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EDUCATION IN VIRTUE

A Way of Life

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DISCIPLE *of* CHRIST

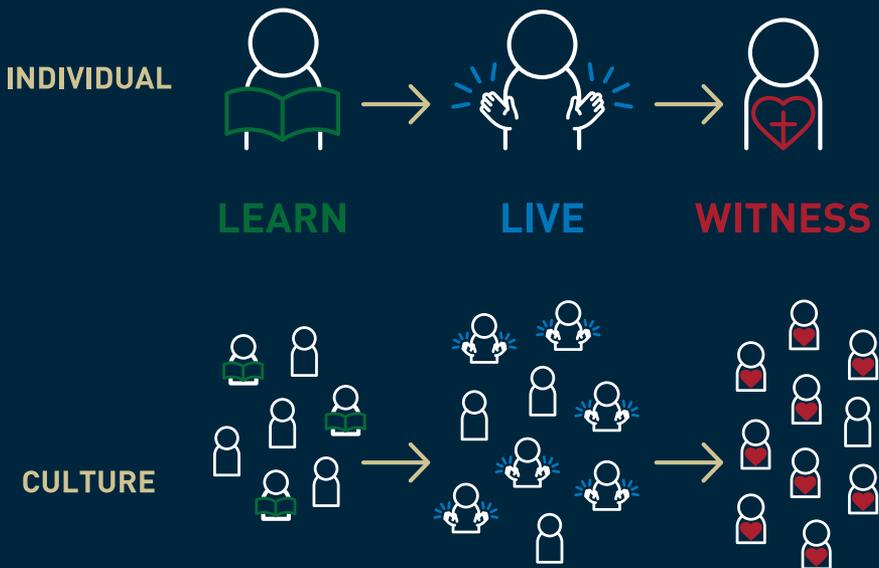
EDUCATION IN VIRTUE



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WHEN PEOPLE CHANGE, CULTURE CHANGES



DISCIPLE *of* CHRIST

EDUCATION IN VIRTUE

What is Education in Virtue?

Disciple of Christ, Education in Virtue is more than a curriculum, it's a way of life—the means to a happy life.

Education in Virtue provides easy-to-use resources and materials that are developed by the Dominican Sisters of Mary, Mother of the Eucharist and teachers. It is based on the centuries-old understanding that the Christian virtues are a way to practice holiness of life.

RESOURCES INCLUDE:

- [Implementation Program](#) for creating school cultures centered on virtue
- [Online Learning](#) providing access to comprehensive and immersive content packages through our platform [Openlight Media Plus](#)
- [Publications](#) on vocations, catechesis, virtue and so much more!
- [Multimedia Content](#) including our blog, videos, podcasts, and livestreams

Who is it for?

SHORT ANSWER: EVERYONE

LONG ANSWER: VIRTUE IS A WAY OF LIFE THAT ALL ARE CALLED TO

Education in Virtue offers support as you learn, teach, and practice virtue. With time, you will begin to naturally incorporate the language of virtue within your daily life and grow as a disciple of Christ. Recent studies in interpersonal neurobiology and positive psychology support this approach and show that an integrated way of life leads to the betterment of the human person.

When you learn, live, and witness in virtue, it will overflow into every aspect of life—transforming you into the best version of yourself. Simply put, Education in Virtue is happiness simplified.

These resources provide a framework that helps all ages understand how to live a more virtuous life.

How it Works

All Education in Virtue materials are designed by teachers for teachers—practical, durable, simple, and easy-to-use. Assisting with new ideas and activities, they will guide your planning and help you integrate the language of virtue daily.

Because learning virtue is a process and helps us live a happier life, we frame this education in three stages: **Learn, Live, and Witness**.

LEARN

LIVE

WITNESS

LEARN

Stage One—*learn* the language of virtue.

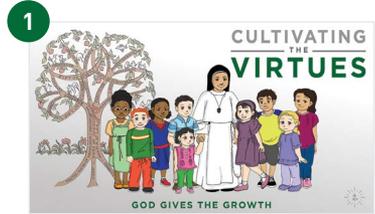
Because it is the habit of doing good, one must first know virtue in order to live it; therefore, understanding what each virtue “looks like” and “sounds like” is essential.



1. CULTIVATING THE VIRTUES VIDEO SERIES

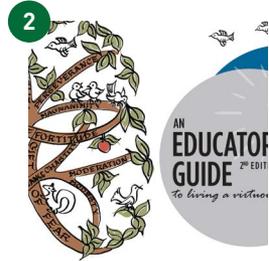
A whole course to help you educate the next generation about the joy of living a virtuous life. Includes video lessons for students, accompanying activities, and downloadable worksheets.

For more information, see page 8.



2. EDUCATOR'S GUIDE

Provides in-depth knowledge of the theological and moral virtues and the process of growing in virtue.



3. HOME STARTER KIT

This starter kit is the best place to begin helping children grow in the virtues.

INCLUDES:

- *An Educator's Guide to Living a Virtuous Life, 2nd Edition*
- Virtue Chart Pack
- Small Virtue Cards Set (304 cards)
- Saint Cards Volume One and Two
- One Openlight Media Plus Annual Subscription



4. INSTRUCTIONAL POSTERS

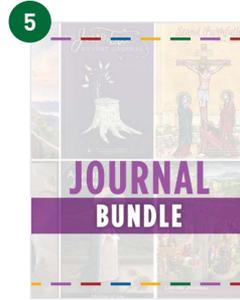
One poster for each of the 28 virtues; everything you need to teach about each virtue in an easy-to-use poster resource.



5. JOURNAL BUNDLE

Add 50 qualifying journals to your cart to receive the 40% *Lectio Divina* Journal Kit discount.

- Beautiful journals with questions to help the participant hear God speak to him or her in His Word
- Perfect for Parishes, Schools and Homeschool Co-Ops
- Mix and match for a variety
- Choose from over 7 journal options



6. LEARN THE VIRTUES VIDEO SERIES

Discover first-hand techniques on how to successfully present the materials in the classroom so that you can illuminate tomorrow's saints!

7. PARISH STARTER KIT

This kit is packed with all the materials your parish community needs to begin growing in virtue together, from resources that will help your priest seamlessly incorporate the virtues in his homily, to a Virtue Chart Pack to put into the hands of every family in the parish, so that they can learn the language of the virtues and how to live them.

INCLUDES:

- 2 copies of [*Echoing the Mystery*](#)
- 10 copies of [*An Educator's Guide to Living a Virtuous Life, 2nd Edition*](#) for catechists
- [90 Virtue Chart Packs](#) (with the option of adding more at minimal cost)
- 18 [*Life of Christ Lectio Divina Journals*](#) and pocket-sized Gospels
- [1 Instructional Poster Set](#)
- [Virtue Card Set](#) (large)
- [Saint Cards Volume One and Two](#)
- 10 [Openlight Plus](#) annual subscriptions
- FREE Training and Support!

8. SAINT CARDS

67 different, attractive, and durable cards, with at least one for each virtue.



9. SCHOOL STARTER KIT

Provides practical resources to strengthen the culture of your school.

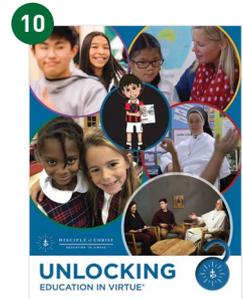
EACH KIT INCLUDES:

- [Echoing the Mystery](#) (E-Book Download)
- 10 copies of [An Educator's Guide to Living a Virtuous Life](#)
- [Instructional Poster Set](#)
- [2 Ways to Cultivate Poster Sets](#)
- [2 Large Virtue Card – Complete Sets](#)
- [5 Small Virtue Card – Complete Sets](#)
- [5 Saint Card Sets – Volume One](#)
- [5 Saint Card Sets – Volume Two](#)
- [15 Virtue Chart Packs](#)
- 18 [Life of Christ Lectio Divina Journals](#) and pocket-sized Gospels
- 20 [Openlight Media Plus](#) Annual Subscriptions
- [10 Unlocking Education in Virtue Guidebooks](#)
- FREE 30 Minute One-on-One Training Video Call with an Education in Virtue Representative



10. UNLOCKING EDUCATION IN VIRTUE AND GUIDEBOOK

A free comprehensive video series which guides the implementation of Disciple of Christ, Education in Virtue in a school, but can also be adapted to a parish or home setting. The accompanying *Guidebook* is available for purchase on our online store at www.openlightmedia.com/guidebook. For more information, see pages 10-11.



11. VIRTUE CARDS

304 colorful cards for teaching children what each virtue “looks like” and “sounds like.” Useful in instruction and classroom management.



12. VIRTUE CHART PACKS

Helps apply the language of the virtues to daily life: home, work, and school.



13. WAYS TO CULTIVATE POSTERS

28 laminated posters, one for each virtue; includes the virtue’s meaning, prayer, and one “looks like”/“sounds like” example and space to write in your own “ways to cultivate.”



LIVE

Stage Two—live joyfully as a disciple of Christ.

By learning the virtues, one internalizes the characteristics of a good, integrated life and is then able to respond virtuously in all of life's circumstances.



1. JOURNALS

A collection of journals and worksheets for Lent, Advent, and more, to guide your prayer and bring you to a deeper encounter with Jesus Christ.

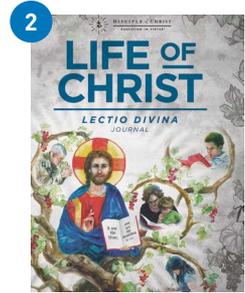
Journals may include guided meditations, full color images, doodling prompts, carefully selected prayers, and more.



2. LIFE OF CHRIST, LECTIO DIVINA JOURNAL COMPANION

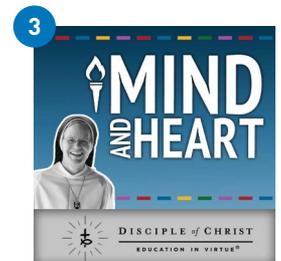
A video series that accompanies the *Life of Christ* journal to assist participants in the practice of *lectio divina*—the habit of prayerfully reading Scripture.

For more information, see page 9.



3. MIND & HEART PODCAST

Sr. John Dominic Rasmussen, O.P. explores and interviews experts and everyday heroes who share methods of teaching and bringing it to life by living a life of virtue.



4. VOCATION STORIES PODCAST

“And the Truth Shall Set You Free” podcast provides priceless information for young women, as well as young men, discerning a vocation to the Religious Life—even parents will benefit!



WITNESS

Stage Three—*witness* to conversion and happiness.

Living a virtuous life permits one to live in friendship with Christ—our fulfillment and hope. The habitus of virtue enables good acts to flow easily and the overflow of these provide one with a delight in doing the good.



1. [HAPPINESS IS LIVING A VIRTUOUS LIFE PAMPHLET](#)

Examine your conscience with the use of this virtue-based examen and identify the virtues you would like to cultivate.

2. [POCKET CROSS SET](#)

The Disciple Pocket Cross is custom-made from poplar wood and finished with natural Jojoba Oil, a liquid wax. Choose from two different sets:

DISCIPLE POCKET CROSS: YOUTH GIFT SET

- One hand-carved wooden cross
- Product note card with QR code to video
- Bl. Carlo Acutis Device Decal with QR code/link to web page and video
- Bonus Saint Cards (various)

DISCIPLE POCKET CROSS: GIFT SET

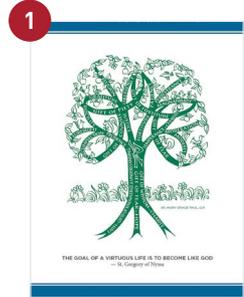
- One hand-carved wooden cross
- Product note card with QR code to video
- Pocket Gospels & Acts Bible
- Bonus Saint Cards (various)

3. [SAINTS CALENDAR](#)

The saints are our brothers and sisters who have gone before us and witnessed by their lives what it means to be a disciple of Christ. Use this calendar to learn more throughout the year.

4. [VICE TO VIRTUE VIDEO SERIES](#)

Aiming to provide individuals with an understanding of sin's role in their day-to-day existence, Fr. Nick Monco, O.P. gives you the tools to recognize sin and reorder your desires so you can live a full and virtuous life.





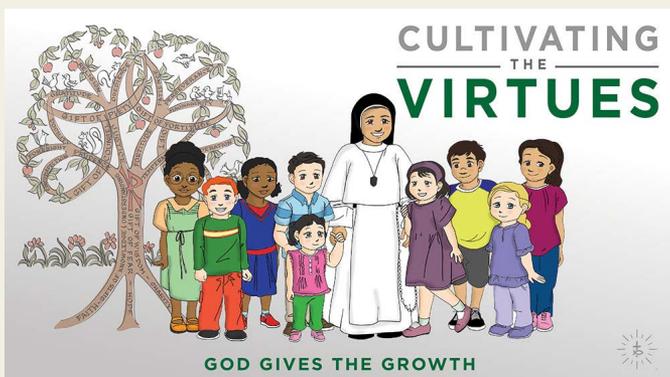
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Visit our website to shop our [online store](#), purchase a subscription to [Openlight Media Plus](#), sign up for our [newsletter](#), and more!

Watch our website for new and exciting programs launching soon.

Contact us today to chat about how we can help your school or parish.

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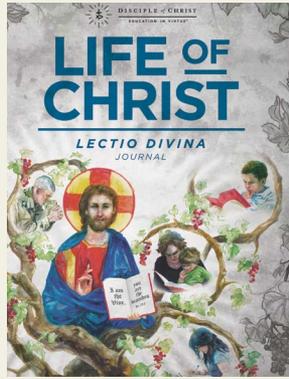
Cultivating the Virtues

Cultivating the Virtues is a video series offered exclusively on Openlight Media Plus and includes over 200 professionally produced videos. Each virtue unit, taught by a Sister, is divided into four distinct lessons with videos, worksheets, and activities:

- 1) LEARN** - Your child or students will be taught the virtue and, most especially, how to cultivate it in their daily lives.
- 2) LIVE** - An animated story about the virtue will reinforce the lesson taught and show what it looks like and sounds like.
- 3) WITNESS** - The saints are the cloud of witnesses who have gone before us and lived virtue heroically. Students will learn about the life of a saint who exemplified the virtue.
- 4) PRAY** - A Sister will guide the child or students through a prayerful *lectio divina*—meditating on Scripture—and teach them how to integrate it into their daily lives. It is important to know and understand that the virtuous life is a response of grace—God Gives the Growth.

ACCOMPANYING PRODUCTS *(Available with purchase)*

- [Remain In Me Lectio Divina Journal](#) - accompanies the “Pray” Lessons of this video series.
- [Cultivating The Virtues: God Gives The Growth Workbook](#) - All the worksheets your student will need, gathered in one convenient place! Includes activity pages for the Learn, Live (Virtue Stories), and Witness (Saints) Lessons.



Life of Christ

A Journal and accompanying Video Series to assist participants in the ancient practice of *lectio divina*—the prayerful reading of Scripture.

JOURNAL ONLY *(Available with purchase)*

To be His disciple, one must first know the life and Person of Jesus Christ. The *Life of Christ Lectio Divina Journal* opens the door to this personal, transformative encounter.

- Pray through the entire life of Christ, with over 70 selected readings and journal prompts
- Recommended for junior high, high school, and adults
- Complete at your own pace
- Features over 70 beautiful full-color sacred art images
- 331 pages

ACCOMPANYING VIDEO SERIES *(Available on Openlight Media Plus)*

Each Section is divided into 3 segments:

- **Open the Scriptures** - To aid you in unpacking the Scripture, various priests from around the world read the passage and offer commentary.
- **Encounter Beauty** - The *Life of Christ Lectio Divina Journal* includes over 75 images of sacred art that bring their respective Gospel passages to life. Renowned art historian Dr. Elizabeth Lev offers engaging commentary on these beautiful, rich treasures.
- **Live as a Disciple of Christ** - All of us meet people who are just good—and they bring joy to us. For this segment, the Sisters and other disciples offer their own reflections on the Gospel and witness to us the joy of the Gospel.



Unlocking Education in Virtue

UNLOCKING EDUCATION IN VIRTUE GUIDEBOOK

(Available with purchase of school starter kit and as a digital download)

The purpose of *Unlocking Education in Virtue Guidebook* is to support educators in understanding how to live a virtuous life and grow as a disciple of Jesus Christ. Simply put, through this training, educators will understand how to unlock their purpose in life.

WITH THE TOOLS AND RESOURCES PROVIDED, EDUCATORS WILL:

- Learn the basics of Disciple of Christ, Education in Virtue
- Understand how to teach virtue
- Practice applying virtue to their own lives
- Learn how to establish a culture that supports children in all aspects of development—intellectual, physical, social–emotional, and spiritual

*This guidebook accompanies the [Educator's Guide](#) and several video series that walk teachers from the beginnings of implementation (*Unlocking Education in Virtue*) to proficiency in teaching and living the virtues ([Learn The Virtues](#)).*

UNLOCKING EDUCATION IN VIRTUE VIDEO SERIES (FREE)

A comprehensive video series which guides the implementation of Disciple of Christ, Education in Virtue in a school. It can also be adapted to a parish or home setting. This series is highly recommended to anyone interested in understanding why happiness is found in living the virtuous life.

Accompanying book: [Unlocking Education in Virtue Guidebook](#)

“ The Education in Virtue program has had a huge impact on St. Bernard’s School! It is wonderful to have a framework in which to guide our students in their faith and personal development. The training videos “Unlocking Education in Virtue” were central to our staff’s understanding of the program and set us on the right track! I am encouraging the rest of the schools in our diocese to start the program! ”

LAURA BRICKSON, M.S.Ed.
PRINCIPAL – ST. BERNARD’S CATHOLIC SCHOOL

AN EDUCATOR’S GUIDE TO LIVING A VIRTUOUS LIFE

(Available with purchase or FREE with purchase of a [School Starter Kit](#))

A deeper dive into living a virtuous life: the essential guide for educators or individuals.

- Provides in-depth knowledge of the theological and moral virtues and gifts of the Holy Spirit
- Equips every parent and teacher with easy access to understanding the fundamentals of living the Christian life
- Color-coded for seamless use with the coordinating [virtue cards](#) and [saint cards](#)

Additional Resource: [Unlocking Education in Virtue Guidebook](#)

LEARN THE VIRTUES VIDEO SERIES *(FREE)*

Designed to give educators an in-depth understanding of the virtues, and developed by the Dominican Sisters of Mary, Mother of the Eucharist. Discover first-hand techniques on how to successfully present the materials in the classroom so that you can illuminate tomorrow’s saints!

Essential accompanying book: [An Educator’s Guide to Living a Virtuous Life](#)



DISCIPLE of CHRIST
EDUCATION IN VIRTUE



IS TRUSTED BY

525+ Parishes

600+ Schools

89+ Countries Worldwide

“ This program has TRANSFORMED our school! Our school is only in its fifth year and after just starting [Education in Virtue] this fall, I am already seeing rapid growth. We are growing every day with Education in Virtue as our guide. THANK YOU for creating this beautiful program. Many thanks! ”

KARISSA
ELEMENTARY SCHOOL PRINCIPAL

“ Education in Virtue is very clear, concrete and actionable in its application to shape student and staff behavior. It’s richly rooted in Catholic teaching, while still being philosophically secular enough to implement in any scenario. Simply put, we see more and more ‘aha’ moments when discussing behavior. Magnanimity and humility rightly understood, for example, promote great conversation with kids. ”

BILL KOPPE
PRINCIPAL



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