivesMeHope.com: "Last year, I got an Associate's Degree from a community college. At graduation, almost every single person stood up and applauded as Lois walked to the stage. She was 90 years old and received, with honors, her high school diploma. Her perseverance inspires me and gives me hope."

KINDNESS

What random acts of kindness have you done or had done for you today?



KINDNESS
is loving people more
than they deserve!
- Joseph Joubert

Saint John Bosco: John Bosco had many dreams as a young man. In one dream, John was cursed by a crowd of homeless children, and he fought back against them. Jesus appeared in the dream and told John to win his battle with kindness instead of fighting. The dream children changed to wild animals, and Jesus asked John to trust that if he followed what he had said, the wild animals would turn into gentle lambs. Changed by

the dream, John learned to juggle and perform magic tricks. He used these performances to get the attention of street children, who did not trust easily because of being abandoned. John's life's work was to show these children that God cared about them.

GivesMeHope.com: "When I was in seventh grade, all of my supposed friends blew off my birthday party when they had said they would come. Only one person showed up. My older sister had some of her guy friends over, and when they saw how sad I was, they canceled their plans to hang out with me on my birthday. Teenage boys who care about their friend's little sister give me hope."

GOODNESS

When was the last time you went out of your way to help someone?

Saint Damien Joseph De Veuster of Moloka'i (Father Damien the Leper): Before any treatment for leprosy was available, those who suffered from it were exiled to remote areas so they wouldn't infect anyone else. Father Damien heard about a leper colony on the island of Moloka'i in Hawaii and volunteered to care for the lepers. He spent the next 12 years of his life among the lepers, celebrating Mass for them and tending to their needs, before he also died of the disease.

GivesMeHope.com: "Today, my tire blew out on the way home from school. I pulled into the nearest parking lot and got out to change it – in negative forty degree weather. While struggling to pull the spare out the trunk, a random man approached me and offered to change it for me. I doubt you'll see this, but thank you. Men who take the time to help a girl out give me hope."

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FAITHFULNESS

Who in your life do you want to be faithful to?

Saint Thomas More: Thomas was a scholar, lawyer, and family man. His wisdom and knowledge helped him become Lord Chancellor of England – second in power only to the king. Thomas disagreed with King Henry’s plan to divorce his wife, who had only borne him a daughter, and marry another woman. Because the Pope would not approve the divorce, Henry then declared himself the head of the Church of England. Thomas refused to swear an oath recognizing the change and resigned as chancellor. Thomas More was imprisoned and beheaded for refusing to put the king’s will before God’s.

GivesMeHope.com: “I am a 25-year-old single mother to my wonderful six-year-old son. One day my son wanted M&Ms. I told him Mommy couldn’t afford them, to which a lady started saying my son deserved better. My son stood up and said, ‘My mommy is the best mommy. As long as I’ve got her I don’t need a Daddy, or even M&Ms.’ My son gives me hope.”

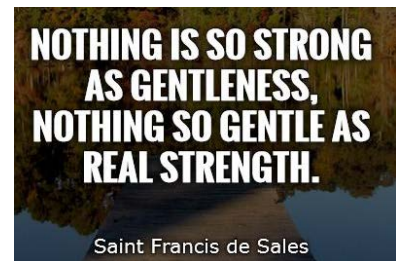


GENTLENESS

How do you show gentleness to others?

Saint Teresa of Calcutta (Mother Teresa): Mother Teresa lived most of her life in the poorest parts of India. She founded hospitals and orphanages to serve the “untouchable” lowest classes in Indian society – the people no one wanted to even think about. She prayed with the dying, played with the smallest and most starving children, and lived simply among them, with two sets of robes and a rosary as her only possessions.

GivesMeHope.com: “My father died a couple of years ago. My mom’s new boyfriend listens to all our stories, still lets my mom wear her wedding ring, lets my mom keep pictures of him on the walls and he even celebrates my dad’s birthday with us. We were talking about stories we shared with my father, and he even cried with us. He doesn’t know my dad, but his kindness gives me hope.”

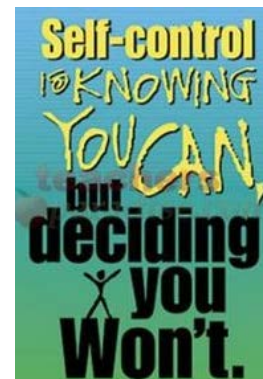


SELF-CONTROL

In what ways do you show self-control?

Saint Lawrence: Lawrence was the chief deacon of the Church. The Roman authorities knew that many donations were being given to the Church and entrusted to Lawrence, so they demanded that Lawrence give over these treasures. After three days, Lawrence showed them the “treasures of the Church” — an assembly of the poor, the sick, the elderly, and Christians who begged on the streets. Angry with him, the Roman authorities decided to roast Lawrence over a fire. It is said that instead of crying out in pain, Lawrence told his torturers: “Turn me over, I’m done on this side.”

GivesMeHope.com: “Today I was getting on the bus to go home from school. A boy and girl got to the door at the same time and everyone is always in a rush to get on the bus. The boy stepped out of the way so the girl could go first. Sixth grade boys who prove chivalry isn’t dead give me hope.”



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MODESTY



What do you think is your biggest challenge in being modest?

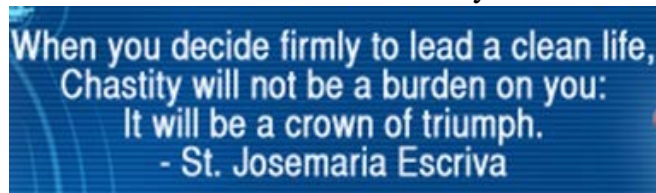
Saint Therese of Lisieux: Therese is known as the Little Flower because she saw herself as very small in God's great plan. She found her way to God in loving and trusting him and in finding joy in small, everyday things. Sick most of her life, Therese died when she was 24 years old. Her "Little Way" still inspires many Catholics to live simply and offer even the smallest act to God as a prayer.

GivesMeHope.com: "I just read a news story about a couple that lived in a modest home. The husband passed away in 2007 and the wife passed away recently. It was discovered upon her death that they were millionaires. They left 90% of their money to charities. Marlowe and Pat Kluter, your generosity gives me hope."

CHASTITY

Why do you think it is important to show respect for ourselves and others?

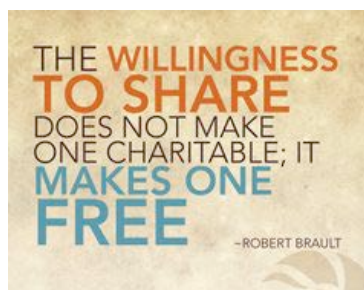
Saint Maria Goretti: Maria was an 11-year-old girl in Italy who was grabbed outside her home by a 19-year-old neighbor, Alessandro, who had lusted after her. He threatened her life and tried to rape her, and Maria said she would rather die than submit to him. The man pulled out a knife and began to stab her. When she lay in the hospital, Maria forgave her attacker before she died. Three years into his jail sentence, Alessandro began to feel remorse. He had a dream in which Maria offered him lilies, but the flowers turned to ashes in his hands. After he was released from prison, Alessandro was forgiven by Maria's mother and they both attended Maria's canonization Mass. Alessandro gave the rest of his life to God as the caretaker at a monastery.



GivesMeHope.com: "Today, my grandparents celebrated their 60th wedding anniversary. My grandmother told us she watched football with my grandfather every week for 60 years, because she'd

rather be in the room with him, and have no idea what's going on, than alone in another room. He responded with a huge smile, 'That's my girl!' Their love gives me hope."

GENEROSITY



What do you think motivates us to be generous to others?

Saint Nicholas of Myra: Nicholas was a bishop in what is now the country of Turkey. He knew a family with three daughters, who were so poor they were going to sell the daughters in order to buy food. To save the girls from this fate, one night Nicholas crept to their house and threw three bags of gold through the open window. Saint Nicholas is the model for Santa Claus because of these generous gifts left secretly in the night.

GivesMeHope.com: "Yesterday I was downtown shopping and saw a skinny homeless man. He asked me to buy him a bag of chips. I bought him two slices of pizza and two waters and told him he could save the other for dinner. He thanked me and I went into a store. When I came out, I saw he had shared it with a homeless woman. Selflessness in any situation gives me hope."

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