

February 1, 2021

Good Morning Everyone,

Happy Birthday and Happy Anniversary to all of our parishioners celebrating special

days this month! 

The virtue for the month of February is: *Humility*

1. Today's Readings: [Monday of the Fourth Week in Ordinary Time | USCCB](#)

2. ***The RE Corner with Jan Heithaus:*** Kyle Clement has been giving our parish a 4 week mission on the 4 cardinal virtues. The first virtue was Prudence. Kyle spoke about the “daughter virtues” that are components of the cardinal virtue. In the upcoming weeks, we will give a bit more information about these daughter virtues beginning today with Memory.

If you haven't watched or listened to Kyle's talks, please do so. Here is the link to Prudence again ~ just under two hours: [Mr. Kyle Clement Presents Theological Virtues \(Faith, Hope, Charity\) and Cardinal Virtue of Prudence - YouTube](#)

3. Quotes of the Day:

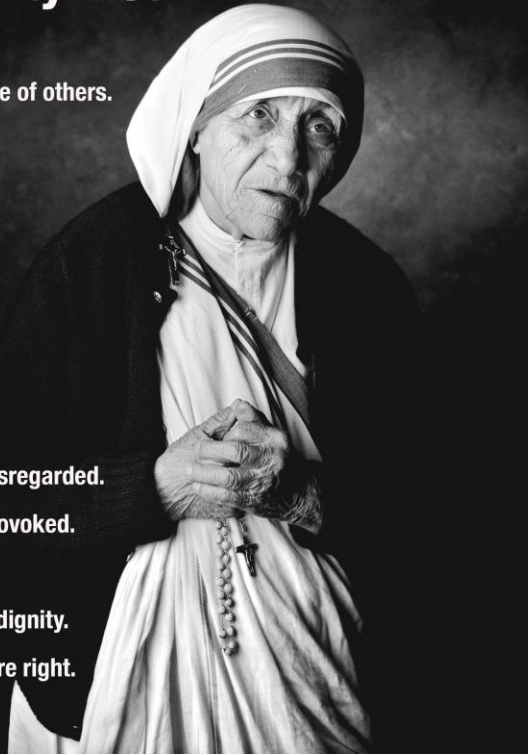
The three most important virtues are: humility, humility, and humility. *St. Bernard of Clairvaux*

The most powerful weapon to conquer the devil is humility. *St. Vincent de Paul*

As salt is needed for all kinds of food, so humility is needed for all kinds of virtues. *St. Isaac the Syrian*

Mother Teresa Humility List

- 1) Speak as little as possible about yourself.
- 2) Keep busy with your own affairs, not those of others.
- 3) Avoid curiosity.
- 4) Do not interfere in the affairs of others.
- 5) Accept small irritations with good humor.
- 6) Do not dwell on the faults of others.
- 7) Accept censures even if unmerited.
- 8) Give in to the will of others.
- 9) Accept insults and injuries.
- 10) Accept contempt, being forgotten and disregarded.
- 11) Be courteous and delicate even when provoked.
- 12) Do not seek to be admired or loved.
- 13) Do not protect yourself behind your own dignity.
- 14) Give in, in discussions, even when you are right.
- 15) Choose always the more difficult task.



St. Bernard of Clairvaux, Pray for Us!
St. Vincent de Paul, Pray for Us!
St. Isaac the Syrian, Pray for Us!
Mother Teresa, Pray for Us!
St. Joseph, Pray for Us!

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The Components of Prudence

St. Thomas lists the various components of practicing prudence to help us reason in truth (ST.II-II.49). There are eight, they go in order, and they are:

- Memory
- Understanding
- Docility
- Shrewdness
- Reason
- Foresight
- Circumspection
- Caution

Memory (*memoria*) does not merely refer to the neurological storage in our brains, but to the recollection of many experiences. Animals, which are beings with sensitive (sensing) souls have physiological brain memory, such as when dogs learn tricks. Humans are creatures with rational souls and can compile a set of events into a memory. To practice prudence, we must perfect our memory. To perfect the memory (i.e. conform it to reality), St. Thomas lists four steps within this first component.

First, form a picture in your mind of the series of events. The picture should not simply be one that is pleasing and familiar. Rather, it should be “somewhat unwonted,” meaning strange, as if you are seeing the memory through someone else’s eyes for the first time—a childlike recollection. Pictures in the mind are called imaginations. When we imagine events, we remember them more clearly. This much, even animals can do.

Second, make mental notes of the order of events. This will help retain the correct memory.

Third, be anxious and earnest about the things you wish to remember. Yes, be anxious. Anxiety is not always a bad thing. Anxiety is the body's way of informing us that we need to think more about something in earnest. If a memory is making you anxious, you need to confront it. The first step to confronting it honestly is to remember the events correctly.

Fourth, reflect on the set of memories you retain. The purpose for unwonted or anxious memories is not usually apparent at first. Make mental notes of past events you need to process. By following these four steps, we learn to organize our memory. Then we are ready to understand.

Source: stphilipinstitute.org