

Virtues in Practice



Faith

PRE-K & KINDERGARTEN

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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.

If we listen to Jesus, He will help us to make good choices. If we listen to Him over and over, we get used to making good choices. Then being good is easy, which makes us happy!

Who are the Saints?

A saint is a person who is in heaven.

All the people in heaven are called saints. If we listen to Jesus and make good choices to follow Him, someday we will be happy with Him forever! The saints in this book are people we know for sure are in heaven.

YR./MO.	VIRTUE (Theme: Service)	DEFINITION	GR. PK-2 SAINT	GR. 3-5 SAINT	GR. 6-8 SAINT
FAITH					
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. Tarcisus	St. Margaret Clithrow
NOV.	STEWARDSHIP	Returning to God the first fruits of your time, talent, and treasure	St. Elizabeth of Hungary	Bl. Fra Angelico	St. Joseph Moscatti
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	Bls. Jacinta & Francisco Marto	St. Kateri Tekakwitha	St. Athanasius
MAR.	MERCY	Caring for those who suffer	St. John Vianney	St. Faustina	Bl. 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					
SEP.	HOPE	Trusting in God's loving plan	St. Joseph	St. Elizabeth Ann Seton	Bls. 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. Phillip 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					
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

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September

PRAYER:

Act of Faith (see back cover)

VIRTUE OF THE MONTH:

Faith: believing in God and all He has revealed



Saint Martha, enamel by Anne Murphy

SAINT OF THE MONTH:

Saint Martha

(time of Jesus, Israel)

Feast: July 29

Saint Martha believed in Jesus.

She knew that He was God and could do anything, even bring her brother Lazarus back to life.

DISCUSSION:

What does it mean that God is All-Knowing? All-Powerful? All-Loving?

FAITH: believing in God and all He has revealed

HOME PROJECT: Due September _____

PRAYER:

Holy Spirit, open our minds and hearts to the words of Jesus. (Read and discuss Matthew 17:20.)

VIRTUE ACTIVITY:

Practice faith.

Take turns saying: "I believe God can _____
(*say what you think He can do*)."

**When you see this symbol,
remember to invoke your guardian angel!**



FAITH: believing in God and all He has revealed

PRAYER:

Saint Martha, you believed in Jesus. You knew that He could do anything, even if it seemed impossible. Give us a faith as strong as yours. Amen. Saint Martha, pray for us.

SAINT ACTIVITY:

Draw you and Jesus holding up the mountain.



PRAYER:

Mother Mary, you believed in God's word to you.
Be our Mother, and bring us closer to Jesus. (Pray
3 Hail Marys.)

REVIEW:

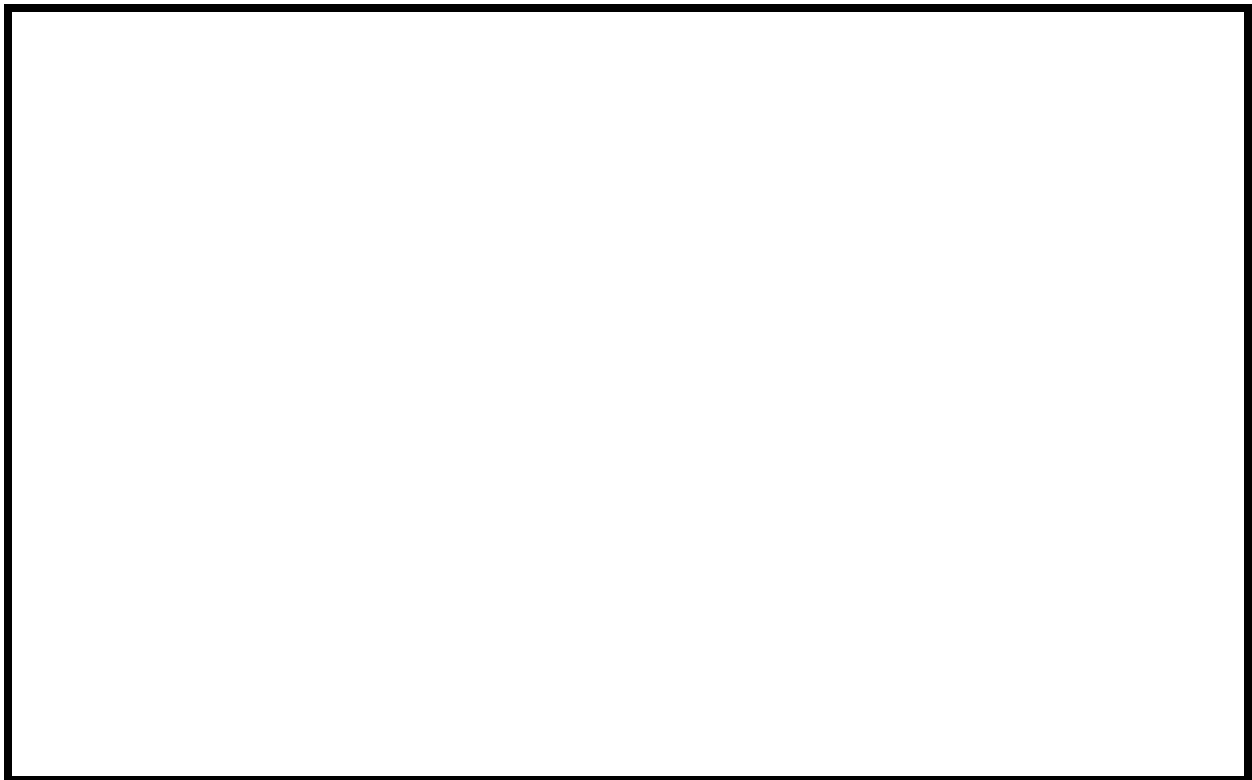
What is faith?

Who is Saint Martha?

GROWTH IN FAITH:

What did you do this month to grow in faith?

Draw a picture.

A large, empty rectangular box with a thick black border, intended for a drawing related to the 'GROWTH IN FAITH' section.

October

PRAYER:

Act of Faith

VIRTUE OF THE MONTH:

Reverence: showing deep respect for God

SAINT OF THE MONTH:



Painting from St. Hyacinth Basilica, Chicago, IL

Saint Hyacinth

(1185-1257, Poland)

Feast: August 17

When robbers were coming to the church, Saint Hyacinth took Jesus in the Blessed Sacrament and a statue of Mary to a place that was safe.

He did this to show his love and reverence for Jesus and Mary.

DISCUSSION:

How do we show we have reverence for God?

REVERENCE: showing your deepest respect for things of God

HOME PROJECT: Due October _____

PRAYER:

Holy Spirit, open our minds and our hearts to listen to God's Word. (Read and discuss Exodus 3:1-5.)

VIRTUE ACTIVITY:

Practice making the *Sign of the Cross* with reverence.



“In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.”

This is a powerful prayer that means we dedicate what we are doing in honor of the Trinity.

Practice genuflecting with reverence. We kneel on our right knee and make the *Sign of the Cross* facing Jesus in the tabernacle whenever we go in or out of church, to say “hello” to Jesus and to kneel to Him to show that He is our King.

REVERENCE: showing your deepest respect for things of God

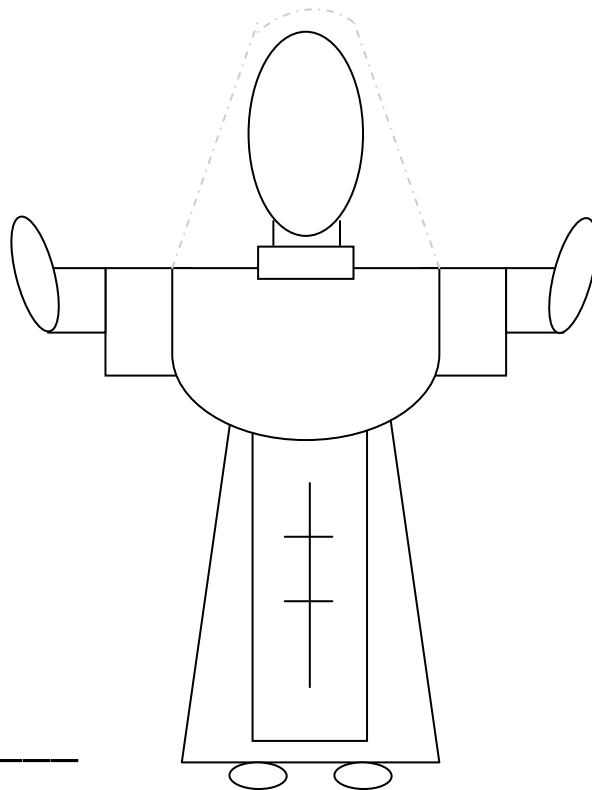
PRAYER:

Saint Hyacinth, God worked a miracle for you because you wanted to protect things that were sacred. Help us to be reverent like you were. Amen. Saint Hyacinth, pray for us.

SAINT ACTIVITY:

Religious Brothers and Sisters wear special clothes called a *habit*. Saint Dominic gave the habit to Hyacinth because he thought Hyacinth would be a good preacher!

On this habit, draw the face and hair of someone you think would make a good preacher. If it is a girl, draw on the dotted line to add a veil.



Who am I?

REVERENCE: showing your deepest respect for things of God

PRAYER:

Mother Mary, we show you reverence because you are the Queen of heaven and earth. You are the Mother of Jesus, the Son of God. Please pray for us to Jesus. (Pray 3 *Hail Marys*.)

REVIEW:

What is reverence?

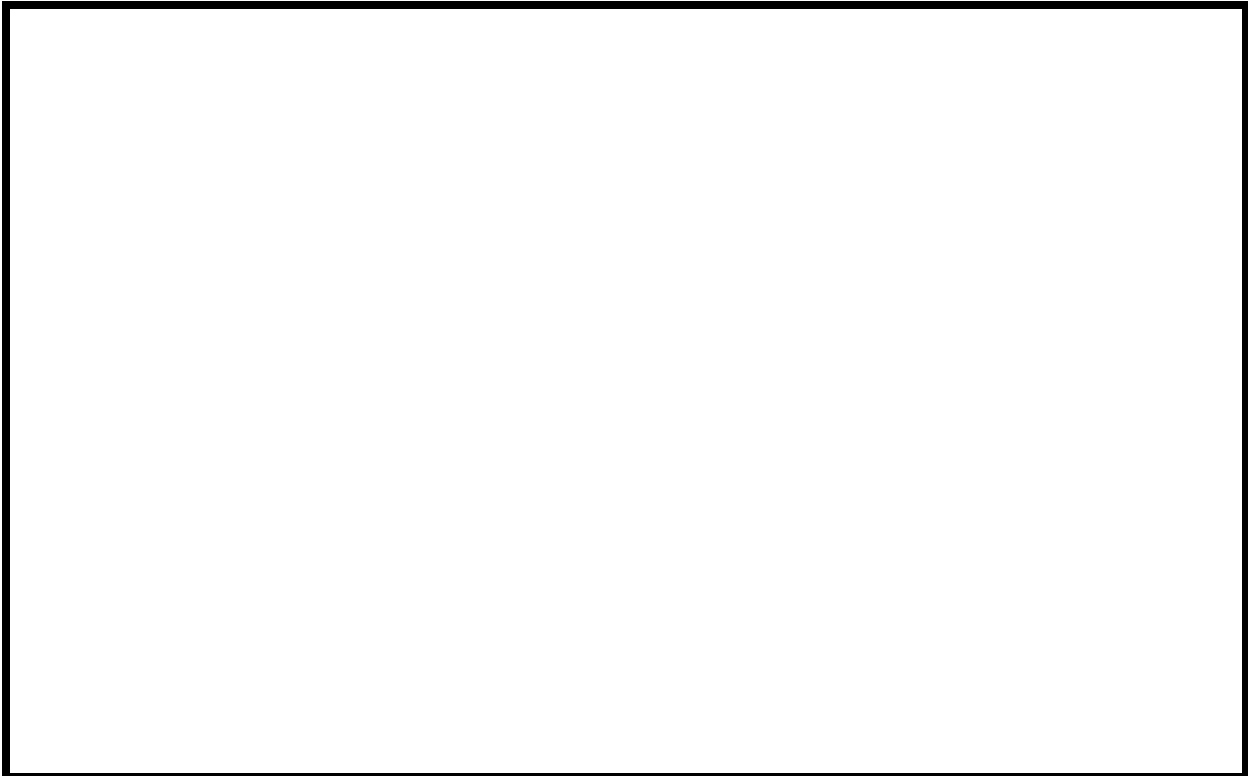
Who is Saint Hyacinth?



GROWTH IN REVERENCE:

What did you do this month to grow in reverence?

Draw a picture.



REVERENCE: showing your deepest respect for things of God

November

PRAYER:

Act of Faith

VIRTUE OF THE MONTH:

Stewardship: Returning your time, talent, and treasure to God

SAINT OF THE MONTH:



Saint Elizabeth of Hungary, painting by Val Webb

Saint Elizabeth of Hungary
(1207-1231, Hungary)
Feast: November 17

Saint Elizabeth was a queen who had many treasures, but she spent her money to feed the poor people in her kingdom.

DISCUSSION:

How can you share with the poor and others who are in need?

STEWARDSHIP: returning to God the first fruits of your time, talent, and treasure

HOME PROJECT: Due November_____



PRAYER:

Holy Spirit, open our minds and our hearts to God's Word. (Read Genesis 1:27-31.)

Dear God, thank You for filling our world with such beautiful plants and animals! Help us to take care of all You have given us, and to give You the very best. Amen.

VIRTUE ACTIVITY:

1. Discuss the words of the *Grace Before Meals* prayer and the first line of the *Morning Offering*.
2. Practice a concrete example of giving God your first fruits. Ask each student to bring in a few matching pieces of fruit: a bunch of grapes, a bunch of bananas, a small bag of apples or oranges. In class, find the very best one from each set. Put these in a basket and give them to God by giving them to someone in need or someone consecrated to God. Take the rest home.
3. Ask each student to bring in a quarter. Visit church together and put your coins in the poor box.

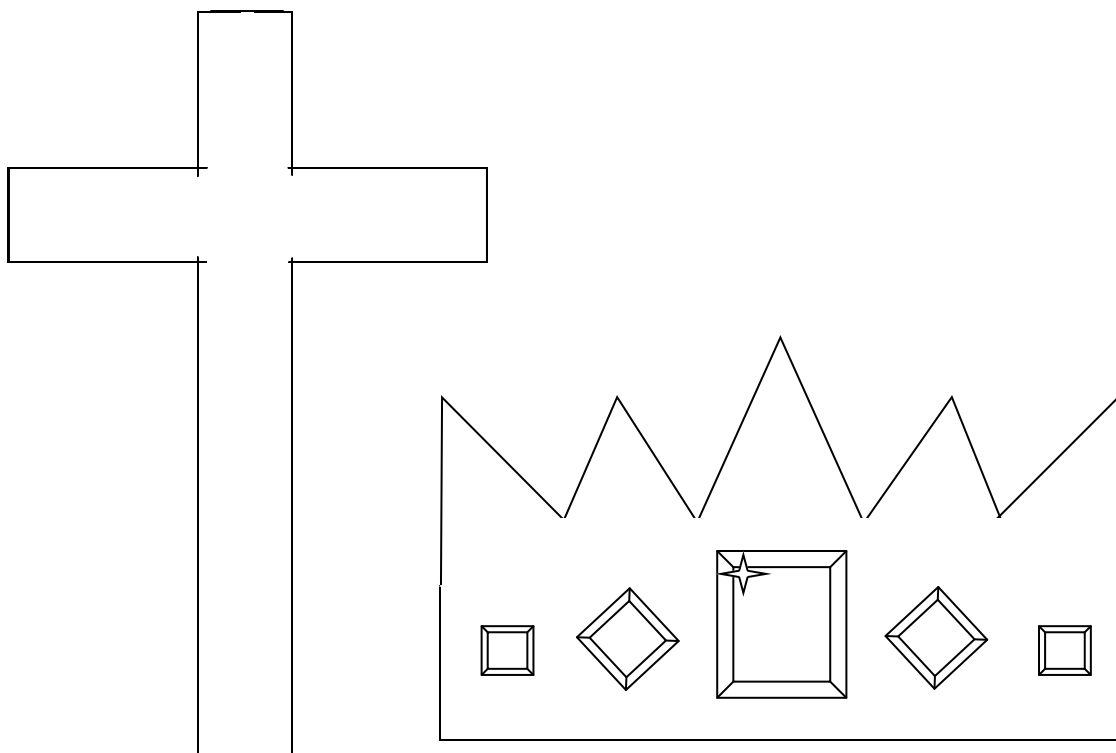
STEWARDSHIP: returning to God the first fruits of your time, talent, and treasure

PRAYER:

Saint Elizabeth of Hungary, you knew that God is the greatest Treasure, and serving Him brings joy. Help us to be good stewards like you. Amen. Saint Elizabeth of Hungary, pray for us.

SAINT ACTIVITY:

One day when Saint Elizabeth was a young princess, she surprised everyone: when she went into church, she took off her crown and laid it in front of Jesus on the cross. Color this cross and crown as a reminder that all our riches come from God.



STEWARDSHIP: returning to God the first fruits of your time, talent, and treasure

PRAYER:

Mother Mary, at the Presentation you offered back to God the most precious gift He gave to you, Jesus. Help us to offer everything to God. (Pray 3 *Hail Marys*.)

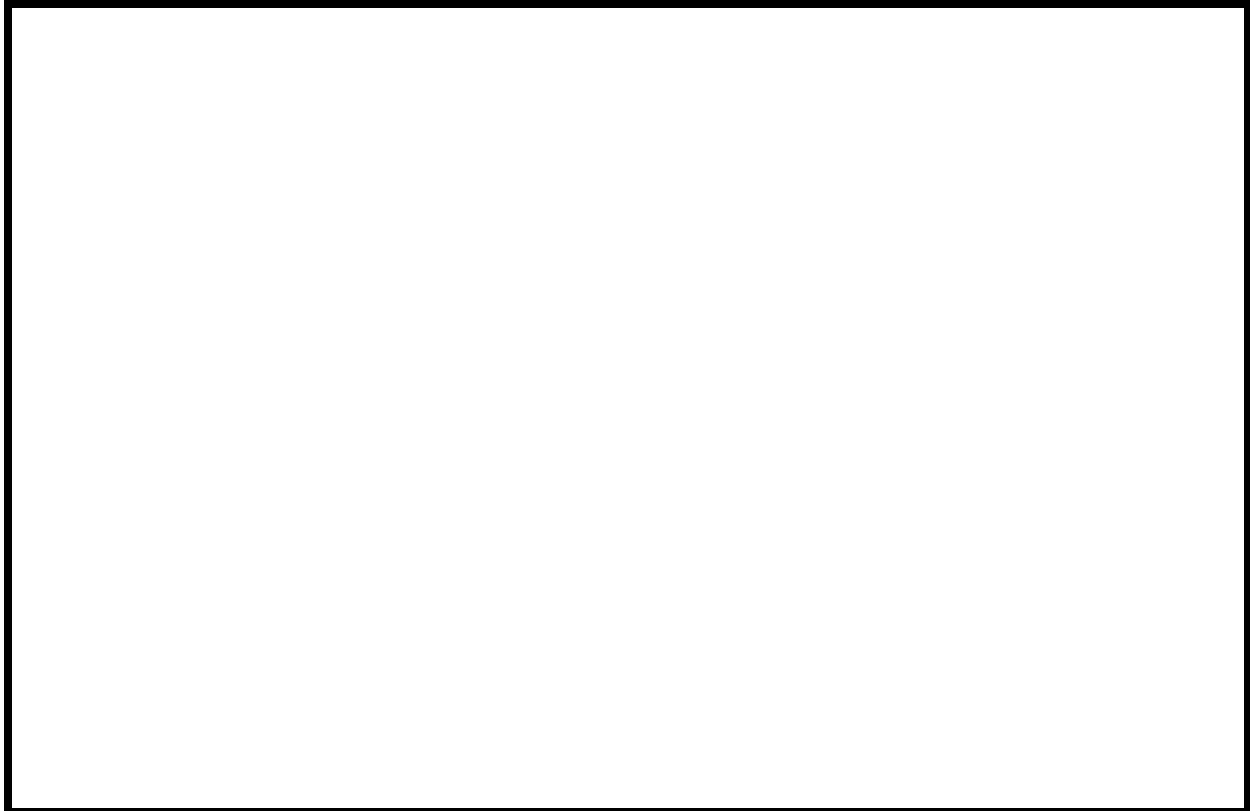
REVIEW:

What is stewardship?

Who is Saint Elizabeth of Hungary?

GROWTH IN STEWARDSHIP:

Draw a picture of your project this month.



STEWARDSHIP: returning to God the first fruits of your time, talent, and treasure

December

PRAYER:

Act of Faith

VIRTUE OF THE MONTH:

Generosity: giving without counting the cost

SAINT OF THE MONTH:

Saint Nicholas

(died 346, Turkey)

Feast: December 6

There was a poor man who did not have enough money to care for his daughters. Saint Nicholas left money for the girls in their stockings.



Vintage Austrian postcard,
courtesy of [St. Nicholas Center](#)

DISCUSSION:

Find Turkey on a globe.

Say "SAINT nikLAUS" five times fast. Do you see where the name Santa Claus comes from?



GENEROSITY: giving without counting the cost

HOME PROJECT: Due December ____

PRAYER:

Holy Spirit, open our minds and hearts to God's Word. (Read and discuss Luke 21:3-4.)

VIRTUE ACTIVITY:

- Discuss ways that your family gives to the poor at Christmas.
- Are there ways that your parish gives to the poor at Christmas?
- Does your church or school have a celebration in honor of Saint Nicholas? What is it like?

PRAYER:

Saint Nicholas, you found joy in giving to others. Help us to find joy in sharing what we have with those around us. Amen. Saint Nicholas, pray for us!

SAINT ACTIVITY:

Saint Nicholas was a bishop. Color the symbols of a bishop in gold. Choose your own colors for the rest.

- a pointed hat called a *mitre*;
- a shepherd's staff called a *crozier*;
- a large cross on a chain called a *pectoral cross*;
- a *bishop's ring*.



Coloring picture courtesy of [St. Nicholas Center](#). Used with permission.

GENEROSITY: giving without counting the cost

PRAYER:

Mother Mary, you gave your whole self to God. Through you, God showed us His generosity by giving us His only Son, Jesus. Help us to be more like Him! (Pray 3 *Hail Marys*.)

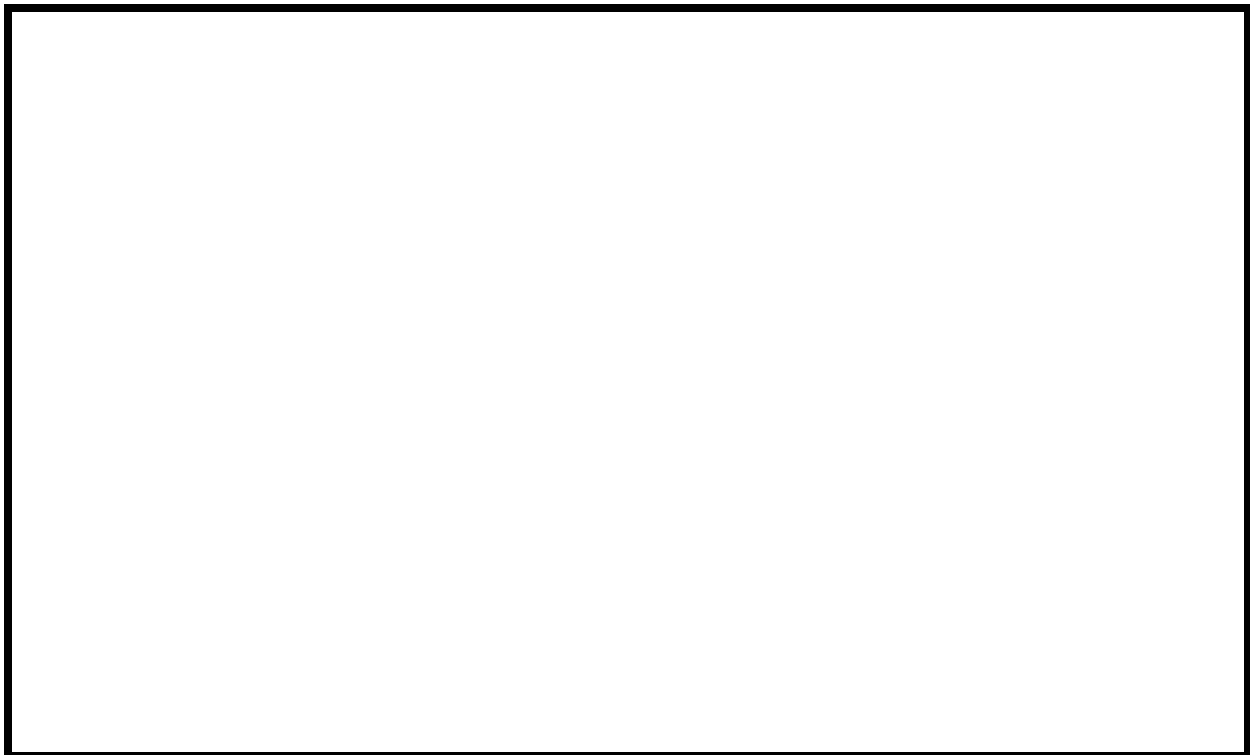
REVIEW:

What is generosity?

Who is Saint Nicholas?

GROWTH IN GENEROSITY:

Draw a picture to show what you did this month to grow in generosity.



GENEROSITY: giving without counting the cost

January

PRAYER:

Act of Faith

VIRTUE OF THE MONTH:

Gratitude: seeing everything as a gift and being thankful



St. Francis of Assisi, drawing by Ruth Sanderson

SAINT OF THE MONTH:

Saint Francis of Assisi

(1181-1226, Italy)

Feast: October 4

Saint Francis gave away all his riches to be more like Jesus. He loved to thank God for plants, animals, and all of creation.

DISCUSSION:

Name gifts in God's creation for which you are thankful.

GRATITUDE: seeing everything as a gift and being thankful

HOME PROJECT: Due January ____

PRAYER:

Holy Spirit, open our hearts and minds to listen to God's Word. (Read and discuss Colossians 3:17.)

VIRTUE ACTIVITY:

Role play these situations. Practice saying thank you to the person *and* thank you to God. (Sometimes we thank God out loud and sometimes we thank God in our heart. You can choose.)

1. Your mom cooks dinner for you.
2. Your teacher takes you outside for extra recess.
3. A classmate shares a toy with you.
4. Your brother or sister helps you to practice the alphabet.
5. God makes a beautiful sunset.
6. Your dad drives you to school.
7. Your friend gives you a compliment.



GRATITUDE: seeing everything as a gift and being thankful

PRAYER:

Saint Francis, you thanked God for everything He has made. Help us to be grateful like you! Thank you, God, for _____. Amen. Saint Francis of Assisi, pray for us!

SAINT ACTIVITY:

Saint Francis was filled with joy because he was so thankful. He loved all of creation like family; he called the sun "Brother Sun" and the moon "Sister Moon". He told the birds they did a good job praising God with their singing and he told a wolf to stop scaring people.

On a separate piece of paper, draw a picture of yourself enjoying nature and thanking God for His gifts.

PRAYER:

Mother Mary, when you met your cousin Elizabeth you sang a song of gratitude to God for His goodness to you. Help us to remember that all good things are from God. (Pray 3 *Hail Marys*.)

REVIEW:

What is gratitude?

Who is Saint Francis of Assisi?

GROWTH IN GRATITUDE:

Draw a picture of your project this month.



GRATITUDE: seeing everything as a gift and being thankful

February

PRAYER:

Act of Faith

VIRTUE OF THE MONTH:

Honesty: being trustworthy and true

SAINTS OF THE MONTH:



*Bls. Francesco and Jacinta, photograph
courtesy of Santuario de Fatima*

Blessed Francesco Marto

(1908-1919, Portugal)

Blessed Jacinta Marto

(1910-1920, Portugal)

Feast: February 20

Mary appeared to the children Francesco, Jacinta, and Lucia, but some people thought they were lying.

These people told the children to change their story or they would get in trouble,

but the children did not give up, because they were telling the truth.

HONESTY: being trustworthy and true

DISCUSSION:


What gave the children the strength to be honest?

HOME PROJECT: Due February ____

PRAYER:

Holy Spirit, open our minds and our hearts to God's Word. (Read and discuss Deuteronomy 5:1, 20.)

VIRTUE ACTIVITY:

Lies are never okay, but we also do not have to  say everything that is true. Whenever you are not sure if you should say something, ask yourself these three questions: Is it true? Is it kind? Is it helpful?

Role play being honest in these situations:

1. Your mom asks you if your room is clean.
2. Your brother asks, "Who broke my toy?"
3. Your friend says, "We are not allowed to take these cookies, so just don't tell."
4. Your teacher sends home a note to tell your parents you got in trouble that day.
5. Your friend asks, "Do you like my new game?"
But you actually don't like it!

HONESTY: being trustworthy and true

PRAYER:

Blesseds Francesco and Jacinta, help us to be honest and brave like you! Help us to tell the truth, even when it is hard. Amen. Blessed Francesco and Blessed Jacinta, pray for us.

SAINT ACTIVITY:

Close your eyes and imagine Our Blessed Mother, Mary. In a quiet corner, take turns telling your teacher or classroom helper what you think Mary looks like and what she would say to you. Ask them to write your answers here:

What do you think Mary looks like?

What would she say to you?

PRAYER:

When Mary appeared to the children at Fatima, they were praying the rosary. Pray 3 *Hail Marys* together with great love for Our Lady!



REVIEW:

What is honesty?

Who are Blesseds Francesco and Jacinta?

GROWTH IN HONESTY:

Draw a picture of your honesty project.

HONESTY: being trustworthy and true

March

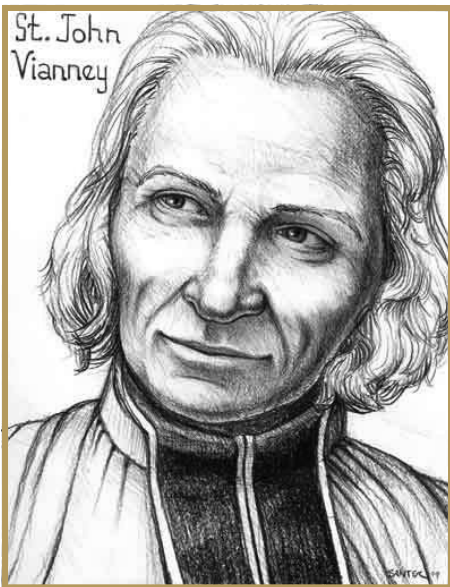
PRAYER:

Act of Faith

VIRTUE OF THE MONTH:

Mercy: caring for those who suffer

SAINT OF THE MONTH:



*St. John Vianney, drawing by
Christopher Santer*

Saint John Vianney
(1786-1859, France)
Feast: August 4

Saint John Vianney spent hours and hours hearing peoples' Confessions so they could receive the mercy of Jesus and be happy.

DISCUSSION:

What are some ways we can show mercy?

MERCY: caring for those who suffer

HOME PROJECT: Due March _____

PRAYER:

Holy Spirit, open our hearts and our minds to God's Word! (Read and discuss Matthew 5:1-2, 7.)

VIRTUE ACTIVITY:

Read the story of the Good Samaritan (Luke 10:25-37). Choose students to act out the different parts. Read it again slowly so that they can do the actions as the story is read.

Discuss:

1. Which character in the story does Jesus want us to imitate?
2. Why should we care for those who suffer?

PRAYER:

Saint John Vianney, you were very gentle and spent many hours caring for souls who were suffering by giving them God's mercy. Help us to be loving toward those who are hurting in their body or in their heart. Amen. Saint John Vianney, pray for us!

SAINT ACTIVITY:

Make a thank you card for a priest you know. A priest stands in the place of Jesus in a special way, so make your card very beautiful!

Write these words on the card:

Thank you, Father, for showing us God's mercy!

PRAYER:

Mother Mary, you followed your Son, Jesus when He carried His cross. Help us to be loving toward those who need it most. (Pray 3 *Hail Marys*.)

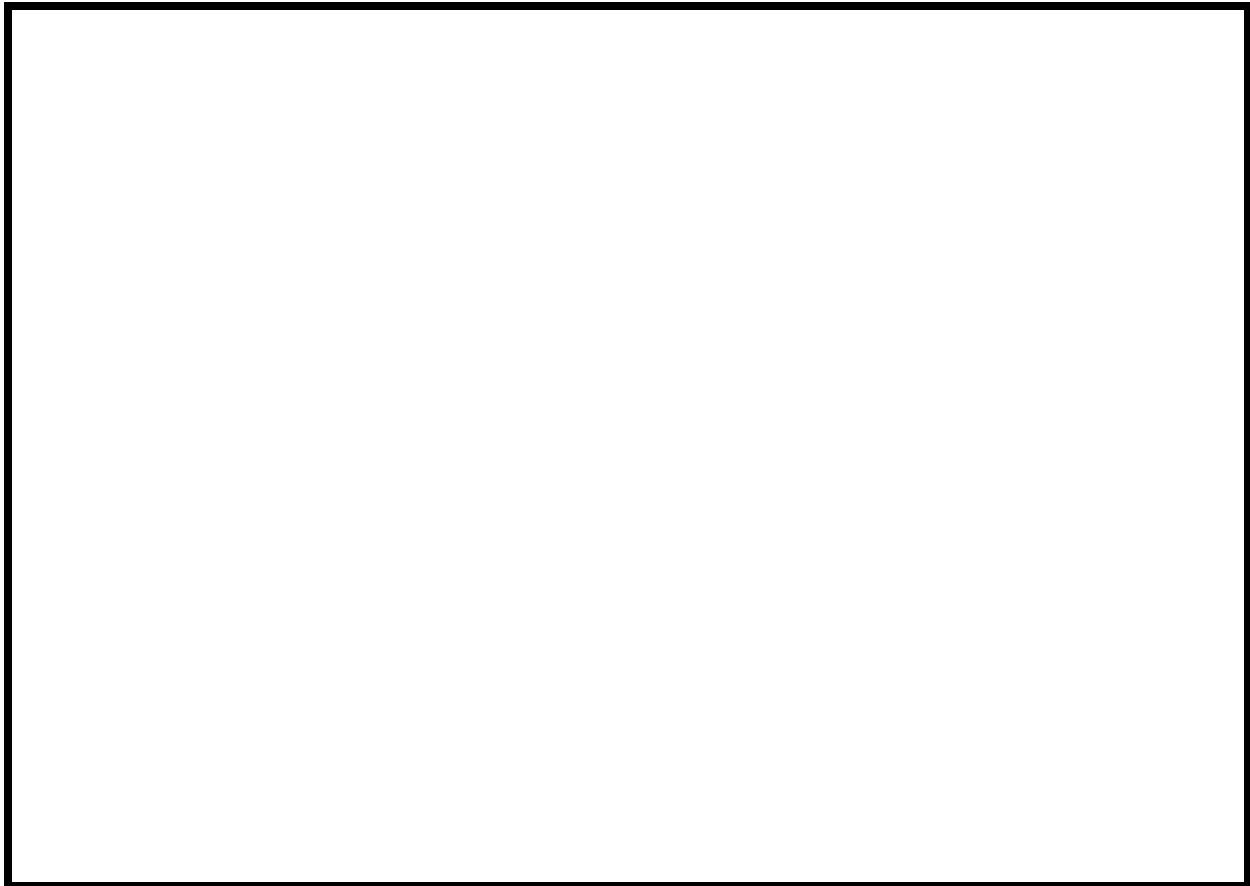
REVIEW:

What is mercy?

Who is Saint John Vianney?

GROWTH IN MERCY:

Draw a picture of your mercy project.



MERCY: caring for those who suffer

April

PRAYER:

Act of Faith

VIRTUE OF THE MONTH:

Justice: being fair

SAINT OF THE MONTH:



St. Anthony of Padua,
wood burning by Conrad Pinto

Saint Anthony of Padua

(1195-1231, Italy)

Feast: June 13

Saint Anthony was a priest who loved Jesus and the poor very much. When someone took a book that did not belong to him, Saint Anthony prayed, and the thief brought it back. Today, people ask Saint Anthony to pray and help them find things that are lost!

JUSTICE: being fair and giving each his due

DISCUSSION:

What should you do if you see someone take something that belonged to someone else?

HOME PROJECT: Due April _____

PRAYER:

Holy Spirit, open our hearts and our minds to listen to God's Word. (Read and discuss Psalm 37:28.)

VIRTUE ACTIVITY:

Make a "Justice Chart" to keep in your classroom:

1. Take a blank piece of paper and put your name at the top.
2. Make two columns; at the top of the first, write "Take turns," at the top of the second write "Sharing".
3. At the end of each day, make one mark in each column for each time you did these things.



PRAYER:

Saint Anthony, help us to be fair, to take turns and to share. And help us to find things that are lost! Amen. Saint Anthony, pray for us.

SAINT ACTIVITY:

Saint Anthony is the patron saint of lost articles. In his honor, play "Lost and Found."

1. Ask for 3 volunteer seekers.
2. Tell the seekers to choose a simple item from their cubbies/desks, and hand it in to the teacher.
3. Ask the seekers to leave the room for a moment. (Someone might want to go with them, to make sure they don't peek!)
4. Without any noise, show the teacher your ideas about where to hide each item in the classroom.
5. Let the seekers in the room. Tell them that if they get tired of looking for their hidden item, they can say, "Saint Anthony, help me!" and the teacher will give them a clue.

PRAYER:

Mother Mary, help us to be fair so that we can make Your Son Jesus happy. (Pray 3 *Hail Marys*.)

REVIEW:

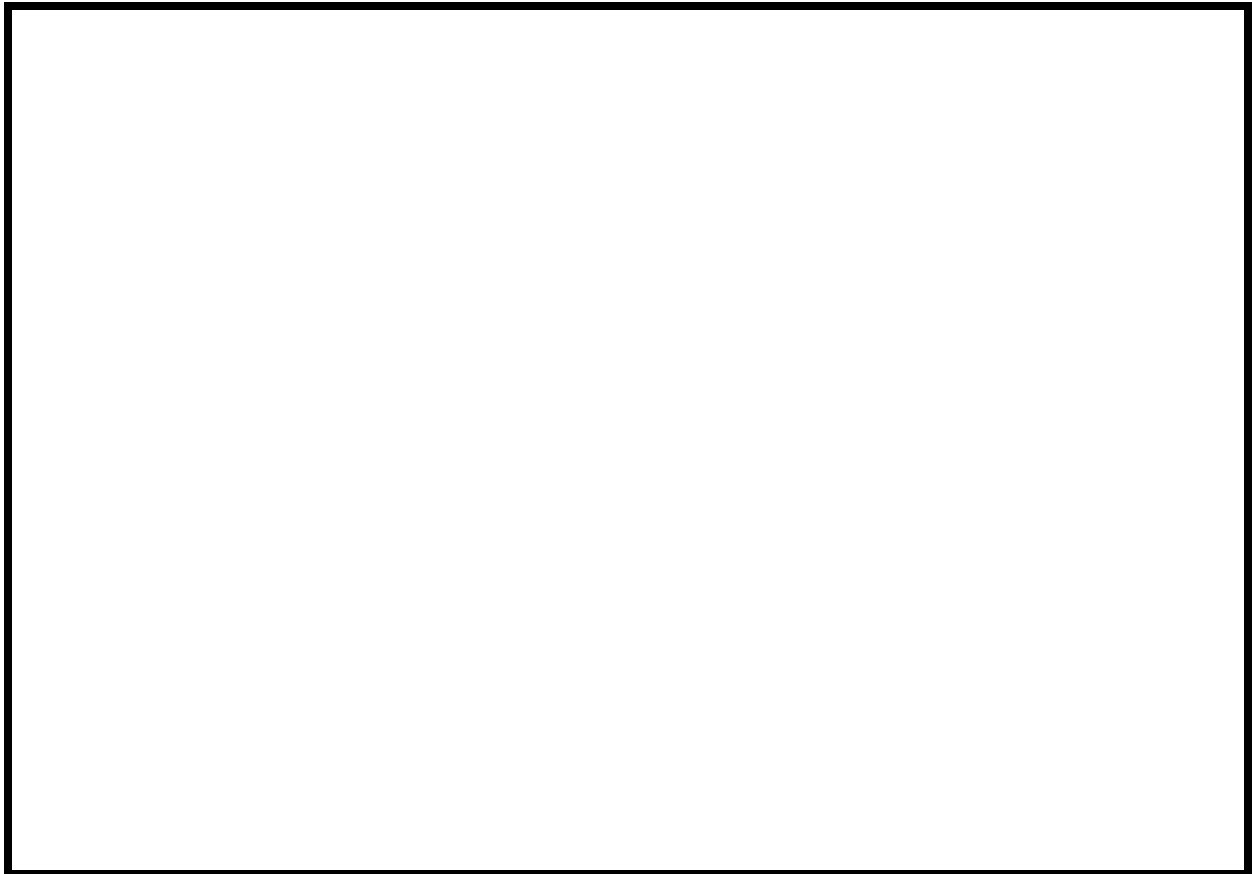
What is justice?

Who is Saint Anthony of Padua?

GROWTH IN JUSTICE:

What did you do this month to grow in justice?

Draw a picture.

A large, empty rectangular box with a thick black border, intended for a student to draw a picture related to their growth in justice.

JUSTICE: being fair and giving each his due

May

PRAYER:

Act of Faith

VIRTUE OF THE MONTH:

Zeal: loving God so much that it gives you energy

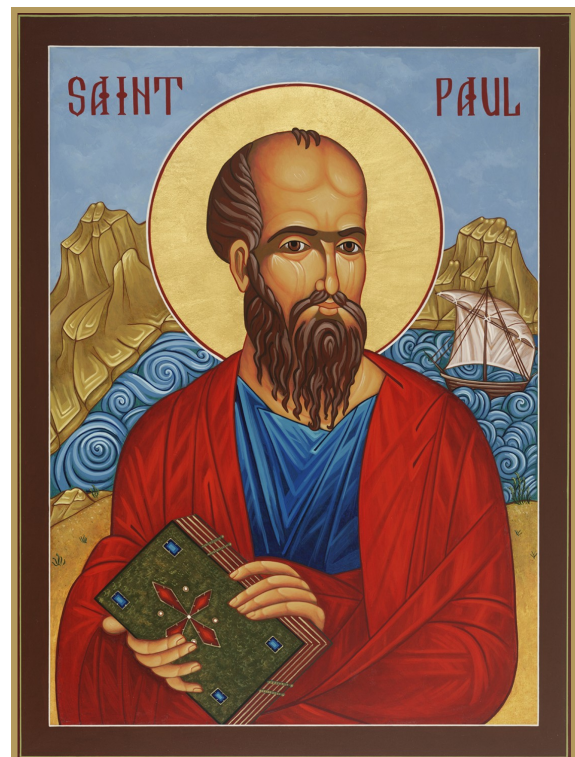
SAINT OF THE MONTH:

Saint Paul

(3-65 AD, Turkey)

Feasts: January 25 and
June 29

Saint Paul loved God so much that he traveled to many countries to tell people about Jesus. He wrote letters to tell people about God's love. We can read these letters in the Bible.



Saint Paul, icon written by Jody Cole

ZEAL: being driven by an intense love for God

DISCUSSION:

What can you do to show God that you love Him very much?

HOME PROJECT: Due May _____

PRAYER:

Holy Spirit, open our minds and our hearts to God's Word. (Read and discuss 1 Corinthians 9:24-25.)

VIRTUE ACTIVITY:

Do one of these things *each day* to help your zeal for God grow:



1. If you have the chance to go to Mass, sing the hymns with your best voice, all the way to the end.
2. Tell one person today that God loves them.
3. Pick one special prayer intention and then pray for it three times—in the morning, at noon, and at night.
4. Learn one new thing about God that you can share with someone else.

PRAYER:

Saint Paul, you loved God so much that you walked for days and weeks to cities far away to tell them about Jesus. When they tried to scare you to make you be quiet, you kept teaching! Help us to love Jesus with as much zeal as you did. Amen. Saint Paul, pray for us.

SAINT ACTIVITY:

Read the story of the conversion of Saint Paul in Acts 9:1-22. After hearing the story, act it out!

1. Saul is on his way to arrest the Christians.
2. Saul hears a voice saying, "Why are you persecuting me?" He asks, "Who are you?" and the voice says, "I am Jesus, who you are persecuting."
3. Saul goes blind and people lead him by the hand.
4. God tells Ananias to heal Saul, and Ananias asks God, "Are you sure?"
5. Things like scales fall from Saul's eyes.
6. Saul begins to tell people that Jesus is the Messiah.

PRAYER:

Mother Mary, you love God so much that you will do anything for Him. Pray with us like you prayed with the Apostles at Pentecost, so that the Holy Spirit will set our hearts on fire with love for Jesus! (Pray 3 Hail Marys.)

REVIEW:

What is zeal?

Who is Saint Paul?

GROWTH IN ZEAL:

Draw what you did this month to practice zeal.



ZEAL: being driven by an intense love for God

Image Credits

Page 8: St. Martha

Murphy, Anne, *Saint Martha*, enamel, Eala Enamels, County Carlow, Ireland. <http://www.eala-enamels.com>. Accessed 1 March 2013. Used with permission.

Page 12: St. Hyacinth

St. Hyacinth, painting, St. Hyacinth Basilica, Chicago, IL. <http://www.sthyacinthbasilica.org/about-2>. Accessed 1 March 2013. Used with permission.

Page 16: St. Elizabeth of Hungary

Webb, Val, *St. Elizabeth of Hungary*, painting, 2007, The Illustrated Garden, <http://valwebb.wordpress.com/2007/11/12/plant-a-row-for-the-hungry>. Used with permission.

Page 21: St. Nicholas

Vintage Austrian Postcard, St. Nicholas Center, <http://www.stnicholascenter.org/pages/media-images/>. Accessed 12 March 2013. Used with permission.

Page 22: St. Nicholas

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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 Office for the New Evangelization at neoffice@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 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.