

"Virtues to Live by"

"Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals."

(Pope Francis 2013)

Autumn Term:

PATIENCE

Patience:

I can wait.

I have self-control and act calmly even when things are difficult.

Blessing

May the God of all patience grant you stillness

May the God of all stillness grant you courage

May the God of all courage grant you patience

OPENING PRAYER:

God our Father,

Help us to learn patience from Jesus, your Son, who saw You at work in all creation. We ask this through the power of Your Holy Spirit. Amen

READING:

Be always humble and gentle, and patient too, putting up with one another's failings in a spirit of love.

Ephesians 4

REFLECTION

"Be patient with everyone, but above all be patient with yourself. I mean, do not be disheartened by your faults, but instantly set about remedying them – every day begin the task anew."

St. Francis de Sales

LIVING OUR VIRTUE

Inspire each one of us that we may help our children to:

- Be patient and to wait calmly.
- Recognise patience is an exercise in self-control.
- Understand patience will reap long term benefits.
- Accept being patient involves tolerating some unease as we wait.
- Recognise we need patience as we wait the coming of the Lord.
- Recognise that, God gives us the strength to be patient.
- Learn to be patient.

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents.

CONCLUDING PRAYER

God our Father, may we reflect your image and likeness in our daily living so that those we encounter see and hear Christ. We ask this through Christ Our Lord. **Amen**

VIRTUE TO LIVE BY

I can wait.

I have self-control and act calmly even when things are difficult.