



# SAINT MARIA GORETTI

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## CATHOLIC CHURCH AND SCHOOL

March 2, 2020

Dear SMG Families,

Today we met with our Faith Families! Our focus this month is the virtue of **Temperance** and the Lenten call to **almsgiving**— making the needs of others our own.

In our whole group session, we learned what *temperance* means – enjoying things in a proper, balance way; other words for temperance, such as *self-discipline, self-control, sacrifice, restraint, and moderation*; and ways we can practice temperance in our own lives, especially during this Lenten season.

We then discussed three saints who especially emulate the virtue of temperance: *St. Teresa of Avila*, who had trouble controlling her love for reading and the amount of time she spent reading. She practiced temperance to find a balance between time spent in silence and prayer each day, and time spent playing, having fun, and reading. *St. Camillus de Lellis*, who at a young age, could not control his use of foul language and a growing gambling habit. And the *Venerable Matt Talbot*, who overcame his abuse of alcohol by practicing the virtue of temperance.

We concluded our whole-group assembly with Mrs. Richards leading the 2<sup>nd</sup> and 3<sup>rd</sup> Grade students as they sang the Lenten Gregorian chant, ***Parce Domine***.

Students then moved to their small Faith Family groups where teachers reviewed the virtue of temperance and discussed ways we can practice this virtue in our own lives. The topic of almsgiving was also discussed and students were introduced to the annual Rice Bowl project that we will participate in during the Lenten season. Finally, students worked on spiritual bouquets and cards for the sick in our SMG and Diocese of Fort Worth community.

I hope the children find this Lenten season a perfect opportunity to reflect on Christ's love and sacrifice for us and to prepare for the Easter season through the spiritual practices of prayer, penance, and almsgiving.

Blessings,

Laura Behee, M.Ed.  
Principal

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