OCTOBER

Virtue: Gratitude

“Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God.” (Colossians 3:16)

Catholic Graduate Expectation: A Self Directed, Responsible Life Long Learner

Principles of Catholic Social Teaching: Rights and Responsibilities
Overview of the Virtue of Gratitude

- The virtue of gratitude shapes our entire outlook on life. It is the channel through which we become aware of the sacred, and the many blessings of our lives.

- To learn the grammar of gratitude, practice saying "thank you" for happy and challenging experiences, for people, animals, things, art, memories, dreams.

- Gratitude allows us to appreciate and accept our lives.

- Gratitude allows us to accept our life as a gift.

Catholic Graduate Expectation  --  I AM A LEARNER FOR LIFE

A SELF-DIRECTED, RESPONSIBLE, LIFE LONG LEARNER WHO:

- Demonstrates a confident and positive sense of self and respect for the dignity and welfare of others.
- Demonstrates flexibility and adaptability.
- Takes initiative and demonstrates Christian leadership.
- Responds to, manages and constructively influences change in a discerning manner.
- Sets appropriate goals and priorities in school, work and personal life.
- Applies effective communication, decision-making, problem-solving, time and resource management skills.
- Examines and reflects on one's personal values, abilities and aspirations influencing life's choices and opportunities.
- Participates in leisure and fitness activities for a balanced and healthy lifestyle.

Principles of Catholic Social Teaching

RIGHTS AND RESPONSIBILITIES:

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. Every person has a fundamental right to life and a right to those things required for human decency. Corresponding to these rights are the duties and responsibilities to one another, to our families, and to larger society.