

Virtues in Practice



Faith

GRADES 1—2

Virtues in Practice

Faith

GRADES 1—2

DOMINICAN SISTERS OF ST. CECILIA CONGREGATION
Nashville, Tennessee

Copyright © 2013, St. Cecilia Congregation, LBP Communications. All rights reserved.

Permission is hereby granted to duplicate this work in its entirety only without adaptation or modification for non-commercial, educational use. Apart from the foregoing, no part of this work may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without permission in writing from St. Cecilia Congregation.

Inquiries may be directed to Dominican Sisters of St. Cecilia Congregation
801 Dominican Drive
Nashville, TN 37228
(615) 256-5486
www.nashvilledominican.org
neoffice@op-tn.org (Office for the New Evangelization)

Cover image: *Blesseds Franceso & Jacinta*, photograph, Santuario de Fatima, Portugal.
[D10000103b.jpg](#). Used with permission.

Credits for all images may be found at the back of this book.

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 (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. 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	Bls. Jacinta & Francesco 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					
	(Theme: Study)				
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. 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

Table of Contents

September: FAITH, St. Martha.....	8
October: REVERENCE, St. Hyacinth.....	12
November: STEWARDSHIP, St. Elizabeth of Hungary	16
December: GENEROSITY, St. Nicholas.....	20
January: GRATITUDE, St. Francis of Assisi.....	24
February: HONESTY, Bls. Francesco & Jacinta	28
March: MERCY, St. John Vianney.....	32
April: JUSTICE, St. Anthony of Padua	36
May: ZEAL, St. Paul.....	40
Image credits.....	44
Acknowledgements.....	45

September

PRAYER:

Act of Faith (see back cover)

VIRTUE OF THE MONTH:

Faith: believing in God and all He has revealed

SAINT OF THE MONTH:



Saint Martha, enamel by Anne Murphy

Saint Martha

(time of Jesus, Israel)

Feast: July 29

Saint Martha believed in Jesus. She knew that He was God and could do anything. When her brother Lazarus died, Martha told Jesus, "If only You had been here, Lord, my brother would not have died."

When Jesus asked Martha if she believed in Him, she said yes—and Jesus raised Lazarus from the dead!

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 our hearts to God's Word. (Read and discuss John 11:20-27, 38-44.)

VIRTUE ACTIVITY:

The three parts of our faith listed below are called *mysteries of faith*. They are mysteries because we cannot understand them all the way, but we know they are true, because the one who revealed them is God, and He is the Truth.

1. Do you know what each word means?
2. Can you remember how God revealed each one?
3. Tell all the details you know about each one.
4. Thank God for revealing Himself to us, and ask Him to help us know Him more.

- Trinity
- Incarnation
- Eucharist

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



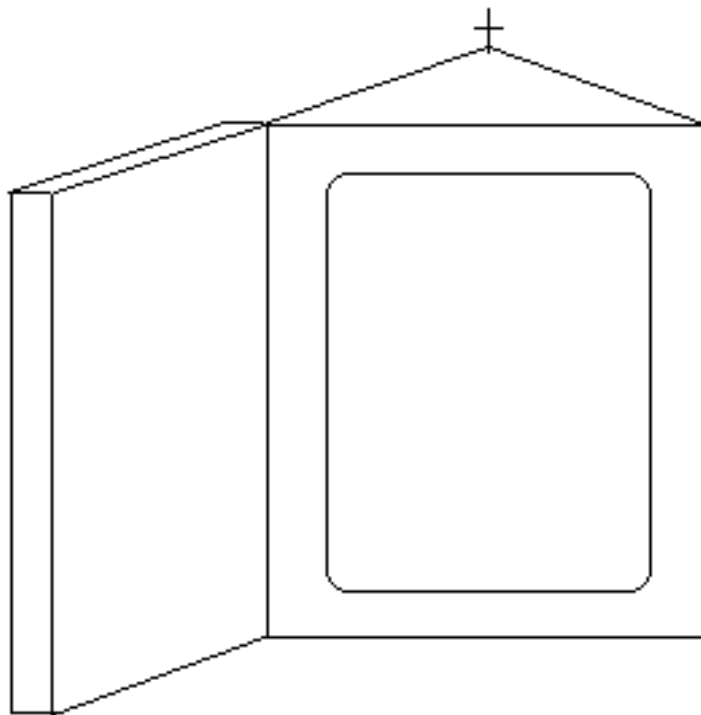
FAITH: believing in God and all He has revealed

PRAYER:

Saint Martha, you took care of Jesus as a friend in your home and knew He was God. Help us to be close to Him, too, and strengthen our faith. Amen. Saint Martha, pray for us!

SAINT ACTIVITY:

When Jesus said, "Lazarus, come out!" Lazarus came right out of the tomb. The Tabernacle is like that tomb, only it is *Jesus* inside, and He comes out to us at Holy Communion! Ask Him right now, in your heart, to increase your faith in Him. Draw Jesus coming out of the Tabernacle to meet you.



FAITH: believing in God and all He has revealed

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:

How did you grow in faith this month?

Write a sentence and draw a picture.



FAITH: believing in God and all He has revealed

October

PRAYER:

Act of Faith

VIRTUE OF THE MONTH:

Reverence: showing deep respect for God



Painting from St. Hyacinth Basilica in Chicago.

SAINT OF THE MONTH:

Saint Hyacinth

(1185-1257, Poland)

Feast: August 17

Saint Hyacinth was a Polish priest who became a Dominican. When robbers were coming to attack the church where he lived, Saint Hyacinth took Jesus in the Blessed Sacrament and a statue of Mary to a place that was safe, even though the statue weighed more than he did! He did this to show his love and reverence for Jesus and Mary.

DISCUSSION:

How do we show reverence for God and the things of God?

REVERENCE: showing your deepest respect for things of God

HOME PROJECT: Due October _____

PRAYER:

Prayerfully read about the healing of the centurion's servant (Luke 7:1-10).



Discuss how blessed we are to go into God's house (church) and how blessed we are to welcome Jesus inside of us in the Eucharist.

VIRTUE ACTIVITY:

Rehearse these steps in your classroom, then take the real-life challenge: go to the church and see if you can do these same steps *praying the whole time*, with *no talking* (not even the teacher)!

1. Enter, slowly make the *Sign of the Cross* with holy water.
2. Genuflect toward the tabernacle.
3. Walk to the sanctuary, and as you enter the sanctuary bow slowly from the waist. Kneel near the tabernacle.
4. Pray in your heart to Jesus. Begin and end your prayer with the *Sign of the Cross*. Stand, walk out of the sanctuary. Bow from the waist when you leave the sanctuary. Stay standing silently.
5. When everyone is ready, genuflect and slowly bless yourself with holy water as you leave.

REVERENCE: showing your deepest respect for things of God

PRAYER:

Saint Hyacinth, you taught us that God will help us when we are acting out of reverence. Help us to show deep respect for all times, places, and people dedicated to God. Amen. Saint Hyacinth, pray for us!

SAINT ACTIVITY:

Saint Hyacinth was from Poland. While he was going to school in Rome, Italy, he met Saint Dominic. Saint Dominic needed preachers for Poland who could speak Polish, and Hyacinth volunteered, so Saint Dominic gave him the Dominican habit!

Use your classroom map or globe to find Poland and Italy. Color them in on this map.

Which direction do you need to go to travel from Poland to Italy?

Which direction do you need to go to travel from Italy to Poland?



REVERENCE: showing your deepest respect for things of God

PRAYER:

Name ways you can show greater reverence during classroom prayers. (Pray 3 *Hail Marys* with reverence.)

REVIEW:

What is reverence?

Who is Saint Hyacinth?

GROWTH IN REVERENCE:

How did you grow in reverence this month?

Write a sentence and draw a picture.



REVERENCE: showing your deepest respect for things of God

November

PRAYER:

Act of Faith

VIRTUE OF THE MONTH:

Stewardship: Returning to God the first fruits of your time, talent, and treasure

SAINT OF THE MONTH:

Saint Elizabeth of Hungary
(1207-1231, Hungary)

Feast: November 17

Saint Elizabeth was the daughter of a king and married a prince who became a king. She had many treasures. But during her life, she spent her money to feed the poor people in her kingdom. She even had a hospital built near her castle!



Saint Elizabeth of Hungary, painting by Val Webb

DISCUSSION:

Saint Elizabeth had four children. They got to see a church dedicated to their own mother with stained glass windows about her life. What do you think that was like?

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

HOME PROJECT: Due November _____

PRAYER:

Dear God, long ago You told Moses, "The choicest first fruits of your soil you shall bring to the house of the Lord, Your God" (Genesis 34:26). Help us to remember that all we have is a gift from You, and help us to remember to honor You by giving back the best part of it to say "thank you". Amen.

(Read Genesis 1:27-31.)

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 the church together and put your coins in the poor box.
4. Read the story of the widow's mite (Luke 21:1-4). Discuss the difference between giving from surplus and giving from want.

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

PRAYER:

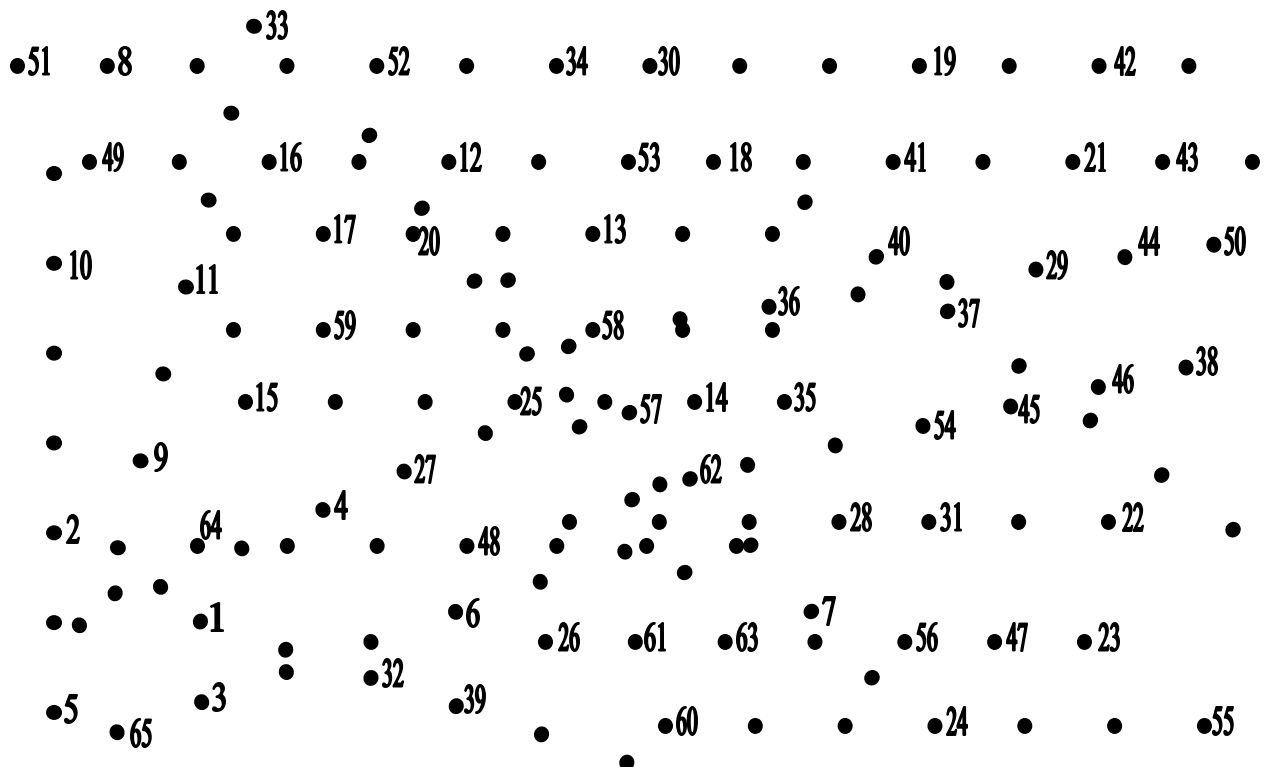
Saint Elizabeth, help us to love God as you did. Help us to remember that all we have comes from Him and to seek our treasure in heaven. Amen. Saint Elizabeth of Hungary, pray for us!

SAINT ACTIVITY:

One day when Saint Elizabeth was a young princess,  she went into church and saw a large crucifix. She wanted to give her life to Jesus, and surprised everyone by what she laid at His feet to show her love for Him.

Skip count by 5s to connect the dots and see what the young Princess Elizabeth gave to Jesus! (5, 10, 15...)

Use pencil for the lines, then color the picture.



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

PRAYER:

Mother Mary, help us to see all the talents that God has given us, and to use them for His glory. (Pray 3 *Hail Marys*.)

REVIEW:

What is stewardship?

Who is Saint Elizabeth of Hungary?

GROWTH IN STEWARDSHIP:

What did you do this month to grow in stewardship?

Write a sentence and draw a picture.



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

Saint Nicholas was a bishop who was always giving to the poor. He heard about a family with three daughters who had no money to get married. Each time one of the girls was ready to get married Saint Nicholas left gold— once, twice, three times! He never told them that he had given the money, but did it in secret.

DISCUSSION:

Find Turkey, where Saint Nicholas lived, 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, help us to notice those in need. Make us want to give of ourselves, even if no one notices our good deeds. Let us be satisfied with knowing that Jesus sees our generosity and is pleased. Amen. Saint Nicholas, pray for us!



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

GENEROSITY: giving without counting the cost

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 from [St. Nicholas Center](http://St.Nicholas.Center). Used with permission.

GENEROSITY: giving without counting the cost

PRAYER:

Blessed Mother, Mary, thank you for giving yourself totally to God. Thank you for going on a long trip when you were almost ready to have the Baby Jesus, and for not counting the cost, even when you had to stay in a stable. Help us to be generous as we prepare to receive Him at Christmas. (Pray 3 *Hail Marys*.)

REVIEW:

What is generosity?

Who is Saint Nicholas?

GROWTH IN GENEROSITY:

What did you do to grow in generosity this month? Tell about your projects in a small group, then share with the class.

January

PRAYER:

Act of Faith

VIRTUE OF THE MONTH:

Gratitude: seeing everything as a gift and being thankful

SAINT OF THE MONTH:



St. Francis of Assisi, drawing by Ruth Sanderson

Saint Francis of Assisi

(1181-1226, Italy)

Feast: October 4

Saint Francis was born into a wealthy family but gave up everything he had to follow God. Saint Francis was so thankful to God for all that He had created that he wrote songs about the sun and the moon, the plants and the animals, and all of creation. He taught others to see everything as God's gifts.

DISCUSSION:

For which parts of creation are you most grateful?

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.
3. A classmate loans you a pencil.
4. Your brother or sister helps you with your homework.
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

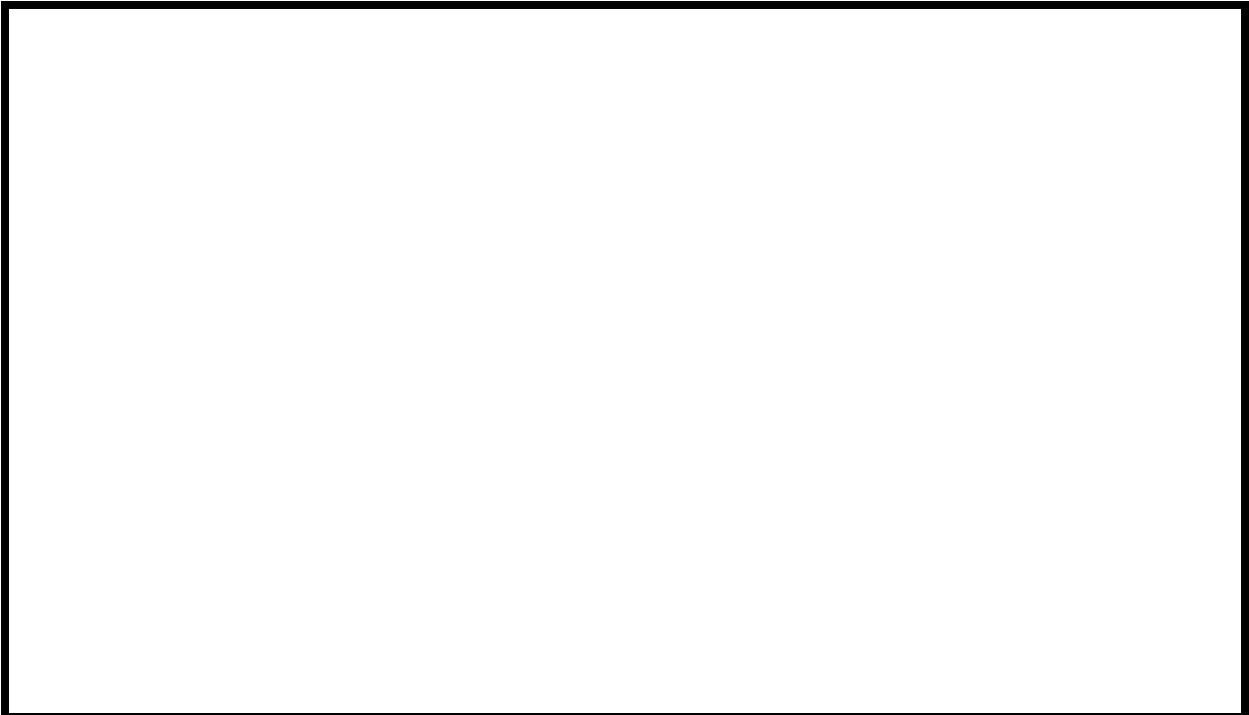
PRAYER:

Saint Francis of Assisi, help us to appreciate every creature, every kindness, every blessing as gifts from God. Help our hearts always to sing with gratitude and praise. 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". Even the animals loved him and listened to him. He told the birds they did a good job praising God with their singing and he ordered a wolf to stop scaring people.

Draw a picture of your favorite plant, animal, or landscape and write a prayer to thank God for it.

A large, empty rectangular box with a black border, intended for a child to draw a picture of their favorite plant, animal, or landscape, and to write a prayer to thank God for it.

GRATITUDE: seeing everything as a gift and being thankful

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:

Write about what you did to grow in gratitude this month.

A handwriting practice sheet featuring four identical sets of horizontal lines. Each set is composed of three lines: a solid top line, a dashed middle line, and a solid bottom line. These lines are evenly spaced and extend across the entire width of the page, providing a guide for letter height and placement in handwriting practice.

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

Francesco and Jacinta were brother and sister. It was their job to take care of the sheep with their cousin, Lucia. All three were visited by the Blessed Virgin Mary, who asked them to pray for the whole world. Some of the people where they lived tried to say the children were

lying about seeing the Blessed Mother, and even put the children in jail! 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 tell the truth?

HOME PROJECT: Due February ____

PRAYER:

Holy Spirit, open our minds and our hearts to listen to God's Word. (Read and discuss John 8:31-32.)

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 friend says, "We are not allowed to take these cookies, so just don't tell."
2. Your teacher sends home a note to tell your parents you got in trouble that day.
3. Your friend asks, "What is the answer to number five?"

Discuss how lies grow and trap us. Think of a situation where you might be tempted to lie to keep a friend from getting upset. What other lies might follow? Would finding out the truth and all the lies make your friend even more upset?

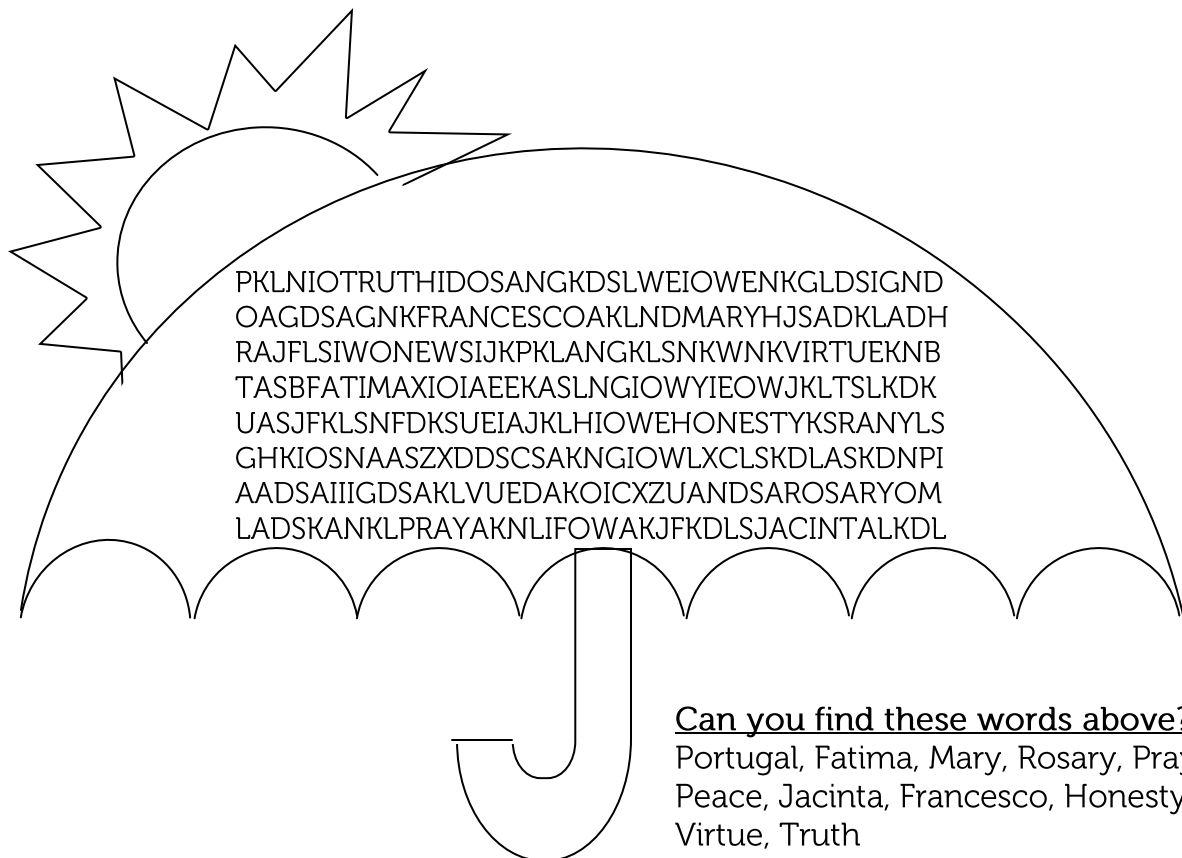
HONESTY: being trustworthy and true

PRAYER:

Blesseds Francesco and Jacinta, you told the truth even when you were afraid. Help me always to be honest, especially when I am tempted to be untruthful. Amen.
Blesseds Francesco and Jacinta, pray for us!

SAINT ACTIVITY:

As a sign that the children's story was true, God provided a miracle: the sun "danced" in the sky and seemed to come close to Earth. Even though the crowds had umbrellas because it was a rainy day, everything was dry when the miracle ended!



HONESTY: being trustworthy and true

PRAYER:

Our Lady asked the children at Fatima to pray the rosary to convert Russia and end war in the world. Kneel together around a statue of Mary and pray a decade of the rosary for peace.

REVIEW:

What is honesty?

Who are Blessed Francesco and Blessed Jacinta?

GROWTH IN HONESTY:

What did you do this month to grow in honesty?

Write a sentence and draw a picture.



HONESTY: being trustworthy and true

March

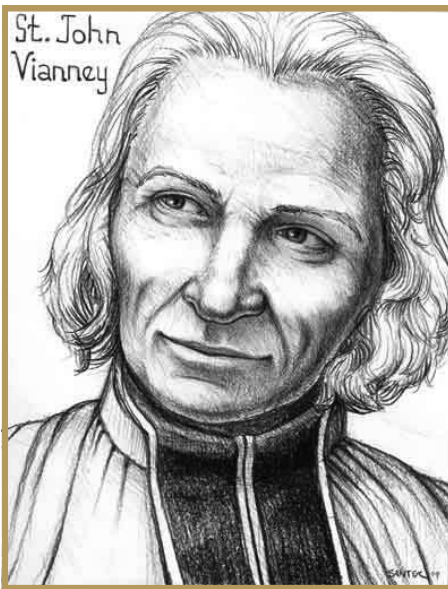
PRAYER:

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 wanted his life as a priest to be filled with mercy for those who turn away from God. Saint John Vianney went to the homes of the people in his parish when they were sick, spent many hours praying to Jesus in the Blessed Sacrament, and heard

Confessions all day and night—people came from everywhere just so he could hear their Confessions!

DISCUSSION:

Why do you think Saint John Vianney prayed for hours near the Blessed Sacrament?

MERCY: caring for those who suffer

HOME PROJECT: Due March ____

PRAYER:

Holy Spirit, open our minds and our hearts to God's Word. (Read and discuss Luke 10:25-37.)



VIRTUE ACTIVITY:

Name ways that people suffer in their bodies, hearts, and souls. How can you help them? Act it out!

1. Ways people suffer in their bodies:

- How I can help:
- Act it out!

2. Ways people suffer in their hearts/feelings:

- How I can help:
- Act it out!

3. Ways people suffer in their souls:

- How I can help:
- Act it out!

MERCY: caring 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 in the sacraments. Help us to be loving toward those who are hurting in their bodies or in their hearts. Amen. Saint John Vianney, pray for us!

SAINT ACTIVITY:

Discuss God's mercy in the sacrament of Reconciliation. Do we deserve God's mercy? Why does He forgive us and give us graces to heal and strengthen us?

A. If you have not made your first Confession:

Make a thank you card for a priest. Thank Father for all the hours he spends hearing Confessions and bringing people God's mercy through the sacraments.

B. If you have already made your first Confession:

Review the steps to making a good Confession. Find out when Confessions are offered and go as a class. If you cannot go as a class, ask your parents to take you to Confession over the weekend.



PRAYER:

Mother Mary, Mother of Mercy, ask your Son to have mercy on us. Pray for us that we might show Jesus' mercy to others. (Pray 3 *Hail Marys*.)

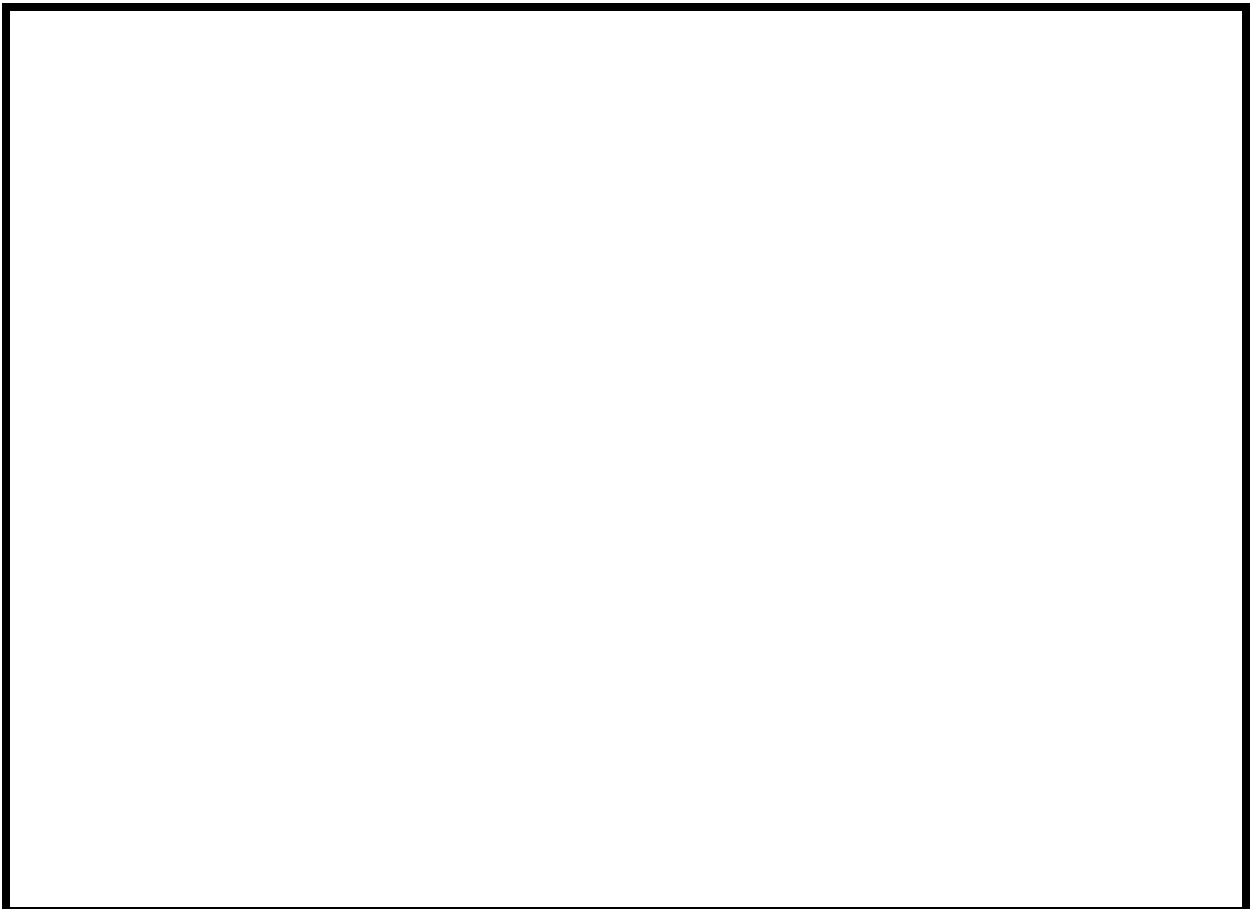
REVIEW:

What is mercy?

Who is Saint John Vianney?

GROWTH IN MERCY:

Draw a picture of what you did this month to grow in the virtue of mercy.

A large, empty rectangular box with a thick black border, intended for a drawing. It occupies the lower half of the page.

MERCY: caring for those who suffer

April

PRAYER:

Act of Faith

VIRTUE OF THE MONTH:

Justice: being fair



*St. Anthony of Padua, wood burning by
Conrad Pinto*

SAINT OF THE MONTH:

Saint Anthony of Padua

(1195-1231, Italy)

Feast: June 13

Saint Anthony joined the brothers who followed the example of Saint Francis of Assisi, the Franciscans. He became very famous for his preaching. After his death, Saint Anthony became well-known for his justice, because when a book of his was lost, he prayed that he

would find it. The truth was, it had been stolen—and when Saint Anthony prayed, the thief brought it back!

DISCUSSION:

If you see someone take an item that isn't theirs, what should you do?

JUSTICE: being fair and giving each his due

HOME PROJECT: Due April _____

PRAYER:

Dear God, You have said that when we are just and fair, we are like a light that “shines through the darkness” (Psalm 112:4). Help us to remember to act with justice in all we do so that we will shine brightly. Amen. (Read and discuss Luke 10:25-37)

VIRTUE ACTIVITY:

Role-play these ways of being just and fair:

1. When you borrow things at school—pencils, books, or other items—return them to their proper place as soon as you are finished and thank the person who let you use them.
2. If you do something wrong that hurts someone else (unkind words to or about someone, a mean look, etc.), don’t just say you are sorry—DO something good for that person. Say something kind, offer to do something for them, or another act of kindness.

Make a list of what you should do to treat parents, siblings, teachers, and other students fairly.

JUSTICE: being fair and giving each his due

PRAYER:

Saint Anthony, help us to be fair to everyone. Help us to return everything we borrow. And help us to find things when they 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 back 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 never to be selfish, but always to be fair and make sure that others have what they need. Help us to practice justice by doing all we can for those who do so much for us, such as our teachers and parents. (Pray 3 *Hail Marys*.)

REVIEW:

What is justice?

Who is Saint Anthony of Padua?

GROWTH IN JUSTICE:

Write a sentence about what you did to grow in justice this month.

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

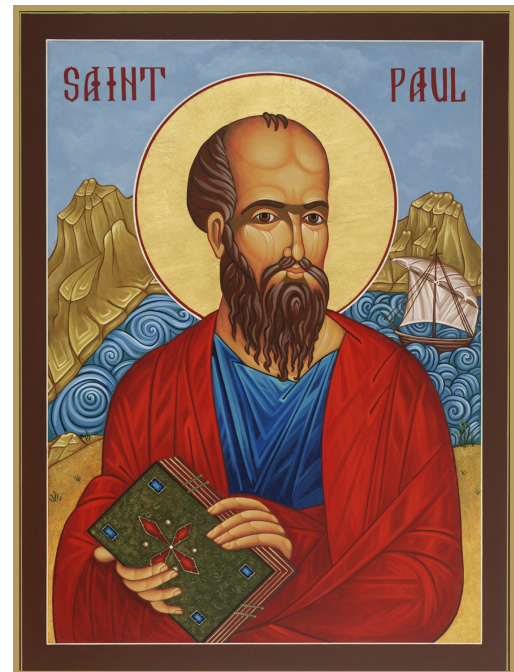
SAINT OF THE MONTH:

Saint Paul

(3-65 AD, Turkey)

Feasts: January 25 and June 29

Before he came to believe in Jesus Christ, Saint Paul was so angry at those who followed Jesus that he had them put in jail. After Jesus appeared to Saint Paul in a special way, Saint Paul was so filled with love for Christ that he travelled everywhere he could to spread the good news of the Gospel.



Saint Paul, icon written by Jody Cole

DISCUSSION:

Who tells you about God? Who do you tell about God?

ZEAL: being driven by an intense love for God

HOME PROJECT: Due May ____

PRAYER:

Come, Holy Spirit, set our hearts on fire! (Read and discuss Acts 2:1-4, 37-41.)

VIRTUE ACTIVITY:

Using the map or globe in your classroom, pick somewhere outside of the United States where you would like to travel to tell the people about God and His love for them.

Where would you go?

Why did you choose that place?

What would you tell them about God?

ZEAL: being driven by an intense love for God

PRAYER:

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

SAINT ACTIVITY:

1. Read the story of Saint Paul's conversion (Acts 9:1-22).
2. After hearing the story, see if you can number these events in the right order.

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

3. Now, act it out!

ZEAL: being driven by an intense love for God

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:

What did you do to grow in zeal this month? Tell about your project in small groups, then share with the class.

Listen to other students' ideas, and write how you would like to work on zeal or another virtue this summer.

A series of horizontal lines for handwriting practice. Each set consists of a solid top line, a dashed midline, and a solid bottom line. There are three such sets stacked vertically, providing ample space for practicing letter formation and alignment.

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

St. Nicholas Coloring Page, 2011, St. Nicholas Center, <http://www.stnicholascenter.org/media/assets/coloring-kids.pdf>. Accessed 12 March 2013. Used with permission.

Page 24: St. Francis of Assisi

Sanderson, Ruth, *St. Francis of Assisi*, [Golden Wood Studio](#), from *Saints: Lives and Illuminations*. Used with permission.

Page 28: Blessed Francesco & Jacinta

Blesseds Francesco & Jacinta, photograph, Santuario de Fatima, Portugal. [D10000103b.jpg](#). Used with permission.

Page 32: St. John Vianney

Santer, Christopher, *St. John Vianney*, 2013, www.pacemstudio.com. Accessed 13 March 2013. Used with permission.

Page 36: St. Anthony of Padua

Pinto, Conrad, *St. Anthony of Padua*, pyrography on wood, Goa, India, www.conradpinto.com. Accessed 12 March 2013. Used with permission.

Page 40: St. Paul

Cole, Jody, *St. Paul*, icon, www.jcoleicons.com. Used with permission.

All other clip art images created by *Virtues in Practice* authors.

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*

801 Dominican Drive
Nashville, Tennessee 37228
(615) 256-5486
www.nashvilledominican.org

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.