



OCTOBER

"Humility, Meekness, Magnanimity, and Love to preserve unity! These, these are the roads, the true roads of the Church. Let us listen to this again. Humility against vanity, against arrogance—Humility, Meekness, Magnanimity, and Love preserve unity."

Pope Francis

"Each of us has a mission...each of us is called to change the world, to work for a culture of life, a culture forged by love and respect for the dignity of each human person."

Pope Benedict

Social Teaching of the Month

LIFE AND DIGNITY OF THE HUMAN PERSON- *The Catholic Social Teaching focus for October.*

The Catholic 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. The value of human life is being threatened by cloning, embryonic stem cell research, and the use of the death penalty. The intentional targeting of civilians in war or terroristic attacks is always wrong. Catholic teaching also calls on us to work to avoid war. Nations must protect the right to life by finding increasingly effective ways to prevent conflicts and resolve them by peaceful means. We believe that every person is precious, that people are more important than things, and that the measure of every institution is whether it threatens or enhances the life and dignity of the human person.

ways to practice respect for Life and Dignity of the Human ...

- Live daily in your family life and friendships aware of the dignity of all persons. Take time to listen to others.
- Volunteer at an adult day care center; visit the elderly, lonely.
- Pray regularly for the unborn, pregnant women, the poor, the sick and those who are dying.
- Practice, (and teach your children), respect for the elderly, developmentally disabled, mentally ill, physically disabled.
- Stop conversations that are prejudicial or racial (re: differences, diversity, racial, ethnic, religious).
- In every one of your actions, avoid harming other people (in words, in your response to others and in your actions)
- Learn more about Human Rights. Human Rights are universal, inviolable, and inalienable.

Weekly Virtue Schedule for October 13

October 4	Humility	St. Bonaventure
October 11	Meekness	St. John de Britto
October 18	Moderation	St. John Henry Newman
October 25	Modesty	St. Stanislaus Kostka

VIRTUES AND SAINTS FOR THE MONTH OF OCTOBER

VIRTUE	SAINT
<p>HUMILITY: “The virtue by which a Christian acknowledges that God is the author of all good. Humility avoids inordinate ambition or pride and provides the foundation for turning to God in prayer.” CCC 2559</p>	<p>ST. BONAVENTURE: Bonaventure lived the same time as the great St. Thomas Aquinas, and he was equally renowned for his knowledge. He and Aquinas were both asked to write prayers for the celebration of the new feast of Corpus Christi. When Bonaventure saw the office which Aquinas had written, he did not even finish his. In his humility he saw what Aquinas had written was much more worthy to be prayed by the Church.</p>
<p>MEEKNESS: Serenity of spirit while focusing on the needs of others. True meekness opposes the vice of anger. Meekness moderates anger and its disorderly effects. While you are angry, refrain from using unkind words or making decisions until the feelings of anger are under control. Practice doing everything and saying everything calmly and without haste.</p>	<p>ST. JOHN DE BRITTO: John was a native of Lisbon, Portugal, who became a missionary in India. The great men of India had no interest in converting from Hinduism. John learned their customs and traditions, even dressing the way they did. He slowly won their trust by his respect for them. They were willing to listen to him, talk about Jesus, and some of them converted.</p>
<p>MODERATION: Attention to balance in one’s life. Moderation is the disposition of the soul where reason, spirit, and desire are in agreement. Moderation is not an easy virtue; it is far easier to give into our passions or wants. In our society today, extreme and excess are rampant in our culture; by practicing the virtue of moderation we truly will be happier in our lives.</p>	<p>ST. JOHN HENRY NEWMAN: John Henry was an Anglican priest who decided to study the history of Christianity. This led him to realization that the Catholic Church is the true Church, and he converted. He became a Catholic priest and lived a simple life in one of St. Philip Neri’s oratories. As a priest, John Henry balanced prayer, friendships, and study. He spent much of his time writing books to explain the beauty of the Catholic understanding of the world.</p>
<p>MODESTY: Purity of heart in action, especially in regard to dress and speech. Modesty is concerned with honesty, not deceit. It is the virtue that allows one to focus on what is good without being distracted by irrelevant superficialities. The modest person is content with living well and performing good deeds without fanfare.</p>	<p>ST. STANISLAUS: Stanislaus was a Bishop in Poland known for opposing the cruelty of the King, who in the end reacted by causing Stanislaus’ death. Born in Poland, he became Bishop in 1076. Traditionally he is believed to have been a man of particular holiness who famously raised a man from the dead to give testimony in court on behalf of the Catholic Church. He later became involved in the political opposition to the King and excommunicated him for his immoral conduct. It is believed the cruel king personally carrying out Stanislaus’ martyrdom by dismembering him.</p>