

It's You I Like

It's you I like,
It's not the things you wear,
It's not the way you do your hair—
But it's you I like.
The way you are right now,
The way down deep inside you—
Not the things that hide you,
Not your toys—
They're just beside you.

But it's you I like—
Every part of you,
Your skin, your eyes, your feelings
Whether old or new.
I hope that you'll remember
Even when you're feeling blue
That it's you I like,
It's you yourself,
It's you, it's you I like.

Fred Rogers

- To whom could you willingly and comfortably sing this song?
- Who do you think could willingly and comfortably sing this song to you?



Name _____ Date _____

The Gift Unwrapped

Open the gift that's **me** and you'll find . . .

A body that's . . . _____

A voice that's . . . _____

A wish for . . . _____

A belief in . . . _____

A personality that's . . . _____

A daydream about . . . _____

An appreciation of . . . _____

A sense of humor that's . . . _____

A joy that's . . . _____

A passion for . . . _____

A sadness that's . . . _____

A rule about . . . _____

An outlook on life that's . . . _____

A respect for . . . _____

A way of dealing with others that's . . . _____

A desire that's . . . _____

An opinion about . . . _____

A hope for the future that's . . . _____

An idea that's . . . _____

A faith that's . . . _____

Good News for You

Here's some good news. Reflect on each statement. Then judge how important each is for you. Use the following scale:

1—not so significant for me right now

2—means a lot to me

3—very important to me and how I live my life

_____ God loves me (and everyone else) with a tremendous love.

_____ All that God makes, and that includes me, is very good.

_____ Jesus is God the Father's presence for me. He is God's love in the flesh.

_____ I feel aware of the presence of the Holy Spirit giving me strength and help on my life's journey.

_____ God has given me a number of great gifts. I know that I should develop and use them for others.

List five of your gifts here:

1. _____
2. _____
3. _____
4. _____
5. _____

_____ Jesus is my model. Before acting, I reflect on what Jesus is asking me to do.

_____ Despite life's disappointments, my faith gives me hope for the future.

Principles of Catholic Social Teaching

1) *Dignity of the Human Person*

The human person is sacred, created in God's image, and a child of God.

2) *The Common Good and Community*

The human person is social, made to flourish in relationships—family, friends, community.

3) *Rights and Responsibility*

Every human person has a basic right to life and what makes life possible, such as food, water, shelter, education, health care, work. Every person has a corresponding duty to promote and protect these rights for others.

4) *Economic Justice*

Work expresses our dignity as human persons. Through work, we partner with God in creation. Workers have rights to fair wages and unions. The economy must serve people, not vice versa.

5) *Preferential Option for the Poor*

Catholics recognize a special obligation to the poor and vulnerable in our society—a preferential option for lifting up the poor.

6) *Global Solidarity*

The principle of solidarity calls Catholics to be our brothers' and sisters' keepers, to work for world peace and global development.

7) *Stewardship of Creation*

Creation is for the good of all. We have an obligation to respect and care for the earth.

8) *Participation*

People have the right to share in the economic, political, and cultural life of society.

9) *Promotion of Peace and Disarmament*

Peace is an exercise of justice, not merely the absence of war. It is a result of the harmony created by God and fostered by human justice.

10) *Government and Subsidiarity*

The state must protect human dignity and champion human rights. Subsidiarity means that a community of a higher order should not interfere in the activities that a community of a lower order can achieve on its own.

It is not enough merely to formulate a social doctrine. It must be translated into reality. And this is particularly true of the Church's social doctrine, the light of which is Truth, Justice its objective, and Love its driving force.

Pope John XXIII, *Mater et Magistra (Mother and Teacher) #226, 1961*

Made in God's Image

Have you ever noticed
that your body is you?
It's got heart; it's got soul;
it's sure-footed and true.
Oh, your body has changed
since you were a baby,
But your body's still you,
no if, and, or maybe.

Are you four-eyed or eagle-eyed?
Stiff-necked or knock-kneed?
It won't make a difference;
you're sure to succeed
As an embodied someone;
I'm telling no lies.
Your body is you,
per-son-al-ized.

You're made in the image
of God, the divine.
That means you're made holy,
wholesome, and fine.
You've a head on your shoulders
that's filled with acumen,
You're fashioned from love,
and that means you're human.

Just think about it
—how well you're designed!
You're fully equipped
with a brain and a mind
That fuel your thinking,
that power your quest
To stand head and shoulders
above all the rest
Of God's good creation.
It's true! It's no bunk!
You're made in God's image,
and God makes no junk.

You've got a sound intellect;
so even in youth,
You've the power to discover

the good and the truth;
And free will's yours, too.
That means that you've got
The choice to heed conscience:
to follow—or not.

You're gifted with dignity
—it should be apparent—
that's inalienable, inviolable,
and deeply inherent.
No matter your gender,
your race, or your size,
You share the same value
in the Diety's eyes.

You're huggable and holdable
You're stretchable and bendable,
Responsible and moldable,
loveable and mendable.
You're desirable and sociable.
Replaceable?

No way! God gave you
your own unique DNA!
Just look at you!
Your heart and your mind,
Your body and soul,
make you one of a kind.
So, God calls you with others
to live and to share,
To be co-creators
with love and with care,
To live life with gusto,
never afraid,
To always remember
in whose image you're made.



Three Originals

ORIGINAL HOLINESS

Humankind's birthright, the primordial property of all things that have issued from God's creative effort, the state of perfection in which God created human beings so that they might share in the divine life.

ORIGINAL JUSTICE

The state of creation possessing peace and harmony within the self, between male and female, and between the first humans and the rest of creation, but lacking suffering and death.

ORIGINAL SIN

The action of Adam and Eve, who abused their God-given freedom by choosing to follow their own wills, not God's.

CONSEQUENCES OF ORIGINAL SIN

CONCUPISCENCE: _____

Be Happy

How can I be happy?

Here are a few of the ABCs of happiness.

Avoid too much introspection.

If you're constantly looking inward, you forget to look out.

Be part of something bigger than yourself.

When we help others along, we find happiness along the way.

Count your blessings.

Recognizing your gifts allows you to treasure them and share them with others.

Delect in the daily.

Savor the little things.

Embrace change.

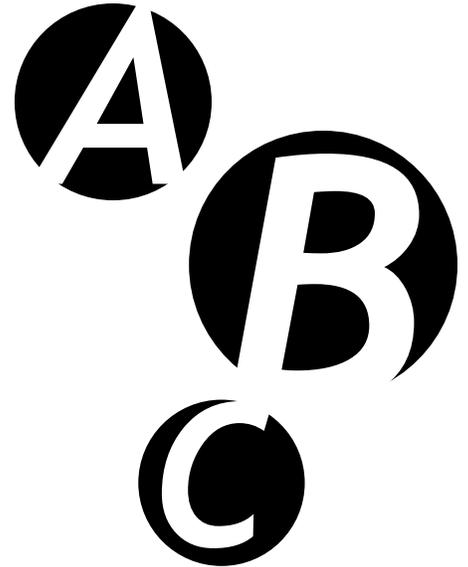
So many changes will come your way; it's important to see them as opportunities for joy.

Foster a passion.

Dance, sing, play sports, write, cook, play music, cultivate a hobby.

Get smiley!

People who smile actually feel happy. Try it. Notice how you make others feel happy, too.



See if you can add three more happiness ABCs.



What's your definition of happiness?

Topsy-Turvy Living



The Beatitudes turned everything topsy-turvy. As we search for how best to live our lives, the world and Jesus often have values that present some real conflicts. Check out what the world says. Then check Jesus' topsy-turvy view. Finally, declare what's a value for you.

The world says, "Happy are those who have the most stuff."

Jesus says, "Happy are the poor in spirit."

What do you say? _____

The world says, "Happy are those who can never let go."

Jesus says, "Happy are those who mourn."

What do you say? _____

The world says, "Happy are the arrogant."

Jesus says, "Happy are the meek."

What do you say? _____

The world says, "Happy are those who hunger and thirst for evil things."

Jesus says, "Happy are they who hunger and thirst for righteousness."

What do you say? _____

The world says, "Happy are the ruthless, those who get even."

Jesus says, "Happy are the merciful." (Jesus meant that those who bear grudges, who refuse to forgive, and who take revenge become miserable people.)

What do you say? _____

The world says, "Happy are those who take things for granted, who go through life blissfully unaware of what's going on around them."

Jesus says, "Happy are the clean of heart."

What do you say? _____

The world says, "Happy are those who make war."

Jesus says, "Happy are the peacemakers."

What do you say? _____

The world says, "Happy are the wishy-washy."

Jesus says, "Happy are those who are persecuted for the sake of righteousness."

What do you say? _____