

Virtue of the Month

February

“Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.” Phil 4:8

Growing Together in Virtue!

This year at St. Peter School, preschoolers through 8th grade are "**Growing Together in Virtue!**" Each month throughout the school year every student in every grade is learning about a specific virtue and is being guided by teachers in the understanding and practice of the virtue. Instilling virtue isn't easy, and takes prayer, discipline, and encouragement, not only at school but even more importantly at home. We pray that through God's grace, we all grow closer to God as we work to cultivate virtue in the hearts of our children.

What are virtues? Virtues are firm habits to do what is right and good. The Catechism of the Catholic Church states that “a virtue is a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best himself.” (CCC 1803). Virtues open us up to a good and meaningful life. They guide us to live morally, control our emotions and avoid what is sinful. In doing so, virtues help us become „fully human” and tap into the rich potential given to us by God. Virtues are connected to our conscience. The conscience is where we recognize the moral quality of each and every action. It is our most secret core - the place where we are alone with God, able to hear His voice. Virtues help us „form” our conscience so that we clearly hear what God is saying and competently carry out what is right, good, true and beautiful. As a parent, what do you think is the most important part of virtue training? Is it understanding the virtues and knowing what each means? Is it explaining each virtue to your children and then monitoring the development in their lives? Or, is it selecting one or two virtues to „showcase” in your own life? As is the case with any habit, developing a virtuous life is a lifelong process. It takes a great deal of time and energy to become skilled at choosing what is right. Be assured that virtuous competence is worth the effort it takes. Parents that commit to this long and exacting work will enjoy fulfilling relationships and finds contentment in family life.

(from http://www.dioceseoflacrosse.com/ministry_resources/family_life/parentsplace/virtues.htm)

The virtue for the month of February is **Respect**.



Respect



Definition

Respect is A polite expressions of consideration; the state of being regarded with honor or esteem.

Respect means treating others with courtesy and consideration, following rules and deferring to authority.

Catechism of the Catholic Church Quotes

RESPECT FOR HUMAN LIFE

"Human life is sacred because from its beginning it involves the creative action of God and it remains forever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning until its end: no one can under any circumstance claim for himself the right directly to destroy an innocent human being." [56] CCC 2258

Everyone is responsible for his life before God who has given it to him. It is God who remains the sovereign Master of life. We are obliged to accept life gratefully and preserve it for his honor and the salvation of our souls. We are stewards, not owners, of the life God has entrusted to us. It is not ours to dispose of. CCC 2280

Respect for the souls of others: scandal

Scandal is an attitude or behavior which leads another to do evil. The person who gives scandal becomes his neighbor's tempter. He damages virtue and integrity; he may even draw his brother into spiritual death. Scandal is a grave offense if by deed or omission another is deliberately led into a grave offense. CCC 2284

Respect for health

The virtue of temperance disposes us to avoid every kind of excess: the abuse of food, alcohol, tobacco, or medicine. Those incur grave guilt who, by drunkenness or a love of speed, endanger their own and others' safety on the road, at sea, or in the air. CCC 2290

Scripture Quotes

Revere your mother and father, and keep my Sabbaths, I the lord, am your God. Leviticus 19:3

Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves

Philippians 2:3

Love one another with mutual affection; anticipate one another in showing honor. Romans 12:10

Other Quotes

Men are respectable only as they respect"

~Ralph Waldo Emerson

"True devotion to Me is not a mere feeling, nor is it a passing emotion. It is an act of respect and loyalty to Me." ~Anthony J. Paone, S.J. - [My Daily Bread](#)

"Look for Christ our Lord in everyone and you will then have respect and reverence for all." ~St. Therese of Lisieux

For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. ~ 1 Corinthians 9:19

Football is like life – it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority. ~Vince Lombardi

There is always the danger that we may just do the work for the sake of the work. This is where the respect and the love and the devotion come in – that we do it to God, to Christ, and that's why we try to do it as beautifully as possible. ~Mother Teresa

Saint for Virtue of Respect
St. Josephine Bakhita (5th - 8th grade)



Josephine was born in Sudan, which in the second half of the 19th century was normally owned by Egypt, and later became a territory dominated by the British. The country was ravaged by war, the largest of these triggered by the Mahdi revolt (185-1899). Lawlessness ruled the land and there was a flourishing slave trade. A nameless girl, probably born around 1870, was one of this war's victims. Kidnaped at the age of six, she was called Bakhita by her captors. She was sold many times over and was treated like an object. In 1882 her fate changed when she was purchased by the family of the Italian Consul to Khartoum, Callisto Legnani. She then learned that not all people were evil. The chaos caused by the Dervish revolt forced diplomats to leave Sudan, so Bakhita went with her patrons to Italy. She lived in the house of Legnani's friend, Augusto Michieli. The Michieli family trusted her so much that she was asked to take care of the daughter of one of the young women in the family. Bakhita lived with the child in a boarding house at a school of Sisters of St. Magdalene of Canossa. She learned the principles of Christian faith there and was baptized in 1890, receiving the name Josephine. She wanted to be even closer to Christ, so at the age of 26 she joined the Cannossian nunnery in Venice. She performed the simplest tasks in the congregation. She was appreciated for her cheerfulness, diligence and deep faith. Unfortunately, the color of her skin provoked reactions that did not match the Evangelical principle of equality of all people. But she would bear all the humiliation, suffering and prolonged illness in the spirit of deep faith. She died in the nunnery in Schio at the age of 77 on February 8, 1947. She was beatified in 1992, and canonized in 2000.

**Jesus, You called people of all nations and cultures to salvation,
let the shining example of faith and love provided for us
by St. Josephine Bakhita
teach us respect for every person.
You live and reign for ages and ages. Amen.**

From Ordinary People, Extraordinary Lives

Scripture Passages on Respect For Entering into notebooks and Discussing



Scripture passages

Stories from the New Testament that you could use with your children:

“Love of Enemies” Luke 6:27 – 36; Matthew 5:43-48

Matthew 5:43-48

"You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your brothers, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect.

“Parable of the Good Samaritan” Luke 10:29 – 37; Who gave of himself and respected the needs of the hurt traveller and helped him.

“Mutual Love” Romans 12: 9 – 21; Reminds us to show love and respect in every situation.

Respect life in simple ways, in everyday occurrences: Speaking nicely to others, obey their parents, elders, and people in charge of them, offering to help others, using manners, practicing patience, and the list can go on.

Manners are minor morals. They are the everyday ways we **respect** other people and interact positively with others.

Saying please when we'd like something, thanking people (waitresses and clerks, for example) when they do us a service, holding a door for the person behind us, not talking in movie theaters, turning off our cell phones when we're in a group setting, covering our mouth when we yawn or cough, using language that doesn't offend -- all these are small but meaningful ways of trying to make life a little more pleasant for the people around us.

Respect is self-giving. It is being considerate and courteous to those around us.

Respect for life. The Fifth Commandment—“You shall not kill”—“calls us to foster the physical, spiritual, emotional, and social well-being of self and others” (USCCA, p. 389). We must value and support all life. How can we promote respect for life? This starts with respecting and valuing our own lives as gifts from God.

Chair of Saint Peter, Apostle

Feast Day
February 22nd



This feast brings to mind the mission of teacher and pastor conferred by Christ on Peter, and continued in an unbroken line down to the present Pope. We celebrate the unity of the Church, founded upon the Apostle, and renew our assent to the magisterium of the Roman Pontiff, extended both to truths which are solemnly defined "ex cathedra" and to all the acts of the ordinary magisterium.

Source: Daily Roman Missal, Edited by Rev. James Socías, [Midwest Theological Forum](#), Chicago, Illinois ©2003

Ex cathedra – means literally "from the chair", a theological term which signifies authoritative teaching

Magisterium- (from the Latin magister: 'master') means the living teaching authority of the Church

Pope Trivia:

Who is our current pope? *Pope Benedict XVI (papal name)*

What was his name before elected? *Cardinal Joseph Ratzinger (baptized name)*

When was he elected? *on April 19, 2005,*

What number pope is he? *The Catholic Church's 265th pope*

Where was his birth place? *Bavaria, Germany*

Who did he succeed? *succeeded John Paul II*

Chair of Saint Peter, Apostle

Feast Day
February 22nd



Pope Benedict XVI is the 265th and current pope. He is the head of the Catholic Church. He lives in Rome, Italy at the Vatican. He was born on April 16, 1927 (he is 84 years old) in Germany. His baptized name is Joseph Ratzinger. He took Benedict as his papal name when he became pope 5 years ago.

PRAYER REQUESTS OF POPE BENEDICT XVI

"Did you know that every month the Pope has two special intentions that he wants you to pray for"? For January one of the Holy Fathers intentions was to pray for unity. Let's hear and learn more about the prayer the pope asked us to pray for, and color the picture of our first pope, St. Peter. (taken from the website "apostleship of prayer")

Read to your students:

Whatever Happened to Good Manners?

"Without good manners, human society becomes intolerable."
George Bernard Shaw

How Things Were Different Not Too Many Years Ago

The following are ten changes a teacher has seen in student behavior over his 20-plus years of high school teaching. Let's look at these observations:

Students rarely came late to class. When they did, they apologized. Today many come late. Only rarely does one apologize.

Students didn't get up, walk across the room, throw something in the wastebasket, then walk back across the room while the teacher is talking. Today this is done often, and nothing is thought about it.

Students used to listen when the teacher was talking. Today many students feel they have a right to ignore the teacher and have a private conversation with their friends.

Students didn't swear or use crude, unkind language in classrooms or the hallways. Today some students seem to think they can't talk without using such language.

Students used to say "Please" and "Thank you." Today only a few students use those words.

Students used to greet adults and others when entering the school and classroom. Many students today do not greet their teachers when they come into the classroom or other adults when they see them in the hallways or school office.

Now instruct students: "Please take out a sheet of paper and answer these questions. Don't sign your name. I'll collect your papers and read them aloud to the class."
Why is this happening?

Is society better when people treat each other with respect? If so, why?

Is a classroom better when both students and teacher show mutual respect?

Why does Henry Rogers say, "Good manners are one of the most important keys to success in life"?

What is the "Golden Rule" that Christ taught? If it's so simple, why do more people today have difficulty practicing it?

Which impresses people more -- being "cool" or being courteous?

The Hello-Goodbye Rule

All across the country, teachers say that many students today do not return adults' greetings. "You say hello to a kid in the hall," says one elementary school teacher, "and they don't say anything back." Returning a greeting, like all manners, must be learned. Gary Robinson made it a point to teach his 4th- and 6th-grade students the courtesy of greeting another person and saying goodbye. After establishing the Golden Rule as his "most important classroom rule," Mr. Robinson said: My other rule is my Hello-Goodbye Rule. When you come into the classroom, I'd like you to say, "Hello, Mr. Robinson." I will, of course, return your greeting and say hello back to you. And when you leave the classroom, I'd like you to say, "Goodbye, Mr. Robinson."

When you enter somebody's space, it's common courtesy to greet them. You should do the same thing with your parents whenever you come into your house. And when you leave a person's space, you should always say goodbye. That's just the polite thing to do.

(taken from Teach Manners by Thomas Lickona at www.catholiceducation.org)

Remind students that we are to look for Christ in everyone - to welcome Him. If He stood in our hallways or at the front of our classroom, would we ignore Him or pass by Him without acknowledging His presence? No, we would look at him, extend our hand, and say, "Hello, Jesus." or "Good Morning, Jesus." We would hold the door for Him. Encourage your students to treat each other and especially the adults they see throughout the day with such respect.

"Look for Christ our Lord in everyone and you will then have respect and reverence for all." St. Therese of Lisieux

The Way We Dress Communicates Respect

Virtue of Respect grades 5-8

Different occasions call for different outfits. When you go to school, you need to dress well, and you may even have to wear a uniform. When playing sports, you wear the uniform of the team. If you're going shopping, to the movies, or out to play, you can wear casual clothes. When we go to church services, synagogue, weddings, funerals, or graduations, we wear formal clothes.

*The way we dress makes a statement about how we feel about the particular events we attend. If you attended a wedding in sneakers and sweat pants, you would demonstrate that you didn't care about the service. When you dress nicely, it communicates **respect**. (taken from Everyday Graces by Karen Santorum)*

You must know that your body is a temple of the Holy Spirit, who is within—the Spirit you have received from God. You are not your own. You have been purchased, and at a price. So glorify God in your body.

— 1 Corinthians 6:19–20



Songs of Respect
(Listen on YouTube)

Respect Song Remix Lyrics (taken from havefunteaching.com) grades K-4

Respect Yourself by working hard and doing what's right
Being honest with yourself and telling the truth

Respect Yourself, Respect Others, Respect the School
That is just what we do

Respecting Others by taking turns and sharing our things
Treating others with love and all together we sing

Respect Yourself, Respect Others, Respect the School
That is just what we do

Respect the School by cleaning up and walking in a straight line
Staying quiet in the hall and handing work in on time

Respect Yourself, Respect Others, Respect the School
That is just what we do

You Raise Me Up (joshgrobان.com)

When I am down and, oh my soul, so weary;
When troubles come and my heart burdened be;
Then, I am still and wait here in the silence,
Until you come and sit awhile with me.

You raise me up, so I can stand on mountains;
You raise me up, to walk on stormy seas;
I am strong, when I am on your shoulders;
You raise me up... To more than I can be.

You raise me up, so I can stand on mountains;
You raise me up, to walk on stormy seas;
I am strong, when I am on your shoulders;
You raise me up... To more than I can be.

There is no life - no life without its hunger;
Each restless heart beats so imperfectly;
But when you come and I am filled with wonder,
Sometimes, I think I glimpse eternity.

You raise me up, so I can stand on mountains;
You raise me up, to walk on stormy seas;
I am strong, when I am on your shoulders;
You raise me up... To more than I can be.

You raise me up, so I can stand on mountains;
You raise me up, to walk on stormy seas;
I am strong, when I am on your shoulders;
You raise me up... To more than I can be.

You raise me up... To more than I can be.

Befriending the Elderly

CONSIDERATION

By Gelett Burgess

When you're old, and get to be,
Thirty-four or forty-three,
Don't you hope that you will see
Children all respect you?
Will they, without being told,
Wait on you, when you are old,
Or be heedless, selfish, cold?
I hope they'll not neglect you!

An elderly person might seem frail and gray, but they were once young like you. And now that they've lived a long time, they can be full of wisdom. To show love and respect for the elderly, offer to help when you visit. When you are with an elderly person who cannot hear well, be sure to speak loudly and clearly. You may need to repeat yourself. It's also polite to keep the television off and the background noise to a minimum.

If a person has a hard time seeing, or is blind, offer to take his arm and help him. Let him know what pieces of furniture he needs to navigate around. If you are outside, let him know if there is a step or a dip in the yard.