

## Cardinal Virtue

# Temperance



*(Render unto Caesar what is Caesar's and to God what is God's)*

### Descriptor

#### ***Enjoying life's pleasures in keeping with the Gospel***

The language of our story speaks about **temperance**. The cardinal virtue of temperance (moderation) is the practice of enjoying life's pleasures in keeping with the call of the Gospel. A temperate person practices staying away from excesses. She or he strives...

- to exercise moderation in eating and drinking,
- to exercise self-control in emotional expression
- to practice balance in living responsibly
- to form chaste, healthy friendships,
- to be honest about who they are (humility).

Practicing temperance frees us from slavery to unhealthy habits so that we can live a fully human life as God intended for us in Christ. The virtue of temperance is visible in our Catholic schools whenever moderation, chastity, balance, self-control and humble attitudes are practiced.

### Scripture Quotes

#### **Onias, a Temperate Man**

What he saw was this: Onias, who had been high priest, a noble and good man, of modest bearing and gentle manner, one who spoke fittingly and had been trained from childhood in all that belongs to excellence, was praying with outstretched hands for the whole body of the Jews.

**2 Maccabees 15: 12**

#### **Temperance and Slowness to Anger**

Whoever is slow to anger has great understanding, but one who has a hasty temper exalts folly.

**Proverbs 14:29**

#### **Futility of the Violent-Tempered**

A violent-tempered person will pay the penalty; if you effect a rescue, you will only have to do it again.

EOCCC: Our Language, Our Story 1.0, 2009.

**Proverbs 19:19****Purity of Heart and Gracious Speech**

Drive out a scoffer, and strife goes out; quarrelling and abuse will cease. Those who love a pure heart and are gracious in speech will have the king as a friend.

**Proverbs 22: 10-11**

**The Protection of Self-Control**

Like a city breached, without walls, is one who lacks self-control.

**Proverbs 25:28**

**The Great Profit of Temperance**

And if anyone loves righteousness, her labours are virtues; for she teaches self-control and prudence, justice and courage; nothing in life is more profitable for mortals than these.

**Wisdom 8:7**

**Graciousness, Reverence and Civility**

Endear yourself to the congregation; bow your head low to the great. Give a hearing to the poor, and return their greeting politely.

**Sirach 4: 7-8**

**Pleasant and Gracious Speech**

Pleasant speech multiplies friends, and a gracious tongue multiplies courtesies.

**Sirach 6:5**

**Self-Restraint**

Do not follow your base desires, but restrain your appetites.

**Sirach 18:30**

**Moderation in Speech**

The wise make themselves beloved by only few words, but the courtesies of fools are wasted.

**Sirach 20:13**

**Moderation - The Key to Enjoyment**

Wine is very life to human beings if taken in moderation.

What is life to one who is without wine? It has been created to make people happy.

**Sirach 31: 27**

**Injunction to Act in Moderation**

Do not act immoderately toward anybody.

**Sir 33: 29**

**Temperance - Fruit of the Spirit**

The fruits of the Spirit are love, joy, peace, patience, gentleness, goodness, trustfulness, meekness and *temperance*.

**Galatians 5: 22**

### **The Eternal Reward of Self-Control**

Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one.

**1 Corinthians 9:25**

### **A Moderate Example Upholds the Word of God**

Likewise, tell the older women to be reverent in behaviour, not to be slanderers or slaves to drink; they are to teach what is good, so that they may encourage the young women to love their husbands, to love their children, to be self-controlled, chaste, good managers of the household, kind, being submissive to their husbands, so that the word of God may not be discredited.

**Titus 2: 3-5**

### **Living as Model Citizens**

Remind them to be subject to rulers and authorities, to be obedient, to be ready for every good work, to speak evil of no one, to avoid quarrelling, to be gentle, and to show every courtesy to everyone.

**Titus 3: 1-2**

### **Impartiality and Purity in Conduct**

In the presence of God and of Christ Jesus and of the elect angels, I warn you to keep these instructions without prejudice, doing nothing on the basis of partiality. Do not ordain anyone hastily, and do not participate in the sins of others; keep yourself pure.

**1 Timothy 5: 21-22**

### **The Spirit of Power, Love and Self-Control**

For God did not give us a spirit of timidity but a spirit of power and love and self-control.

**2 Tim 1:7**

## **Connection to Ontario Catholic School Graduate Expectations**

***The Cardinal Virtue "Temperance" relates to the following Ontario Catholic School Graduate Expectations:***

### **1. A Discerning Believer Formed in the Catholic Faith Community who**

**CGE1b** -participates in the **sacramental life** of the church and demonstrates an understanding of the centrality of the Eucharist to our Catholic story;

**CGE1c** -actively reflects on **God's Word** as communicated through the Hebrew and Christian scriptures;

**CGE1d** -develops attitudes and values founded on Catholic **social teaching** and acts to promote social responsibility, human solidarity and the common good;

**CGE1e** -speaks the **language of life**... "recognizing that life is an unearned gift and that a person entrusted with life does not own it but that one is called to protect and cherish it." (Witnesses to Faith)

**CGE1f** -seeks intimacy with God and celebrates **communion** with God, others and creation through prayer and worship;

**CGE1i** -integrates faith with life;

## **2. An Effective Communicator who**

**CGE2a** -listens actively and critically to understand and learn in light of gospel values;

**CGE2e** -uses and integrates the Catholic faith tradition, in the critical analysis of the arts, media, technology and information systems to enhance the quality of life.

## **3. A Reflective and Creative Thinker who**

**CGE3a** -recognizes there is more grace in our world than sin and that hope is essential in facing all challenges;

**CGE3b** -creates, adapts, evaluates new ideas in light of the common good;

**CGE3d** -makes decisions in light of gospel values with an informed moral conscience;

**CGE3e** -adopts a holistic approach to life by integrating learning from various subject areas and experience;

**CGE3f** -examines, evaluates and applies knowledge of interdependent systems (physical, political, ethical, socio-economic and ecological) for the development of a just and compassionate society.

## **4. A Self-Directed, Responsible, Life Long Learner who**

**CGE4a** -demonstrates a confident and positive sense of self and respect for the dignity and welfare of others;

**CGE4b** -demonstrates flexibility and adaptability;

**CGE4d** -responds to, manages and constructively influences change in a discerning manner;

**CGE4e** -sets appropriate goals and priorities in school, work and personal life;

**CGE4g** -examines and reflects on one's personal values, abilities and aspirations influencing life's choices and opportunities;

**CGE4h** -participates in leisure and fitness activities for a balanced and healthy lifestyle.

## **5. A Collaborative Contributor who**

**CGE5b** -thinks critically about the meaning and purpose of work;

**CGE5c** -develops one's God-given potential and makes a meaningful contribution to society;

**CGE5d** -finds meaning, dignity, fulfillment and vocation in work which contributes to the common good;

**CGE5e** -respects the rights, responsibilities and contributions of self and others;

**CGE5f** -exercises Christian leadership in the achievement of individual and group goals;

## **6. A Caring Family Member who**

**CGE6a** -relates to family members in a loving, compassionate and respectful manner;

**CGE6b** -recognizes human intimacy and sexuality as God given gifts, to be used as the creator intended;

**CGE6c** -values and honours the important role of the family in society;

**CGE6d** -values and nurtures opportunities for family prayer;

**CGE6e** -ministers to the family, school, parish, and wider community through service.

## **7. A Responsible Citizen who**

**CGE7a** -acts morally and legally as a person formed in Catholic traditions;

EOCCC: Our Language, Our Story 1.0, 2009.

- CGE7b** -accepts accountability for one's own actions;  
**CGE7c** -seeks and grants forgiveness;  
**CGE7d** -promotes the sacredness of life;  
**CGE7e** -witnesses Catholic social teaching by promoting equality, democracy, and solidarity for a just, peaceful and compassionate society;  
**CGE7f** -respects and affirms the diversity and interdependence of the world's peoples and cultures;  
**CGE7g** -respects and understands the history, cultural heritage and pluralism of today's contemporary society;  
**CGE7h** -exercises the rights and responsibilities of Canadian citizenship;  
**CGE7i** -respects the environment and uses resources wisely;  
**CGE7j** -contributes to the common good.

## Related Concepts

ABSTINENCE	HUMILITY	SELF-DENIAL
APPETITES	INTEGRITY	SELFLESSNESS
BALANCE	MODERATION	SIMPLICITY
CHASTITY	MODESTY	REFUSAL OF EXCESS
COMMON	OTHER-CENTEREDNESS	RESPONSIBLE
GOOD	PROMOTION OF THE	CONSUMPTION
COURTESY	ESSENTIAL	STEWARDSHIP
DIGNITY OF	PROPORTIONALITY	SOLIDARITY
THE PERSON	RESPECT FOR OTHERS	SERVICE
DILIGENCE	RESTRAINT	SOBRIETY
DISCIPLINE	REVERENCE	WHOLISTIC
HARMONY	SELF-	
HEALTHY	RESPECT	

## Links to Online Resources

### The Vatican

<http://www.vatican.va/>

The official web site of the Vatican contains an impressive collection of materials with a useful internal search engine.

### The Catechism of the Catholic Church – Virtues

[http://www.vatican.va/archive/ccc\\_css/archive/catechism/p3s1c1a7.htm](http://www.vatican.va/archive/ccc_css/archive/catechism/p3s1c1a7.htm)

### See also:

<http://www.miraclerosarymission.org/ga81feb02.html>

### The Canadian Conference of Catholic Bishops

<http://www.cccb.ca/Home.htm?NL=1>

The official web site of the CCCB contains extensive documentation, including recent media releases and publications, with a wide variety of useful links to other Church and Catholic organizations' web sites.

### Ontario Conference of Catholic Bishops

<http://www.occb.on.ca/>

The official web site of the OCCB contains extensive resources from the Catholic Bishops of Ontario as well as useful links to other Church and Catholic organizations' web sites. The Conference's jurisdiction over Ontario Catholic schools makes this site particularly relevant.

**The Virtue of Temperance**

<http://www.catholiceducation.org/articles/education/ed0281.html>

**Temperance – Catholic Encyclopedia**

<http://www.newadvent.org/cathen/14481a.htm>

**The A, B, C's and X, Y, Z's of John Paul II's Theology of the Body**

[http://www.rccdsb.edu.on.ca/religious\\_ed/Theology%20of%20the%20Body.htm](http://www.rccdsb.edu.on.ca/religious_ed/Theology%20of%20the%20Body.htm)

A Short briefly annotated Weblibliography compiled by Mr. Blaine Barclay, Teacher at Regiopolis Catholic High School, Kingston. Listings organized for the most part according to the level of reading difficulty.

**The Cardinal Virtue of Temperance**

<http://catholicism.about.com/od/beliefsteachings/p/Temperance.htm>

**The Virtue of Moderation**

<http://webpages.charter.net/carmel/Virtues/Conference%2018%20-%20Moderation.htm>

**The Good Life from a Catholic Perspective: The Challenge of Consumption**

<http://www.usccb.org/sdwp/ejp/climate/personal.shtml>

**Temperance and Environmental Concerns**

<http://www.kuleuven.be/ep/viewpic.php?LAN=E&TABLE=EP&ID=323>

**Peoples World Peace Project - The Core Virtues and World Peace**

<http://www.pwpp.org/corevirtues.php>

**EWTN Virtues Seven Habits of Champions - Show #4: Temperance**

[https://www.crossroadsinitiative.com/library\\_author/1/pics/library\\_article.255.doc/virtues4.pdf](https://www.crossroadsinitiative.com/library_author/1/pics/library_article.255.doc/virtues4.pdf)

**Love and Responsibility – *The True Meaning of Chastity* - reflections on the work of Pope John Paul II**

[http://www.catholicculture.com/past\\_discussions/june28\\_july12\\_01.html](http://www.catholicculture.com/past_discussions/june28_july12_01.html)

**Temperance: The Fourth Cardinal Virtue (John Paul II)**

<http://www.mariedenazareth.com/10985.0.html?&L=1>

**St Paul's Teaching on the Sanctity and Respect of the Human Body – John Paul II**

<http://www.miraclerosarymission.org/ga81feb02.html>

**Temperance**

<http://www.goodnews.ie/jacobswellanne.shtml>

**Of The Precepts of Temperance – St. Thomas Aquinas**

<http://www.sacred-texts.com/chr/aquinas/summa/sum427.htm>

**Whether Temperance is a Special Virtue? – St. Thomas Aquinas**

[http://www.ccel.org/ccel/aquinas/summa.SS\\_Q141\\_A2.html](http://www.ccel.org/ccel/aquinas/summa.SS_Q141_A2.html)

**Aristotle: His Messages of Virtue and Moderation in Politics - 123HelpMe.com. 30 Mar 2009**

<http://www.123HelpMe.com/view.asp?id=39758>

**The Virtue-Driven Life**

<http://www.catholicculture.org/culture/library/view.cfm?id=7992&CFID=1455216&CFTOKEN=76410327>

**Lesson Seven: Temperance Or: Avoiding Ruin**

[http://www.schooloffaith.com/\\_assets/files/Virtue/NT0607.pdf](http://www.schooloffaith.com/_assets/files/Virtue/NT0607.pdf)

**PowerPoint Introduction to the Cardinal Virtues**

<http://www.authorstream.com/presentation/frraul-157322-intro-cardinal-virtues-part-03-aristotle-socrates-aquinas-thomas-christian-catholic-spiritual-inspirational-ppt-powerpoint/>

**Virtues and the Good Life - PowerPoint**

<http://www.authorstream.com/Presentation/frraul-160338-virtues-good-life-cardinal-catholic-christian-thomas-aquinas-aristotle-socrates-happiness-emotion-prudence-fo-01-spiritual-inspirational-ppt-powerpoint/>

**Justice, Fortitude, Temperance**

<http://www.catholiceducation.org/articles/religion/re0531.html>

**Justice, Wisdom, Courage, and Moderation: The Four Cardinal Virtues**

<http://www.catholiceducation.org/articles/religion/re0017.html>

**Prayers for Virtues**

<http://www.catholicpriest.com/docs/VAW2009/Prayers%20for%20Virtues.pdf>

**Character Education and Psychological Models of Virtue**

<http://www.frinstitute.org/rvirtue3.html>

**Virtue Science (Quotes)**

<http://virtuescience.com/moderation.html>

**Sports Teach the Classical Virtues - But Soccer Does Better Than Football**

<http://communities.canada.com/vancouver/blogs/theseearch/archive/2008/07/14/sports-teach-the-classical-virtues-but-soccer-does-better-than-football.aspx>