



## Virtue of the Month of March

### Fortitude

### Dedication of the Month

### St. Joseph



In the Bible it says: “He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so he did not open his mouth.” (Isaiah 53:7)

#### 1. What is it?

- a. There are four Cardinal virtues and Fortitude is one of them. The others are: justice, prudence and temperance
- b. Every day, or at some point in our lives, we come to an obstacle that is hard to overcome or we encounter things that make us afraid. Fortitude gives us the strength to overcome those.
- c. When things are bad, fortitude allows us to find the good in it
- d. Many martyrs had great fortitude because they sacrificed their lives in defense of something greater than them, God

#### 2. How can I put it into practice?

- a. Work hard in your everyday school work and tests
- b. When someone is mean to you outside, be strong and tell them to use nice words. If you see someone being mean to a friend, be strong and tell that person to be nice
- c. Charity allows us to be nice to people, Fortitude allows us to stand up for something that is right
- d. If a student is feeling left out, include them in your games. If someone is being laughed at or people are being mean to them, stand up for that person! That is fortitude-- being brave when it is not easy to be

#### 3. Saint with Fortitude

- a. St. Bernadette: everyone made fun of her for saying she saw the Blessed Mother. She did not care. She continued to go to the grotto to see Our Lady because she knew it was right. She was brave even when she felt embarrassed to be.
- b. St. Joan of Arc: She wanted to help the King of France in a battle to win the kingdom back, but everyone said she was crazy. Her fortitude and Faith in God changed their minds. She led them to battle and was victorious in regaining the kingdom of France for the king!

#### 4. St. Joseph

- a. He is the spouse of the Blessed Mother and the Foster-Father of Jesus
- b. His feast day is on March 19th, so we dedicate the entire month of March to him
- c. He is wonderful to pray to when you need help in your work
- d. He did many things that were hard for him, for example, traveling to different cities, moving his family to stay safe... but, he listened to God and was courageous during it all. We can pray to St. Joseph to have fortitude and Faith in God's plan for us.