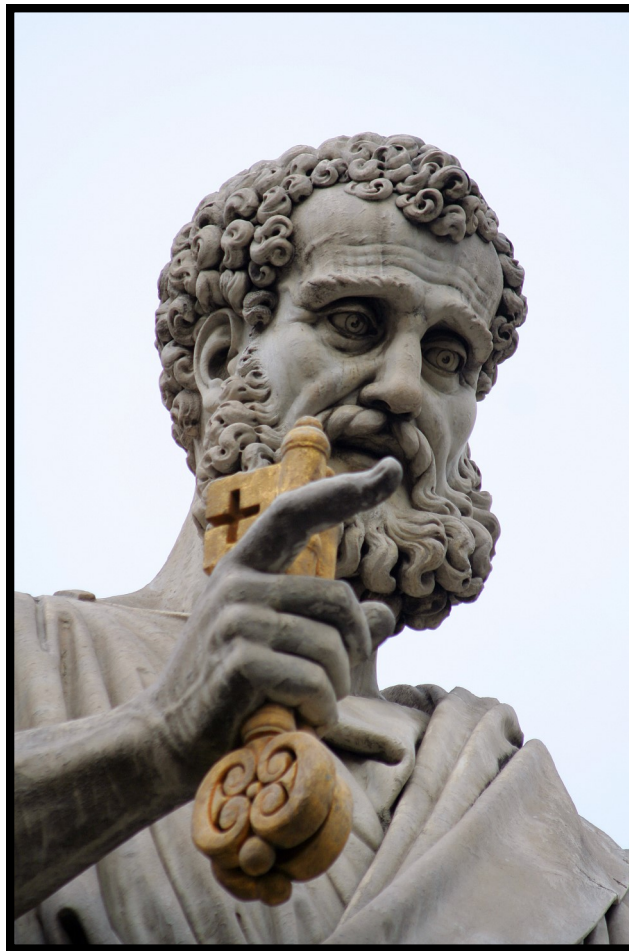


*Virtues  
in Practice*



*Charity*

GRADES 1—2



*Virtues*  
*in Practice*

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*Charity*

GRADES 1—2

DOMINICAN SISTERS OF ST. CECILIA CONGREGATION  
Nashville, Tennessee

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Inquiries may be directed to Dominican Sisters of St. Cecilia Congregation  
801 Dominican Drive  
Nashville, TN 37228  
(615) 256-5486  
[www.nashvilledominican.org](http://www.nashvilledominican.org)  
[virtuesprogram@op-tn.org](mailto:virtuesprogram@op-tn.org) (Virtues in Practice Coordinator)

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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	Sts. Jacinta & Francesco Marto	St. Kateri Tekakwitha	St. Athanasius
MAR.	<b>MERCY</b>	Caring for those who suffer	St. John Vianney	St. Faustina	St. 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	Sts. Louis & Zelle 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	Bl. 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 & Comp.
FEB.	<b>PRUDENCE</b>	Making good decisions in specific circumstances	St. 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	St. 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

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# September

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## PRAYER:

*Act of Charity* (see back cover)

## VIRTUE OF THE MONTH:

*Charity*: loving God and your neighbor

## SAINT OF THE MONTH:

*Saint Gertrude*

(1256-1301, Germany)

Feast: November 16

Saint Gertrude was an very talented student. She gave her life to God as a nun, and wore the black habit of Saint Benedict. When she was 25 years old, Jesus appeared to her and taught her about His Sacred Heart. She had many talks with Jesus about how to love Him and her neighbor.



*Saint Gertrude the Great*  
by Tracy L. Christianson

## DISCUSSION:

What feelings can we have in our heart? Does Jesus understand those feelings?

**CHARITY**: loving God with all your heart, mind, and strength and your neighbor as yourself



**HOME PROJECT:** Due September\_\_\_\_\_

**PRAYER:**

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

**VIRTUE ACTIVITY:**

Practice charity. Take turns acting out what to do in these situations:

1. Your friend says, "Let's play *this* game instead."
2. Mom says, "It's time for church!"
3. A classmate is alone at recess.
4. It's time for bed. Say your prayers!
5. Someone falls down and gets hurt.
6. A classmate says, "May I sit at your table?"
7. You wake up and start your day with a prayer.
8. You have to do a chore or a subject you don't like, but you know God wants you to do it.

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



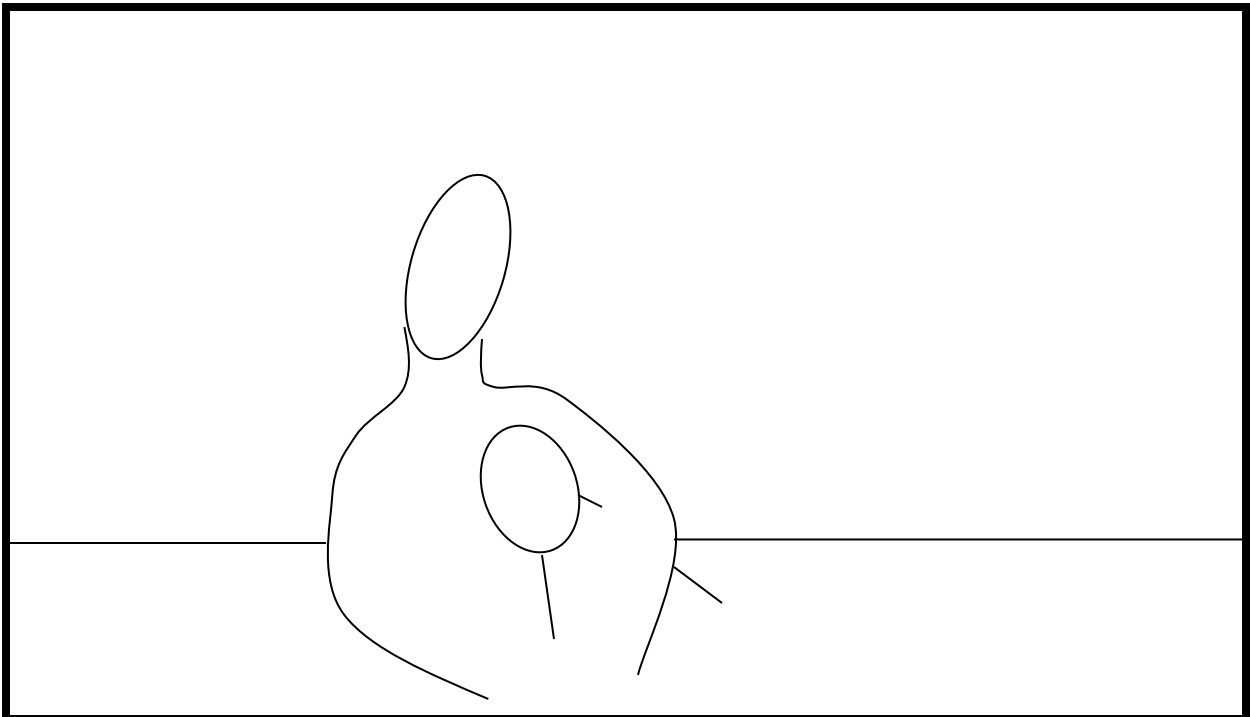
**CHARITY:** loving God with all your heart, mind, and strength and your neighbor as yourself

**PRAYER:**

Saint Gertrude, you loved God above all things and gave His love to others. Help us to love like Jesus and to grow closer to Him. Amen. Saint Gertrude, pray for us.

**SAINT ACTIVITY:**

At the Last Supper, Saint John laid his head on the Heart of Jesus. Saint Gertrude had a vision in which Jesus invited her to lay her head on His Heart just like Saint John. Finish this picture of yourself laying your head on Jesus' Heart. What does Jesus say to you?



**CHARITY:** loving God with all your heart, mind, and strength and your neighbor as yourself

**PRAYER:**

Mother Mary, you gave your heart totally to God. Show us how to love Him with more each day. (Pray 3 *Hail Marys*.)

**REVIEW:**

What is charity?

Who is Saint Gertrude?

**GROWTH IN CHARITY:**

What did you do this month to grow in charity?

Write a sentence.

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**CHARITY:** loving God with all your heart, mind, and strength and your neighbor as yourself

# October

## PRAYER:

*Act of Charity*

## VIRTUE OF THE MONTH:

*Friendship: helping the people you like to be good*

## SAINTS OF THE MONTH:

*Saints Benedict and Scholastica*  
(480-547, Italy)

Feasts: July 11, February 10

These two saints were twin brother and sister! Both of them wanted to give their lives to God. Saint Benedict went into the desert and formed the first group of monks. His sister became one of the first nuns. They didn't see each other very often, so once when Benedict came to see Scholastica, she prayed that he would stay longer, and God sent a storm so bad that he couldn't leave!



*Sts. Benedict and Scholastica*  
by Sr. Mary Charles McGough, O.S.B.

**FRIENDSHIP:** sharing a mutual love that seeks the good of the other

**DISCUSSION:**

What makes a person a good friend? How can you help your friends to be good?

**HOME PROJECT:** Due October \_\_\_\_\_



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**PRAYER:**

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Sirach 6:14-17.)

**VIRTUE ACTIVITY:**

List things you want your friends to do.

_____	_____
_____	_____
_____	_____

List things you do **not** want your friends to do.

_____	_____
_____	_____
_____	_____

*Practice* being a good friend. Take turns acting out the top list and making good choices.

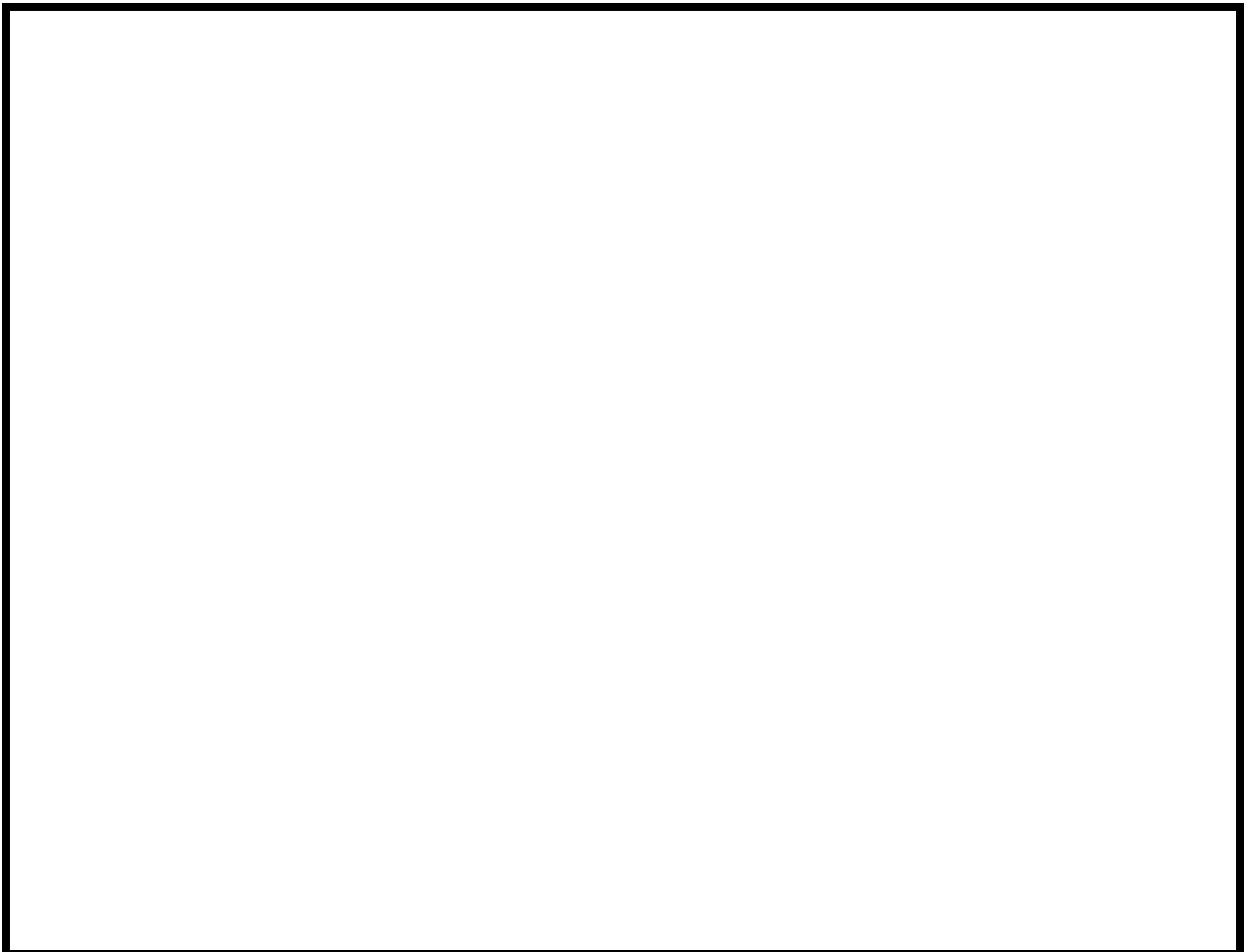
**FRIENDSHIP:** sharing a mutual love that seeks the good of the other

**PRAYER:**

Saints Benedict and Scholastica, help us to find good friends and to be good friends, especially with the members of our family. Help us to lead those we love toward God. Amen. Saints Benedict and Scholastica, pray for us.

**SAINT ACTIVITY:**

Saints Benedict and Scholastica were twin brother and sister and best friends! Draw a picture of yourself with someone in your family who is also a good friend.



**FRIENDSHIP:** sharing a mutual love that seeks the good of the other

**PRAYER:**

Mother Mary, you prayed with the Apostles and brought them closer to Jesus. Help us to bring those we love to Jesus too. (Pray 3 *Hail Marys*.)

**REVIEW:**

What is friendship?

Who are Saints Benedict and Scholastica?

**GROWTH IN FRIENDSHIP:**

What did you do this month to grow in friendship? Did it help you to be a better friend?

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**FRIENDSHIP:** sharing a mutual love that seeks the good of the other

# November

## PRAYER:

*Act of Charity*

## VIRTUE OF THE MONTH:

*Courtesy: being thoughtful of others*

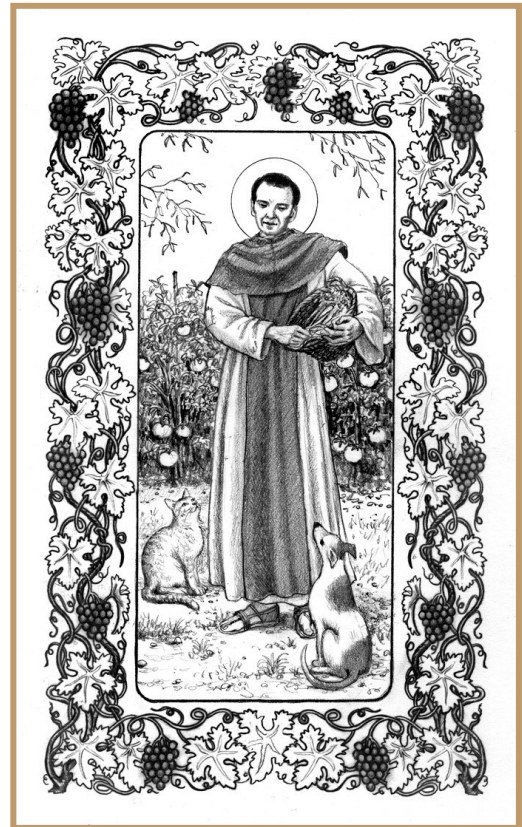
## SAINT OF THE MONTH:

*Saint Martin de Porres*

(1579-1639, Peru)

Feast: November 3

Saint Martin de Porres' father almost never came to see him. When Martin was old enough, his father had him trained to be a doctor. Martin became a doctor *and* a Dominican friar who was very thoughtful of people who were sick. He insisted on doing all the lowliest jobs for them. Sometimes, he brought poor sick people home and put them to sleep in his own bed!



*Saint Martin de Porres*  
by Ruth Sanderson

COURTESY: being thoughtful of others



**DISCUSSION:**

Why do you think Martin chose to serve the sick and suffering?

**HOME PROJECT:** Due November \_\_\_\_

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**PRAYER:**

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Romans 12:9-10.)

**VIRTUE ACTIVITY:**

- Practice listening. Ask a classmate to describe how he or she gets home from school and what he or she does after school. Look the person in the eye. Ask polite questions to make sure you understand what you are hearing. When time is up, try to repeat what your classmate told you. Ask if you missed anything.
- Practice how to politely interrupt a conversation: stand nearby and wait; if the person doesn't speak to you, say "excuse me" softly, then step back and wait until they answer.
- List situations when you should use say "please", "thank you", "you're welcome", "may I?", "excuse me", "would you care for any?", "good morning", "let me get that for you", and other courtesies.
- Talk about something you share in the classroom. When you are finished using it, what is the courteous way to make sure it is ready for the next person?

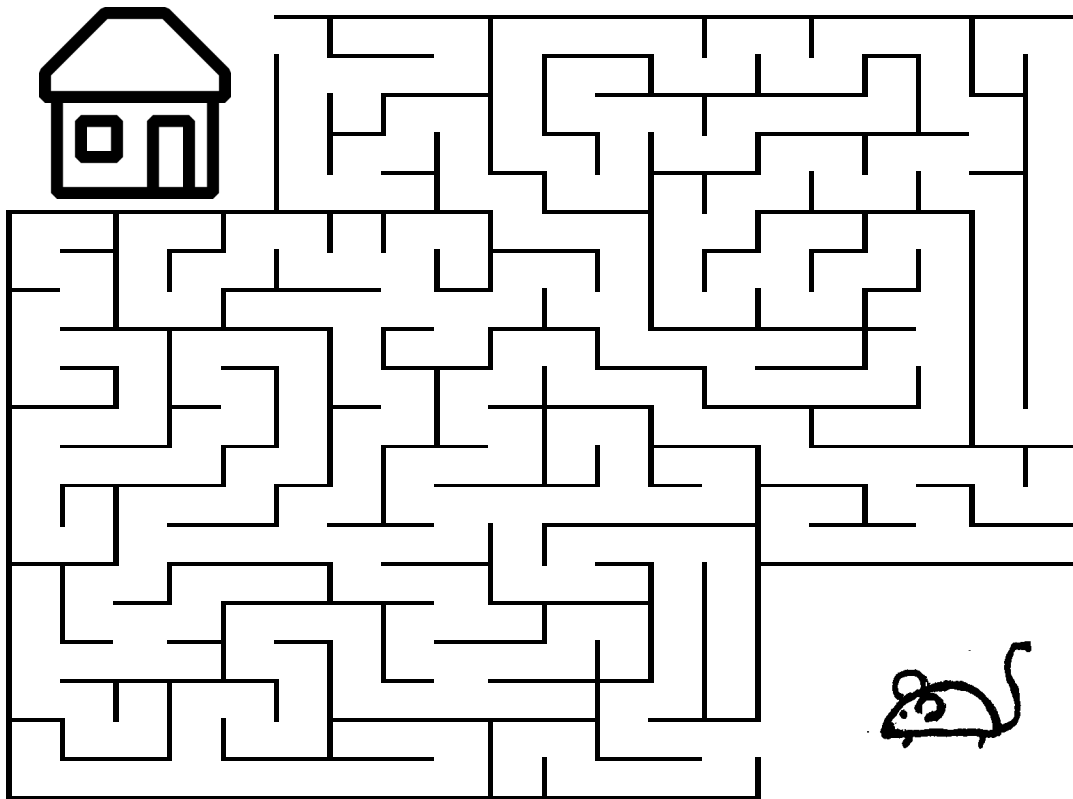
**COURTESY:** being thoughtful of others

**PRAYER:**

Saint Martin de Porres, help us to treat all people with thoughtfulness. Help us to listen to others, take turns, and share. Saint Martin, pray for us.

**SAINT ACTIVITY:**

Saint Martin de Porres was good at taking care of people who were sick, but he also took care of animals too! Once, there were many mice living in the house of the Dominican friars. Martin talked to the mice and asked them to leave the house. He promised to feed them if they moved to the garden. They listened to him and moved! Find the path the mouse took to leave the house and color a garden around where he lives now.



COURTESY: being thoughtful of others

**PRAYER:**

Mother Mary, you were always thoughtful of others.  
Help us to be courteous like you! (Pray 3 *Hail Marys*.)

**REVIEW:**

What is courtesy?  
Who is Saint Martin de Porres?



**GROWTH IN COURTESY:**

Describe your project. Did it help you to grow in  
courtesy?

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are seven sets of these lines for writing.

COURTESY: being thoughtful of others

# December

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**PRAYER:**

*Act of Charity*

**VIRTUE OF THE MONTH:**

*Purity: keeping your soul free of sin*

**SAINT OF THE MONTH:**

*Saint Dominic Savio*

(1842-1857, Italy)

Feast: March 9

On the day of his First Holy Communion, Dominic Savio told God that he would rather die than commit a sin, and this became his motto. He was very smart, athletic, and popular, and he used these talents to help lead all the rough boys at Don Bosco's school to Jesus. He invited them to Confession, talked them out of fights, and changed the subject when they were being unkind.



*Saint Dominic Savio*

**DISCUSSION:**

Why do you think Dominic chose his motto?

**PURITY:** keeping your soul free of sin

**HOME PROJECT:** Due December \_\_\_\_\_

**PRAYER:**

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss John 15:1-10.)

**VIRTUE ACTIVITY:**

The virtue of purity helps us to fight temptations and to avoid things that might turn us away from God. The virtues of charity and friendship remind us to help others to be pure too.

Role-play these situations. How can you keep your soul free of sin and give your whole heart to God?

- Your little brother wants you to help him steal \$5 from your dad's wallet.
- A kid in your class is saying things to make you mad, because he wants you to fight with him.
- Your friend wants to cheat on a test.



**PRAYER:**

Saint Dominic Savio, you told God that you would rather die than sin against Him. Help us to stay away from sin. When we do sin, pray that we always turn back to God. Amen. Saint Dominic Savio, pray for us.

**SAINT ACTIVITY:**

Before his First Holy Communion, Saint Dominic Savio made four promises to keep himself pure.

***Saint Dominic Savio's promises:***

1. I will keep Sundays and Holy Days holy.
2. Jesus and Mary will be my best friends.
3. I will go to Confession often and receive Communion as often as I can.
4. Death before sin.

Choose one of Saint Dominic Savio's promises, copy it on drawing paper, and decorate it with pictures. Post it in your classroom or bedroom as a reminder to give your heart totally to God.

Write a draft of your own promise to God. Ask for your teacher or parents to check it, then make a decorated poster of it for your classroom or bedroom.



**PRAYER:**

Mother Mary, you never had any sin at all. You are “full of grace”. Help me to love God with a pure heart, just like you. (Pray 3 *Hail Marys*.)

**REVIEW:**

What is purity?  
Who is Saint Dominic Savio?

**GROWTH IN PURITY:**

Describe what you did this month to stay away from sin.

Handwriting practice lines consisting of a solid top line, a dashed midline, and a solid bottom line. There are six such sets of lines provided for writing.

**PURITY:** keeping your soul free of sin

# January

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## PRAYER:

*Act of Charity*

## VIRTUE OF THE MONTH:

*Fortitude*: being brave and strong in the face of trials

## SAINT OF THE MONTH:

*Saint Bernadette*  
(1844-1879, France)  
Feast: April 16

Saint Bernadette was from a poor family with five children. She was often absent from school because her asthma made her very sick. The Blessed Virgin Mary appeared to Bernadette, but no one would believe her. They said she was lying and threatened to punish her. One time, Mary asked her to drink water from a stream in the ground. All Bernadette could find was mud. When she tried to drink it, people made fun of her. But later the water came flowing out, and many sick people who drank it or washed in it received miracles of healing.



*Saint Bernadette*

FORTITUDE: being brave and strong in the face of trials



**DISCUSSION:**

Name three ways Saint Bernadette acted with fortitude.

**HOME PROJECT:** Due January \_\_\_\_



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**PRAYER:**

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Psalm 27:1-3 and Psalm 18:2-3, 32-35.)

**VIRTUE ACTIVITY:**

What are some of the things that make you scared? Make a list. As a class, discuss ways to be brave. Role-play a few.

One way to be brave is to stand up for others. If we see someone getting hurt, charity says we should help. Sometimes this takes being brave.

Role-play a game at recess with one student getting picked on or getting left out. Try saying these three things to be brave and help.

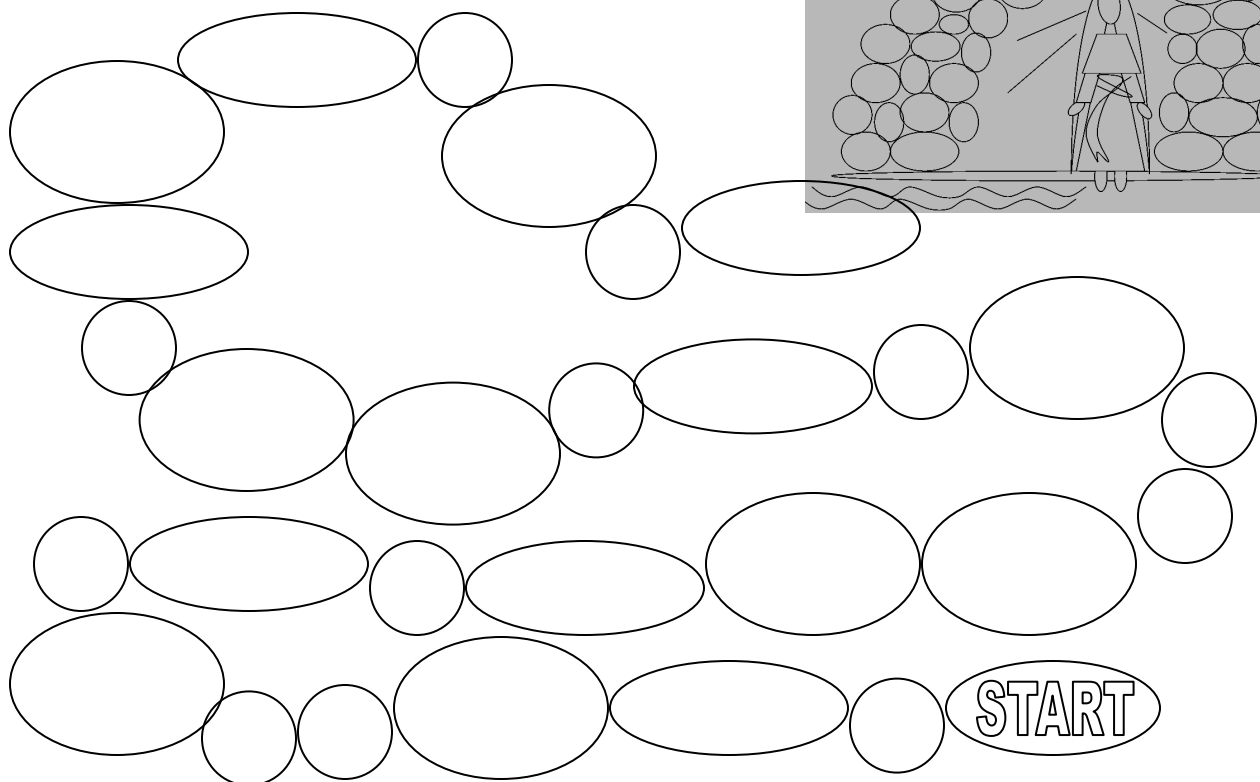
1. "Why are you doing that?"
2. "Don't worry, I'll be your friend."
3. "Let's play something different."

**PRAYER:**

Saint Bernadette, please help me to be brave like you. Help me to love Our Lady and to stay close to her, especially when I am afraid. Saint Bernadette, pray for us. Our Lady of Lourdes, please ask God to heal all those I love who are sick. Amen.

**SAINT ACTIVITY:**

Choose three things that make you afraid. Make a board game by labeling each stepping stone with one of those things. Write the three words on little slips of paper, and take turns choosing a slip and moving to the next spot with that word. See who gets to the grotto first!



**FORTITUDE:** being brave and strong in the face of trials

**PRAYER:**

Mother Mary, even when there were dangerous soldiers around, you followed Jesus to the cross. Help me to be strong and brave enough to do what is right. (Pray 3 *Hail Marys*.)

**REVIEW:**

What is fortitude?

Who is Saint Bernadette?

**GROWTH IN FORTITUDE:**

Describe what you did this month to grow in fortitude.

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**FORTITUDE:** being brave and strong in the face of trials

# February

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## PRAYER:

*Act of Charity*

## VIRTUE OF THE MONTH:

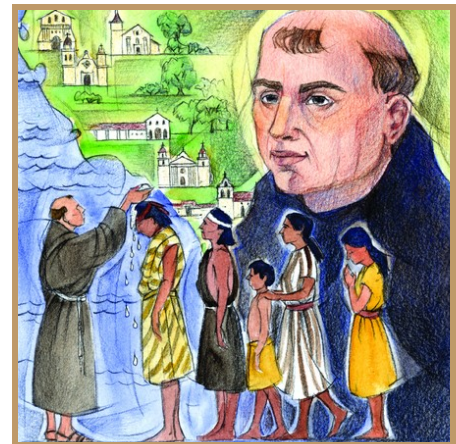
*Prudence*: thinking about what is best to do

## SAINT OF THE MONTH:

*Saint Junipero Serra*

(1713-1784, Spain/United States)

Feast: July 1



*Blessed Junipero Serra* © Saint Mary's Press

Saint Junipero Serra was born in Spain and traveled thousands of miles across the ocean to what is now California. He founded nine missions for Native Americans. He helped the people learn to build their own homes, grow crops, herd cattle, and spin wool for garments, all the while teaching them the Catholic faith. Some of the missions he founded in California such as San Diego, San Francisco, and Santa Clara are large cities today.

## Discussion:

Why was it a good idea to found the missions?

**PRUDENCE**: making good decisions in specific circumstances

HOME PROJECT: Due February \_\_\_\_



**PRAYER:**

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss 1 Kings 3:5-14.)

**VIRTUE ACTIVITY:**

The virtue of prudence helps us to choose the best way to solve problems. When someone hurts us, using I-messages is a better solution than arguing or hurting that person in return.

I-message:

"I felt \_\_\_\_ when you \_\_\_\_; please \_\_\_\_."

Example: "*I felt sad when you took my crayon; please don't touch my things."*

Practice using I-messages to talk about these problems:

1. Another student calls you a mean name
2. Someone keeps taking your ball at recess
3. Someone laughs at your drawing

Circle **Yes** or **No** to tell if these choices are prudent.

1. Walking across a busy street— Yes    No
2. Walking in a crosswalk— Yes    No
3. Looking for something that is lost— Yes    No
4. Wandering off in a crowd—Yes    No

PRUDENCE: making good decisions in specific circumstances

**PRAYER:**

Saint Junipero Serra, you loved the Native Americans and were wise about how to help them. Help us to know what is best in each situation. Amen. Saint Junipero Serra, pray for us.

**SAINT ACTIVITY:**

Saint Junipero SERRA was very CAREFUL about how he worked with the Native Americans. He would PRAY to God for PRUDENCE about how to teach people the Catholic FAITH. He had to DECIDE the best way to farm, raise cattle, and build MISSIONS.

Find the words in capital letters above and circle them in the word search below.

H M K F C E Z U

D I N A A C S K

E S I I R N N W

D S H T E E A S

I I T H F D I E

C O I Y U U D R

E N Y H L R N R

D S Y A R P I A

**PRUDENCE:** making good decisions in specific circumstances

**PRAYER:**

Mother Mary, at Cana you knew what the people needed. Ask Jesus to help me, just as you asked His help for them. (Pray 3 *Hail Marys*.)

**REVIEW:**

What is prudence?

Who is Saint Junipero Serra?

**GROWTH IN PRUDENCE:**

Write a sentence about a prudent choice you made this month and draw a picture of it.

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**PRUDENCE:** making good decisions in specific circumstances

# March

## PRAYER:

*Act of Charity*

## VIRTUE OF THE MONTH:

*Respect: recognizing the dignity of all people*

## SAINT OF THE MONTH:

*Saint Jeanne Jugan*  
(1792-1879, France)

Feast: August 30



*Saint Jeanne Jugan*  
by George and Sergio Pinecross

Saint Jeanne Jugan was born into a poor family. She took a job in the kitchen of a wealthy woman, and helped her take care of the poor. In 1837, Jeanne and two other women decided to live together and dedicate their lives to God. One day, she found a homeless widow who was elderly and blind. Jeanne brought this widow home and let her sleep in her own bed. This act of charity grew into the work of the Little Sisters of the Poor, who now care for poor elderly people all around the world.

## DISCUSSION:

What did Saint Jeanne Jugan do to show charity and respect for the sick, poor, and elderly?

RESPECT: recognizing the dignity of all people



**HOME PROJECT:** Due March \_\_\_\_\_

**PRAYER:**

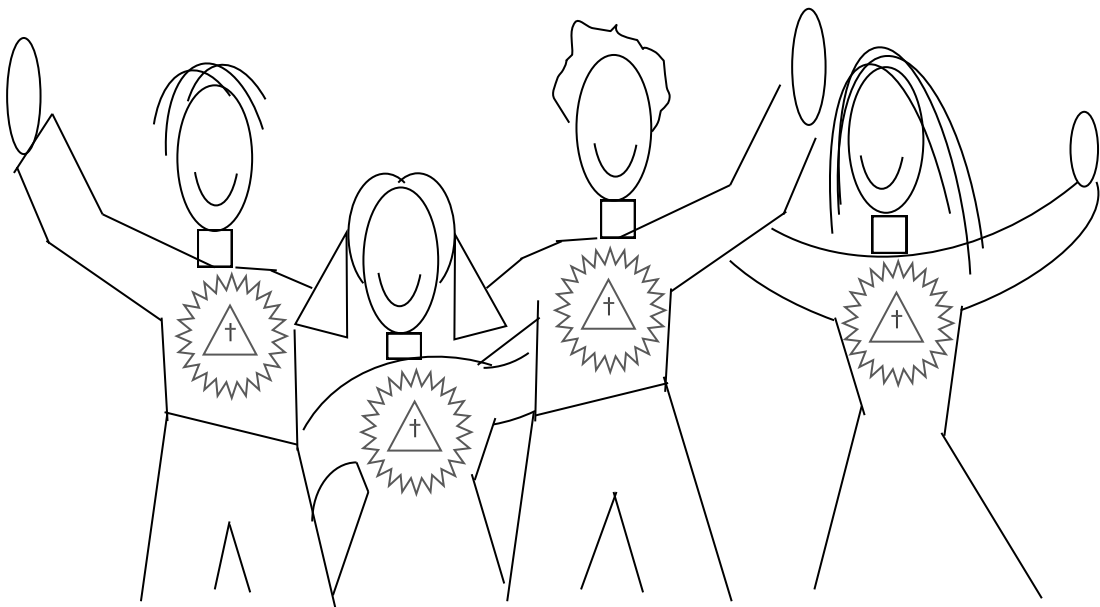
Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Genesis 1:26, 31.)

**VIRTUE ACTIVITY:**

Look at a crucifix. Do you **recognize** the Person on the cross? What does it mean to recognize something?

**Image** is another word for a statue or picture of someone. God makes every human being in His image, giving each person a soul that can love and live forever in heaven. This gives each person **dignity**, which means they are worth very much. Our soul makes us like God, and at baptism God himself comes to live inside us!

In this picture, color the triangles bright yellow to show that the soul is like the light of God shining in each person. Then color the rest of the picture.



**RESPECT:** recognizing the dignity of all people

**PRAYER:**

Dear Saint Jeanne Jugan, help us to see all people as children of God. Help us to always respect each person's dignity. Help us to show special respect to the elderly, the poor, and the sick. Amen. Saint Jeanne Jugan, pray for us.

**SAINT ACTIVITY:**

Discuss ways you could show respect for the elderly in each of the situations below. Then act out your answers. Make sure that you help in a way that is very respectful!

1. Your great grandmother has trouble keeping her balance, and she is walking down the bumpy path to your house. What can you do to show respect?
2. Your grandpa has trouble hearing when the family is telling stories. What can you do?
3. One of the older ladies at church is talking about what happened to her yesterday, but no one is listening to her. What can you do?
4. Your grandparents come to pick you up from school on a day that your friend made you mad. You don't feel like talking. What can you do to show respect?



**PRAYER:**

Mother Mary, you respected the shepherds as much as the kings who came to see Jesus. Help us to respect everyone, and to treat each person with charity. (Pray 3 Hail Marys.)

**REVIEW:**

What is respect?

Who is Saint Jeanne Jugan?

**GROWTH IN RESPECT:**

What did you do this month to grow in respect?

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RESPECT: recognizing the dignity of all people

# April

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**PRAYER:**

*Act of Charity*

**VIRTUE OF THE MONTH:**

*Forgiveness: pardoning those who offend you*

**SAINT OF THE MONTH:**

*Saint Patrick*

(387-461, Ireland)

Feast: March 17

Saint Patrick was born in England. As a teenager he was kidnapped and taken to Ireland as a slave. While tending his master's flocks alone, Patrick turned to prayer and his Catholic faith. After six years of slavery, Patrick escaped. While preparing to become a priest, he had a dream of the Irish people asking him to return and teach them the Catholic faith. Out of love for the people of Ireland, Saint Patrick returned there and brought the people the message of Jesus' love and forgiveness.



*Saint Patrick by Anne Murphy*

**FORGIVENESS:** pardoning those who offend you

**DISCUSSION:**

Who did Saint Patrick forgive? How is forgiveness connected to charity?

**HOME PROJECT:** Due on April \_\_\_\_



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**PRAYER:**

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Luke 18:21-33.)

**VIRTUE ACTIVITY:**

Discuss the virtue of forgiveness:

1. What happens to a person's heart if they don't forgive?
2. Can I forgive people who don't say they are sorry? Should I?
3. Pray the *Our Father* together. From this prayer, what can we learn about the importance of forgiveness?

Practice saying "I forgive you" when people have hurt you:

1. Your friend broke your toy on accident and is crying.
2. Your cookie is gone, you know your little brother ate it, but he says he didn't.
3. As you walk down the street, a stranger passes by, knocks your toy out of your hands, and walks away.

**FORGIVENESS:** pardoning those who offend you

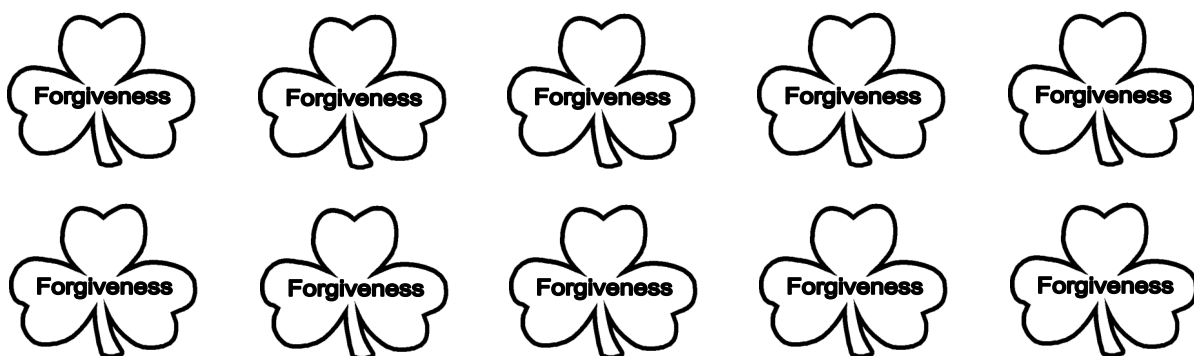
**PRAYER:**

Saint Patrick, even though the Irish people made you a slave you forgave them and brought them God's love. Help us to be like you and to forgive those who hurt us. Amen. Saint Patrick, pray for us.

**SAINT ACTIVITY:**

Saint Patrick used the shamrock to teach people about God. He said that just as a shamrock is one plant with three leaves, so there is one God in three Divine Persons: Father, Son, and Holy Spirit. The one God Who is three Persons is called the Blessed Trinity.

How many times can you forgive someone today?  
Color a shamrock for each time.



**FORGIVENESS:** pardoning those who offend you

**PRAYER:**

Mother Mary, when Jesus was dying on the cross, you heard Him pray, "Father, forgive them, for they know not what they do." Ask Jesus to help us also forgive others. (Pray 3 Hail Marys.)

**REVIEW:**

What is forgiveness?

Who is Saint Patrick?

**GROWTH IN FORGIVENESS:**

Describe what you did this month to grow in the virtue of forgiveness.

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FORGIVENESS: pardoning those who offend you

# May

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**PRAYER:**

*Act of Charity*

**VIRTUE OF THE MONTH:**

*Responsibility:* doing your job and admitting your mistakes

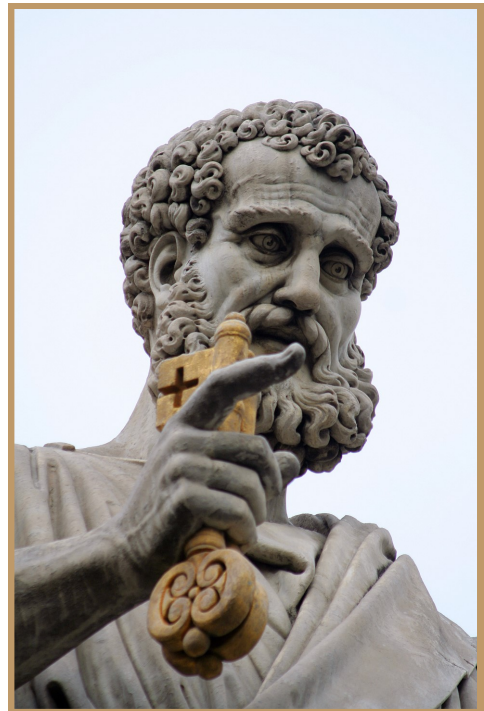
**SAINT OF THE MONTH:**

*Saint Peter*

(1 BC-67 AD, Jerusalem/Rome)

Feasts: February 22 and June 29

Saint Peter had great faith, and Jesus made him the leader of the Apostles and the head of the whole Church. He was the very first pope!



*Statue of St. Peter in Rome*

When Jesus was arrested, Peter denied even knowing him. But after Jesus rose from the dead, Peter admitted it, and asked Jesus to forgive him. Jesus did forgive Peter and again said that it was his job to take care of Christians all over the world! Saint Peter knew he could not do this job alone, so he prayed that the Lord would help him and to show him how to guide the Church.

**RESPONSIBILITY:** being reliable in your duties and accountable for your actions



**DISCUSSION:**

Name two ways that Saint Peter practiced responsibility.

**HOME PROJECT:** Due on May \_\_\_\_



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**PRAYER:**

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Matthew 25:19-21.)

**VIRTUE ACTIVITY:**

Discuss the virtue of responsibility.

1. If your parents and teachers give you a job and you don't do it, how does that make you feel? How does it make your parents and teachers feel?
2. Why is it important to admit your mistakes and sins? What happens if you don't?

Practice the virtue of responsibility. Role-play how to clean up after snack and how to write your homework assignment in your planner.

Role-play saying, "I'm sorry. Please forgive me?" in these situations. Can you also offer to do something that would fix what went wrong?

- You're returning a book to the Library. No one will know that you spilled a drink that stained the pages.
- You were being a little selfish and cut in line.

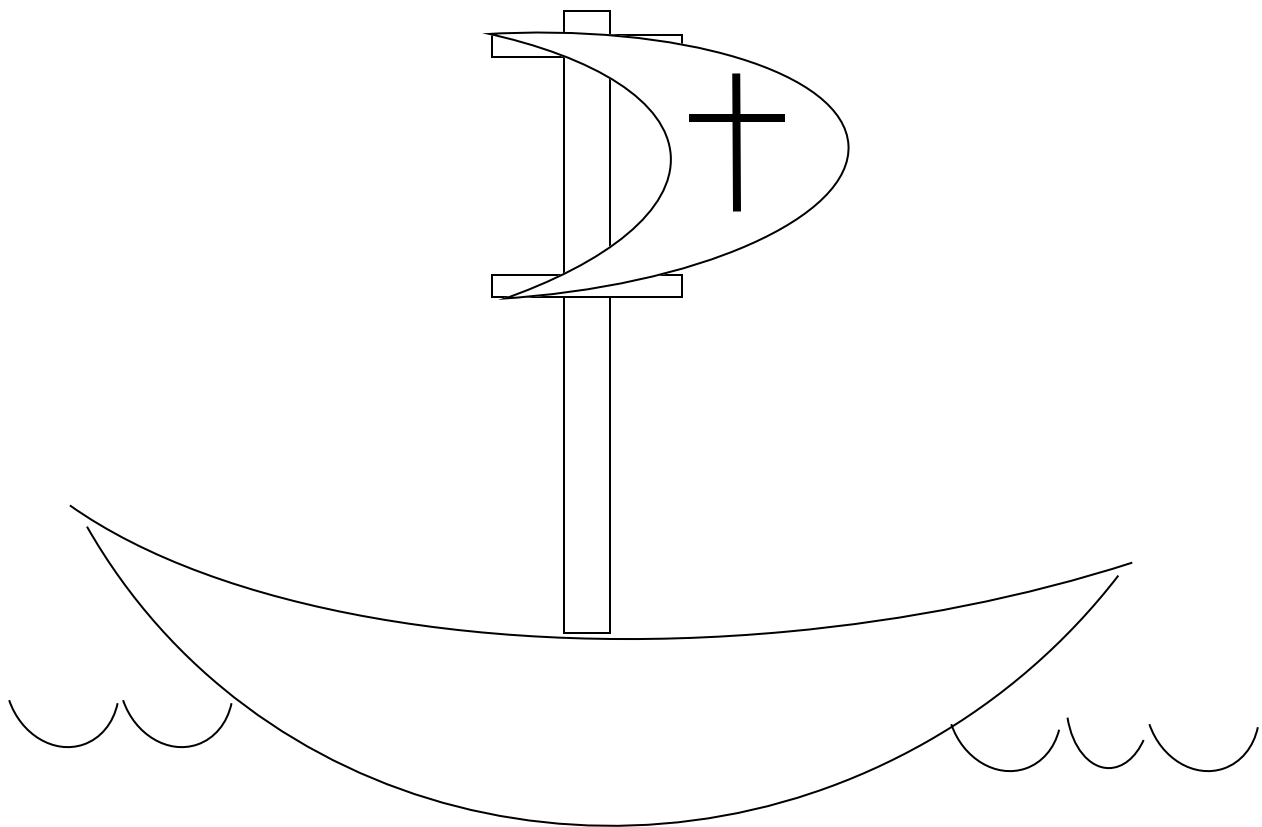
**RESPONSIBILITY:** being reliable in your duties and accountable for your actions

**PRAYER:**

Saint Peter, you asked Jesus to forgive you for denying Him, and He made you the first pope! Help me to be responsible. Amen. Saint Peter, pray for us.

**SAINT ACTIVITY:**

Before he became an Apostle, Saint Peter was a fisherman. One day, Jesus saw him and said, "I will make you a fisher of men." He meant that instead of catching fish and pulling them into his boat, He would teach Peter to catch the souls of people all over the world and bring them to God. Draw people from different countries standing in Peter's boat.



**RESPONSIBILITY:** being reliable in your duties and accountable for your actions



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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*

801 Dominican Drive  
Nashville, Tennessee 37228  
(615) 256-5486  
[www.nashvilledominican.org](http://www.nashvilledominican.org)

For questions related to the *Virtues in Practice* program,  
please contact the Virtues in Practice coordinator at [virtuesprogram@op-tn.org](mailto:virtuesprogram@op-tn.org).



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

# *Act of Charity*

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O my God, I love You above all things,  
with my whole heart and soul,  
because You are all good  
and worthy of all love.

I love my neighbor as myself  
for the love of You.

I forgive all who have injured me,  
and ask pardon of all whom I have injured.

Amen.