25-26 EPISCOPAL VIRTUES

2025-2026 EPISCOPAL VIRTUES OF THE MONTH

Developed by the Chaplaincy Team of <u>The Episcopal School of Dallas</u>: The Rev. <u>Nate Bostian M.Div.</u>, <u>Toni Luc</u> M.Div., and <u>Matt Stroud</u>.

A nine month series of ethical values and spiritual practices following the acronym E.P.I.S.C.O.P.A.L. Each virtue includes a description, a list of associated values, and a memory verse from Scripture. To dig deeper, see the <u>E.P.I.S.C.O.P.A.L. Virtue Curriculum</u> for a full explanation of each virtue, including Scripture studies, spiritual and ethical foundations, as well as ideas for presentations, small group activities, and personal practice (these are supplemented by <u>Yearly Memory Verses</u>, <u>Prayers</u>, <u>Slides</u>, and <u>Sermons</u>).

SEPTEMBER: EMPATHY

In everything do to others as you would have them do to you. (Matthew 7:12)

We are committed to welcoming every person as a child of God, by seeing ourselves in each other, and treating others as we want to be treated, to create an environment where we respect the dignity of every person, with fairness and equitable treatment for all. Associated with the values of hospitality, fairness, equity, reciprocity, justice, dignity, and respect.

OCTOBER: PEACEMAKING

God has reconciled us to himself through Christ, and has given us the ministry of reconciliation. (2 Corinthians 5:18)

LS Version: God made peace between us and himself. And God gave us the work of bringing everyone into peace with him. (2 Corinthians 5:18 ICB)

We are committed to becoming calm and mindful, so we may create peace and forgiveness in our community, and work toward harmony and reconciliation in our world. Associated with the values of calmness, mindfulness, peace, harmony, forgiveness, and reconciliation.

NOVEMBER: INTEGRITY

Do not be overcome by evil, but overcome evil with good. (Romans 12:21)

LS Version: Do not let evil defeat you. Defeat evil by doing good. (Romans 12:21 ICB)

We are committed to becoming people of character and virtue, who are trustworthy, honest, and reliable, but when we fall short of being our best selves, we admit it and make restitution for our wrongdoings. Associated with the values of righteousness, honor, virtue, character, goodness, honesty, humility, and repentance.

DECEMBER: SERVICE

Whatever you have done for the least of my brothers and sisters, you have done for me. (Matthew 25.40)

We are committed to becoming servant-leaders, who have compassion and mercy for others, which leads us to use our blessings to bless others, and manage our resources to help those in need, as faithful stewards of God's gifts to us. Associated with the values of stewardship, charity, generosity, compassion, kindness, mercy, and leadership.

JANUARY: CREATIVITY

God created humanity in God's own image... male and female he created them. (Genesis 1:27)

We are committed to living as creative children of our creative Creator, who use our vision to imagine new possibilities for the future, and use our gifts and talents to turn these dreams into reality, to heal the world and bring hope to our communities. Associated with the values of imagination, vision, innovation, artistry, inspiration, resourcefulness, and hope.

FEBRUARY: OPENNESS

The beginning of wisdom is to seek wisdom, and in all that you possess, gain insight. (Proverbs 4:7)

LS Version: Wisdom is the most important thing. So get wisdom. If it costs everything you have, get understanding. (Proverbs 4:7)

We are committed to the pursuit of understanding, knowledge, and wisdom, through curiosity and questioning, by exploring the wonders of our world, and listening to a diversity of voices, to gain insight into who we are and why we exist. Associated with the values of learning, wisdom, understanding, curiosity, diversity, exploration, mindfulness, and listening.

MARCH: PERSEVERANCE

We glory in our sufferings, because we know that suffering produces perseverance; perseverance produces character; and character produces hope. (Romans 5:3-4)

LS version: And we also have joy with our troubles because we know that these troubles produce patience. And patience produces character, and character produces hope. (Romans 5:3-4 ICB)

We are committed to become our best self through hard work and self-discipline, as we continually strive to overcome challenges and achieve excellence, and encourage one another

in our struggles and successes. Associated with the values of discipline, hard work, self-control, patience, resilience, commitment, excellence, and encouragement.

APRIL: APPRECIATION

Rejoice always, pray without ceasing, give thanks in all circumstances: For this is the will of God. (1 Thessalonians 5:16-18)

LS Version: Always be happy. Never stop praying. Give thanks whatever happens. That is what God wants for you in Christ Jesus. (1 Thessalonians 5:16-18)

We are committed to an attitude of gratitude for every aspect of life, with wonder and delight in the world around us, and joyful hearts for the blessings we experience, which lead us to worship God and give thanks to one another. Associated with the values of joy, wonder, awe, worship, thanksgiving, gratitude, and mindfulness.

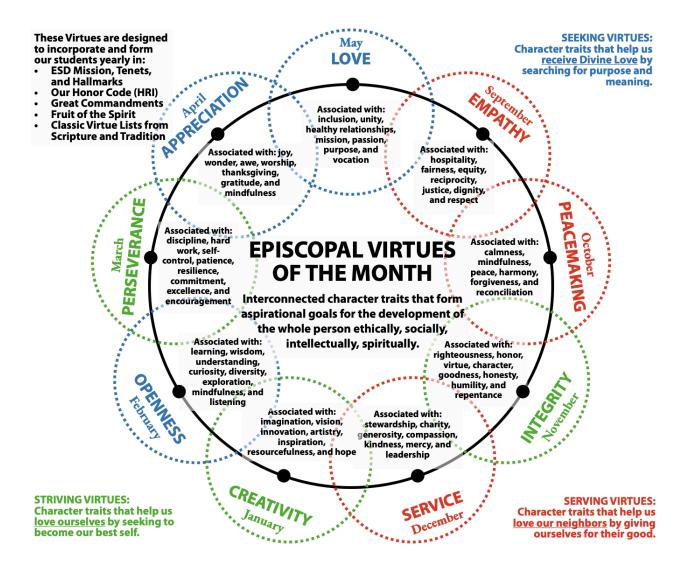
MAY: LOVE

Let your light shine before others, so that they may see your good works and give glory to your father who is in heaven. (Matthew 5:16)

LS Version: You should be a light for other people. Live so that they will see the good things you do. Live so that they will praise your Father in heaven. (Matthew 5:16)

We are committed to letting God's Love shine through us, as we love others as God has loved us, in healthy and life-giving relationships, as well as inclusive and caring communities, so we ignite a life of purpose as we develop an educated conscience, to share God's Light and Love and Life with our world. Associated with the values of inclusion, unity, healthy relationships, mission, passion, purpose, and vocation.

Every year, it is our goal that E.P.I.S.C.O.P.A.L. VIRTUES will ignite lives of purpose and develop educated consciences!



VIRTUE PRAYERS

E.P.I.S.C.O.P.A.L. VIRTUE PRAYERS

The following prayers may be used in worship services and devotionals to express commitment to these virtues, remind our community of our virtues, and seek Divine guidance and grace to live out these virtues. Even more prayers fitting pastoral, liturgical, and academic needs can be found in the <u>Topical Prayer Collection for Episcopal Chaplaincy</u>.

Prayers for Empathy

For Formation in Empathy

Lord of Love and God of Empathy: Help us welcome every person as a child of God, by seeing ourselves in each other, and treating others as we want to be treated. May we create an environment where we respect the dignity of every person, with fairness and equitable treatment for all. Lead us in the Path of Christ to become people of empathy, hospitality, fairness, justice, and respect. We ask this in the power of your Spirit. Amen.

A Student Litany for Empathy

Dear God, thank you for making each one of us so special.

We are all amazing gifts from you.

Help us see that everyone is a child of God, just like us.

We'll look for the good in every person.

Show us how to treat others the way we want to be treated.

We choose kindness and respect for all.

Guide us to create a place where everyone feels welcome and safe.

Our hearts are open to everyone.

Teach us to share fairly and make sure everyone has what they need.

We'll work for fairness in our world.

Inspire us to be like Jesus, always showing love and compassion.

We want to be loving and understanding.

Thank you for helping us grow in our hearts and minds.

Amen.

Prayers for Peacemaking

For Formation in Peacemaking

Lord of Life and God of Peace: Help us become peacemakers who are calm and mindful, so we may create peace and forgiveness in our community. May we become instruments of your peace who work toward harmony and reconciliation in our world. Lead us in the Path of Christ to become people of tranquility, harmony, forgiveness, and reconciliation. We ask this in the power of your Spirit. Amen.

A Student Litany for Peacemaking

Dear God, you are the Lord of Life and God of Peace.

Help us bring peace to our world.

Guide us to be calm and thoughtful in all we do.

We want to be peacemakers.

Show us how to forgive others and make things right.

Help us create harmony.

Lead us, like Jesus, to live with tranquility and understanding.

We choose peace and forgiveness.

Thank you for helping us spread your peace.

Amen.

Prayers for Integrity

For Formation in Integrity

Lord of Life, our Faithful God: Help us develop integrity, as people of character and virtue, who are trustworthy, honest, and reliable. And when we fall short of being our best selves, may we admit it and make restitution for our wrongdoings. Lead us in the Path of Christ to become people of righteousness, honor, goodness, honesty, humility, and repentance. We ask this in the power of your Spirit. Amen.

A Student Litany for Integrity

Dear God, you are faithful and always true.

Help us be trustworthy and honest.

Guide us to do what's right, even when it's hard.

We want to be people of good character.

If we make a mistake, help us say sorry and fix it.

We'll learn and grow from our choices.

Lead us, like Jesus, to be humble and seek what is good.

We choose to live with honor.

Thank you for helping us be our best selves.

Amen.

Prayers for Service

For Formation in Service

Lord of Love, our Servant King: Help us become servant-leaders, who have compassion and mercy for others, which leads us to use our blessings to bless others. May we manage our resources to help those in need, as faithful stewards of all your gifts to us. Lead us in the Path of Christ to become people of stewardship, charity, generosity, kindness, and leadership. We ask this in the power of your Spirit. Amen.

A Student Litany for Service

Dear God, you are our loving Servant King.

Help us serve others with love.

Guide us to be kind and caring to everyone we meet.

We want to help those in need.

Show us how to use our gifts to bless others.

We'll share what we have.

Lead us, like Jesus, to be generous and good leaders.

We choose to be helpful.

Thank you for helping us be your hands in the world.

Amen.

Prayers for Creativity

For Formation in Creativity

Lord of Light, our Creative Creator: Help us live as your creative children, who use our vision to imagine new possibilities for the future, and develop our gifts and talents to turn these dreams into reality. Use our creativity to heal the world and bring hope to our communities. Lead us in the Path of Christ to become people of vision, imagination, innovation, and inspiration. We ask this in the power of your Spirit. Amen.

A Student Litany for Creativity

Dear God, Lord of Light and our Creative Creator,

Help us use our imaginations.

Guide us to dream up new and wonderful possibilities.

We want to make the world better.

Help us use our talents to bring good things to life.

We'll use our gifts to help others.

Lead us, like Jesus, to be full of new ideas and inspiration.

We choose to create and share hope.

Thank you for our creative spirits.

Amen.

Prayers for Openness

For Formation in Openness.

Lord of Light and God of Wisdom: Help us love you with all our mind, as we pursue understanding, knowledge, and wisdom. Use our curiosity and questioning to explore the wonders of our world, and listen to a diversity of voices, so we gain insight into who we are and

why we exist. Lead us in the Path of Christ to become people of openness, learning, insight, exploration, and mindfulness. We ask this in the power of your Spirit. Amen.

A Student Litany for Openness

Dear God, Lord of Light and God of Wisdom,

Help us love you with all our minds.

Guide us to be curious and ask good questions.

We want to learn and understand.

Help us listen to everyone and learn new things.

We'll explore the wonders of your world.

Lead us, like Jesus, to be open and mindful learners.

We choose to seek wisdom.

Thank you for helping us grow in knowledge.

Amen.

Prayers for Perseverance

For Formation in Perseverance

Lord of Life and God of Patient Endurance: Help us become our best self through hard work and self-discipline, as we continually strive to overcome challenges and achieve excellence. May we encourage one another in our struggles and successes, so we develop perseverance. Lead us in the Path of Christ to become people of commitment, hard work, self-control, resilience, and encouragement. We ask this in the power of your Spirit. Amen.

A Student Litany for Perseverance

Dear God, you are the Lord of Life and God of Patient Endurance.

Help us do our best.

Guide us to work hard and keep trying, even when things are tough.

We want to grow stronger.

Help us cheer for each other when we try and when we succeed.

We'll encourage everyone.

Lead us, like Jesus, to be committed and never give up.

We choose to be resilient.

Thank you for helping us be our best selves.

Amen.

Prayers for Appreciation

For Formation in Appreciation

Lord of Light who is worthy of all Praise and Worship: Help us develop an attitude of gratitude for every aspect of life, with wonder and delight in the world around us. Give us joyful hearts

for the blessings we experience, which lead us to worship you, and give thanks to one another. Lead us in the Path of Christ to become people of appreciation, joy, wonder, thanksgiving, and gratitude. We ask this in the power of your Spirit. Amen.

A Student Litany for Appreciation

Dear God, Lord of Light, you are worthy of all praise!

We thank you for everything!

Help us see the wonder and joy in the world around us.

We're so grateful for your blessings.

Give us joyful hearts for all the good things we experience.

We want to thank you and everyone.

Lead us, like Jesus, to be full of joy and appreciation.

We choose to be thankful.

Thank you for helping us have grateful hearts.

Amen.

Prayers for Love

For Formation in Love

Lord of Love who embraces each of us as your own: Let the Light of your Love shine through us, as we love others as you have loved us. Help us create healthy and life-giving relationships, and inclusive and caring communities, so we ignite a life of purpose by sharing your Light and Love and Life with our world. Lead us in the Path of Christ to become people of Love, unity, mission, passion, and purpose. We ask this in the power of your Spirit. Amen.

A Student Litany for Love

Dear God, Lord of Love, you embrace each one of us as your own.

Let your love shine through us!

Help us love others the way you have loved us.

We want to create kind communities.

Guide us to build healthy friendships and caring places.

Help us share your light and love.

Lead us, like Jesus, to live with purpose and passion.

We choose to spread your love.

Thank you for helping us share your Light, Love, and Life.

Amen.

24-25 EPISCOPAL VIRTUES

2024-2025 ESD EPISCOPAL VIRTUES OF THE MONTH

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A nine month series of ethical values and spiritual practices following the acronym E.P.I.S.C.O.P.A.L. Each virtue includes a description, a list of associated values, and a memory verse from Scripture. To dig deeper, see the <u>E.P.I.S.C.O.P.A.L. Virtue Curriculum</u> for a full explanation of each virtue, including Scripture studies, spiritual and ethical foundations, as well as ideas for presentations, small group activities, and personal practice (these are supplemented by <u>Yearly Memory Verses</u>, <u>Prayers</u>, <u>Slides</u>, and <u>Sermons</u>).

SEPTEMBER: EMPATHY

We are members of One Body. If one member suffers, we all suffer. If one member is honored, we all rejoice. (1 Corinthians 12.26-27)

We are committed to welcoming every person as a child of God, by seeing ourselves in each other, and treating others as we want to be treated, to create an environment where we respect the dignity of every person, with fairness and equitable treatment for all. Associated with the values of hospitality, fairness, equity, reciprocity, justice, dignity, and respect.

OCTOBER: PEACEMAKING

Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. (Ephesians 4.32)

We are committed to becoming calm and mindful, so we may create peace and forgiveness in our community, and work toward harmony and reconciliation in our world. Associated with the values of calmness, mindfulness, peace, harmony, forgiveness, and reconciliation.

NOVEMBER: INTEGRITY

Blessed are the pure in heart, for they will see God. (Matthew 5.8)

We are committed to becoming people of character and virtue, who are trustworthy, honest, and reliable, but when we fall short of being our best selves, we admit it and make restitution for our wrongdoings. Associated with the values of righteousness, honor, virtue, character, goodness, honesty, humility, and repentance.

DECEMBER: <u>SERVICE</u>

Whoever wants to become great among you must be a servant... For the Son of Man did not come to be served, but to serve. (Mark 10.43-45)

We are committed to becoming servant-leaders, who have compassion and mercy for others, which leads us to use our blessings to bless others, and manage our resources to help those in need, as faithful stewards of God's gifts to us. Associated with the values of stewardship, charity, generosity, compassion, kindness, mercy, and leadership.

JANUARY: CREATIVITY

Without vision people stumble and fall, but happy are those who heed instruction. (Proverbs 29.18)

We are committed to living as creative children of our creative Creator, who use our vision to imagine new possibilities for the future, and use our gifts and talents to turn these dreams into reality, to heal the world and bring hope to our communities. Associated with the values of imagination, vision, innovation, artistry, inspiration, resourcefulness, and hope.

FEBRUARY: OPENNESS

Love the Lord your God with all your heart, with all your soul, and with all your mind. (Matthew 22.37)

We are committed to the pursuit of understanding, knowledge, and wisdom, through curiosity and questioning, by exploring the wonders of our world, and listening to a diversity of voices, to gain insight into who we are and why we exist. Associated with the values of learning, wisdom, understanding, curiosity, diversity, exploration, mindfulness, and listening.

MARCH: PERSEVERANCE

Those who hope in the LORD will renew their strength: They will soar on wings like eagles. (Isaiah 40.31)

We are committed to become our best self through hard work and self-discipline, as we continually strive to overcome challenges and achieve excellence, and encourage one another in our struggles and successes. Associated with the values of discipline, hard work, self-control, patience, resilience, commitment, excellence, and encouragement.

APRIL: APPRECIATION

Enter God's gates with thanksgiving, and go into his courts with praise. (Psalm 100.4)

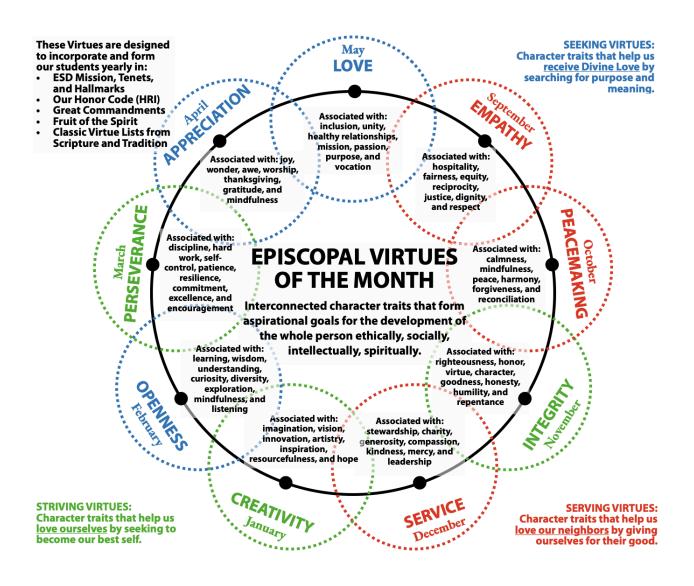
We are committed to an attitude of gratitude for every aspect of life, with wonder and delight in the world around us, and joyful hearts for the blessings we experience, which lead us to worship God and give thanks to one another. Associated with the values of joy, wonder, awe, worship, thanksgiving, gratitude, and mindfulness.

MAY: LOVE

Let all that you do be done in Love. (1 Corinthians 16.14)

We are committed to letting God's Love shine through us, as we love others as God has loved us, in healthy and life-giving relationships, as well as inclusive and caring communities, so we ignite a life of purpose as we develop an educated conscience, to share God's Light and Love and Life with our world. Associated with the values of inclusion, unity, healthy relationships, mission, passion, purpose, and vocation.

Every year, it is our goal that E.P.I.S.C.O.P.A.L. VIRTUES will ignite lives of purpose and develop educated consciences!



23-24 EPISCOPAL VIRTUES

2023-2024 ESD EPISCOPAL VIRTUES OF THE MONTH

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SEPTEMBER: EMPATHY

How you judge others, will be how you are judged. With the measure you use, you will be measured. (Matthew 7.2)

We are committed to welcoming every person as a child of God, by seeing ourselves in each other, and treating others as we want to be treated, to create an environment where we respect the dignity of every person, with fairness and equitable treatment for all. Associated with the values of hospitality, fairness, equity, reciprocity, justice, dignity, and respect.

OCTOBER: PEACEMAKING

Live in harmony with one another. Do not be prideful, but associate with the lowly. Live peaceably with all. (Romans 12.16-18)

We are committed to becoming calm and mindful, so we may create peace and forgiveness in our community, and work toward harmony and reconciliation in our world. Associated with the values of calmness, mindfulness, peace, harmony, forgiveness, and reconciliation.

NOVEMBER: INTEGRITY

The integrity of the upright guides them, but the crookedness of the wicked destroys them. (Proverbs 1.3)

We are committed to becoming people of character and virtue, who are trustworthy, honest, and reliable, but when we fall short of being our best selves, we admit it and make restitution for our wrongdoings. Associated with the values of righteousness, honor, virtue, character, goodness, honesty, humility, and repentance.

DECEMBER: SERVICE

Each of us has received a gift: So use it to serve one another, as good stewards of God's diverse grace. (1Peter 4.10)

We are committed to becoming servant-leaders, who have compassion and mercy for others, which leads us to use our blessings to bless others, and manage our resources to help those in need, as faithful stewards of God's gifts to us. Associated with the values of stewardship, charity, generosity, compassion, kindness, mercy, and leadership.

JANUARY: CREATIVITY

We are God's workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. (Ephesians 2.10)

We are committed to living as creative children of our creative Creator, who use our vision to imagine new possibilities for the future, and use our gifts and talents to turn these dreams into reality, to heal the world and bring hope to our communities. Associated with the values of imagination, vision, innovation, artistry, inspiration, resourcefulness, and hope.

FEBRUARY: OPENNESS

Fools think their own way is right, but the wise listen to advice. (Proverbs 12.15)

We are committed to the pursuit of understanding, knowledge, and wisdom, through curiosity and questioning, by exploring the wonders of our world, and listening to a diversity of voices, to gain insight into who we are and why we exist. Associated with the values of learning, wisdom, understanding, curiosity, diversity, exploration, mindfulness, and listening.

MARCH: PERSEVERANCE

Encourage one another and build up each other, as indeed you are doing. (1 Thessalonians 5.11)

We are committed to become our best self through hard work and self-discipline, as we continually strive to overcome challenges and achieve excellence, and encourage one another in our struggles and successes. Associated with the values of discipline, hard work, self-control, patience, resilience, commitment, excellence, and encouragement.

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APRIL: APPRECIATION

Where your treasure is, there your heart will be also. (Matthew 6.21)

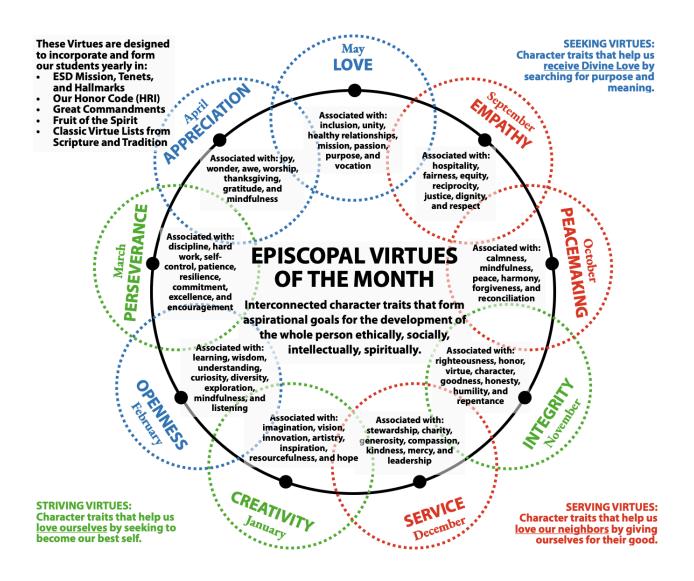
We are committed to an attitude of gratitude for every aspect of life, with wonder and delight in the world around us, and joyful hearts for the blessings we experience, which lead us to worship God and give thanks to one another. Associated with the values of joy, wonder, awe, worship, thanksgiving, gratitude, and mindfulness.

MAY: <u>LOVE</u>

Everyone will know that you are my disciples if you love one another. (John 13.35)

We are committed to letting God's Love shine through us, as we love others as God has loved us, in healthy and life-giving relationships, as well as inclusive and caring communities, so we ignite a life of purpose as we develop an educated conscience, to share God's Light and Love and Life with our world. Associated with the values of inclusion, unity, healthy relationships, mission, passion, purpose, and vocation.

Every year, it is our goal that E.P.I.S.C.O.P.A.L. VIRTUES will ignite lives of purpose and develop educated consciences!



22-23 EPISCOPAL VIRTUES

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SEPTEMBER: EMPATHY

This is my commandment, that you love one another as I have loved you. (John 15.12)

We are committed to welcoming every person as a child of God, by seeing ourselves in each other, and treating others as we want to be treated, to create an environment where we respect the dignity of every person, with fairness and equitable treatment for all. Associated with the values of hospitality, fairness, equity, reciprocity, justice, dignity, and respect.

OCTOBER: PEACEMAKING

Offer prayers and thanksgivings for everyone, so that we may lead a quiet and peaceable life in all reverence and dignity. (1 Timothy 2.1-2)

We are committed to becoming calm and mindful, so we may create peace and forgiveness in our community, and work toward harmony and reconciliation in our world. Associated with the values of calmness, mindfulness, peace, harmony, forgiveness, and reconciliation.

NOVEMBER: INTEGRITY

Good people bring good things out of the good stored up in their heart: Out of the overflow of the heart the mouth speaks. (Luke 6.45)

We are committed to becoming people of character and virtue, who are trustworthy, honest, and reliable, but when we fall short of being our best selves, we admit it and make restitution for our wrongdoings. Associated with the values of righteousness, honor, virtue, character, goodness, honesty, humility, and repentance.

DECEMBER: SERVICE

Jesus said: I have set you an example, that you also should do as I have done to you. (John 13.15)

We are committed to becoming servant-leaders, who have compassion and mercy for others, which leads us to use our blessings to bless others, and manage our resources to help those in need, as faithful stewards of God's gifts to us. Associated with the values of stewardship, charity, generosity, compassion, kindness, mercy, and leadership.

JANUARY: <u>CREATIVITY</u>

God has filled them with skill to do all kinds of work as craftsmen and as designers. (Exodus 35.35)

We are committed to living as creative children of our creative Creator, who use our vision to imagine new possibilities for the future, and use our gifts and talents to turn these dreams into reality, to heal the world and bring hope to our communities. Associated with the values of imagination, vision, innovation, artistry, inspiration, resourcefulness, and hope.

FEBRUARY: OPENNESS

Do not be conformed to this world, but be transformed by the renewing of your minds. (Romans 12.2)

We are committed to the pursuit of understanding, knowledge, and wisdom, through curiosity and questioning, by exploring the wonders of our world, and listening to a diversity of voices, to gain insight into who we are and why we exist. Associated with the values of learning, wisdom, understanding, curiosity, diversity, exploration, mindfulness, and listening.

MARCH: PERSEVERANCE

I can do all things through the One who strengthens me. (Philippians 4.13)

We are committed to become our best self through hard work and self-discipline, as we continually strive to overcome challenges and achieve excellence, and encourage one another in our struggles and successes. Associated with the values of discipline, hard work, self-control, patience, resilience, commitment, excellence, and encouragement.

APRIL: APPRECIATION

This is the day that the LORD has made. Let us rejoice and be glad in it! (Psalm 118.24)

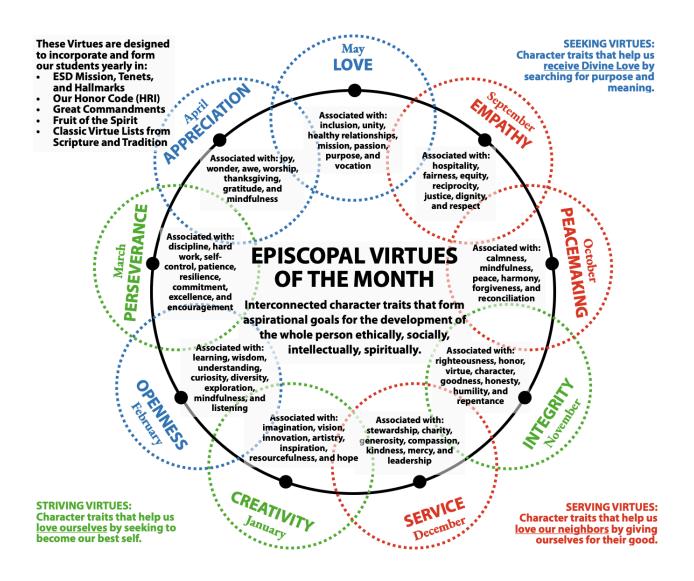
We are committed to an attitude of gratitude for every aspect of life, with wonder and delight in the world around us, and joyful hearts for the blessings we experience, which lead us to worship God and give thanks to one another. Associated with the values of joy, wonder, awe, worship, thanksgiving, gratitude, and mindfulness.

MAY: LOVE

Love the Lord your God. Love your neighbor as yourself. There is no commandment greater than these. (Mark 12.30-31)

We are committed to letting God's Love shine through us, as we love others as God has loved us, in healthy and life-giving relationships, as well as inclusive and caring communities, so we ignite a life of purpose as we develop an educated conscience, to share God's Light and Love and Life with our world. Associated with the values of inclusion, unity, healthy relationships, mission, passion, purpose, and vocation.

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IDEAS & DRAFTS

VIRTUE SAINTS

Empathy

St. Damien of Molokai (1840-1889)

St. Teresa of Calcutta (1910-1997)

St. Josephine Bakhita (c. 1869-1947)

Peacemaking

St. Francis of Assisi (c. 1181-1226)

St. Catherine of Siena (1347-1380)

Archbishop Desmond Tutu (1931-2021)

Integrity

Sir Thomas More (1478-1535)

Dietrich Bonhoeffer (1906-1945)

Harriet Tubman (c. 1822-1913)

Service

St. Vincent de Paul (1581-1660)

Dorothy Day (1897-1980)

Martin Luther King Jr. (1929-1968)

Creativity

Hildegard of Bingen (1098-1179)

Johann Sebastian Bach (1685-1750)

J.R.R. Tolkien (1892-1973)

Openness

Thomas Merton (1915-1968)

Sor Juana Inés de la Cruz (1648-1695)

Galileo Galilei (1564-1642)

Perseverance

St. Paul the Apostle (c. 5-c. 67)

Pandita Ramabai (1858-1922)

Athanasius of Alexandria (c. 296-373)

Appreciation

St. Thérèse of Lisieux (1873-1897)

Julian of Norwich (c. 1343-c. 1416)

Brother Lawrence of the Resurrection (c. 1614-1691)

Love

St. John the Evangelist St. Mary Magdalene Fred Rogers (1928-2003)

CHAPTER FORMAT OUTLINE

Introduction to [insert Virtue name]
500-700 words
Paragraphs which define and describe this virtue
Bullet List descriptions of sub virtues

[insert Virtue name] in Scripture

500-700 words

Paragraphs on how it is found in memory verses

Bullet List 5 longer Bible passages or stories to study on this virtue. Give a sentence or two description of how each illustrates this virtue.

[Virtue name] in Theology

500-700 words

How Creedal Theological ideas give rise to this virtue.

Especially focusing on 2-3 of these core ideas: Trinity, Incarnation, Holy Spirit, Community as Body and Family, Grace, Atonement, Sacrament, Theosis, Hope. In the ideas chosen, also relate them to Divine Immanence: Recognizing and connecting with God in all people and events.

[Virtue name] in Ethics
500-700 words
How this virtue helps us live into core ethical principles
Love for God, Love for neighbor, Love for self
Stewardship of creation
Golden rule, justice, and equity

[Virtue name] in Spirituality

500-700 words

How it is reflected in the 1979 Book of Common Prayer (quote the prayers and phrases, as well as page numbers)

How it is reflected in 3 Saints who exemplify this virtue. There should be at least one male and one female. They can be canonized or not, as long as they are exceptionally holy and Christlike people.

[Virtue name] Curricular Connections

500-700 words

Academic subjects which connect, and how they connect

How it connects with SEL (Social Emotional Learning)

How it connects with DEI education (Diversity, Equity, and Inclusion)

[Virtue name] Talks and Object Lessons

800-1000 words

Give 7 short sermon outlines for talks on this virtue and sub-virtues. 4-5 of them should be speaking based, and 2-3 of them should be visual object lessons. (Don't number this list: It makes them easier to re-order in editing)

[Virtue name] Activities with Teens and Young Adults (Age 13 and up)

400-600 words

Outline 4-5 discussion sessions and/or small group activities which can illustrate this virtue and sub-virtues

[Virtue name] Activities with Children and Tweens (Age 6-12)

400-600 words

Outline 4-5 discussion sessions and/or small group activities which can illustrate this virtue and sub-virtues

[Virtue name] Activities with Young Learners (Age 3-5)

400-600 words

Outline 4-5 discussion sessions and/or small group activities which can illustrate this virtue and sub-virtues

[Virtue name] Activities for Families and Across Generations

400-600 words

Outline 4-5 discussion sessions and/or small group activities which can illustrate this virtue and sub-virtues

(Don't number these lists: It makes them easier to re-order in editing)

In my style and reflecting my viewpoints, write:

Individual practices to enhance [Virtue name]

400-600 words

Outline 2-3 personal practices which can form this virtue in our lives. They may be spiritual practices, lifestyle habits, life hacks, or other practices that are essentially individual and private in nature.
—- Prayers for Ending with prayers at different developmental levels for these virtues