

VIRTUES

September: Faith

God made us to live together as a family community.

A faithful person...

- prays whenever they can
- learns from Scripture stories
- assumes that there is good in everyone
- knows that we are all loved by God



A faithful person believes that God's plan for us includes the right to be safe, especially at school. FAITH is the great virtue of believing in God and trusting that God is with us.

A faithful person believes that we are created, guided by and destined to be reunited with God.

... Peter got out of the boat, started walking on the water, and came toward Jesus.... he became frightened, and beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" Matthew 14:28-31



Faith makes things possible, not easy.

Author Unknown

A little faith will bring your soul to heaven, but a lot of faith will bring heaven to your soul. Author Unknown

How do you show your faith everyday?

October: Empathy

God wants us to care about everyone's feelings.

An empathetic person...

- listens when people speak
- notices when someone is upset and tries to help
- can name her/his feelings
- can see a situation from another person's point of view
- accepts that others have different perspectives



Judge your neighbours' feelings by your own and let every matter be thoughtful.

There are days in our lives that we may see others come to school sad, afraid, frustrated, or even angry. To live the virtue of EMPATHY is to not judge those people because we never know what others are holding in their hearts. In your everyday life try to remember that you may not always understand what others are feeling, but you can always be a good friend.



...for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' Then the righteous will answer him, "Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?" And the king will answer them, "**Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.**"

Matthew (25: 35-39)

If you can't feed a hundred people, then feed just one.

Mother Teresa

Life's most urgent question is: what are you doing for others?

Martin Luther King, Jr.

Can you think of a time when your friend came to school sad and you helped to make them happy?

November: Conscience

God helps us to choose to be good people.

A person of conscience...

- chooses to do the right thing, even when it is hard
- takes time to think and pray before making decisions
- knows that their actions and decisions affect all those around them
- thinks of others before themselves



CONSCIENCE is the voice of God within us. As you develop your conscience, you will learn to make decisions that will make sure you will always have love in your life. Our conscience reminds us how to act towards other people and how to be a good friend. Sometimes it is hard for us to do the right thing, but we must always remember that the right thing to do is not always the easy thing to do.

Therefore I do my best always to have a clear conscience toward God and all people.

Acts 24:15-16

Conscience is the inner voice which warns us that someone may be looking.

H. L. Mencken

*Can you think of a time when you struggled to
make the right decision?*

December: Hope

**God helps us to keep on working for a more peaceful
world even when we feel discouraged.**

A hopeful person is...

- inspired and inspires others
- optimistic
- one who seeks good things from life
- one who sees the good in the world



Sometimes in life bad things happen to us that we cannot explain. During these times we tend to get mad at God for putting us through so much pain. We forget God is always there for us and He does not want to hurt us. When you feel sad and alone, remember to never lose HOPE, pray to Jesus and things will get better.

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

Rom. 15: 13

Things turn out best for people who make the best of the way things turn out.

John Wooden

Hope sees the invisible, feels the intangible and achieves the impossible.

Anonymous

What kinds of things can you say to bring someone hope?

January: Self- Control

God wants us to do what we know and feel is right.

A person with self-control...

- is patient
- knows how to wait his/her turn
- can calm him/herself down and think before reacting to situations
- knows how to avoid physical aggression (hitting, kicking, pushing, etc.)
- can think things through

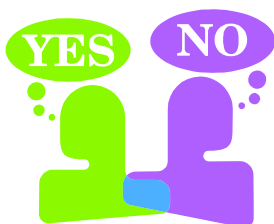


Self-control helps us to resist the temptation to do something that we will regret. It also helps us to resist the temptation to do something that will harm ourselves or others. Each time you exercise self-control you grow stronger in the Lord and invite peace to settle over your life as you avoid any guilt you may feel from having made a poor decision.



Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'one does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of

God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him." Then the devil left him, and suddenly angels came and waited on him. Matthew (4:1-11)



Show me your ways, O Lord, and teach me your paths.

St. Francis de Sales

Why is it important to use self-control?

February: Respect

God wants us to treat all people with the respect they deserve.

A respectful person...

- uses a positive tone of voice and body language
- avoids swearing, name-calling, put-downs, and inappropriate gestures
- says 'Excuse me', 'Please', 'Pardon me'
- avoids gossip



We all deserve to be treated respectfully by others. However, in order to be respected we also have to respect ourselves. Everyone has a right to go to a school free of gossip, name-calling, and put-downs. We should expect to be treated with respect by everyone we meet – our brothers and sisters in Jesus.



Sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you for a reason for the hope that is in you, meekness and fear; having a good conscience, that when they defame you as evildoers, those who reviled your good conduct in Christ may be ashamed.

1 Peter 3:15-16

Respect is love in plain clothes.

Frankie Byrne

We show our respect for the Creator by our stewardship of creation

US Conference of Catholic Bishops

How can you show respect to those around you?

March: Kindness

God wants us to give generously to others around us.

A kind person...

- gives their time to help others
- stands by their friends in time of need
- shares with their friends
- is polite
- cares about other people's feelings



God wants us to be kind to everyone we meet. Being kind is about more than just pretending to be nice. It is about helping and playing with others because we want to and not because we feel we have to. God helps us to be kind to our family and friends because by being kind we are able to see God in every one we meet.

“If you love those who love, what credit is that to you? Even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you. Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return.” Your reward will be great, and you will be children of the Most High; for He is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.

Luke 6:27-36



Never look down on anybody unless you're helping him up.

Jesse Jackson

Kind words can be short and easy to speak but their echoes are truly endless.

Mother Teresa



Can you remember a time when you were kind to someone who was not kind to you?

April: Love

God wants us to serve and to see goodness in everyone we meet.

A loving person...

- wants the best for others
- is willing to make sacrifices for the good of others
- knows that we are all lovable
- prays for others



God has given us many people in our lives to show us examples of LOVE. Our families, teachers, and friends show us their love everyday. Love can be seen in the simplest acts of kindness, such as sharing a pencil, playing a game, or even by saying “thank you”. We should always show our love for others because love is about seeing the good in people even when they make us angry. Sometimes the greatest acts of love happen when we are angry, such as not hitting our sibling back or not screaming at our friends. Jesus is always with us and we should always try to remember His most important lesson, the lesson of love, because love is not about us – it is about looking out for the good of others.



God’s two greatest commandments are:

You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.

You shall love your neighbour as you love yourself. There is no other commandment greater than these.

Mark 12:30-31

St. Augustine’s thoughts on LOVE:

He poses the question: “What does love look like?”

His answer is simple: “Love has hands to help others. It has feet to hasten to the poor and needy. It has eyes to see misery and want. It has ears to hear the sighs and sorrows of others. That’s what love looks like.”



What does love look like to you?

May: Acceptance

God wants us to make friends with everyone no matter how different they may look or act.

An accepting person is...

- willing to treat everybody as a member of a group
- non-judgmental
- welcoming to those different than himself/herself
- loving and happy with who he/she is



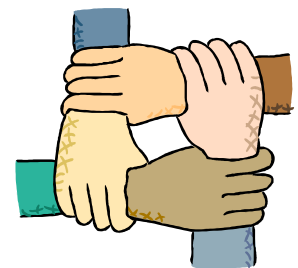
The virtue of ACCEPTANCE means we accept ourselves and others just the way we are. God created all of us in His image, and God does not make mistakes. Being a part of God's family means that we love and welcome everyone just the way Jesus did. Sometimes we find ourselves in situations where it is easier to follow the crowd than to stand up for what we know is right. However, Jesus wants us to accept everyone even when it is hard.

If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it. **Now you are the body of Christ and individually members of it.**

1 Cor. 12:26-27

God does not love us because we are valuable. We are valuable because God loves us.

Martin Luther King



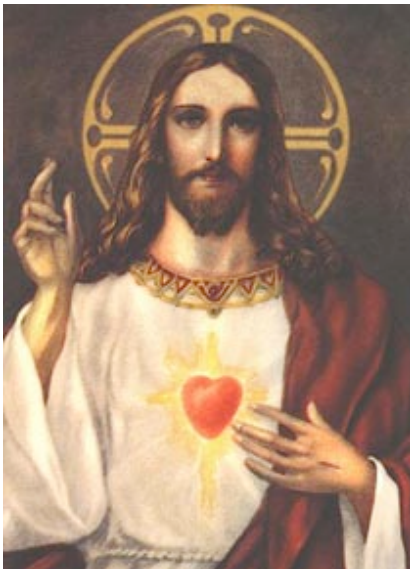
Can you remember a time you felt unaccepted? How did that make you feel?

June: Fairness

God wants us to treat each other as we would like to be treated.

A fair person...

- listens to both sides of a story
- is a good team player
- knows that the same rules apply to everyone
- works to bring about peaceful solutions to problems



God made us to live together as a family in creation, to share and to help each other. Being Christian is all about living together in community – ideally, one big happy family. Jesus spent a major part of his time on earth showing us how to care for people in need. He spent a lot of time showing us how to follow God’s rules. Everyone needs a FAIR chance to succeed – to overcome their disadvantages and disabilities. A fair team player makes sure the rules of the game give everyone an even chance to participate. Not everyone has to win. Everyone deserves a chance to be in the game.

I do not mean that there should be relief for others and pressure on you, but it is a question of a fair balance between your present abundance and their need, so that their abundance may be for your need, in order that there may be a fair balance.

2 Cor. 8:13-14

“There is no wrong time to do the right thing.”

Anonymous

*What does it mean to be a fair person? Can you remember a time when you were unfair?
How would you change that situation if you could?*