

Virtues in Practice



Hope

PRE-K & KINDERGARTEN

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DOMINICAN SISTERS OF ST. CECILIA CONGREGATION
Nashville, Tennessee

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What is Virtue?

A virtue is a good habit.

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

Who are the Saints?

A saint is a person who is in heaven.

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

YR./MO.	VIRTUE	DEFINITION	GR. PK-2 SAINT	GR. 3-5 SAINT	GR. 6-8 SAINT
FAITH	(Theme: Service)				
SEP.	FAITH	Believing in God and all He has revealed	St. Martha	St. Jerome	St. Augustine
OCT.	REVERENCE	Showing your deepest respect for things of God	St. Hyacinth	St. Tarcisus	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 & Zelie 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

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September

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

God gave Saint Joseph the very important job of taking care of Jesus and Mary. God promised to help Joseph. He also promised that Jesus would save us from our sins. Saint Joseph hoped in God and did just what He asked. God kept His promises!



Saint Joseph by Tracy L. Christianson

DISCUSSION:

How can we show our hope in God?

HOPE: trusting in God's loving plan

HOME PROJECT: Due September _____

PRAYER:

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Matthew 17:22-23.)

Why are Jesus' friends sad? Should they have hope in what Jesus says? Why?

VIRTUE ACTIVITY:

Act out the story of God telling Noah to put his family and the animals in the Ark (Genesis 6:14—7:23).

Was it hard for Noah and his family to have hope? How did it all work out?

PRAYER:

Saint Joseph, you were sure that God would help you fulfill His plan for your life. Help us to trust that God is a Father Who keeps His promises to us as well. Amen. Saint Joseph, pray for us!

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

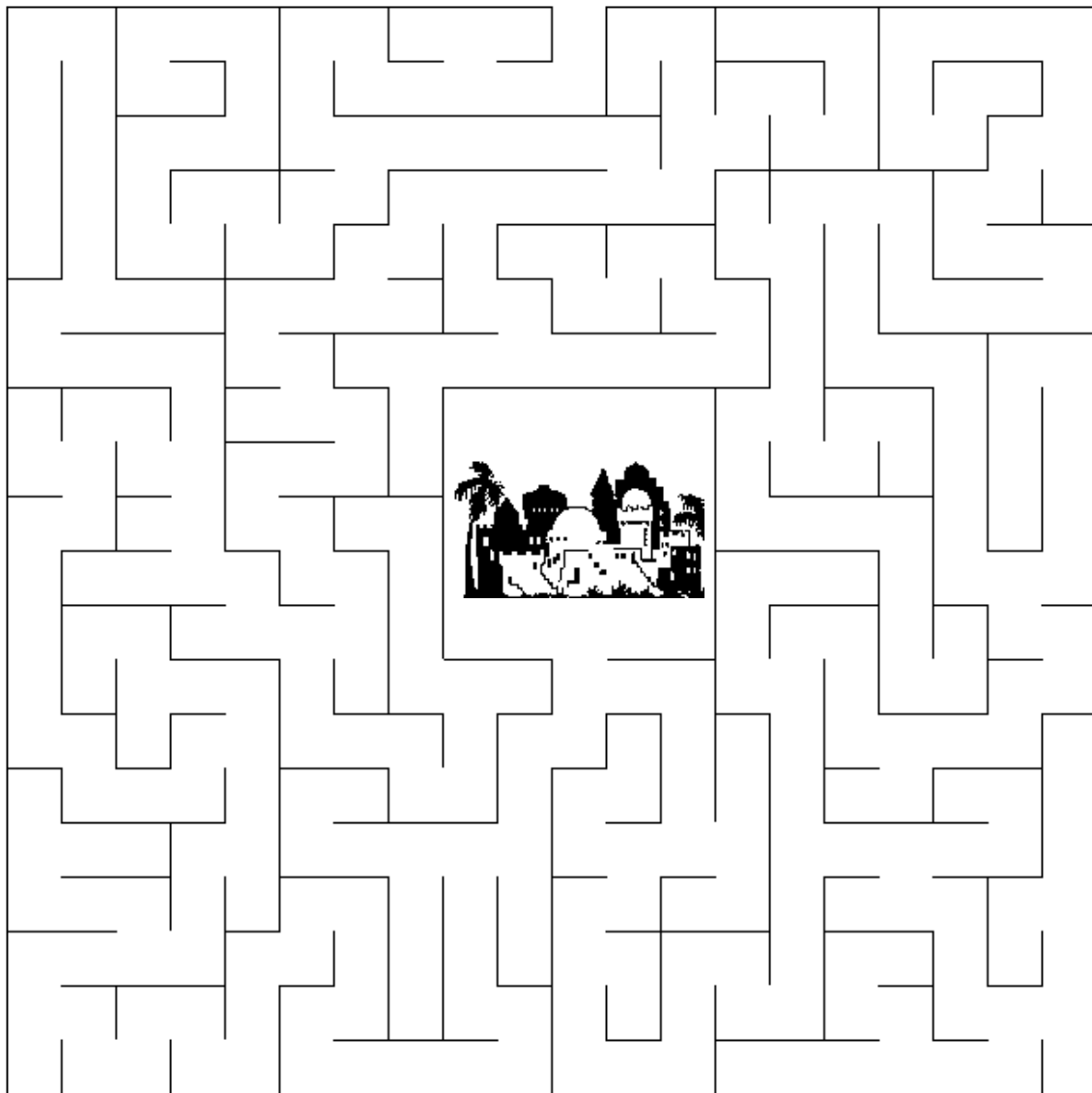


HOPE: trusting in God's loving plan

SAINT ACTIVITY:

Help Saint Joseph bring Mary to Bethlehem so that baby Jesus can be born!

Start here ↓



HOPE: trusting in God's loving plan

PRAYER:

Mother Mary, Saint Joseph took care of you on the way to Bethlehem. Ask him to watch over us too! (Pray 3 *Hail Marys*.) St. Joseph, pray for us!

REVIEW:

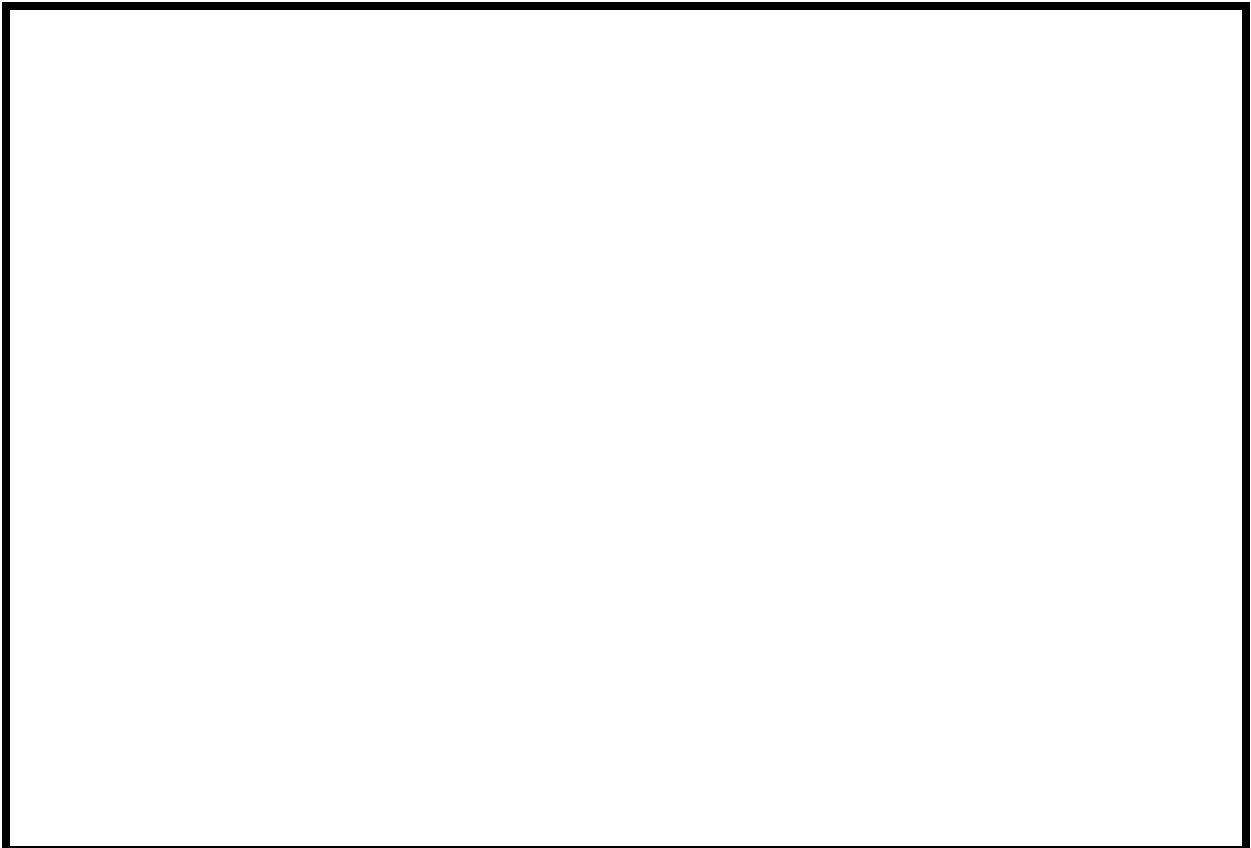
What is hope?

Who is Saint Joseph?

GROWTH IN HOPE:

What did you do this month to grow in hope?

Draw a picture.

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HOPE: trusting in God's loving plan

October

PRAYER:

Act of Hope

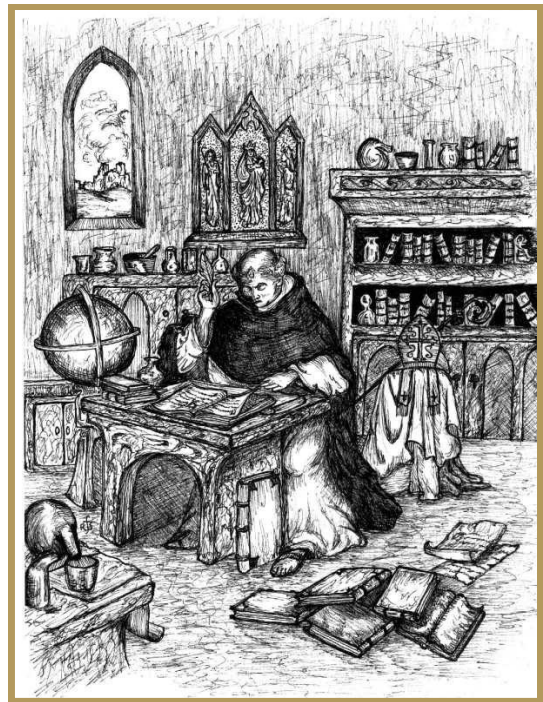
VIRTUE OF THE MONTH:

Studiosness: seeking knowledge to grow closer to the Truth

SAINT OF THE MONTH:

Saint Albert the Great
(1206-1280, Germany)
Feast: November 11

Saint Albert loved to study the world God created, especially all of the flowers, trees, and animals. The more Saint Albert learned about nature, the more he loved and praised God for His creation!



Saint Albert the Great by Father Robert Staes, O.P.

DISCUSSION:

How can we show that we like to grow in knowledge?

STUDIOUSNESS: seeking knowledge to grow closer to the Truth

HOME PROJECT: Due October _____

PRAYER:

Come, Holy Spirit, open our minds and our hearts to God's living Word! (Read and discuss Psalm 25: 4-5.)

VIRTUE ACTIVITY:

Listen to these words from the Bible: "God said, 'Let the earth bring forth vegetation: every kind of plant that bears seed and every kind of fruit tree on earth that bears fruit with its seed in it. And so it happened: the earth brought forth vegetation; every kind of plant that bears seed and every kind of fruit tree that bears fruit with its seed in it. God saw that it was good'" (Gen. 1:11-12).

Think of your favorite flower, your favorite fruit, and your favorite vegetable. Take turns naming them. Who made these things? How does this show God loves you?

Can we trust that God will take care of the world? How do we know this? (Sun, rain, seasons, etc.)



STUDIOUSNESS: seeking knowledge to grow closer to the Truth

PRAYER:

Dear Saint Albert, you loved to learn about the world God created. Help me to grow in learning like you, so I can love God more each day. Amen. Saint Albert, pray for us.

SAINT ACTIVITY:

Saint Albert studied all kinds of plants and animals and wrote down ways that they were alike and different. You can do what Saint Albert did and make it a “guessing game” to play in class.

Pretend you are your favorite animal. Then, tell everyone:

1. What color you are;
2. What kind of hair you have;
3. What kind of ears, nose, and tail you have;
4. Your number of legs;
5. How big you are;
6. What you eat;
7. Where you can be found.



Ask if they know which animal you are, and take turns calling on classmates for answers.

STUDIOUSNESS: seeking knowledge to grow closer to the Truth

PRAYER:

Mother Mary, when you saw Jesus' face for the first time, you loved Him more than ever. Help us to be like you and love God with our whole hearts. (Pray 3 *Hail Marys*.)

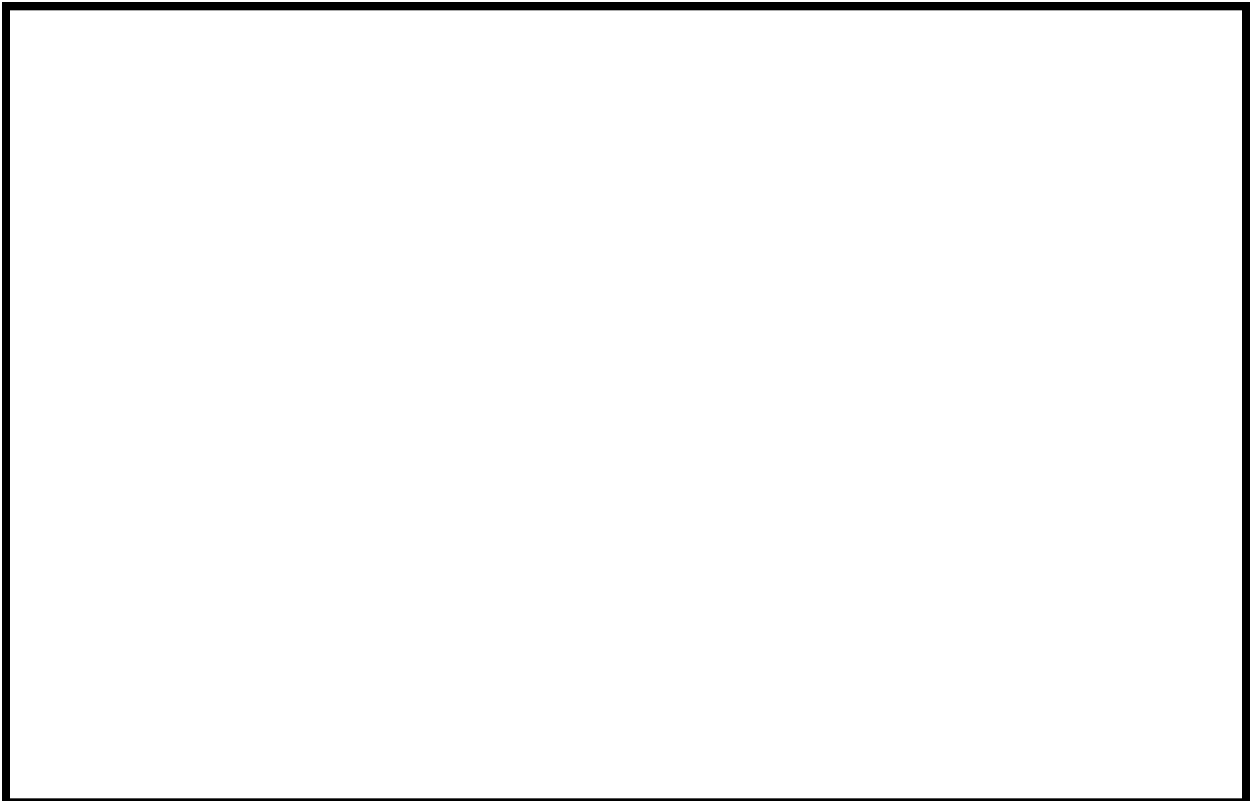
REVIEW:

What is studiousness?

Who is Saint Albert the Great?

GROWTH IN STUDIOUSNESS:

What did you do this month to grow in studiousness? Draw a picture.

A large, empty rectangular box with a thick black border, intended for a drawing or illustration related to the growth in studiousness.

STUDIOUSNESS: seeking knowledge to grow closer to the 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)

Feast: June 24 & August 29



The Heavens Opened by Sister Mary Grace Thul, O.P.

Saint John the Baptist was the cousin of Jesus. Many people loved John and came to hear him talk about God, but John knew Jesus was more important. When Jesus came, Saint John told the people to follow *Jesus*—and they did!

DISCUSSION:

If you were Saint John, how would you show that Jesus was more important than you?

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:

When we are good at something, it makes us happy. When others do a *better* job at something than we do, that should make us happy too!

Name something you do well:



Name something that you do NOT do well:

Think of what you do well, and then name someone who is BETTER at it than you:

How does knowing the things we do well and knowing the things we do not do well help us to hope more in God? (Hint: He loves us just the way we are!)

HUMILITY: accepting your limitations and God-given talents

PRAYER:

Dear Saint John the Baptist, even though many people loved you, you were so happy when they loved Jesus more. Please help me to be happy when others are loved more than me, especially when it is Jesus Who is loved more. Amen. Saint John the Baptist, pray for us.

SAINT ACTIVITY:

Saint John the Baptist told people that he was preparing the way for Jesus' coming. John said that Jesus was so much greater than he, and that he was not worthy to tie Jesus' sandals.

Take turns tying other people's shoes for them.

If you are not good at tying shoes, this is a good month to practice!

PRAYER:

Mother Mary, when Saint John the Baptist was still a baby inside of his mother, he jumped for joy when he heard your voice. Help us to leap for love of God. (Pray 3 *Hail Marys*, and jump for joy when you say "Jesus"!)

HUMILITY: accepting your limitations and God-given talents

REVIEW:

What is humility?

Who is Saint John the Baptist?

GROWTH IN HUMILITY:

What did you do this month to grow in humility?

Draw a picture.

A large, empty rectangular box with a black border, intended for a drawing or illustration related to the growth in humility exercise.

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 was the mother of Saint Augustine. For a long time, Augustine did not believe in God. Monica prayed every day that he would believe in God and be close to God. After 30 years, he finally turned to God!



Saint Monica by Kathy Baron

DISCUSSION:

Have you had to wait a long time for something good? What was it?

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:**

It can be very hard to wait for Christmas and not complain! To help you wait, make an Advent calendar:

1. Draw a picture of something related to the Christmas story. (Your teacher will give you ideas.)
2. Cover your picture with another paper and draw a door on the paper.
3. Draw a number on your door. (Your teacher will tell you which number.)
4. Hang the covered pictures in the room. On the same day in December as the number on the door, open the door to see the picture. No peeking ahead of time!

PATIENCE: waiting or enduring without complaint

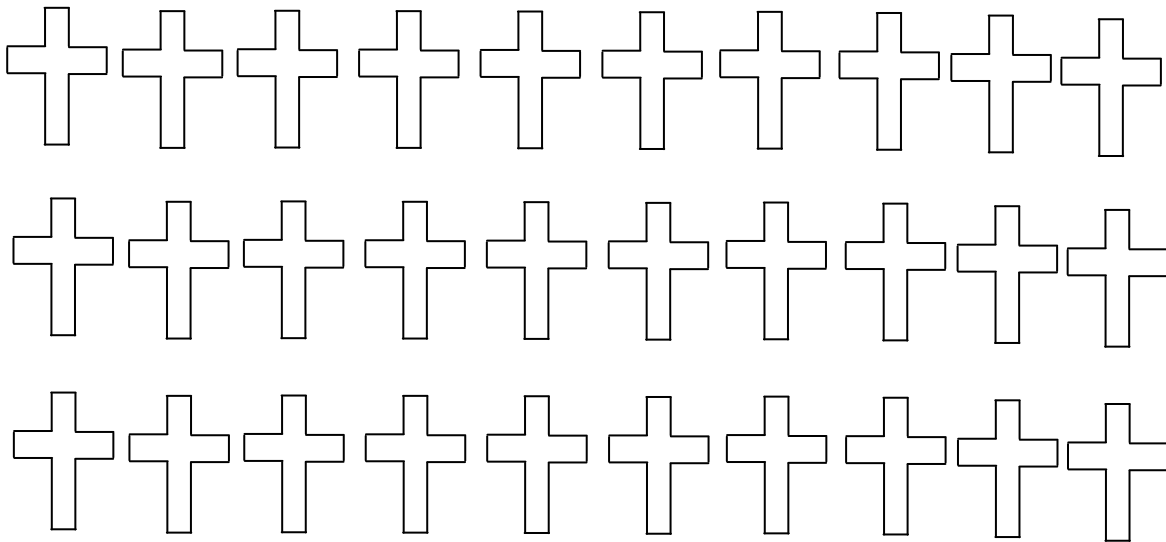
PRAYER:

Dear Saint Monica, help me to be patient like you. Help me to ask God for good things and then wait for His answer. Amen. Saint Monica, pray for us.

SAINT ACTIVITY:

Saint Monica prayed for her son for 30 years and then he finally turned back to God. Can you count to 30? Color 29 crosses in blue for Saint Monica praying when she was sad and make the last one yellow for *happy*!

1 2 3 4 ...



PATIENCE: waiting or enduring without complaint

PRAYER:

Mother Mary, you waited for nine months for Jesus to be born. Please help us to be patient like you. (Pray 3 *Hail Marys*.)

REVIEW:

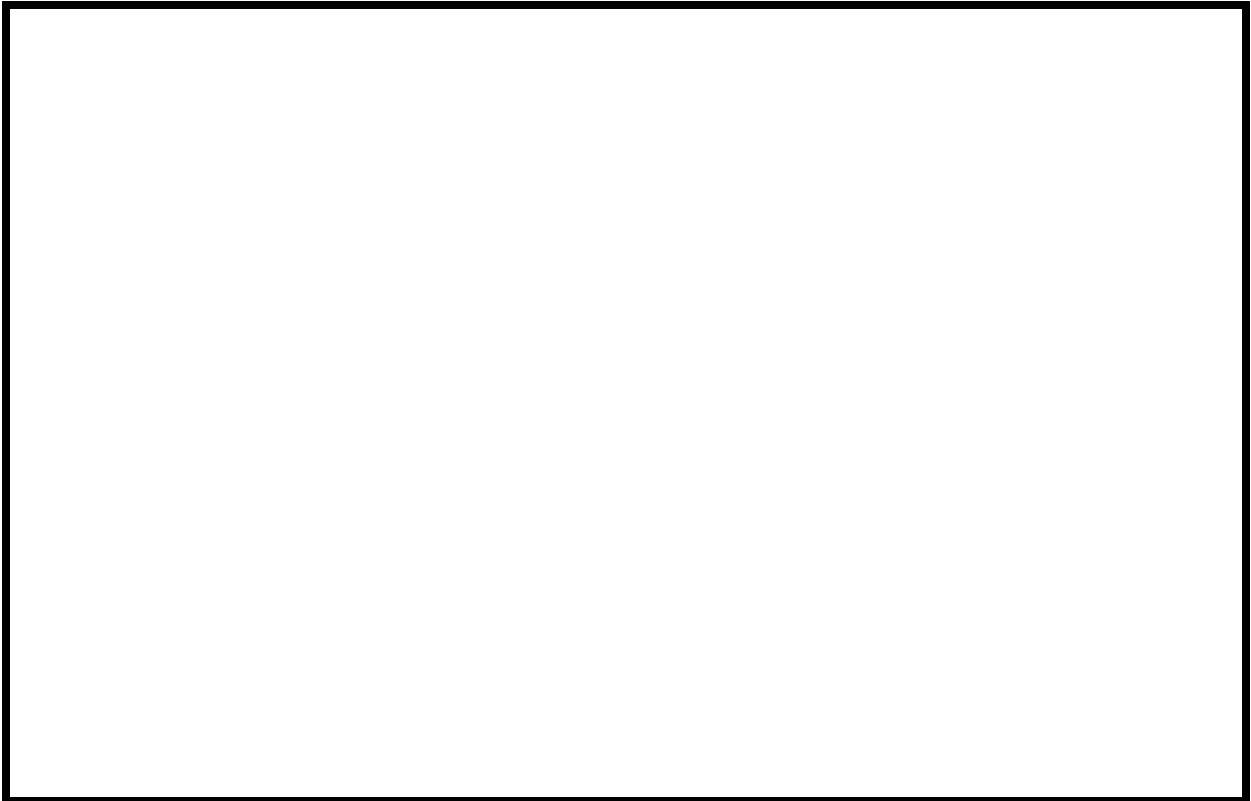
What is patience?

Who is Saint Monica?

GROWTH IN PATIENCE:

What did you do this month to grow in patience?

Draw a picture.

A large, empty rectangular box with a black border, intended for a drawing related to the growth in patience activity.

PATIENCE: waiting or enduring without complaint

January

PRAYER:

Act of Hope

VIRTUE OF THE MONTH:

Fidelity: keeping promises

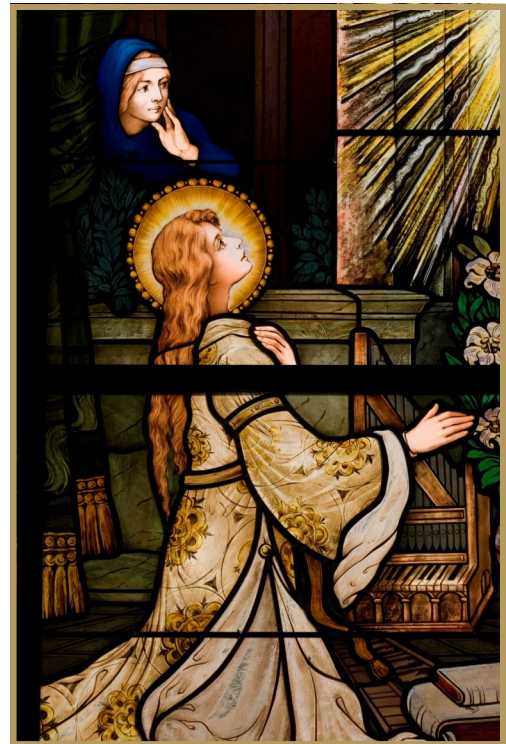
SAINT OF THE MONTH:

Saint Cecilia

(died 177 A.D., Italy)

Feast: November 22

Saint Cecilia loved God very much and gave her life to God. She could see her guardian angel every day. Saint Cecilia is the patron saint of music because she always sang to God in her heart.



Saint Cecilia, stained glass window from Saint Cecilia Chapel, Nashville, Tennessee

DISCUSSION:

Why is it important for us to keep promises?

FIDELITY: being faithful to promises and commitments

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 the promise? What can you do to help you keep promises?

As a class, choose a promise to make and keep together. We need to make our promise very specific so that we will know how to keep it. We need to make a promise that we can all keep. At the end of the day/week/ month (varies according to the promise made), we will check to see if we kept our promise.

Did we keep our promise? Does God keep His promises? Can we hope in God's promises?

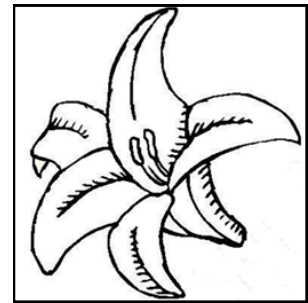
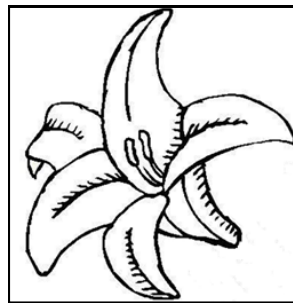
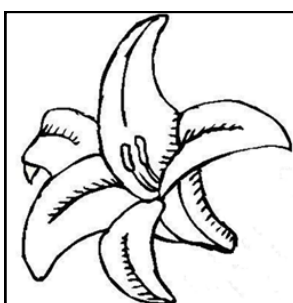
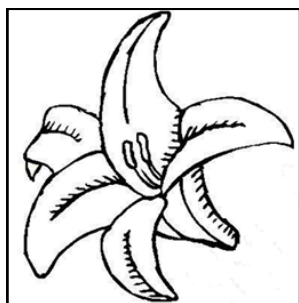
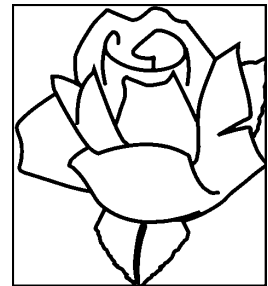
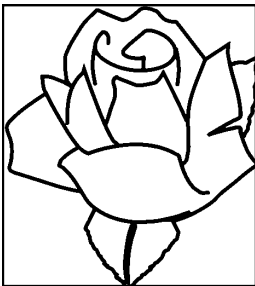
PRAYER:

Saint Cecilia, please help me to always keep God first in my life. Teach me to sing songs to Him in my heart. Amen. Saint Cecilia, pray for us.

SAINT ACTIVITY:

Saint Cecilia received a crown with lilies that were white for purity and roses that were red for martyrdom.

Color the roses red and leave the lilies white. Cut and glue the pieces onto a crown. (Make 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. Help us to be faithful like you. (Pray 3 *Hail Marys*.)

REVIEW:

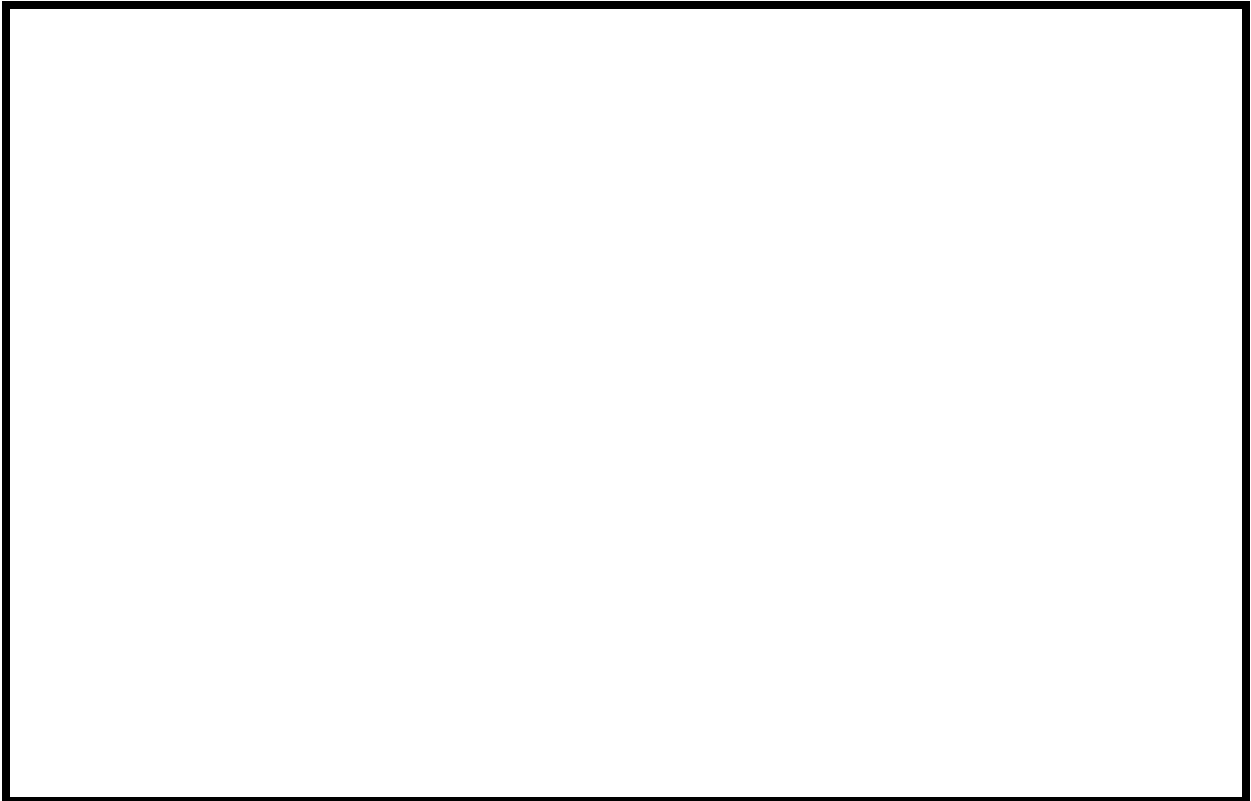
What is fidelity?

Who is Saint Cecilia?

GROWTH IN FIDELITY:

What did you do this month to grow in fidelity?

Draw a picture.

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

FIDELITY: being faithful to promises and commitments

February

PRAYER:

Act of Hope

VIRTUE OF THE MONTH:

Cheerfulness: Looking on the bright side

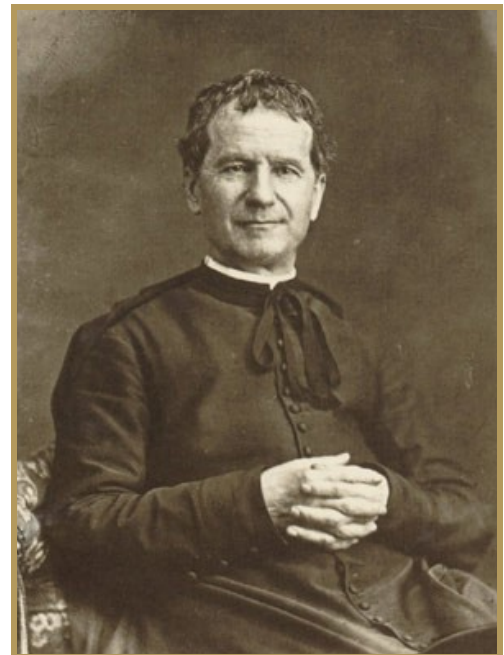
SAINT OF THE MONTH:

Saint John Bosco

(1815-1888, Italy)

Feast: January 31

Saint John Bosco wanted to help poor boys who lived on the street. He had the boys pray to Mary each night so that she would protect them and help them be more like Jesus. He would organize games for them and make sure they had time to play. He told the boys to be like Jesus in everything they did!



Saint John Bosco, photograph, 1880

CHEERFULNESS: looking on the bright side

DISCUSSION:

How did Saint John Bosco show the boys he loved them?

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 being cheerful like having hope? Is it always easy to be cheerful? Is it always easy to have hope?

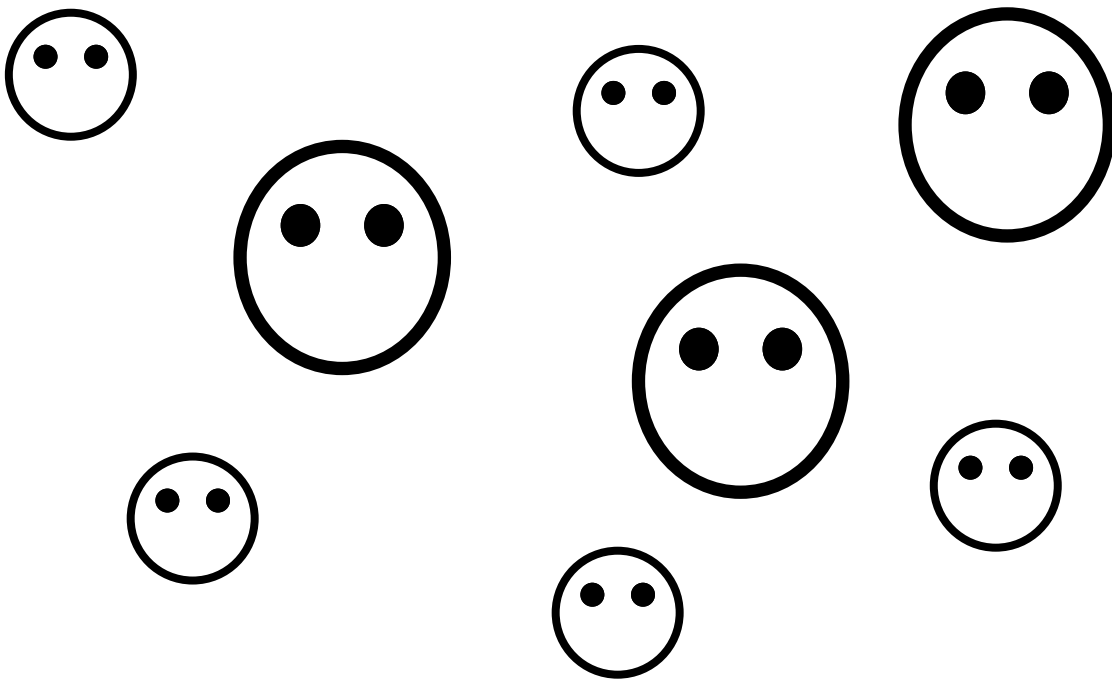
CHEERFULNESS: looking on the bright side

PRAYER:

Dear Saint John Bosco, 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. Saint John Bosco taught him that God wants us to *find joy in everything*, and not to be gloomy. Make the faces below happy faces and color them in.



CHEERFULNESS: looking on the bright side

PRAYER:

Mother Mary, when you met your cousin, Elizabeth, you sang for joy! Help us to bring joy to others. (Pray 3 *Hail Marys*.)

REVIEW:

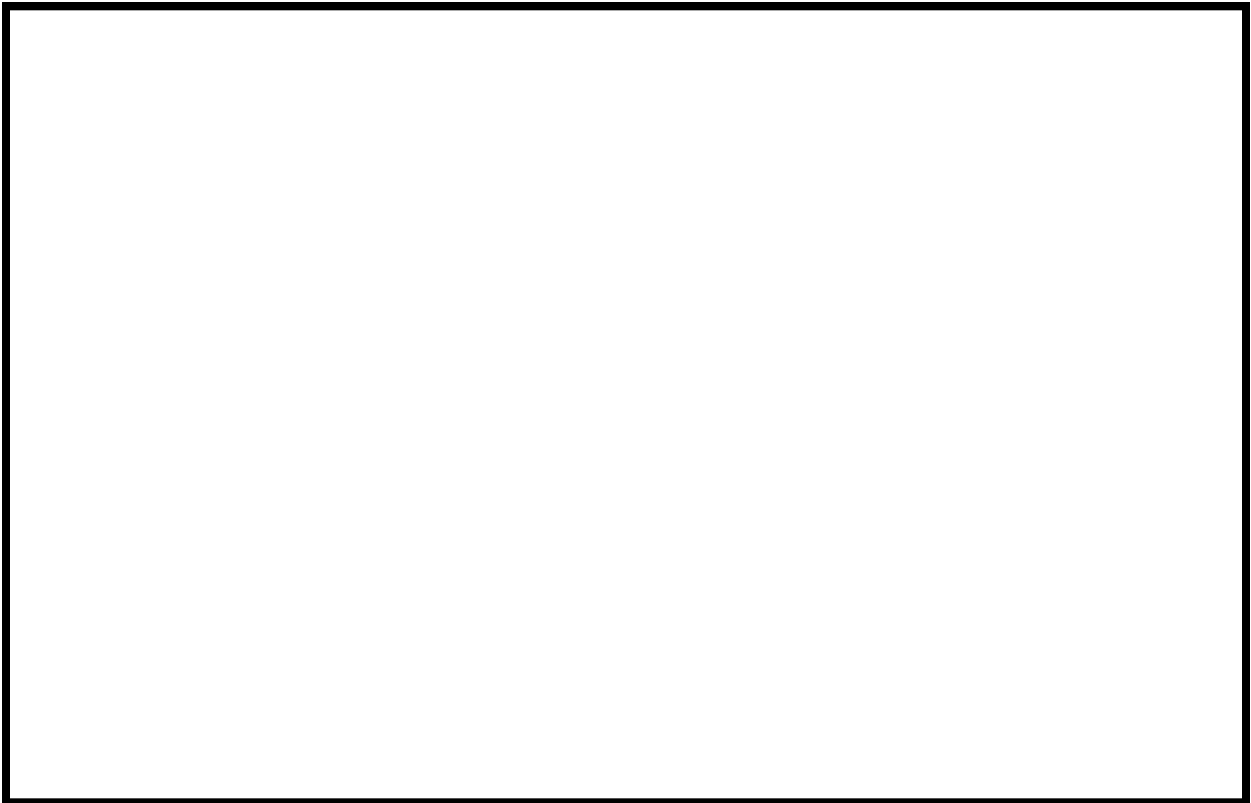
What is cheerfulness?

Who is Saint John Bosco?

GROWTH IN CHEERFULNESS:

How did you grow in cheerfulness this month?

Draw a picture.

A large, empty rectangular box with a thick black border, intended for a drawing related to the growth in cheerfulness.

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 of Avila was very popular. But sometimes she talked so much to people that she forgot to pray to God. When she became a nun, Saint Teresa helped the other nuns to be quiet and listen to God at prayer times, and to dance and sing when it was time to play!

TEMPERANCE: Enjoying things in a proper, balanced way

DISCUSSION:

What does it mean to have “too much of a good thing”?

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. Watching too much TV or playing video games too much is not temperate.

What are some activities that you could do *besides* watching TV or playing video games? Take turns acting them out.



PRAYER:

Dear Saint Teresa, please help me to always use good things with thankfulness and self-control. Teach me how to take and use only what I need, not all I want. I want to be temperate for love of Jesus! Amen. Saint Teresa, pray for us.

SAINT ACTIVITY:

Once when Saint Teresa was helping a certain convent, the first thing she did was get the sisters more food to eat. Because they were very poor, the sisters did not have enough to be healthy and could not focus on praying.

As a class, share some fruit for a snack. (Small fruit like grapes or berries will work best.) Let each student take as much as he or she should eat, and discuss your choices. Did you want even more? Why did you not take all you wanted? When we have all we need, how can we share with others so that God's gifts aren't wasted?

Discuss that sometimes being temperate also means that we take less of what we want (like cookies) to have more of what we need (like fruits and vegetables).

TEMPERANCE: Enjoying things in a proper, balanced way

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*.)

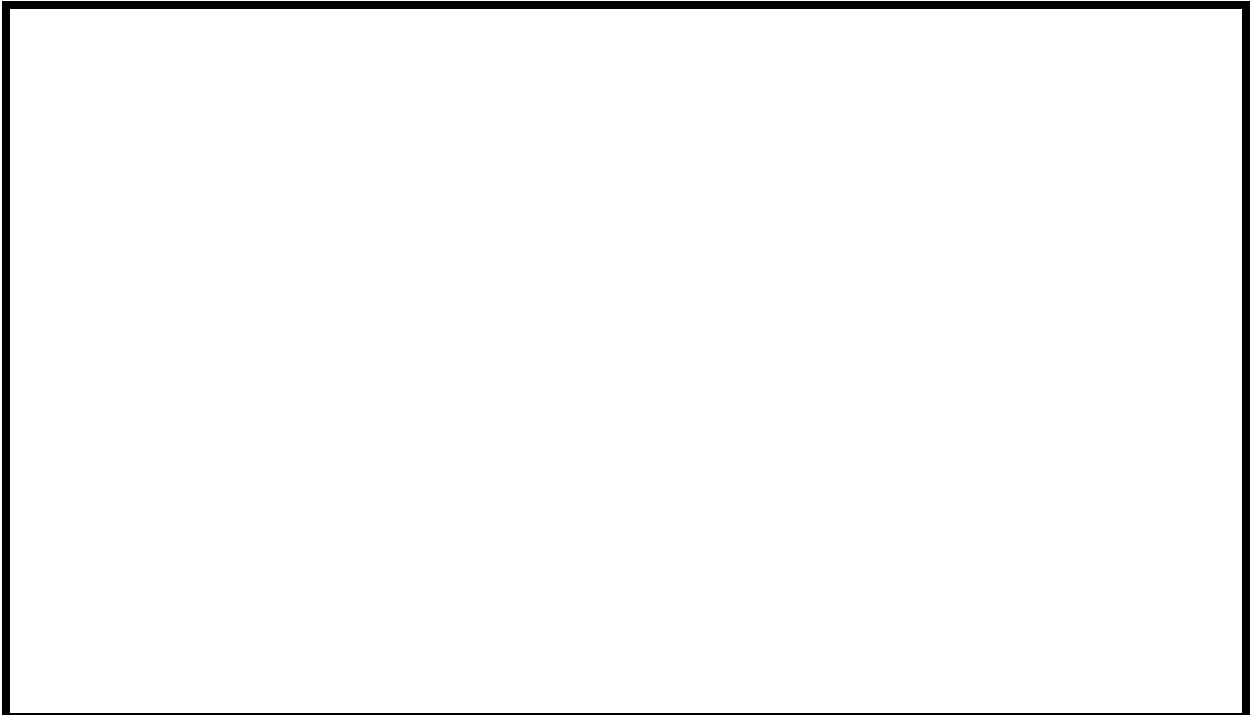
REVIEW:

What is temperance?

Who is Saint Teresa of Avila?

GROWTH IN TEMPERANCE:

What did you do to grow in temperance this month? Draw a picture.

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

TEMPERANCE: Enjoying things in a proper, balanced way

April

PRAYER:

Act of Hope

VIRTUE OF THE MONTH:

Obedience: saying "yes" to God

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



Annunciation Lily by Sister Mary Jean Dorcy, O.P.

When the angel Gabriel came from God to ask Mary to be the Mother of Jesus, Mary said she would do whatever God wanted. Later on, Mary would tell others to do what God wanted, too, when she said, "Do whatever He tells you."

DISCUSSION:

How did Mary show she obeyed God?

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

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."
2. (whisper) God says, "Close your eyes."
3. (whisper) "Open them!" (Gotcha!)
4. God says, "Jump up and down for joy."
5. Simon says, "Sit down!" (Gotcha!)
6. (whisper) God says, "Criss-cross applesauce."
7. (whisper) God says, "Put your hands in the air."
8. "Put them down!" (Gotcha!)

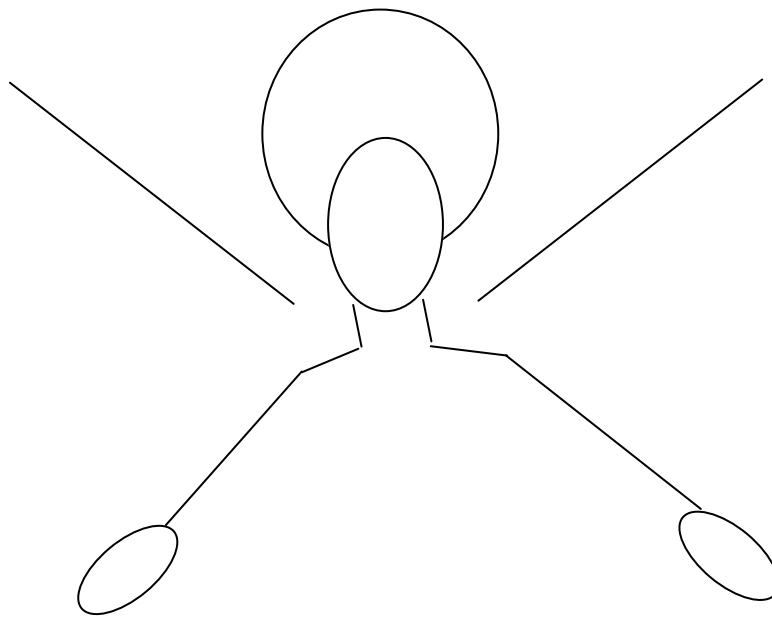
OBEDIENCE: saying "yes" to the loving will of God and those He has set over us

PRAYER:

Dear Mother Mary, please help me to say “yes” to God just like you! Amen. Mary, Mother of Jesus, pray for us!

SAINT ACTIVITY:

What do you think the angel Gabriel looked like when he came to ask Mary to be the Mother of God? Finish this drawing.



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

PRAYER:

Say three *Hail Marys* and quietly ask the Blessed Mother to help you to have an obedient heart.

REVIEW:

What is obedience?

Who is the Blessed Mother?



GROWTH IN OBEDIENCE:

How did you grow in obedience this month? Draw a picture.

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

May

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

All his life, Saint André worked very hard. Whatever he had to do, he did it until it was done right! One of his jobs was to answer the door. Sick people would ask him for help. Saint André would pray and the people would get well!



Saint André Bessette

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

DISCUSSION:

Why is it important to work hard and finish jobs?

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's hard to finish a job that takes a long time. Here are some things you can do together at school. They may take a while, so be diligent, working hard until you are finished!

1. Pick up all the litter around the school and put it in a bag for the garbage
2. Wipe off all the toys in your classroom so they are nice and clean
3. Put all the crayons or markers in bags of the same color.



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

PRAYER:

Dear Saint André, please help me to finish all my work and do my best, just like you did. Amen.
Saint André, pray for us.

SAINT ACTIVITY:

Saint André loved Saint Joseph so much that he built a big chapel and named it after him! Many people still go there to pray.

Using the blocks in your classroom, can you create a big chapel like Saint André?

PRAYER:

Mother Mary, you followed Jesus all the way to the Cross. Help us to be diligent. (Pray 3 *Hail Marys*.)

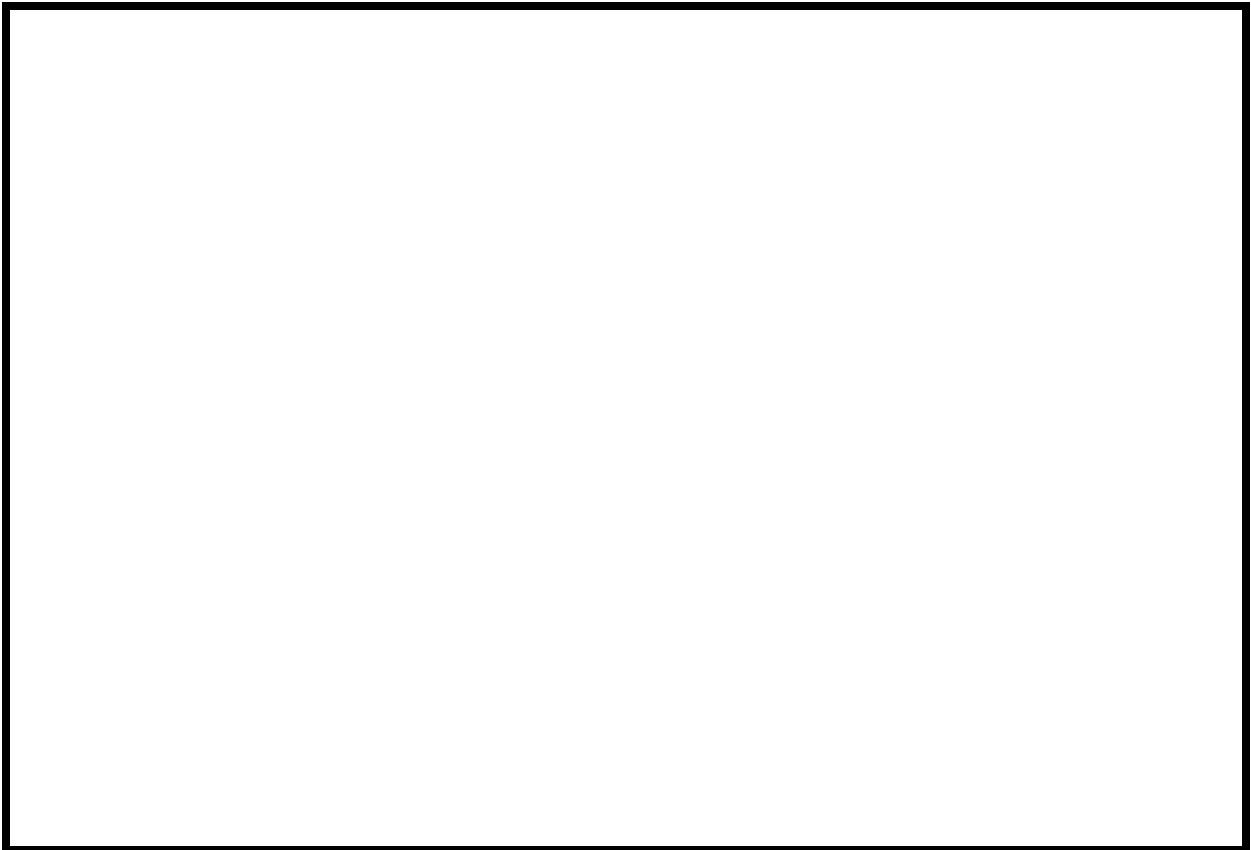
REVIEW:

What is diligence?

Who is Saint André?

GROWTH IN DILIGENCE:

How did you grow in diligence this month? Draw a picture.

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

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

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Christianson, Tracy L., *St. Joseph, Husband of Mary*, TLC Portraits.

www.portraitsofsaints.com. Accessed 13 March 2013. Used with permission.

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 [Dominican Sisters of St. Cecilia Congregation](#) in Nashville, Tennessee. Photograph courtesy of Sister Mary Justin Haltom, O.P.

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Dorcy, Sister Mary Jean, O.P., *Annunciation Lily*. Adrian Dominican Sisters, <http://www.adriandominicans.org/>. Used with permission.

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Acknowledgements

The *Virtues in Practice* program was originally written by a team of parents and faculty members at St. Gertrude School in Cincinnati, Ohio in 2005, and implemented beginning with the 2006 academic year. The program began as a nine-year cycle with students in kindergarten through eighth grade learning about a different virtue, and a saint who exemplified that virtue, each month. It was intended only for the use of St. Gertrude School, but within a short time it became clear that many schools desired the use of such a program.

To make the program accessible to a wider audience, Dominican Sisters of St. Cecilia from St. Gertrude School, St. Mary's School in Oak Ridge, Tennessee, Our Lady of Mount Carmel School in Newport News, Virginia, and St. Thomas Aquinas Regional School in Woodbridge, Virginia worked together with faculty and staff volunteers in those schools to create the current program which follows a spiraling curriculum that repeats the same virtues over a three-year cycle while introducing new saints each year. To all who have contributed time and talent to the creation of this program, we are deeply grateful.

This program is the fruit of grace and collaboration, and is offered free of charge to those who wish to use it in their home or school. It is our prayer that all who read it will be inspired to pattern their lives more faithfully on that of our Lord and Savior Jesus Christ. May our lives radiate His virtues, so that others may come to know and believe in the life and love He offers freely! To that end, we offer this work to His glory through the patronage of Mary, our Mother, and Star of the New Evangelization.

~ *The Dominican Sisters of St. Cecilia Congregation*

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For questions related to the *Virtues in Practice* program,
please contact the Office for the New Evangelization at neoffice@op-tn.org.



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

Act of Hope

O my God,
relying on Your almighty power
and infinite mercy and promises,
I hope to obtain pardon of my sins,
the help of Your grace,
and life everlasting,
through the merits of Jesus Christ,
my Lord and Redeemer.
Amen.