

*** Family night is a great time to discuss the Virtues with children and young people.

Learn-Practice-Teach-Encourage...Temperance Is the Key to Creating Safe Communities for Children



What is Temperance? Temperance is the virtue by which we make use of temporal good things as necessary, with a gaze toward the truth that we are made for Eternity and that our bodies are temples of the Holy Spirit. Sensory pleasure pursuits and thrill-seeking behaviors are prudently assessed and scrutinized with vision formed with the light, love and wisdom of God. The good things of life should not be misused: food, drink, sexual relations, procuring things

through shopping, adventure and discovery and relationships. There can be addictive behaviors attached to such as these. Temperance strengthens and guides, in charity.

Why Practice Temperance? We use what we need and what we have, using the virtue of prudence for practical, guiding wisdom. Temperance helps us to not allow our emotions (passions) or desires (appetites) to drive us to always need, seek or consume more and more-without ever really being satisfied. We view our home life, leisure time pursuits, work times/ schedules, church life as in a balance. Is it proportioned?. Temperance gives us discretion and really allows us to remain free so that we are not bound by our appetites and desires. It protects others from suffering. We may need pastoral care and spiritual direction to help us.

Evidence that I am living in Temperance every day may include...

- My leisure pursuits are given reflection as to the amount of cost in time, travel and finances invested, as well as the impact upon my family life and communion.
- I can use the computer, television or telephone without excessively relying upon them and without there being a negative impact upon my relationships and time given to others.
- I know what to use in moderation and what to completely abstain from in my life. I stick to my boundaries.
- I am not as impulsive as I am reflective.
- I honor my body and find time to participate in healthy activities, such as exercise, manual labor and leisure time.