

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 Billiard	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 & Zelig 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	Ven. 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 & Companions
FEB.	PRUDENCE	Making good decisions in specific circumstances	Bl. 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	Bl. 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

Virtues in Practice



Helping children grow closer to Jesus
by imitating the virtues of the saints!

Available for FREE download at
www.nashvilledominican.org/

Questions? VirtuesProgram@op-tn.org

Virtues in Practice

“From the first moment that a student sets foot in a Catholic school, he or she ought to have the impression of entering a new environment, one illumined by the light of faith . . . permeated with the Gospel spirit of love and freedom.”

~Congregation for Catholic Education
#25, *The Religious Dimension
of Education in a Catholic School*

“Let us consider the saints. . . the saints are the true bearers of light within history, for they are men and women of faith, hope, and love.”

~ Pope Emeritus Benedict XVI
#40, *Deus Caritas Est*

PROGRAM OVERVIEW

The goal of Catholic education is heaven, but knowledge alone will not get us there! Virtues in Practice helps students to live out the faith in their everyday lives.

Program elements include:

- Virtue of the Month
- Saint of the Month
- 3-Year Cycle, Spiral Curriculum
- Classroom Role-Plays and Activities
- Monthly Home Projects (behavior goals)
- Student Workbooks & Parent Guide

**Created by the Dominican Sisters of St. Cecilia
Congregation of Nashville, Tennessee**

Year of

Faith

SERVICE

“Faith is the assurance of things hoped for, the conviction of things not seen.”
—Hebrews 11:1

Just as the body without the spirit is dead, so also faith without works is dead.”
—James 2:14-16, 26

FAITH is believing in God and all He has revealed. Through the theological virtue of faith we participate in the very life of God.

THE YEAR OF FAITH is an opportunity to renew and develop the use of Catholic devotions such as Eucharistic Adoration, the Rosary, or Stations of the Cross as well as an opportunity to expand Catholic ministries and service projects.

Act of Faith

O my God, I firmly believe that You are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that Your divine Son became man and died for our sins and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because You have revealed them Who can neither deceive nor be deceived. Amen.

Year of

Hope

STUDY

“This hope we have as an anchor of the soul, a hope both sure and steadfast.”
—Hebrews 6:19

“Let us hold fast to the confession of our hope without wavering, for He who promised is faithful.”
—Hebrews 10:23

HOPE is trusting in God’s loving plan. Through the theological virtue of hope our hearts are set on the goal of heaven.

THE YEAR OF HOPE offers an opportunity to focus on study skills and vocations. We know that God designed each of us with gifts and talents to suit His plan for our lives, and that He expects us to do our part to increase the talents He has given us so that we are ready to answer His call.

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.

Year of

Charity

COMMUNITY

“I give you a new commandment: love one another as I have loved you.”
—John 13:34

“Beloved, let us love one another . . . The one who does not love does not know God, for God is love.”
—1 Jn 4:7-8

CHARITY is loving God with all your heart, mind, and strength, and your neighbor as yourself. Through the theological virtue of charity we place God above all things and recognize that what we do to the least of our brothers, we do unto Him.

THE YEAR OF CHARITY offers an opportunity to commit to making God our priority and to love not only people across the globe—but the people right next to us.

Act of Charity

O my God, I love You above all things, with my whole heart and soul, because You are all good and worthy of all love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.