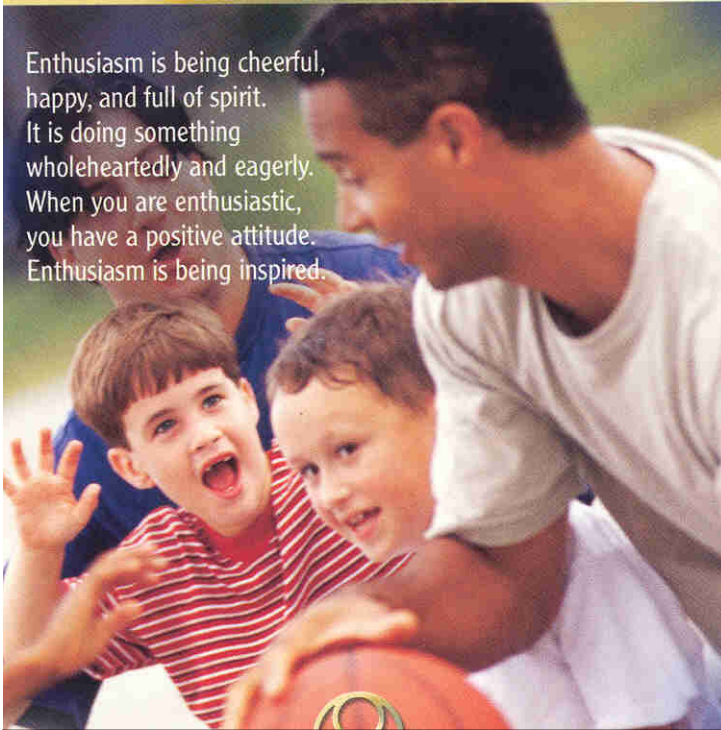


Family Virtues Newsletter

This weeks Virtue:

Enthusiasm

Enthusiasm is being cheerful, happy, and full of spirit. It is doing something wholeheartedly and eagerly. When you are enthusiastic, you have a positive attitude. Enthusiasm is being inspired.



Things a family can do to practice

Enthusiasm ...

- Smile, laugh and enjoy what you do
- Look forward to something eagerly
- Have a positive attitude
- Do things wholeheartedly
- Look at the bright side
- Be inspired by the wonders of life



We have fun singing the Enthusiasm Rap, "Enthusiasm is an attitude", an attitude of being cheerful, happy and full of spirit.



Next Week:

Detachment

Virtues classes are held each Sunday from 9:30am to 11:00am at the Grand Bend Public School for children ages 5 – 14. All are welcome and it's free. Call Gord Britton at 238-6036 to register your child. www.virtuesproject.com