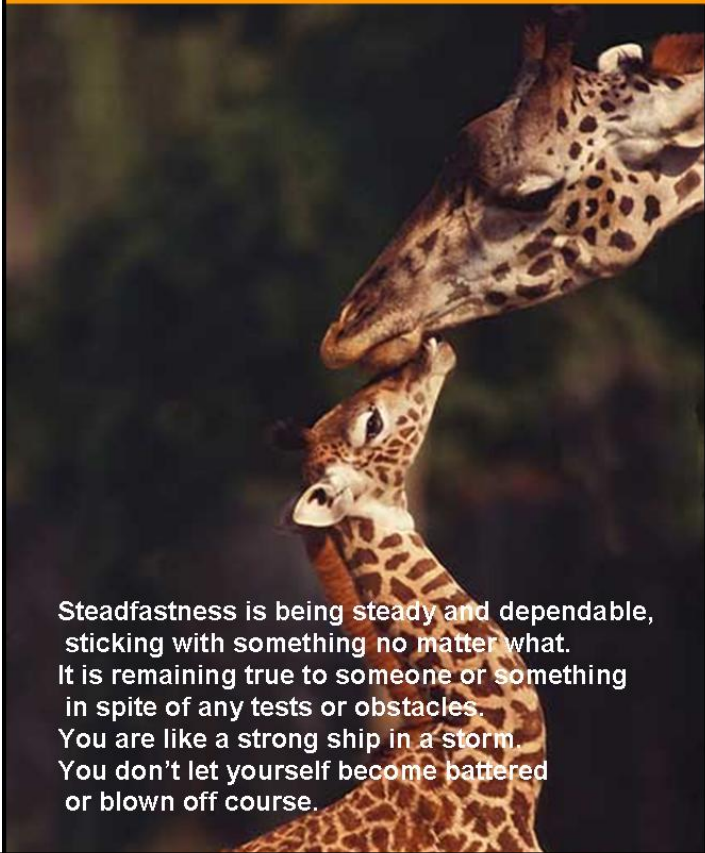


Family Virtues Newsletter

This weeks Virtue:

Steadfastness



Steadfastness is being steady and dependable, sticking with something no matter what. It is remaining true to someone or something in spite of any tests or obstacles. You are like a strong ship in a storm. You don't let yourself become battered or blown off course.

Things a family can do to

practice *Steadfastness* ...

- Think about whether you really want to commit to someone or something
- Pace yourself
- Take it one step at a time, remaining steady
- Don't let doubts or tests blow you off course
- Stand by your friends and loved ones



The class demonstrates steadfastness while making a difficult origami turtle and hare, one step at a time, remaining steady.



The class performs a skit of the tortoise and the hare. Slow and steady wins the race.

Next Virtue: *Humility*

Important Notice: Class is cancelled during the long weekend. Next class is May 25th.

Virtues classes are held Sunday in the Grand Bend Public School, Community Access Room. Children ages 5 – 14 are welcome and it's free. Call Josy and Gord Britton at 238-6036 or gordbritton@hay.net to register your child. www.virtuesproject.com