

*Virtues
in Practice*

Faith ~ Hope ~ Charity

Virtues in Practice
Monthly Newsletter

January 2019



January's Virtue - *Fortitude*

Happy New Year! As we begin 2019, take a moment to call on the Holy Spirit to strengthen you in the virtue of *fortitude*. Consider the following reflection from our 6th-8th grade *Virtues in Practice* student book. May God bless you and yours!

“All of us have experienced moments of fear. Sometimes we wish we were brave, but it just doesn’t seem possible. We avoid the person who scares us, procrastinate on the project that seems too difficult, or leave a friend hanging when they need our help. In these moments we must remember the power of grace. Often we put up a tough front and hide our weaknesses because we worry about what others will think of us. It is freeing to recognize the fact that *all* of us are weak, so there is no need to hide it. When we recognize our weakness we realize not only how much we need God’s help, but also how strong He is and how much He loves us. In recognizing our weakness and relying on God’s strength, we find true freedom, and can say with Saint Paul, ‘I will gladly boast of my weakness...for when I am weak, then I am strong’ (2 Corinthians 12-9-10)

“According to the *Catechism of the Catholic Church*, ‘Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of good...It disposes one even to renounce and sacrifice his life in defense of a just cause (paragraph 1808)’

“Sometimes we can describe behaviors as passive, assertive, or aggressive. To be assertive means to get involved and defend a just cause, an example of fortitude. Aggressive behavior tries to overpower another person, and doesn’t respect boundaries or the dignity of the other person; obviously this is the opposite of charity. What is not so obvious is that passive behavior can also be the opposite of charity. When we see others being hurt or misled, we must pray for the grace to be strong enough to defend what is right.” (*Virtues in Practice*, 2013)

Fortitude and Sacred Scripture

...if one loves righteousness, whose works are virtues, she teaches moderation and prudence, righteousness and fortitude, and nothing in life is more useful than these.

Wisdom 8:7

Pre-K-2nd Grade

Prayer: *Act of Charity*/Come Holy Spirit, open our minds and our hearts to God's living Word!

What is *Fortitude*? *Being brave and strong in the face of trials.*

Saint: *Saint Bernadette (Feast Day: April 16)*

Questions to ponder:

What is *fortitude*?

Can you name three ways Saint Bernadette acted with **fortitude**?



3rd Grade - 5th Grade

Prayer: *Act of Charity*/Come Holy Spirit, open our minds and our hearts to God's living Word!

What is *Fortitude*? *Being brave and strong in the face of trials.*

Saint: *Saint Joan of Arc (Feast Day: May 30)*

Questions to ponder:

How is the virtue of **fortitude** related to **charity**? What was the source of St. Joan of Arc's strength?



6th Grade-8th Grade

Prayer: *Act of Charity*/Come Holy Spirit, fill the hearts of your faithful, and rekindle in them the fire of your love. Send forth your Spirit and they shall be created. O God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant us through the same Spirit a love and relish for what is right and just and a constant enjoyment of his consolations. Through Christ our Lord. Amen.

What is *Fortitude*? *Being brave and strong in the face of trials.*

Saint: *Saints Paul Miki and Companions (Feast Day: February 6)*

Questions to ponder:

Think about passive behavior. Is this sometimes the same as a sin of omission? Are there ever times when it is virtuous *not* to act?

How did Saint Paul Miki and his companions show **fortitude**?



Home Project Suggestions

For details on these and other suggestions, see the Virtues in Practice Parent Guide for the Year of Charity and the month of January. ([ASCS: Virtues in Practice](#))

All: Hang up a copy of the *Act of Charity* on the refrigerator. Pray the *Act of Charity* together as a family. (See following page for a large-print copy.)

Pre K-2nd Grade: Are you strong if other kids are bothering you? With your parents, practice saying "please stop" in a way that is polite but strong, and use it this month if someone is doing something that is bothering you. Remember to be kind to everyone; sometimes kids are trying to make friends, and they don't know that they are bothering you or hurting your feelings.

3rd-5th Grade: Practice using one of the methods in the FORTITUDE acronym (*right*) to stand up for someone else who is being mistreated.

6th-8th Grade: How would you feel if you found out that you were insulted, and one of your best friends just listened and said nothing? Which of the ideas in the FORTITUDE acronym best fit your age and personality? Use them this month.

Fortitude is being brave and strong in the face of trials.

FORTITUDE:

ideas for standing up for someone else

Fine/Penalty

"Yikes! Give him a compliment to make up for that."
"Foul! We get five yards!"

Opposite

"Well, I think it's a cool haircut."
"I think it's a great idea."

Report it

Hand a note to the teacher.
Talk to the teacher after school.

Take over

"Hey, everybody—let's have a race to decide."
"Let's vote on a movie to watch."

Investigate

"Why did you say that?"
"What made this such a big issue?"

Talk about it later

"I think we really hurt her feelings yesterday."
"That was pretty mean, what we did this morning."

Understanding

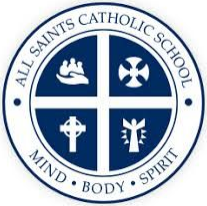
"That wasn't fair. I'm on your side."
"Want to hang out with me at recess today?"

Distract

"Look, who is that?"
"Hey, have you heard my favorite joke?"
"Wait—do we have any tests this week?"

Exclaim

"That's mean!"
"Don't say that!"



2018-2019 Virtues Committee: Carie Bellamy, Katrina Finkelstein, Mary Ann Jenkins, Michelle MacLellan, Carol Pisarski, Jessica Railling, Amy Roose, Andrew Willing

For more information or for suggestions on monthly classroom activities/home projects please see: [Virtues in Practice](#) program website or contact a member of the 2018-2019 Virtues Committee. Also, for .pdf versions of ALL *Virtues in Practice* materials please see the [Catholic Identity](#) tab at [All Saints](#)' website.

*What is a **virtue**?*

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. (from the Grades 1-2 student book)

Please continue praying the *Act of Charity* with your families. We are all working together to show children that God is first and foremost in our lives. The graces from this prayer are needed to open hearts, to guide leaders, and to beg the healing that only Our Lord can provide. Have a wonderful first month of 2019!

Act of Charity

*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.