

Virtues in Practice



Hope

GRADES 1—2

*Virtues
in Practice*

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DOMINICAN SISTERS OF ST. CECILIA CONGREGATION
Nashville, Tennessee

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What is Virtue?

A virtue is a good habit.

A good habit is called a virtue. A bad habit is called a vice. Habits grow by practice. God always gives us the grace to choose and do what is good. If we think about what is right and open our hearts to God, we will make good choices and grow in virtue. Virtues make us free, happy, and holy.

Who are the Saints?

A saint is a person who is in heaven.

God wants us all to become saints in heaven. When the Catholic Church tells us we can be sure a certain person is in heaven, that person is a *canonized* saint. These saints loved God very much and led lives filled with virtue. They give us good examples of how to get to heaven and we can ask them to help us with their prayers.

YR./MO.	VIRTUE	DEFINITION	GR. PK-2 SAINT	GR. 3-5 SAINT	GR. 6-8 SAINT
FAITH	(Theme: Service)				
SEP.	FAITH	Believing in God and all He has revealed	St. Martha	St. Jerome	St. Augustine
OCT.	REVERENCE	Showing your deepest respect for things of God	St. Hyacinth	St. Tarcisius	St. Margaret Clitherow
NOV.	STEWARDSHIP	Returning to God the first fruits of your time, talent, and treasure	St. Elizabeth of Hungary	Bl. Fra Angelico	St. Joseph Moscati
DEC.	GENEROSITY	Giving without counting the cost	St. Nicholas	St. Mary Magdalene	St. Maximilian Kolbe
JAN.	GRATITUDE	Seeing everything as a gift and being thankful	St. Francis of Assisi	St. Julie Billiart	St. Josemaria Escriva
FEB.	HONESTY	Being trustworthy and true	Sts. Jacinta & Francesco Marto	St. Kateri Tekakwitha	St. Athanasius
MAR.	MERCY	Caring for those who suffer	St. John Vianney	St. Faustina	St. Teresa of Calcutta
APRIL	JUSTICE	Being fair and giving each his due	St. Anthony of Padua	St. Katharine Drexel	St. Thomas More
MAY	ZEAL	Being driven by an intense love for God	St. Paul	St. Dominic	St. Francis Xavier
HOPE	(Theme: Study)				
SEP.	HOPE	Trusting in God's loving plan	St. Joseph	St. Elizabeth Ann Seton	Sts. Louis & Zelle Martin
OCT.	STUDIOUSNESS	Seeking knowledge to grow closer to Truth	St. Albert the Great	St. Thomas Aquinas	St. Edith Stein
NOV.	HUMILITY	Accepting your limitations and God-given talents	St. John the Baptist	St. Pio of Pietrelcina	St. Therese of Lisieux
DEC.	PATIENCE	Waiting or enduring without complaint	St. Monica	St. Isaac Jogues	St. Rita of Cascia
JAN.	FIDELITY	Being faithful to promises and commitments	St. Cecilia	Bls. Luigi & Maria Beltrame Quattrocchi	St. Gianna Molla
FEB.	CHEERFULNESS	Looking on the bright side	St. John Bosco	St. Philip Neri	Bl. Miguel Pro
MAR.	TEMPERANCE	Enjoying things in a proper, balanced way	St. Teresa of Avila	St. Camillus de Lellis	Ven. Matt Talbot
APRIL	OBEDIENCE	Saying "yes" to the loving will of God and those He has set over us	Our Lady	St. Juan Diego	St. Frances Xavier Cabrini
MAY	DILIGENCE	Doing your best and working hard until you're finished	St. Andre Bessette	St. Francis de Sales	St. Catherine of Siena
CHARITY	(Theme: Community)				
SEP.	CHARITY	Loving God with all your heart, mind, and strength, and your neighbor as yourself	St. Gertrude	St. Vincent de Paul	Ven. Laura Vicuna
OCT.	FRIENDSHIP	Sharing a mutual love that seeks the good of the other	Sts. Benedict & Scholastica	Sts. Basil & Gregory	Bl. Pier Giorgio Frassati
NOV.	COURTESY	Being thoughtful of others	St. Martin de Porres	Bl. Solanus Casey	Ven. Pierre Toussaint
DEC.	PURITY	Keeping your soul free of sin	St. Dominic Savio	St. Agnes	St. Maria Goretti
JAN.	FORTITUDE	Being brave and strong in the face of trials	St. Bernadette	St. Joan of Arc	Sts. Paul Miki & Comp.
FEB.	PRUDENCE	Making good decisions in specific circumstances	St. Junipero Serra	St. John Neumann	St. John XXIII
MAR.	RESPECT	Recognizing the dignity of all people	St. Jeanne Jugan	St. Damien of Molokai	St. John Paul II
APRIL	FORGIVENESS	Pardoning those who offend you	St. Patrick	St. Margaret of Castello	St. Josephine Bakhita
MAY	RESPONSIBILITY	Being reliable in your duties and accountable for your actions	St. Peter	St. Henry II	Bl. Bartolo Longo

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September

PRAYER:

Act of Hope (see back cover)

VIRTUE OF THE MONTH:

Hope: trusting in God's loving plan

SAINT OF THE MONTH:

Saint Joseph

(time of Jesus, Israel)

Feast: March 19 and May 1

Saint Joseph loved Jesus and took care of Him, even when Jesus' life was in danger. The evil King Herod wanted to kill the baby Jesus. So God told Saint Joseph in a dream to take Mary and Jesus to Egypt, where they would be safe.

Saint Joseph trusted what God said and did what God asked. The way was long and hard, but God kept His promise and the Holy Family was safe in Egypt.



Saint Joseph by Tracy L. Christianson

DISCUSSION:

How was Saint Joseph's trust in God rewarded?

HOPE: trusting in God's loving plan

HOME PROJECT: Due September ____

PRAYER:

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Psalm 62:6-9.)

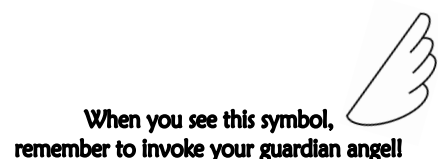
VIRTUE ACTIVITY:

After Jesus died on the cross, the disciples went home to hide and lock their doors (John 20:19).

Discuss:

1. What were the disciples thinking and feeling?
2. What do you think they said to each other?
3. Why did they have to trust?
4. How did it all work out?

Act it out!

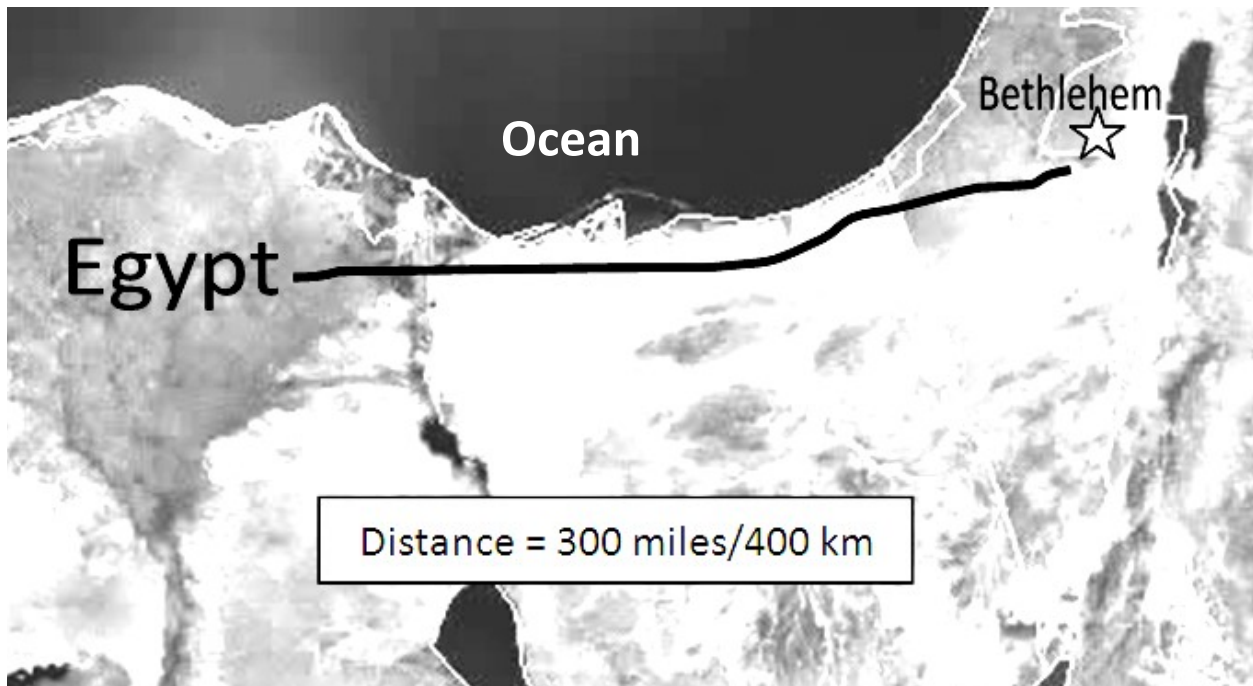


PRAYER:

Saint Joseph, you trusted in God each time He told you part of His plan. You trusted God, and He gave you the responsibility of watching over Jesus and Mary. Help us to have a hopeful trust like yours! Amen. Saint Joseph, pray for us.

SAINT ACTIVITY:

Below is a map showing the way Saint Joseph took Mary and Jesus to Egypt. The road was long and hard, and it took many weeks to make the trip. Color the map and add things you think the Holy Family might have seen along the way.



HOPE: trusting in God's loving plan

PRAYER:

Mother Mary, you trusted in God's plan even when you saw Jesus die for us on the cross. Even when things were hard, you knew that God was with you. Help us to hope in God like you. (Pray 3 *Hail Marys*.)

REVIEW:

What is hope?

Who is Saint Joseph?

GROWTH IN HOPE:

What you did you do this month to grow in hope?

Write a sentence.

HOPE: trusting in God's loving plan

October

PRAYER:

Act of Hope

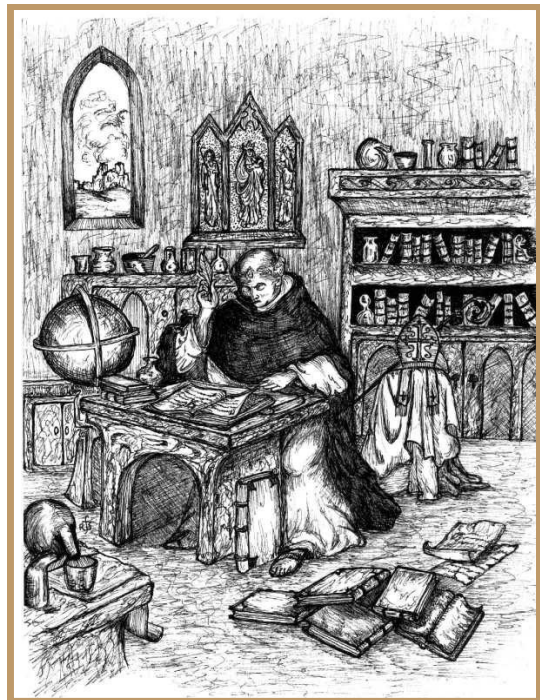
VIRTUE OF THE MONTH:

Studiosness: seeking knowledge to grow closer to Truth

SAINT OF THE MONTH:

Saint Albert the Great
(1206-1280, Germany)
Feast: November 11

Saint Albert joined the Order of Preachers (the Dominicans) and became a great teacher. But even before he was a teacher, he was always a great student! Saint Albert loved to learn about the world God created. Knowing more about creation helped him grow in loving what was real—the Truth. And loving the Truth means loving God. Because of his study of nature, St. Albert was also one of the first people to be called a scientist!



Saint Albert the Great by Father Robert Staes, O.P.

STUDIOUSNESS: seeking knowledge to grow closer to Truth

DISCUSSION:

How can you show that you want to grow in knowledge?

HOME PROJECT: Due October _____

PRAYER:

Come, Holy Spirit, open our minds and our hearts to God's living Word!(Read and discuss Matthew 5:14-16 or Wisdom 13:3-6.)

VIRTUE ACTIVITY:

Read these words from the Bible: "Let the earth bless the Lord, praise and exalt Him above all forever. Mountains and hills, bless the Lord; praise and exalt Him above all forever. Everything growing on earth, bless the Lord; praise and exalt Him above all forever. You springs, bless the Lord; praise and exalt Him above all forever. Seas and rivers, bless the Lord; praise and exalt Him above all forever" (Daniel 3:74-78).

How do these created things, that cannot think or talk, "praise the Lord"? How do we "praise the Lord" when we learn about the things He has created?

How can we show that our true hope is in God when we study things like science, math, and history?

STUDIOUSNESS: seeking knowledge to grow closer to Truth

PRAYER:

Dear Saint Albert, your study of creation helped you see God's greatness. Help me to also study well, so that the more I know, the more I will love God. Amen. Saint Albert, pray for us.

SAINT ACTIVITY:

Saint Albert was the first person to really observe what was happening in nature, write down what he saw, and explain why it happened. Try this by looking at the sky outside during break. Draw what you see here:

After lunch, look at the sky again, and draw what you see here:

Is anything different? What happened? Could it be different tomorrow? Explain your answer.



STUDIOUSNESS: seeking knowledge to grow closer to Truth

PRAYER:

Mother Mary, when you saw Jesus' face for the first time, you loved Him more than ever! Help us to know and love God more and more each day. (Pray 3 *Hail Marys*.)

REVIEW:

What is studiousness?
Who is Saint Albert the Great?

GROWTH IN STUDIOUSNESS:

What did you do this month to grow in studiousness?
Write a sentence.

STUDIOUSNESS: seeking knowledge to grow closer to Truth

November

PRAYER:

Act of Hope

VIRTUE OF THE MONTH:

Humility: knowing where you are strong and where you are weak

SAINT OF THE MONTH:

Saint John the Baptist
(time of Jesus)

Feasts: June 24 & August 29



The Heavens Opened by Sr. Mary Grace Thul, O.P.

When Saint John the Baptist was born, many people said he would be very close to God. When Saint John grew up, many people came to him and asked for his help in turning back to God. Saint John would always tell them that someone was coming soon who was much greater than he. When that person came, Saint John saw Him and said, "Behold the Lamb of God!" Can you guess Who this was?

DISCUSSION:

How can you make sure that God is the center of attention at church?

HUMILITY: accepting your limitations and God-given talents

HOME PROJECT: Due November _____

PRAYER:

Come, Holy Spirit, open our hearts and minds to God’s living Word. (Read and discuss John 3:28-30.)

VIRTUE ACTIVITY:

Being humble means knowing the truth about ourselves, and the things we do well along with the things we do not do well. See the list below. If you do that thing really well, circle the number 10; if you are not at all good at it, circle the 1. If you’re somewhere in between, circle one of those numbers instead.

- Are you good at sports? 1 2 3 4 5 6 7 8 9 10
- ... reading? 1 2 3 4 5 6 7 8 9 10
- ... making people laugh? 1 2 3 4 5 6 7 8 9 10
- ... helping others? 1 2 3 4 5 6 7 8 9 10

What else do you do well? Write one thing below:

How does knowing where we’re strong and where we’re weak help us to have more hope in God? Does being weak or strong in something make God love us any more or less?



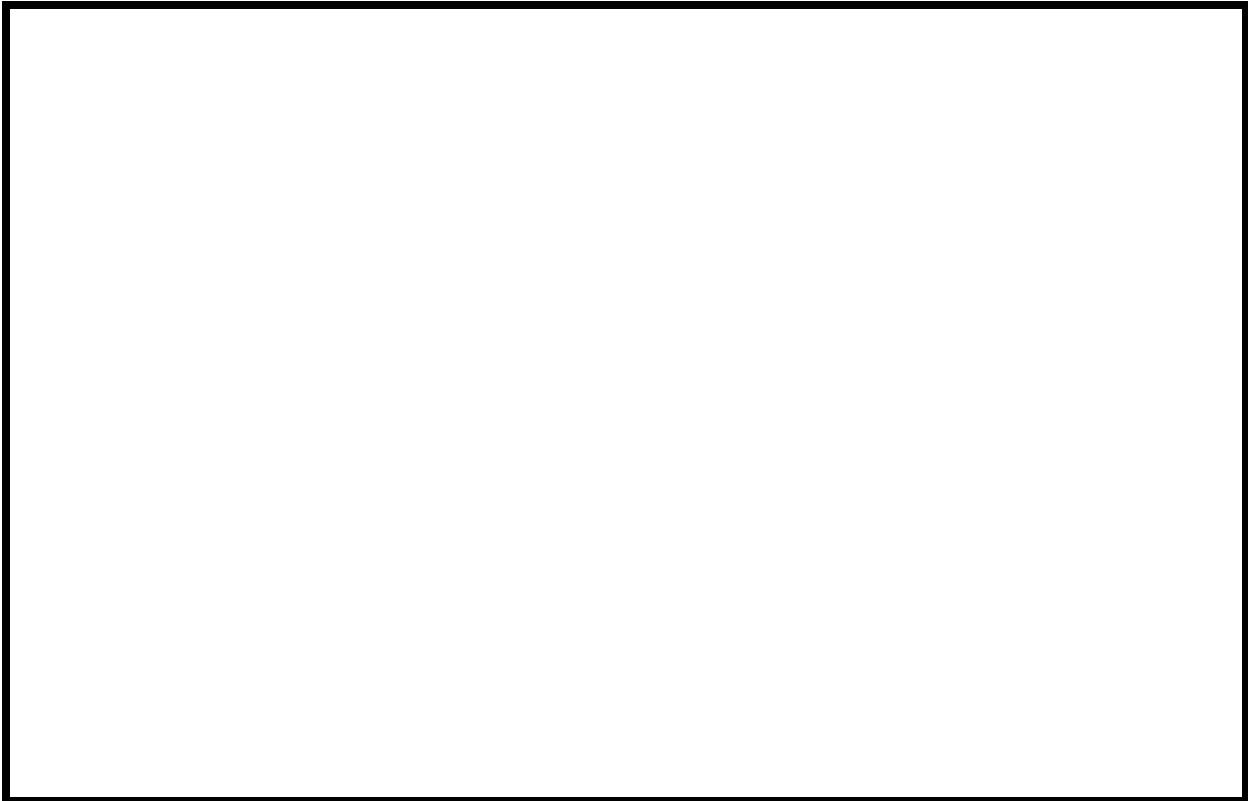
HUMILITY: accepting your limitations and God-given talents

PRAYER:

Dear Saint John the Baptist, even though you were good at helping people be sorry for their sins, you stepped aside when Jesus came so He could have all their attention. Help me to know when to let others have the attention they deserve. Amen. Saint John the Baptist, pray for us.

SAINT ACTIVITY:

When he grew up, Saint John the Baptist went to live in the desert so he could be alone and pray to God. Use the space below to draw a picture of Saint John praying in the desert. Include the animals and things you think he saw there.



HUMILITY: accepting your limitations and God-given talents

PRAYER:

Mother Mary, when John the Baptist was still a baby inside of his mother, he jumped for joy when he heard your voice! Help us to leap for love of God! (Pray 3 *Hail Marys*, and jump for joy when you say "Jesus"!)

REVIEW:

What is humility?
Who is Saint John the Baptist?

GROWTH IN HUMILITY:

What did you do this month to grow in humility?
Write a sentence.

HUMILITY: accepting your limitations and God-given talents

December

PRAYER:

Act of Hope

VIRTUE OF THE MONTH:

Patience: waiting without complaining

SAINT OF THE MONTH:

Saint Monica

(322-387, Africa)

Feast: August 27

Saint Monica grew up believing in Jesus. Her husband did not believe in Jesus, and that made her sad. Her son did not believe in Jesus either and lived a bad life. That made her even more sad, and she prayed every day that her husband and son would believe in God. Finally, they did believe in God, and Saint Monica's son loved God so much that he became a saint, too—Saint Augustine!



Saint Monica by Kathy Baron

DISCUSSION:

Have you ever had to wait a long time for something good?

PATIENCE: waiting or enduring without complaint

HOME PROJECT: Due December _____**PRAYER:**

Come, Holy Spirit, open our minds and our hearts to God's living Word!(Read and discuss Psalm 130:5-8.)

**VIRTUE ACTIVITY:**

During Advent, we wait for Jesus to come at Christmas. But sometimes it is hard to be patient! To help you be patient waiting for Jesus, make an Advent Calendar:

1. You will need two pieces of paper, 11x17, one white and one a different color; a pencil; crayons or markers; scissors; and glue.
2. On the colored paper, draw 25 doors in different places, but not in the corners! Write a different number, 1 through 25, on each door. Cut them with your scissors so that they open and shut. Fold them open and lay the white paper underneath; glue the papers together at the corners.
3. Through each open door, draw a picture of something at Christmas; be sure to draw Baby Jesus under the door that has "25" on it.
4. Close all the doors and only open one each day in December—no peeking!

How is patience kind of like hope? Did Saint Monica's patience show her hope in God? How?

PATIENCE: waiting or enduring without complaint

PRAYER:

Dear Saint Monica, help me to be like you and pray to God without giving up. Please pray for my family, too, that they will love God and be saints like your son! Amen. Saint Monica, pray for us!

SAINT ACTIVITY:

Saint Monica prayed every day for 30 years for her son to love God—that equals 10,950 days! As a class, see if you can count this many things at school. Here are some ideas:

1. Work on a number line that goes to 10,000; see how many times it has to wrap around the room.
2. Measure the classroom, hallway, or some other area until you count 10,000 inches.
3. Make 100 stacks of 100 pennies (or 100 groups of 100 other small objects).

PATIENCE: waiting or enduring without complaint

PRAYER:

Mother Mary, you waited for months for Jesus to be born. Please help us to be patient like you. (Pray 3 *Hail Marys*.)

REVIEW:

What is patience?

Who is Saint Monica?

GROWTH IN PATIENCE:

What did you do this month to grow in patience?

Write a sentence.

PATIENCE: waiting or enduring without complaint

January

PRAYER:

Act of Hope

VIRTUE OF THE MONTH:

Fidelity: keeping promises

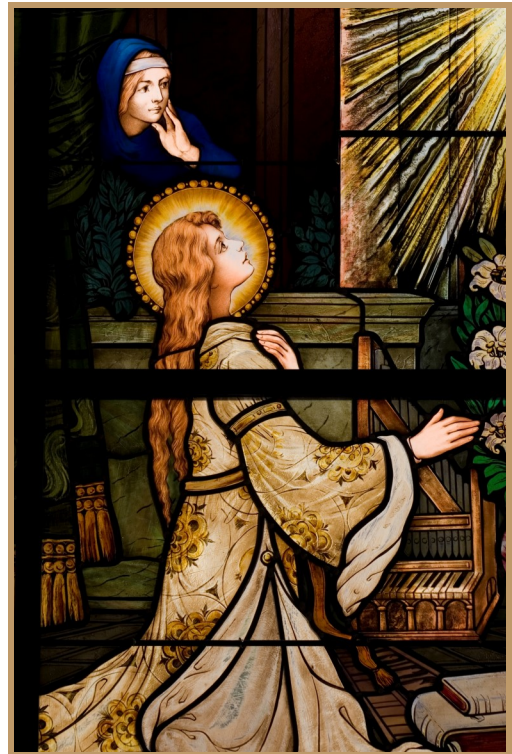
SAINT OF THE MONTH:

Saint Cecilia

(died 177 A.D., Italy)

Feast: November 22

Saint Cecilia prayed every day and could see her guardian angel. She promised to give her whole life to God and never get married. But her parents asked her to marry a wealthy young man, Valerian, and Saint Cecilia always obeyed her parents. While the wedding music played, she sang prayers to God in her heart. That is why she is the patron saint of music. She taught Valerian about Jesus, and they both gave their lives to God.



Saint Cecilia, stained glass window from Saint Cecilia Chapel, Nashville, Tennessee

FIDELITY: being faithful to promises and commitments

DISCUSSION:

If someone tells you to do something that is wrong, what should you do? What should you tell them?

HOME PROJECT: Due January _____

PRAYER:

Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Revelation 2:10.)

VIRTUE ACTIVITY:

Have you ever made a promise? Was it hard to keep?

As a class, choose a promise to make for one day, and help each other to keep it. Choose something everyone can do, something others can tell whether they are doing it or not.

When one whole day is up, discuss:

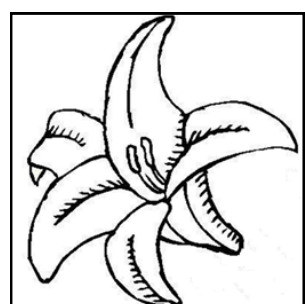
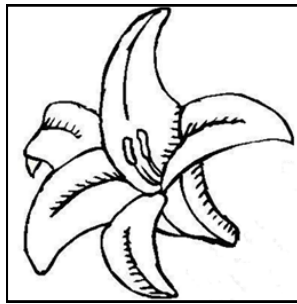
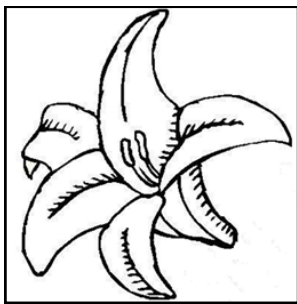
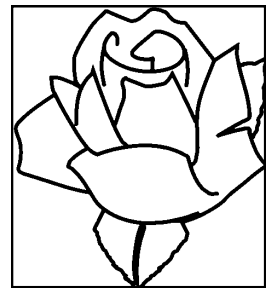
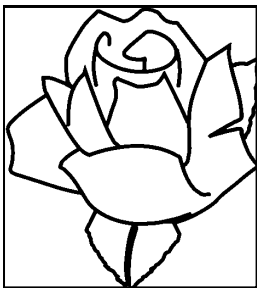
- Did you keep your promise?
- Who do you know that *always* keeps promises?

PRAYER:

Saint Cecilia, please help me to give God first place in my life. Help me to be like you, and sing joyful songs to God in my heart, knowing that He always keeps His promises and helps those who hope in Him. Amen.
Saint Cecilia, pray for us.

SAINT ACTIVITY:

Saint Cecilia's guardian angel gave Cecilia and Valerian crowns with white lilies for purity and red roses for martyrdom. Color the roses red. Then cut and glue these flowers onto a construction paper crown. (Use 1 1/2 inch wide yellow construction paper strips stapled into a crown to fit each child's head).



FIDELITY: being faithful to promises and commitments

PRAYER:

Mother Mary, you followed Jesus all the way to the cross. You trusted that He was being faithful to the Father's will. Help us to be faithful like Jesus and like you. (Pray 3 *Hail Marys*.)

REVIEW:

What is fidelity?
Who is Saint Cecilia?



GROWTH IN FIDELITY:

What did you do this month to grow in fidelity?
Write a sentence.

FIDELITY: being faithful to promises and commitments

February

PRAYER:

Act of Hope

VIRTUE OF THE MONTH:

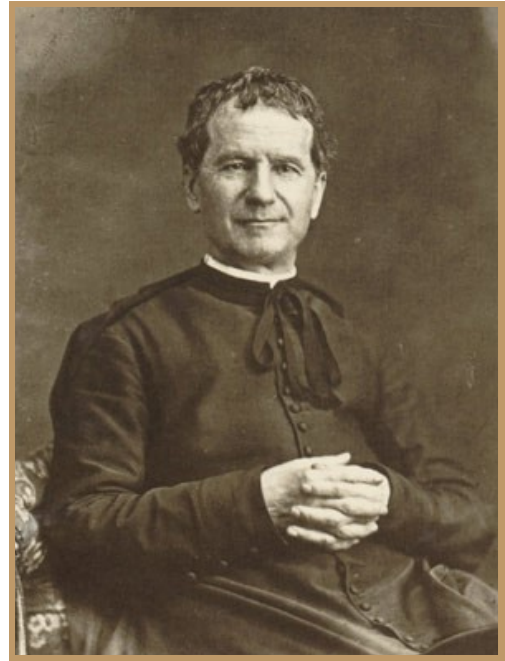
Cheerfulness: Looking on the bright side

SAINT OF THE MONTH:

Saint John Bosco

(1815-1888, Italy)

Feast: January 31



Saint John Bosco, photograph, 1880

As a child, Saint John Bosco gathered other boys his age on Sundays after Mass to tell them Bible stories and do magic tricks, or walk on a tightrope, or juggle for them. When he grew older, John Bosco founded the Salesian Order of priests to help homeless boys have a safe home and learn a trade. He asked the boys to say three *Hail Marys* each night so that the Blessed Mother would keep them away from sin. The boys loved to listen to Saint John Bosco. They knew he loved them. He would organize games for them and make sure they had time to play. He encouraged the boys to be like Jesus in everything they did, whether they were working, praying, studying, or playing.

CHEERFULNESS: looking on the bright side

DISCUSSION:

How did Saint John Bosco teach the boys to love God?

HOME PROJECT: Due February _____

PRAYER:

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Proverbs 15:30a.)

VIRTUE ACTIVITY:

Role-play the following situations. Think of a way to cheer this person up!

1. Your baby brother is crying because his toy broke.
2. Your friend is sad because she lost the game.
3. Your dad is tired from a long day at work.
4. Your sister is sad because she got in trouble.
5. Your mom is upset because she just burned the dinner she was cooking.

How is cheerfulness related to hope?



PRAYER:

Dear Saint John Bosco, help me to serve others in joy. When I see others who are sad, help me to have a cheerful heart and bring them hope. Amen. Saint John Bosco, pray for us!

SAINT ACTIVITY:

One day Saint John Bosco saw Dominic Savio, his student, looking sad. Dominic had decided to make many sacrifices and suffer for Jesus. Saint John Bosco taught him that God wants us to *find joy in everything*, even sacrifices, and not to be sad.

Can you find all the joyful words in the puzzle?

joyful
cheerful
happy
glad
smile
laugh
merry
playful
hopeful

A	S	M	I	L	E	C	T	X
M	O	J	D	A	W	H	H	R
E	P	O	G	U	L	E	O	L
R	W	Y	L	G	M	E	P	F
R	X	F	A	H	G	R	E	M
Y	C	U	D	E	C	F	F	P
T	V	L	F	R	B	U	U	H
S	Q	U	H	A	P	L	L	S
N	H	A	P	P	Y	T	Y	A
P	L	A	Y	F	U	L	J	Y

CHEERFULNESS: looking on the bright side

PRAYER:

One of the special titles we use to honor Mary is "Cause of our Joy". Why would we give this title to Mary?

Say three *Hail Marys* and quietly ask the Blessed Mother to help you to have a cheerful heart.

REVIEW:

What is cheerfulness?

Who is Saint John Bosco?

GROWTH IN CHEERFULNESS:

What did you do this month to grow in cheerfulness?

Write a sentence.

CHEERFULNESS: looking on the bright side

March

PRAYER:

Act of Hope

VIRTUE OF THE MONTH:

Temperance: only having a healthy amount of something good

SAINT OF THE MONTH:

Saint Teresa of Avila

(1515-1582, Spain)

Feast: October 15



Saint Teresa of Avila by Helen Hull Hitchcock

Saint Teresa sometimes had trouble with self-control, especially with the amount of time she spent reading and talking to friends. As she grew closer to God, she learned to give the right amount of time to Him and to others. When she joined the Carmelite nuns, they had forgotten their rules about how much time they should be in silence so that they could talk to God. She helped them to take time for silence and prayer *and* to take time to play and have fun together.

DISCUSSION:

How did Saint Teresa grow in temperance?

TEMPERANCE: Enjoying things in a proper, balanced way

HOME PROJECT: Due March _____

PRAYER:

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Luke 9:23.)

VIRTUE ACTIVITY:

We use the virtue of temperance to fight temptations and to use well the good things that God gave us, like food, games, and toys. Act out the following situations and show how you would be temperate:

- Your Mom bakes your favorite cookies, and you feel like eating all of them before dinner. What could you choose to do?
- Two friends really want to play on the computer all afternoon and not stop to do their homework. Act out a temperate choice.
- The teacher puts new, cool pencils in the pencil jar at school. You want to take more of them, but you already have three. Act out a choice you should make.

How does only having a healthy amount of something help us hope in God?



TEMPERANCE: Enjoying things in a proper, balanced way

PRAYER:

Dear Saint Teresa, please help me to always use God's gifts with thankfulness and self-control. Show me how to take and use only what I need, not all I want. Help me to be temperate for love of Jesus! Amen. Saint Teresa of Avila, pray for us.

SAINT ACTIVITY:

Once when Saint Teresa was helping a convent, the first thing she did was get the sisters more food to eat. They did not have enough to be healthy and could not focus on praying.

Temperance means doing things in moderation. When the sisters were temperate they were happier and holier than before! Having enough food meant that they were able to be healthy and serve Jesus with greater strength. When they started giving more time to prayer, their time for *play* became even more fun. Saint Teresa would lead the sisters in joyful times together, and even played guitar and taught them Spanish dances!

Listen to a recording of Spanish guitar music from a CD or the internet. Teach each other some dances you know!

PRAYER:

Mother Mary, in your family with Jesus and Joseph there was time for prayer, and time for play. You had what you needed, and shared what you didn't need with others. Help me to know what is good for me.
(Pray 3 Hail Marys.)

REVIEW:

What is temperance?
Who is Saint Teresa of Avila?

GROWTH IN TEMPERANCE:

What did you do this month to grow in temperance?
Write a sentence.

TEMPERANCE: Enjoying things in a proper, balanced way

April

PRAYER:

Act of Hope

VIRTUE OF THE MONTH:

Obedience: saying "yes" to God and those who stand in His place

SAINT OF THE MONTH:

Our Lady

(Time of Jesus, Israel)

Feasts: 1/1, 2/11, 3/25, 5/13, 5/31, 8/15, 8/22, 9/8, 9/15, 10/7, 12/8, 12/12

Even as a little girl, the Blessed Virgin Mary prayed a lot and loved God. She knew that when she obeyed her parents, this was pleasing to God.

When God sent His angel to ask Mary to be the Mother of Jesus, her heart was open to say "yes". During her whole life, Mary always wanted to do what God wanted. Even when Jesus suffered on the cross, Mary said "yes" to God's will. Now she is the Queen of Heaven and Mother of all of us!



Annunciation Lily by Sr. Mary Jean Dorcy, O.P.

OBEDIENCE: saying "yes" to the loving will of God and those He has set over us

DISCUSSION:

How did the Blessed Mother show she was obedient to God? How can you show obedience to God?

HOME PROJECT: Due April _____

PRAYER:

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Luke 1:26-38.)

VIRTUE ACTIVITY:

Play "God Says" (Like "Simon Says"). When you hear "God Says," do what you are told; if you don't hear "God Says," don't do it!

1. God says, "Fold your hands to pray, close your eyes, and kneel."
2. (whisper) God says, "Open your eyes."
3. (whisper) "Stand up." (Gotcha!)
4. God says, "Turn to your neighbor, give the sign of peace, and say 'Peace be with you.'"
5. Simon says, "Sit down and cross your legs!" (Gotcha!)
6. (whisper) God says, "Put your hands in the air, jump up and down, and shout 'Alleluia!'"
7. (whisper) "Bend down and touch your toes." (Gotcha!)

Did you have to listen well to hear? How does the virtue of hope help us to be obedient?

OBEDIENCE: saying "yes" to the loving will of God and those He has set over us

PRAYER:

Dear Blessed Mother, you always said “yes” to God, even when it was very hard. Please help me to also say “yes” to God like you did. Amen. Mary, Handmaid of the Lord, pray for us.

SAINT ACTIVITY:

Listen as your teacher reads from the Bible about the Annunciation and the Visitation (Luke 1:26-45). Do you recognize in here any words we pray in the *Hail Mary*?

Pick one of the phrases of the *Hail Mary* below, and write it on a piece of blank paper. Make it as colorful and beautiful as you can. When you are finished, hang your picture in a place that will help you remember to pray during the day.

Hail Mary

Full of Grace

The Lord is with you

Blessed are you among women

Blessed is the fruit of your womb, Jesus

Holy Mary, Mother of God

Pray for us sinners now and at the hour of our death



OBEDIENCE: saying “yes” to the loving will of God and those He has set over us

PRAYER:

Mother Mary, help me to say "yes" to God in each and every moment. Help me to have a listening heart that is obedient to all God asks of me. (Pray 3 Hail Marys.)

REVIEW:

What is obedience?

Who is the Blessed Mother?

GROWTH IN OBEDIENCE:

What did you do this month to grow in obedience?

Write a sentence.

OBEDIENCE: saying "yes" to the loving will of God and those He has set over us

May

PRAYER:

Act of Hope

VIRTUE OF THE MONTH:

Diligence: doing your best and working hard until you're finished

SAINT OF THE MONTH:

Saint André Bessette
(1845—1937, Canada)

Feast: January 6

Saint André was the son of a wood cutter, and all his life he worked very hard. He cut wood, baked bread, and made shoes. Whatever he had to do, he worked at it until it was done right.



Saint André Bessette

When André became a religious brother he was assigned to answer the door at a college, which he did for many years. He also had a great devotion to Saint Joseph, and built a shrine in his honor. Many people who were sick came to Saint André for help. He would pray with them, and many were cured!

DILIGENCE: doing your best and working hard until you're finished

DISCUSSION:

What are some times you have worked really hard at doing something? What could you do when you feel like giving up?

HOME PROJECT: Due May _____



PRAYER:

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss 2 Timothy 4:7)

VIRTUE ACTIVITY:

Sometimes it can be difficult to finish a job that takes a long time. Here are some things you can do together at school. These may take a while, so be diligent and work hard until you are finished!

1. Weed all of the flower beds around the church or school, making sure to get even the small weeds.
2. Ask your teacher what things in your classroom need to be organized, sorted, or cleaned.
3. Divide into pairs and offer to help other teachers in the school clean their classrooms.

How does the virtue of hope help us to practice diligence?

DILIGENCE: doing your best and working hard until you're finished

PRAYER:

Dear Saint André, you worked hard doing many good things to bring people closer to God. Please help me to do my best at all my work, no matter how long it takes or how big or small the job. Help me to do it for Jesus. Amen. Saint André Bessette, pray for us.

SAINT ACTIVITY:

Saint André had a great devotion to Saint Joseph. Whenever anyone came to Saint André for help, Saint André “went to Joseph”—and gave him all the credit! In 1904, Saint André, along with some of the brothers in his religious community, built a huge shrine to Saint Joseph.

Make a shrine to Saint Joseph! You will need one shoebox, markers or crayons, colored paper, scissors, and glue.

1. Cover the outside of the shoebox with colored paper.
2. On a separate piece of thick paper or card stock, draw a picture of Saint Joseph standing on a square.
3. Cut around Saint Joseph and the square.
4. Fold the square under Saint Joseph.
5. Stand the shoebox on its short side—glue the square to the inside so that Saint Joseph stands up inside the box.
6. Write a prayer to Saint Joseph on top of the box.
7. Add more decorations or drawings to the shrine.

DILIGENCE: doing your best and working hard until you're finished

PRAYER:

Mother Mary, each day you worked hard in serving Jesus and Joseph and in making your home in Nazareth a place of happiness and love. Help us to be diligent too, doing everything for love of Jesus. (Pray 3 Hail Marys.)

REVIEW:

What is diligence?

Who is Saint André Bessett?

GROWTH IN DILIGENCE:

What did you do this month to grow in diligence? Write a sentence.

DILIGENCE: doing your best and working hard until you're finished

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Acknowledgements

The *Virtues in Practice* program was originally written by a team of parents and faculty members at St. Gertrude School in Cincinnati, Ohio in 2005, and implemented beginning with the 2006 academic year. The program began as a nine-year cycle with students in kindergarten through eighth grade learning about a different virtue, and a saint who exemplified that virtue, each month. It was intended only for the use of St. Gertrude School, but within a short time it became clear that many schools desired the use of such a program.

To make the program accessible to a wider audience, Dominican Sisters of St. Cecilia from St. Gertrude School, St. Mary's School in Oak Ridge, Tennessee, Our Lady of Mount Carmel School in Newport News, Virginia, and St. Thomas Aquinas Regional School in Woodbridge, Virginia worked together with faculty and staff volunteers in those schools to create the current program which follows a spiraling curriculum that repeats the same virtues over a three-year cycle while introducing new saints each year. To all who have contributed time and talent to the creation of this program, we are deeply grateful.

This program is the fruit of grace and collaboration, and is offered free of charge to those who wish to use it in their home or school. It is our prayer that all who read it will be inspired to pattern their lives more faithfully on that of our Lord and Savior Jesus Christ. May our lives radiate His virtues, so that others may come to know and believe in the life and love He offers freely! To that end, we offer this work to His glory through the patronage of Mary, our Mother, and Star of the New Evangelization.

~ The Dominican Sisters of St. Cecilia Congregation
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For questions related to the *Virtues in Practice* program,
please contact the Virtues in Practice coordinator at virtuesprogram@op-tn.org.



Eight centuries ago St. Dominic de Guzman, inspired by the Holy Spirit in response to the needs of his time, founded an Order with the mission of preaching for the salvation of souls. Dominic's love for God and neighbor continues to inspire the Dominican Sisters of St. Cecilia Congregation today, as they joyfully embrace the Church's call to the New Evangelization. Through their teaching apostolate, the Sisters serve over 16,000 students in 41 schools in the United States, Canada, Australia, Italy, and Scotland.

Act of Hope

O my God,
relying on Your almighty power
and infinite mercy and promises,
I hope to obtain pardon of my sins,
the help of Your grace,
and life everlasting,
through the merits of Jesus Christ,
my Lord and Redeemer.
Amen.