

Temperance Prayer Service

Opening Prayer: Dear Lord, Let us take a moment of silence to reflect on our day. Have we tried to be the best person we can be? Have we reacted in anger to our classmates, friends or family? Did we think before we spoke? Did we follow the crowd or did we make our own decisions? Friends we gather now in God's presence to ask God to forgive us for our mistakes and to rejoice in the good decisions we have made. Lord, through the virtue of temperance, may You always help us to start again and think before we act.

First Reading—Genesis 2:15-17

Responsorial Psalm: 40

Response: Lord help me to do what is right and just
I waited Lord for you to hear my prayer. You listened and you gave me a new song. A song of praise to you

Lord, your promise is never broken. Your law is in my heart. You never fail to comfort me. Your love keeps me safe

Happy are those who trust in the Lord. Happy are those who do not stray. You have done wonderful things for us. I am happy to do your will

Second Reading—Romans 8:5-8

Gospel Reading—Luke 4:1-12

Universal Prayers:

Response: Lord, hear our prayer

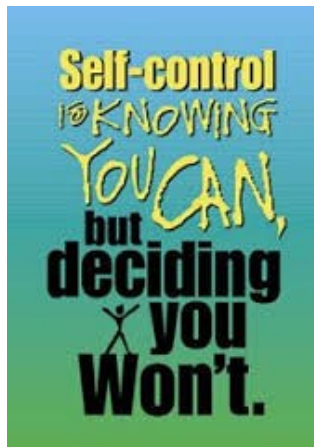
- For the Pope, our Bishop and all the clergy, that they may be an example of God's will, we pray
- For the leaders of all countries, that they set aside their anger and differences and embrace peace, we pray
- For staff, students and parents of our community that they may be living examples of moral action, we pray
- For the courage and strength to do what is right and truthful, we pray
- For patience to think before we speak and act, we pray
- For our families and friends, that they may respond to anger with kindness, we pray
- For the patience and the fortitude to react calmly with self-control to stressful situations in our daily lives, we pray

Closing Prayer:

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Loving one day at a time; Enjoying on moment at a time; Accepting hardships as the pathway to peace; Taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His Will; That I may be reasonably happy in this life and supremely happy with Him, forever in the next.

AMEN

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Northeastern Catholic District School Board

Growing our Faith through virtues

MAY & JUNE
VIRTUE: TEMPERANCE

The Importance of Temperance:

The cardinal virtue of temperance or moderation is the practice of enjoying life's pleasures in keeping with the call of the Gospel. A temperate person practices refraining from excesses. Practicing temperance frees us from unhealthy habits so we can live a fully human life as God intended. The virtue of temperance is visible in our Catholic schools whenever moderation, chastity, balance, self control and humble attitudes are practiced.

We live in a world that constantly sends us messages that if it feels good, it must be good for us. Instead of consuming too much or focusing on things that give us pleasure for only brief moments, we should practice temperance. True pleasure is found through awareness and appreciating the practice of moderation and self-control. Temperance is one of the four cardinal virtues that speaks to the need for balance and moderation in what we do and how we live. We must have moderation in all aspects of our lives. For example, moderation in our speech would be to not gossip or tell stories that aren't true or hurtful to someone. What about moderation for our temper by managing our anger?

We can strengthen our will and ability to control ourselves with God's help. We need to leave room for God instead of filling our lives with too much. We must also put our own needs and wants aside for the good of others.

"For God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline" 2 Timothy 1.7

DEVELOPING CHARACTER THROUGH TEMPERANCE

The goal of this virtue:

- Being in control of your thoughts and actions
- Communicating in a calm and strong voice
- Knowing your limits
- Having a sense of accomplishment when reaching a goal
- Practicing balance in living responsibly
- Being honest about who you are

*Before you act—listen
Before you react—think
Before you spend—earn
Before you criticize—wait
Before you pray—forgive
Before you quit—try*

Scripture Readings:

- Psalm 4:4
- Proverbs 16:32
- Proverbs 25:28
- Galatians 5:22-23
- Ephesians 4:26-27
- 2 Timothy 1:7
- 1 Peter 5:8
- 2 Peter 1:5-8
- Romans 6:11-14
- Genesis 26:17-22 (picking fights)
- Luke 4:1-13 (fights temptation)

PRAYER CENTRE IDEAS FOR TEMPERANCE

- Post the prayer “bigger, better, faster”. Recite it with your students. Discuss its significance with your students
- Share a read aloud with your students and discuss how the theme relates to the virtue of temperance
- Have a Temperance Daily Challenge—students can choose one behaviour they will try to exemplify (choosing words carefully, not being wasteful, practicing listening skills, controlling anger, etc.)



BUILDING TEMPERANCE IN OUR HOMES AND SCHOOLS

The desire to possess more and more is encouraged in our society. Children need guidance to temper their desire for too many possessions. An easy test to see if we have become too attached to possessions is to see if we are willing to give them away. Encourage your children that when they receive a new toy, there is an expectation to donate another one to the less fortunate. As parents we need to ensure that we are not lavishing our children with everything that they desire.

We also should model that as adults we are not running to the store every time we desire something new. We must abstain from impulse purchases and thinking about whether or not our spending makes us develop into a better person. When making a purchase, encourage your child to ask themselves why they want this item. Do they have another that is similar? Is this a prudent way to spend money? Are you wanting this item to show off, to be in fashion, to compensate for some inner dissatisfaction or to fill some kind of vacuum in your life?

Children need to be taught that becoming overly attached to something leads to a loss of freedom and joy by placing the gift above the Giver. Children need to learn the difference between a want and a need as well as thinking of others and sharing with those in need. Good habits and the virtue of temperance is developed through practice.



Bigger, Better, Faster

Holy Spirit,
 Help me not love the things of this world.
 Give me the wisdom to know that having the latest and greatest does not bring true happiness,
 Give me the courage to say no to people who promise me good times but only lead me away from you.
 Give me the strength to resist the things that promise instant happiness but in reality bring disappointment and even death.
 Help me to know the difference between the things that are of God and the things that are only passing away.

If you learn self-control, you can master absolutely ANYTHING.

Read 1 John 2:15-17

Bulletin Board Ideas



What Would Jesus Do?

- Pose this question on the board. Have the students draw or write about when it is important to show self control/make good decisions. Have them act out scenarios and you can take pictures of their drama skit. After, have the students write or describe the situation and the best results. Post pictures and captions on the board each day

Stop, Think, Speak/Act

- Title your bulletin board ‘Stop, Think, Speak and Act’. Build your board using the student’s art, photos, stories, cartoon strips and or written work that reflect the virtue of self-control

Temperance Looks like, sounds like, feels like

- As a class, build your bulletin board with examples/images:
- Looks like: being in control of your thoughts and actions, meditation, silent prayer, taking turns, listening attentively, taking deep breaths, avoiding aggression, thinking before acting, controlling your temper, following through with plans and tasks
- Sound like: Communicating in a calm and strong voice, calming music
- Feels like: Confidence, calmness, patience, knowing your limits, sense of accomplishment when reaching a goal

Resources to support TEMPERANCE

On My Honour. Author: Marion Bauer

When Sophie Gets Angry—Really, Really Angry. Author: Molly Bang

Stand Tall Molly. Author: Lou Melon

No David Series. Author David Shannon

Curious George Series. Author: H.A. Rey

Angry Dragon. Author: Thierry Robberecht

Big and Noisy Simon. Author: Joseph Wallace

Chicken Sunday. Author: Patricia Polacco

Lily’s Purple Plastic Purse. Author: Kevin Henkes

The Paperboy. Author: Dav Pilkey



Easy Does it: The Tale of Excitable Sam. Author: Margaret Hopkins

Elbert’s Bad Word. Author: Audrey Wood

The Girl Who Wore Too Much. Author: Margaret MacDonald

The Grumpy Bird. Author: Jeremy Tankard

Hands are not for Hitting. Author: Martine Agassi

It’s Hard to be Five: Learning how to Work my Control Panel. Author: Jamie Lee Curtis

Jack on the Tracks: Four Seasons of Fifth Grade. Author: Jack Gantos

John Henty. Author: Julius Lester

Keep the Lights Burning, Abbie. Author: Peter Roop

Kindness is Cooler, Mrs. Ruler. Author: Margery Cuyler

“Like a city breached, without walls, is one who lacks self-control”

Serenity Prayer:

God grant me the serenity to accept the things I cannot change, courage to change the things I can; and wisdom to know the difference. Living one day at a time; accepting hardships as the pathway to peace; taking, as He did, this sinful world as it is, not as I would have it; trusting that He will make all things right if I surrender to His will; That I may be reasonably happy in this life and supremely happy with Him forever in the next. AMEN

5 Links to Catholic Graduate Expectations

A Discerning Believer formed in the Catholic Faith Community

Actively reflects on God’s Word as communicated through the Hebrew and Christian scriptures

Seeks intimacy with God and celebrate communion with God, others and creation through prayer and worship

An Effective Communicator

Listens actively and critically to understand and learn in light of Gospel Values

A Collaborative Contributor

Finds meaning, dignity, fulfillment and vocation in work which contributes to the common good

Respects the rights and responsibilities of self and others

A Reflective and Creative Thinker

Recognizes there is more grace in our work than sin and that hope is essential in facing all challenges

A Caring Family Member

Relates to family members in a loving, compassionate and respectful manner