



St. Michael School

SCHOOL VIRTUE OF THE MONTH: TEMPERANCE

*Enjoying things in a proper balanced way and
having a healthy amount of something good*

Saints of the Month:

- **St. Teresa of Avila** was a Spanish mystic, writer and reformer of the Carmelite order and an influential and pivotal figure of her generation. She is regarded as the patron saint of Spain.
- **St. Camillus De Lellis** was not a likely candidate for sainthood. His mother died when he was young and his father neglected him. Camillus developed a bad gambling problem and, at 24, he gambled away everything he had—down to his shirt. He found work at a Capuchin friary and was so moved by a sermon of the superior that he began a conversion that changed his life. He went on to begin a congregation of his own and devoted his life to the cleanliness and technical competence of those who served the sick.
- **Venerable Matt Talbot** was an Irish recluse revered by many Catholics for his piety, charity and strength in dealing with his own alcoholism. His daily life was based on a quote from an Irish saint, Saint Columbanus: “Pray daily, fast daily, work daily, and study daily.”

Prayer for Temperance

*Jesus, You practiced temperance;
You were the Model of self-restraint,
Never over-indulging in the temporal.
My body being the Temple of the Lord,
I must treat it with ongoing respect.
Self-abuse destroys the body;
Be it anything in excess.
Lord Jesus, bestow strength upon me
For my soul to control my body,
To practice the virtue of temperance.
Jesus, You are the source of my courage.
Through You, all is possible!*

Ways to Practice Temperance

- Analyze your life and be specific.
- Analyze the area where you lack self-control.
- Stay accountable.
- Review your progress regularly with others.

Quote for the Month

“Perfect wisdom has four parts: wisdom, the principle of doing things right; justice, the principle of doing things in equally in public and private; fortitude, the principle of not fleeing danger but meeting it; and temperance, the principle of subduing desires and living modestly.” *Plato*

Bible Verse for this Month:

“Let your moderation be known unto all men. The Lord is at hand.” Philippians 4:5

Congratulations to our February virtues certificate recipients for their CHEERFULNESS !

Kindergarten: Bryan Fregeau, Jordyn Shaw, Macy Major, Sophia Castillo, Zhoey Fuqua, Avery Dougherty, Jacob Castillo, Valentina Urso

Grade One: Owen Graham, Zoey Hewson, Claire Nowakowski, Joshua Gentile, Coco Pizzurro, Maddie Beverly, Lizzie Davis

Grade Two: Natalia Ball, Brayden Fennell, Zack Pedretti, Zachary Hansen, Emmett Schoen, Seleen Khouri, Sloan Pavlatos, Caden Spano, Caden Nellis

Grade Three: Clarie Heneghan, Oliver Patrick, Delanie Graham, Sophia McNeill, Hope Fahey, Brady Dillon

Grade Four: Luca Martinez, Madison Manley, Alex Hansen, Isabel Shannon, Scarlett Vickers, Elizabeth Weber

Grade Five: Hannah Sniegowski, Caden Kaspar, Gavin Gasior, Ryle Russell

Grade Six: Julia McDonough, Paige Neely, Andrew Peisker, Ella Clark, Matthew Knutsen, Matthew Tweedie

Grade Seven: Abby Kovac, Nick Maranto, Brian Wojkowski, Connor Nellis, Alexandra Lombard, James Kizior

Grade Eight: Sara Blake, Claire Neely, Alia Rowles, Rose Cosme, Ellie Cullen, Ashton Keene, Brady Ritter