



Roots & Wings

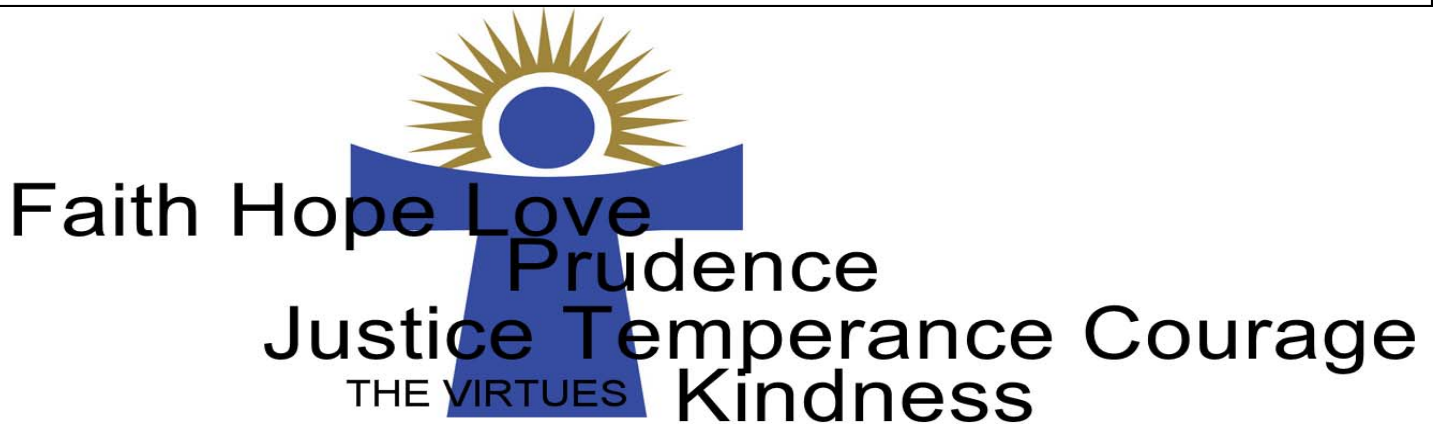
A publication of the Infant Jesus of Prague Catholic Life Committee

February 2010

Temperance

By: Laurie Liesen

Many people associate the word *temperance* with abstaining or restraining oneself, especially in terms of drinking. Today our culture encourages us to fulfill our desires at every opportunity. Within this context, the virtue of temperance is rarely discussed, and if it is, it usually has a negative connotation. In terms of our Christian faith, temperance has a much richer meaning and is related to creating an inner order or a serenity of spirit. The Catholic Church does not state that we should deny ourselves all pleasure. Rather, it encourages us to pursue “selfless self-preservation” by practicing temperance. This virtue defends us from the destruction of our inner serenity that may occur through addictions and excesses in food, drink and sensuality. These excesses are rooted in selfishness and self-gratification, and can become the focus of our lives at the expense of our relationship with God and others. Therefore, temperance can be considered liberating; it frees us from those distractions that can come between God and us. Temperance can lead us to spiritual beauty, strengthening us on our journey to eternal life with God.



Temperance Bibliography



Temperance BOOKS

The Catholic Life Committee has identified these books which may help us explore the virtue of Temperance. These materials are available through your local library and the Metropolitan Library System.

Ages 5-8:

Brown, Jonatha A.; *Martin Luther King, Jr.*
Guntly, Jenette Donovan; *I Can Show Respect*
Kyle, Kathryn; *Respect*
Petrucci, Rita; *Learn the Value of Loyalty*
Raatma, Lucia. *Loyalty*

Ages 8-11:

Alex, Marlee; *Ruth: A Woman Whose Loyalty Was Stronger Than Her Grief*
Helfer, Ralph; *Mosey: The Remarkable Friendship of a Boy and His Elephant*
Johnson, Ann Donegan; *The Value of Respect: The Story of Abraham Lincoln*
Lauren, Emily; *Trustworthiness*

San Souci, Robert D.; *The Faithful Friend*
Siegel, Beatrice; *Faithful Friend: The Story of Florence Nightingale*
Storr, Catherine; *Abraham and Isaac*

Ages 10-13:

Harvey, Bonnie C.; *Jane Addams: Nobel Prize Winner and Founder of Hull House*
Robinson, Sharon; *Jackie's Nine: Jackie Robinson's Values to Live By: Courage, Determination, Teamwork, Persistence, Integrity, Persistence [sic], Commitment, Excellence*
Shichtman, Sandra H.; *Colin Powell: "Have a Vision. Be Demanding"*

Temperance Films and TV

MOVIES

Atlantis
Mighty Ducks
Angels in the Outfield
Spencer's Mountains
Willy Wonka and the Chocolate Factory
Free Willy

TELEVISION

Seventh Heaven
Little House on the Prairie

"Moderation is the silken string running through the pearl chain of all virtues." ~ Joseph Hall



*"There are two lasting bequests we can hope to give our children. One is roots; the other, wings."
~ Hodding Carter 99*

A Prayer for Temperance

Lord Jesus Christ,
I have the tendency to over-do almost anything. When I am involved in something I plunge into it so that I am oblivious of everything else. Give me a spirit of temperance to maintain my balance in all things---whether it be sleeping, thinking, or working, playing, visiting, or partying. Let me realize that whatever I do, I should do for You---and I should do it in moderation.

Amen.



SYNONYMS OF TEMPERANCE

Moderation
Self-control
Self-discipline
Choices
Modesty
Humility
Obedience
Patience
Free will
Respect
Contentment
Tolerance
Manners
Sensibility
Sobriety
Abstinence

“What lies in our power to do, it lies in our power not to do.” ~ Aristotle



“He who conquers others is strong. He who conquers himself is mighty.” ~ Lao-Tze

The IJP Catholic Life Committee & the Midwest Palliative & Hospice Care Center are teaming up for

Easter Baskets for Seniors

We're looking for IJP families, clubs and organizations to adopt a senior citizen and provide items to fill Easter baskets. The senior citizens involved are residents of nursing homes or hospice care centers. Some of the items needed could be: non-perishable food items, health and beauty items, homemade cards, etc. and the total cost would be between \$10-\$25 per basket. Once you "adopt" your senior we'll give you specific ideas. If your family or group is interested in taking on this worthwhile, Lenten project, please fill out the information below and return it to the IJP school or religious education office by Friday, March 12, marked "Catholic Life Committee" If you have any questions, please call Jane Peabody at 708-957-8214 (jtctmj@sbcglobal.net) or Natalie Lamb at 708-748-3909 (seslam@ameritech.net). There will also be a flyer with more information in the Friday emails for Feb. 26 and Mar. 5, 2010.

Name: _____

Phone/Email: _____



Easter
Baskets
for
Seniors

A Place You Can't Miss Seeing: A Great Lenten Journey

By Barb Karstrom

Have you ever sat down with Christ at the table for the Last Supper? If you visit the Shrine of Christ's Passion in St John, Indiana, you will have that opportunity. Your journey continues through the Garden of Gethsemane and the Stations of the Cross along a half mile path. The life size bronze statues complete the visual of the Passion of Christ. Bill Kurtis narrates a complete description of each station and each station has a prayer as you follow the path.

We spent an afternoon last summer at this fabulous Shrine where Duffy (*IJP School, 2nd grade*) enjoyed sitting next to Jesus at the Last Supper. We recommend taking a few hours for this wonderful, peaceful walk outside with your family and your thoughts. Joan (*IJP School, 4th grade*) liked the climb up the hill to the twelfth station to see the three crucifixes dramatically displayed.

The Shrine of Christ's Passion is located in St. John, Indiana, on the west side of U.S. 41, just north of U.S. 231. (219-365-6010) <http://www.shrineofchristspassion.org/>

The gift shop revenues support this shrine that is free. Tour guides are available **Winter Hours:** Tuesday - Sunday 10:00am - 5:00pm (Closed Monday)



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Any questions or comments about this publication or the material covered within, please contact Natalie Lamb of The Catholic Life Committee. Phone 708-748-3909 or seslam@ameritech.net.