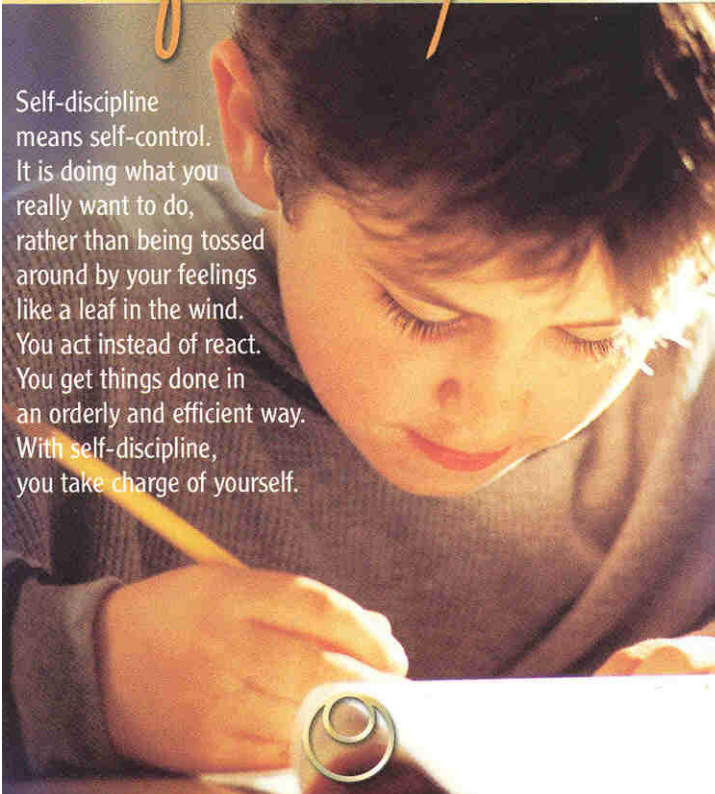


Family Virtues Newsletter

This weeks Virtue:

Self-discipline

Self-discipline means self-control. It is doing what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You act instead of react. You get things done in an orderly and efficient way. With self-discipline, you take charge of yourself.



Things a family can do to practice *Self-discipline*...

- Use detachment so your emotions won't control you
- Speak and act calmly when you are hurt or angry
- Create routines that bring peace and order to your day
- Practice moderation
- Do what is expected without anyone watching over you
- Do things on time



Avery with great care and attention creates a beautiful princess puppet.



The man started off with a cow, but lacked self-discipline and kept trading until he was left with nothing.

Next Virtue:

Responsibility

**Important Announcement:
Next Class is Sunday May 4.
Come join the fun.**

Virtues classes are held Sunday's from 9:30 a.m. to 11:00 a.m. at the Grand Bend Public School Community Room for children ages 5 – 14. All 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