

*Virtues  
in Practice*



*Hope*

GRADES 1—2



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*in Practice*

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*Hope*

GRADES 1—2

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

# *Table of Contents*

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|  |    |
|--|----|
| September: HOPE, St. Joseph.....                 | 8  |
| October: STUDIOUSNESS, St. Albert the Great..... | 12 |
| November: HUMILITY, St. John the Baptist .....   | 16 |
| December: PATIENCE, St. Monica.....              | 20 |
| January: FIDELITY, St. Cecilia.....              | 24 |
| February: CHEERFULNESS, St. John Bosco.....      | 28 |
| March: TEMPERANCE, St. Teresa of Avila.....      | 32 |
| April: OBEDIENCE, Our Lady .....                 | 36 |
| May: DILIGENCE, St. André Bessette.....          | 40 |
| Image credits.....                               | 44 |
| Acknowledgements.....                            | 45 |

# September

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**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



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**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!

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



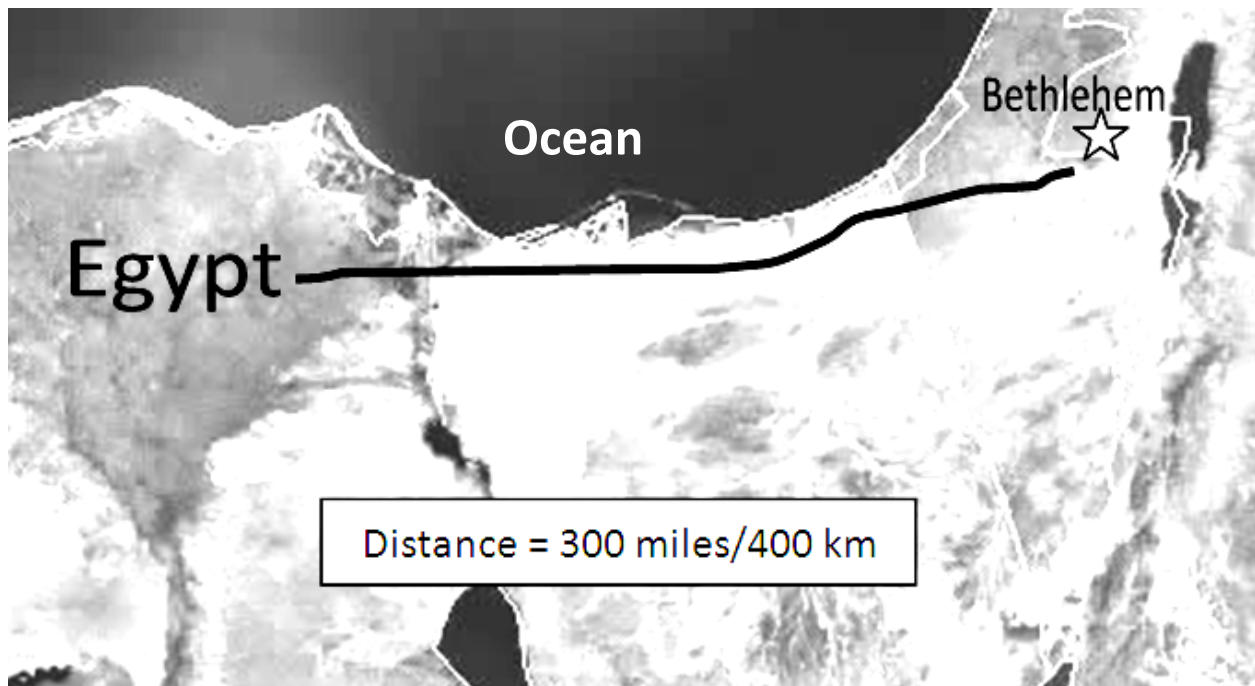
HOPE: trusting in God's loving plan

**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.

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# October

## PRAYER:

*Act of Hope*

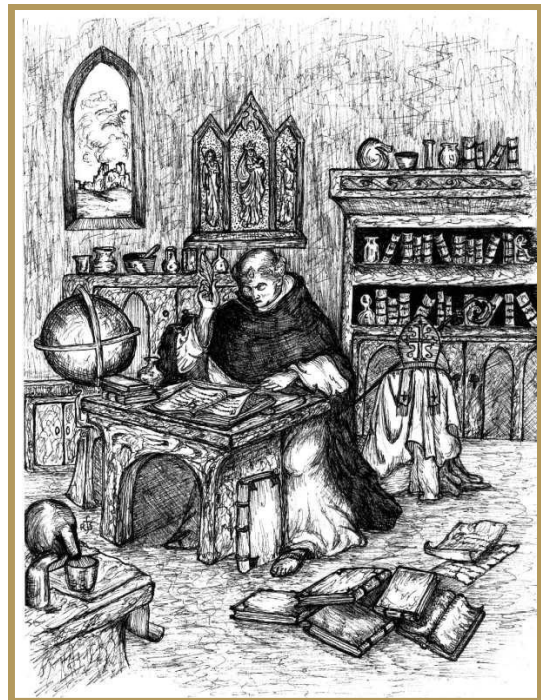
## VIRTUE OF THE MONTH:

*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



# 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:

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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?



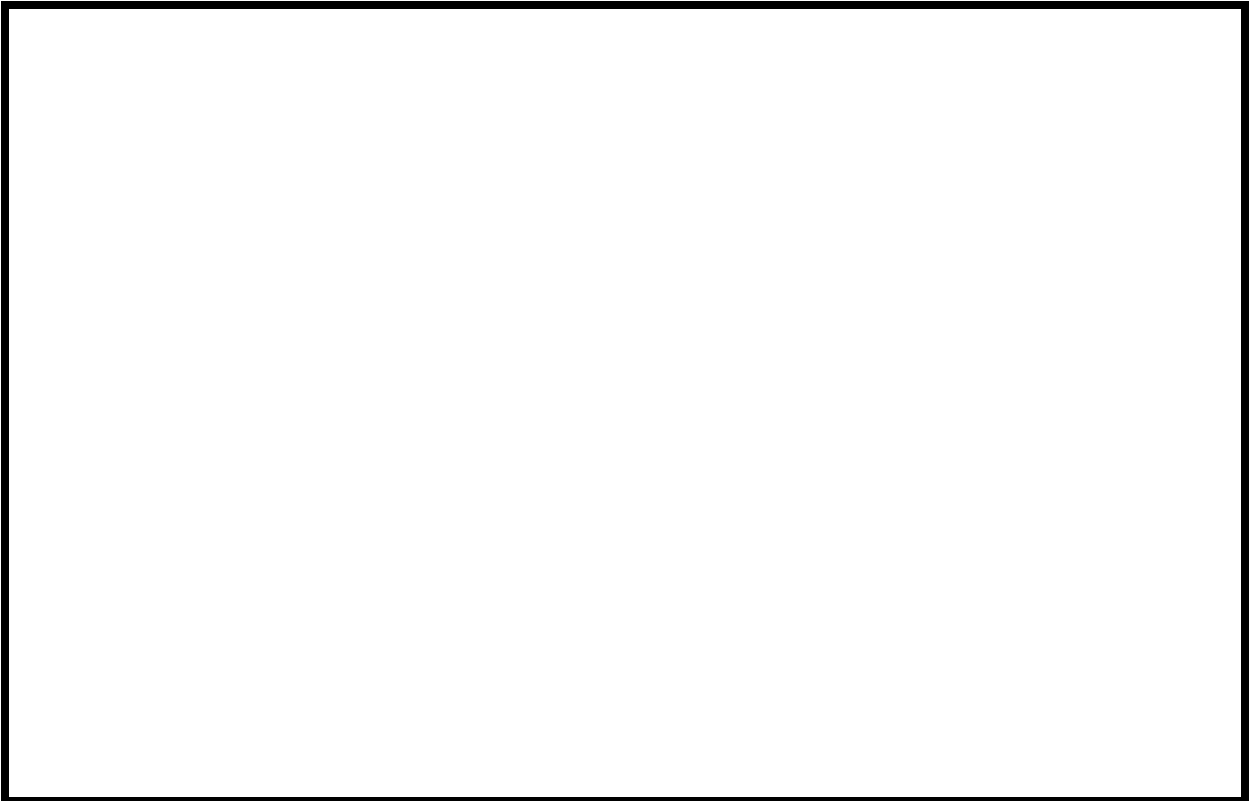
**HUMILITY:** accepting your limitations and God-given talents

**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



# 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



# January

## PRAYER:

*Act of Hope*

## VIRTUE OF THE MONTH:

*Fidelity*: keeping promises

## SAINT OF THE MONTH:

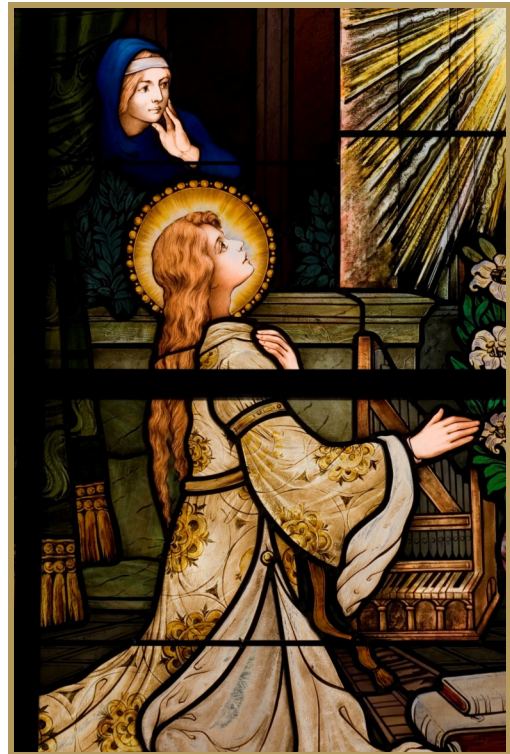
*Saint Cecilia*

(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:

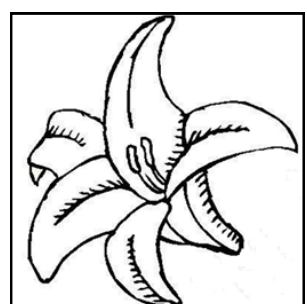
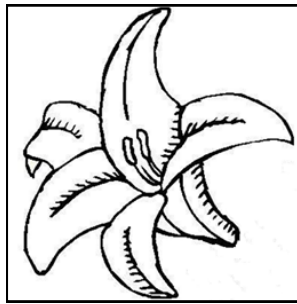
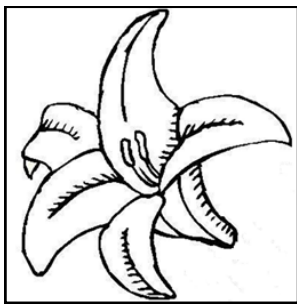
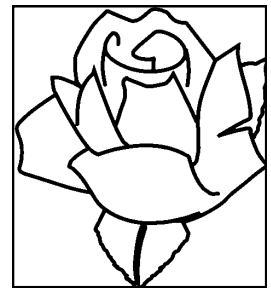
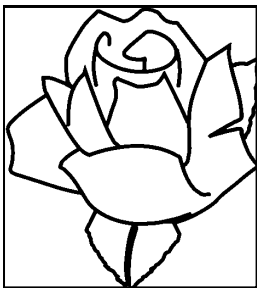
- Did you keep your promise?
- Who do you know that *always* keeps promises?

**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.

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# February

## PRAYER:

*Act of Hope*

## VIRTUE OF THE MONTH:

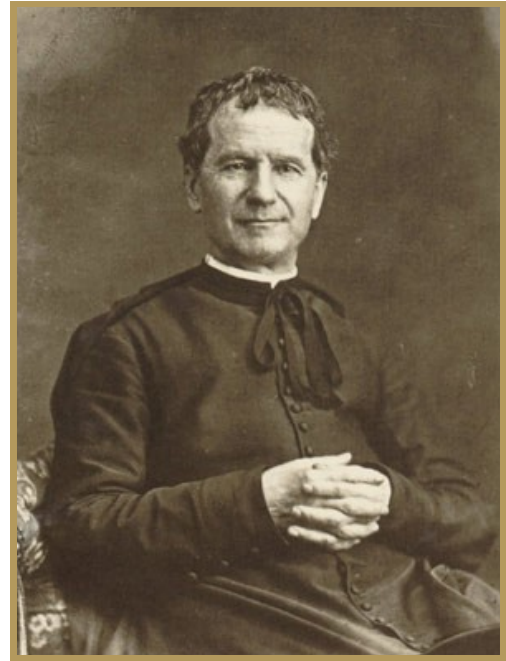
*Cheerfulness*: Looking on the bright side

## 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



# 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.

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TEMPERANCE: Enjoying things in a proper, balanced way

# April

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## 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.

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

# May

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**PRAYER:**

*Act of Hope*

**VIRTUE OF THE MONTH:**

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

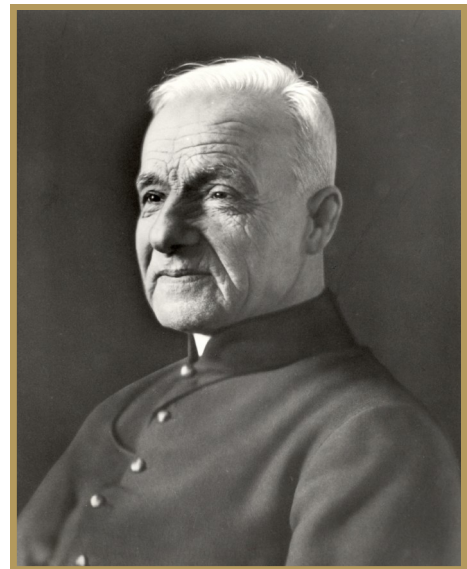
**SAINT OF THE MONTH:**

*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.

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

# Image Credits

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## Page 8: St. Joseph

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## Page 12: St. Albert the Great

Staes, Father Robert, O.P., *St. Albert the Great*, drawing, Dominican Friars, Central Province,

<http://domcentral.org/blog/fr-bob-staes-drawings/>. Accessed 10 July 2013. Used with permission.

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*Saint Cecilia*, stained glass window in St. Cecilia Chapel of the motherhouse of the

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## Page 28: St. John Bosco

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## Page 40: St. André Bessette

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# Acknowledgements

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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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Nashville, Tennessee 37228  
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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](mailto: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 Hope*

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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.