

VIRTUES SCHEDULE FOR 2021-2022

THEOLOGICAL VIRTUES “The three virtues relate directly to God. They dispose Christians to live in a relationship with the Holy Trinity... The theological virtues are the foundation of Christian moral activity; they animate it and give it its special character. They inform and give life to all the moral virtues. They are infused by God into the souls of the faithful to make them capable of acting as his children and of meriting eternal life: (CCC 1812-1813). They are faith, hope, and charity.

CARDINAL VIRTUES “Four virtues play a pivotal role and accordingly are called “cardinal”; all the others are grouped around them. They are temperance, justice, fortitude, and prudence

WEEK	VIRTUE	MEANING	OPPOSING TRAIT	WAYS TO CULTIVATE	SAINT OF THE WEEK	MONTHLY SOCIAL TEACHING
1 Aug. 30	FAITH	Believing in God and all He has revealed. Faith is a gift given by God to us at Baptism.	Not believing in God; thinking of faith as an act of our own will.	We develop faith through practice—not just by thinking and studying about God, but by taking time each day to have personal encounters with Him	ST. JUNIPERO SERRA	<p>Solidarity</p> <p>We are one human family whatever our national, racial, ethnic, economic, and ideological differences. We are our brothers and sisters’ keepers, wherever they may be. Loving our neighbor has global dimensions in a shrinking world. At the core of the virtue of solidarity is the pursuit of justice and peace. Pope Paul VI taught that if you want peace, work for justice. The Gospel calls us to be peacemakers. Our love for all our sisters and brothers demands that we promote peace in a world surrounded by violence and conflict.</p>
2 Sept. 6	HOPE	A trust in God’s promise that He has created us to be with Him in heaven. Hope is a gift given by God to us at Baptism	Not trusting that we will be with God in heaven; hoping for anything that is of this world	Give thanks to God for the things for which you have hoped for in the past that He has since blessed you with. Giving thanks increases hope	ST. PETER CHANEL	
3 Sept. 13	CHARITY	Loving God with all your heart, mind, and strength, and your neighbor as yourself. Charity is gift given to us by God at Baptism	Not loving God with all you heart, mind and strength. Not loving your neighbor as yourself	Speak of others only in kindness, putting God first and foremost in our lives	ST SCHOLASTICA	
4 Sept. 20	TEMPERANCE (Self-Control)	Enables one to endure difficulties and pain for the sake of what is good	Intemperance: overindulging in a good thing	Exercise the freedom to say ‘no’ to one’s wants and desires	ST. ALOYSIUS GONZAGA	
5 Sept. 27	HONESTY	Sincerity, openness, and truthfulness in one’s words and actions	Being dishonest in words and actions: telling lies	Live uprightly in words and actions; recognize that “God sees the heart”	ST. PHILOMENA	
6 Oct. 4	HUMILITY	Awareness that all one’s gifts come from God and appreciation for the gifts of others	Failing to recognize the gifts of others; being too proud or having false humility	Show, deference to others; acknowledge the accomplishments	ST. BONAVENTURE	<p>Life and Dignity of the Human Person</p> <p>The Church proclaims that human life is sacred and that the dignity of the human person is the foundation of a moral vision for society. This belief is the foundation of all the principles of our social teaching. In our society human life is under direct attack from abortion and euthanasia. We believe that every person is precious, and people are more important than things, and that the measure of every institution is whether it threatens or enhances the life and dignity.</p>
7 Oct. 11	MEEKNESS	Serenity of spirit while focusing on the needs of others	Giving in to anger and losing one’s temper when working or playing with others	Remain calm; allow others to go first; wait without complaining	ST. JOHN DE BRITTO	
8 Oct. 18	MODERATION	Attention to balance in one’s life	Giving in to being excessive in one or more areas of one’s life	Set limits for oneself; create a balance in one’s life by limiting the use of media, consumption of addition food and drink, etc.	ST. JOHN HENRY NEWMAN	
9 Oct. 25	MODESTY	Purity of heart in action, especially in regard to dress and speech	Choosing to dress or act in a way inconsistent with one’s dignity as a child of God	Follow the dress code; recognize your dignity as a person; ask yourself if you are respecting yourself as a child of God	ST. STANISLAUS KOSTKA	
10 Nov. 1	ORDERLINESS	Keeping oneself physically clean and neat and one’s belongings in good order	Disorder with regard to one’s space and physical appearance	Establish order in one’s daily life; keep one’s space and appearance orderly and clean	ST. ALBERT THE GREAT	
11 Nov. 8	SELF-CONTROL	Joyful mastery over one’s passions and desires	Being excessive in words or actions, acting impulsively	Mastery of one’s desires; practice restraint in regard to words and actions	ST. CHARLES DE FOUCAULD	<p>Option for the Poor and Vulnerable</p> <p>A basic moral test is how our most vulnerable members are faring. In a society marred by deepening divisions between rich and poor, our tradition recalls the story of the Last Judgement (Mt 25:31-46) and instructs us to put the needs of the poor and vulnerable first.</p> <p>In teaching us charity, the Gospel instructs us in the preferential respect due to the poor and the special situation they have in society: the more fortunate should renounce some of their rights so as to place their goods more generously at the service of others</p>
12 Nov. 15	JUSTICE (Fairness)	Enables one to give to each, beginning with God, what is due him	Failing to see what is owed to each by virtue of his dignity	Recognize what is due to God first and then to others	ST. JOAN OF ARC	
13 Nov. 22	AFFABILITY	Being easy to approach and easy to talk to – friendly	Being mean, unkind, cruel, or unflattering	Smile: acknowledge the presence of other people and take time to listen to them	ST. GABRIEL OF THE SORROWFUL MOTHER	
14 Nov. 29	COURTESY	Treating other people with respect, recognizing that all are made in God’s image and likeness	Not recognizing the inherent dignity of others made in God’s image and likeness	Be aware of others’ feelings and expressions; be polite, well-mannered	ST. NICHOLAS	
15 Dec. 6	GENEROSITY	Giving of oneself in a willing and cheerful manner for the good of others	Giving without a spirit of cheer, with a begrudging manner	Be self-giving; focus on one act of charity/kindness each day; share	ST. GIUSEPPE MOSCATI	
16 Dec. 13	GRATITUDE	Thankful disposition of mind and heart	Not expressing appreciation; taking other people and things for granted	Count the good things (blessings) in one’s life; express gratitude even when it is difficult	ST. JOSEPHINE BAKHITA	<p>Call to Family, Community, and Participation</p> <p>The person is not only sacred but also social. How we organize our society – in economics and politics, in law and policy – directly affects human dignity and the capacity of individuals to grow in community. Marriage and the family are the central social institutions that must be supported and strengthened, not undermined. We believe people have a right and a duty to participate in society,</p>
17 Jan. 3	KINDNESS	Expressing genuine concern about the well-being of others; anticipating their needs	Not regarding the well-being of others, being cruel in looks, words, and action	Practice speaking, thinking, and acting kindly	ST. CAMILLUS DE LELLIS	
18 Jan. 10	LOYALTY	Accepting the bonds implicit in relationships and defending the virtues upheld by Church, family, and country	Breaking the bonds of trust with Church, family, country, friends, and school	Seek to do one’s best to help others; follow rules; fulfill responsibilities; be faithful to commitments	ST. HELEN	

19 Jan. 17	OBEDIENCE	Assenting to rightful authority without hesitation or resistance	Resisting the directives of rightful authority	Listen to rightful authority; follow directions; give a prompt response	ST. MATTHEW	seeking together the common good and well-being of all, especially the poor and vulnerable.
20 Jan. 24	PATRIOTISM	Paying due honor and respect to one's county; with a willingness to serve	Lacking regard or respect for one's country and national symbols	Show respect for your country's flag; speak respectfully about government officials; recite the Pledge	ST. JOSAPHAT	
21 Jan. 31	PRAYERFULNESS	Being still, listening, and being willing to talk to God as a friend	Entertaining distractions during prayers and Mass	Cultivate a spirit of prayer and recollection; maintain the proper posture (kneeling, sitting still, etc.)	ST. DOMINIC	
22 Feb. 7	RESPECT	Speaking and acting according to one's own and others' rights, status, and circumstances	Resisting the directives of rightful authority	Be respectful in words and actions (body language); allow others to go first	ST. DAMIEN OF MOLOKAI	Rights and Responsibilities The Catholic tradition teaches that human dignity can be protected, and a healthy community can be achieved only if human rights are protected, and responsibilities are met. Therefore, every person has a fundamental right to life and a right to those things required for human decency. Corresponding to these rights are duties and responsibilities – to one another, to our families, and to the larger society.
23 Feb. 14	RESPONSIBILITY	Fulfilling one's just duties; accepting the consequences of one's words and actions, intentional and unintentional	Failing to accept responsibility for one's words and/or actions; being unreliable	Be accountable for one's personal actions and decisions at home, at school, and in personal relationships	ST. COLUMBA	
24 Feb. 21	SINCERITY	Trustfulness in words and actions; honesty and enthusiasm towards others	Speaking or acting in a manner only to make oneself look good; being insincere	Tell the whole truth; build trust by words and actions; state what one is sorry for	ST. VINCENT FERRER	
25 Feb. 28	TRUSTWORTHINESS	Acting in a way that inspires confidence and trust; being reliable	Being devious or deceptive	Perform actions that restore and maintain trust; act with fidelity in small matters	ST. CLARE OF ASSISI	
26 Mar. 7	FORTITUDE (Courage)	Enables one to endure difficulties and pain for the sake of what is good	Choosing the easiest task; being cowardly; being insensible to fear	Withstand difficulties; compete hard tasks	ST. IGNATIUS OF ANTIOCH	The Dignity of Work and the Rights of Workers The economy must serve people, not the other way around. Work is more than a way to make a living; it is a form of continuing participation in God's creation. If the dignity of work is to be protected, then the basic rights of workers must be respected—the right to productive work, to decent and fair wages, to the organization and joining of unions, to private property, and to economic initiative.
27 Mar. 14	INDUSTRIOUSNESS	Diligence, especially in work that leads to natural and supernatural maturity	Giving in to a lack of motivation to complete one's responsibilities; being lazy	Diligently complete a task; set small goals along the way	STS. CYRIL AND METHODIUS	
28 Mar. 21	MAGNANIMITY	Seeking with confidence to do great things in God; literally "having a large soul"	Seeking to do great things for self-promotion- not seeking to do the good that is possible- weak, spineless	Acknowledge the good in others when it is difficult; strive to do difficult tasks with God's grace	ST. PAUL MIKI AND COMPANIONS	
29 Mar. 28	MAGNIFICENCE	Doing great things for God	Being wasteful; not responding to grace	Use one's talents for the good; act with generosity towards others	ST. FERDINAND OF CASTILLE	
30 Apr. 4	PATIENCE	Bearing present difficulties calmly	Being impatient while completing a difficult task or in handling challenging circumstances	Listen to others; wait for one's turn; tolerate inconveniences and annoyances without complaining	ST. ALPHONSUS LIGUORI	Care for God's Creation We show our respect for the Creator by our stewardship of creation. Care for the earth is not just an Earth Day slogan, it is a requirement of our faith. We are called to protect people and the planet, living our faith in relationship with all of God's creation. This environment challenge has fundamental moral and ethical dimensions that cannot be ignored.
31 Apr. 11	PERSEVERANCE	Taking the steps necessary to carry out objectives in spite of difficulties	Quickly giving up when a task is challenging	Complete task from start to finish; stay with a task when it is hard, difficult, or boring	ST. ISAAC JOGUES	
32 Apr. 18	PRUDENCE (Sound Judgment)	Enables one to reason and to act rightly in any given situation – "right reason in action"	Being hasty or rash in one's words or actions	Pray for guidance. Seek sound advice. Think about the situation. Act upon the decision	ST. ROBERT BELLARMINE	
PARTS OF A PRUDENTIAL ACT						
33 Apr. 25	GOOD COUNSEL (Ask and listen)	Seeking advice from a reasonable person	Seek advice from those who agree with you; asking moral advice from people who do not share your moral values	Seek advice from trustworthy people	ST. BONIFACE	
33	GOOD JUDGMENT (Think)	Thinking rightly about a decision	Acting without thinking	Carefully consider all the circumstances and ask "What am I to do now"		
33	COMMAND (Act)	Directly acting upon a sound decision	Failing to act upon a sound decision	Take action after thoughtful deliberation		
34 May 2	CIRCUMSPECTION	Careful consideration of circumstances and consequences	Considering only oneself when acting	Seek advice; silently reflect upon the circumstances and consequences of one's actions (memory)	ST. JOHN BAPTIST DE LA SALLE	
35 May 9	DOCILITY	Willingness to be taught	Being stubborn, inflexible, and proudly set in one's ways	Listen to others and be willing to follow directions; thank others for rightful corrections	ST. MIGUEL FEBRES CORDERO	
36 May 16	FORESIGHT	Consideration of the consequences of one's actions; thinking ahead	Failing to consider later consequences	Pray, think, act; learn how to gather information to make a decision; plan out long-term and short-term goals	ST. MARY MACKILLOP	

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