



# *Virtue-a-Thon* **BOOKLET**

**NAME:** \_\_\_\_\_

**SCHOOL:** \_\_\_\_\_ **HR:** \_\_\_\_\_





# *Dear Parents and Teachers,*

This year, we invite you all to participate in the “Pilgrims of Hope Virtue-a-Thon: Growing in Body, Mind, Heart, and Spirit.”

This initiative gives students a chance to grow as Pilgrims of Hope. It's both Catholic in spirit, and energizing in practice – a simple, 25-day experience of faith, formation, and fun, where students complete 25 small acts of growth (physical, intellectual, relational, and spiritual) to become young missionary disciples.

Students will be invited to:

- Memorize or share 7 Bible verses ("wisdom for the mission")
- Perform 7 acts of kindness ("love for the mission")
- Practice 7 virtues ("spirit for the mission")
- Perform 4 physical challenges ("strength for the mission").

As a guide for this Virtue-a-Thon, some of our Calgary Catholic School administrators have teamed up to create resources for students. This booklet consists of one activity per page for 25 days. Please complete each page and as you do so, have your parent or teacher mark it complete on the back of this booklet.

If you are a parent or parishioner wishing to donate for the Pilgrims of Hope, please contact Ascension Parish or visit their website:

<https://www.ascensioncatholicparish.ca/giving>

# Bible VERSE 1



**Genesis 12:1 - The Lord said to Abraham, "Go forth from the land of your kinsfolk and from your father's house to a land that I will show you"**

This verse is about God asking us to go on a pilgrimage in which he will show or reveal something to us. What do you think God has to show us? Draw and/or write about it below:

# Acts of KINDNESS #1

**Who is someone you can think of who might need help? Think of neighbors, the elderly, or anyone else.**

Plan how you will help them below. Feel free to map or draw it out.

# *Physical* CHALLENGE #1

**At recess, go for a walk and walk as fast as you can for the entire time. While you are walking, reflect on God during this pilgrimage. What are you thankful for in God's creation that you see? If you want to complete this activity after school, please walk safely with an adult.**

After your walk, list or draw 10 things below that you are thankful for that God has created for us:

# Practicing the VIRTUES #1

**Faith is a theological Virtue. Faith is defined as a supernatural virtue and a free, human act of belief in God and all that He has revealed, including the teachings of the Church.**

How do you show that you have Faith? Write or draw symbols and examples of your faith below:

# Bible VERSE 2



**Psalm 119:54** “Thy statutes have been my songs in the house of my pilgrimage.”

Try to think of songs you know which are about a pilgrimage or journey. List them below, then listen to the official “Pilgrims of Hope” hymn at the bottom of the page:

## **"Pilgrims of Hope" is an original hymn for the Jubilee Year 2025**

Lyrics by Msgr. Pierangelo Sequeri

Music by Maestro Francesco Meneghello

Recording performed by the Choir of the Basilica of the National Shrine of the Immaculate Conception, Washington, DC - Peter Latona, Director

Listen to it here:

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=7uXO8lUcEZI&t=43s)

[v=7uXO8lUcEZI&t=43s](https://www.youtube.com/watch?v=7uXO8lUcEZI&t=43s)

Like a flame my hope is burning,  
may my song arise to you:  
Source of life that has no ending,  
on life's path I trust in you.  
Ev'ry nation, tongue, and people  
find a light within your Word.  
Scattered fragile sons and daughters  
find a home in your dear Son.  
God, so tender and so patient,  
dawn of hope, you care for all.  
Heav'n and earth are recreated  
by the Spirit of Life set free.  
Raise your eyes, the wind is blowing,  
for our God is born in time.  
Son made man for you and many  
who will find the way in him.

# Acts of KINDNESS #2

**How have others shown kindness to you? Have you found a way to thank them?**

Create a plan to thank someone who has shown you an act of kindness. Tell them how this helped you to show more kindness yourself. You can write them a message, draw a picture, or create a card.

# Practicing the

# VIRTUES #2

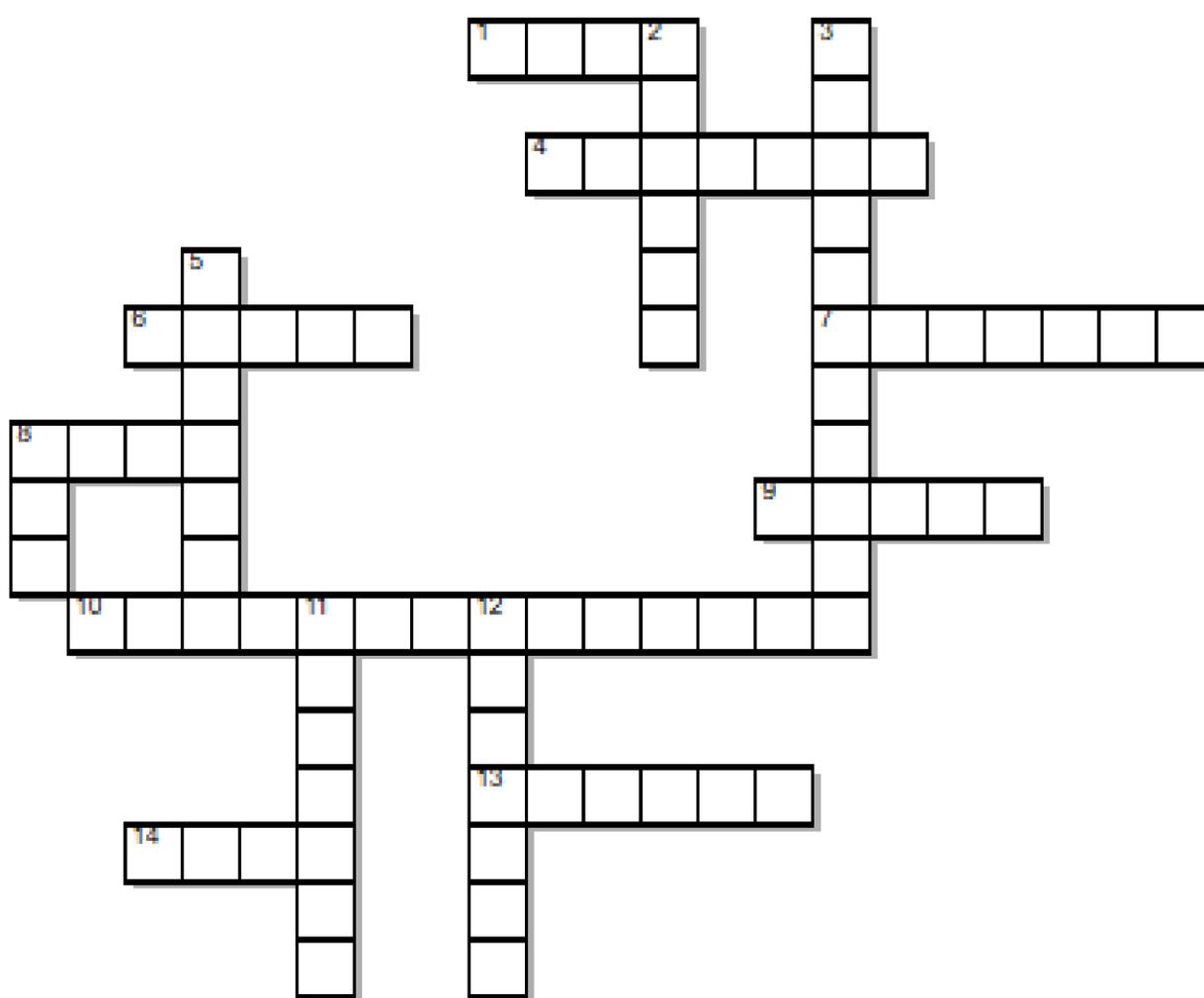
**Prudence is a Cardinal Virtue, defined as: The ability to discern the appropriate and right course of action in a given situation. In other words, choosing right over wrong.** How do you show that you have Prudence? Write or draw symbols and examples of you practicing prudence below:

# Acts of KINDNESS #3

How can we show kindness to the rest of the world?

Complete the Kindness Crossword below:

## Kindness Crossword



### ACROSS

- 1 Give to others who are hungry
- 4 Using "please" and "thank you"
- 6 Shows us the way to treat others
- 7 The virtue that means love and giving to others
- 8 Do this for someone in need
- 9 Something that you could give to someone who has nothing to drink
- 10 The theme of the 2025 jubilee
- 13 Is someone has problems they want to tell you, you should do this
- 14 Always show this to your neighbor and yourself

### DOWN

- 2 To give something to the needy
- 3 Taking part in activities like food drives
- 5 A behavior your parents will appreciate
- 8 Someone who is sad could get this
- 11 Show this to everyone, regardless of who they are or how they look
- 12 A basic human need that some homeless people don't have

# Bible VERSE 3



**2 Corinthians 5:7 “For we walk by faith, not by sight”**

How do you go through the journey of life while walking in Faith? If you could not see, how would God guide you? Draw and/or write about it below:

# Acts of KINDNESS #4

**How can we show kindness towards our own family?**

Create a plan to show kindness towards people in your own family. You can draw or write out what you plan to do below:

# *Physical* CHALLENGE #2

Plan to work at a challenging activity of your choice (example: push ups, jumping jacks, sit ups, or basketball air jump-shots). You do not have to complete them all at once, but build your fortitude by completing a few at a time throughout the day. Below, list the time and number you have completed. Add them up at the end.

# *Practicing the* **VIRTUES #3**

**Justice is a Cardinal virtue described as fairness and the proper treatment of others.**

How can someone treat you with fairness and proper treatment in your life? Draw and/or write about it below:

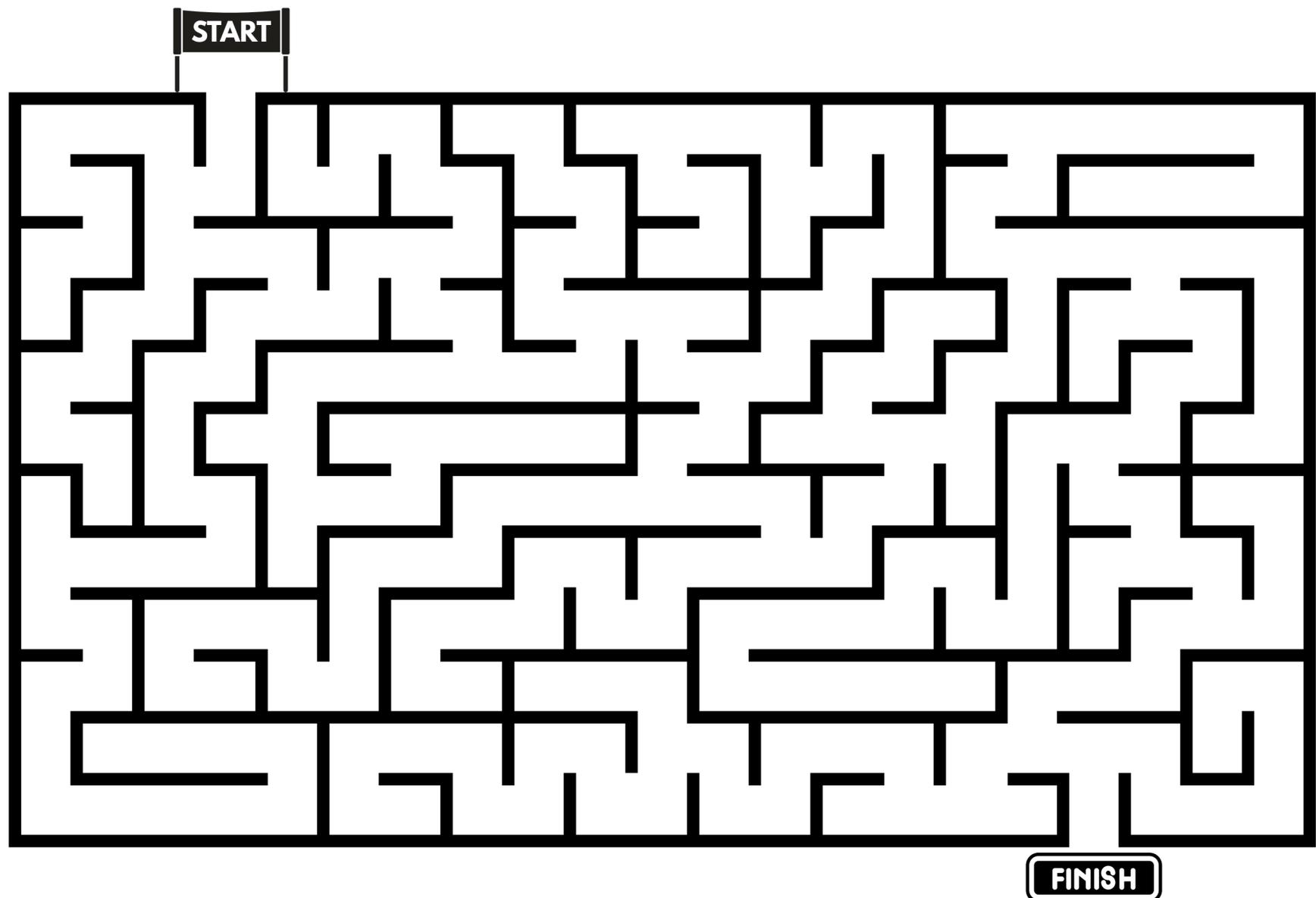
# Bible

## VERSE 4



**Hebrews 11:16** “But now they desire a better country, that is, a heavenly one: Therefore God is not ashamed to be called their God: for he hath prepared for them a city.”

We are all on a pilgrimage towards this city God has created. Complete the maze below and draw the city God has created for us at the end.



# Acts of KINDNESS #5

**How can we show kindness towards nature?**

Color the picture below as you ponder how you could be kind towards nature:

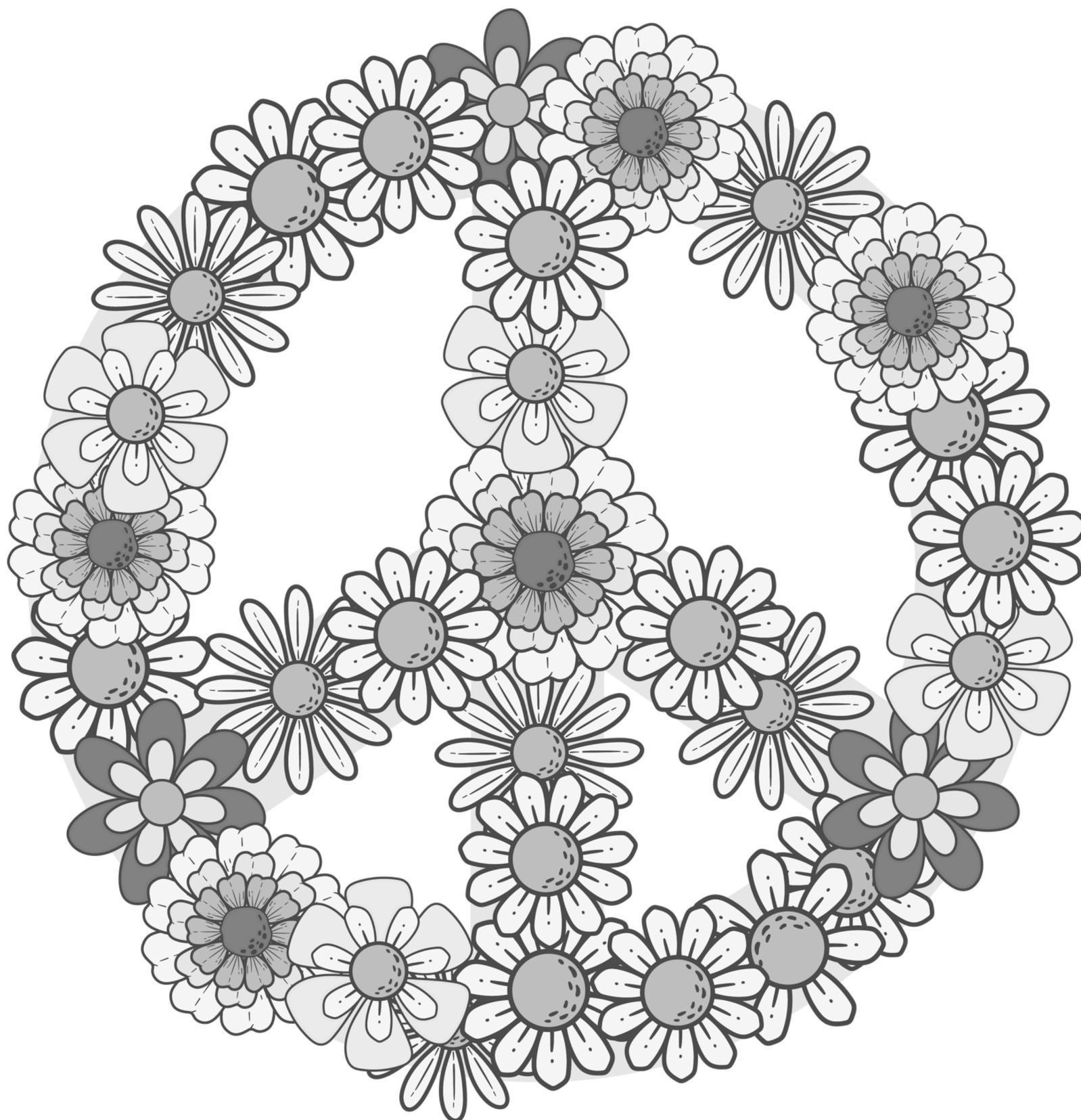


# Bible VERSE 5



**Jeremiah 29:11 "For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope."**

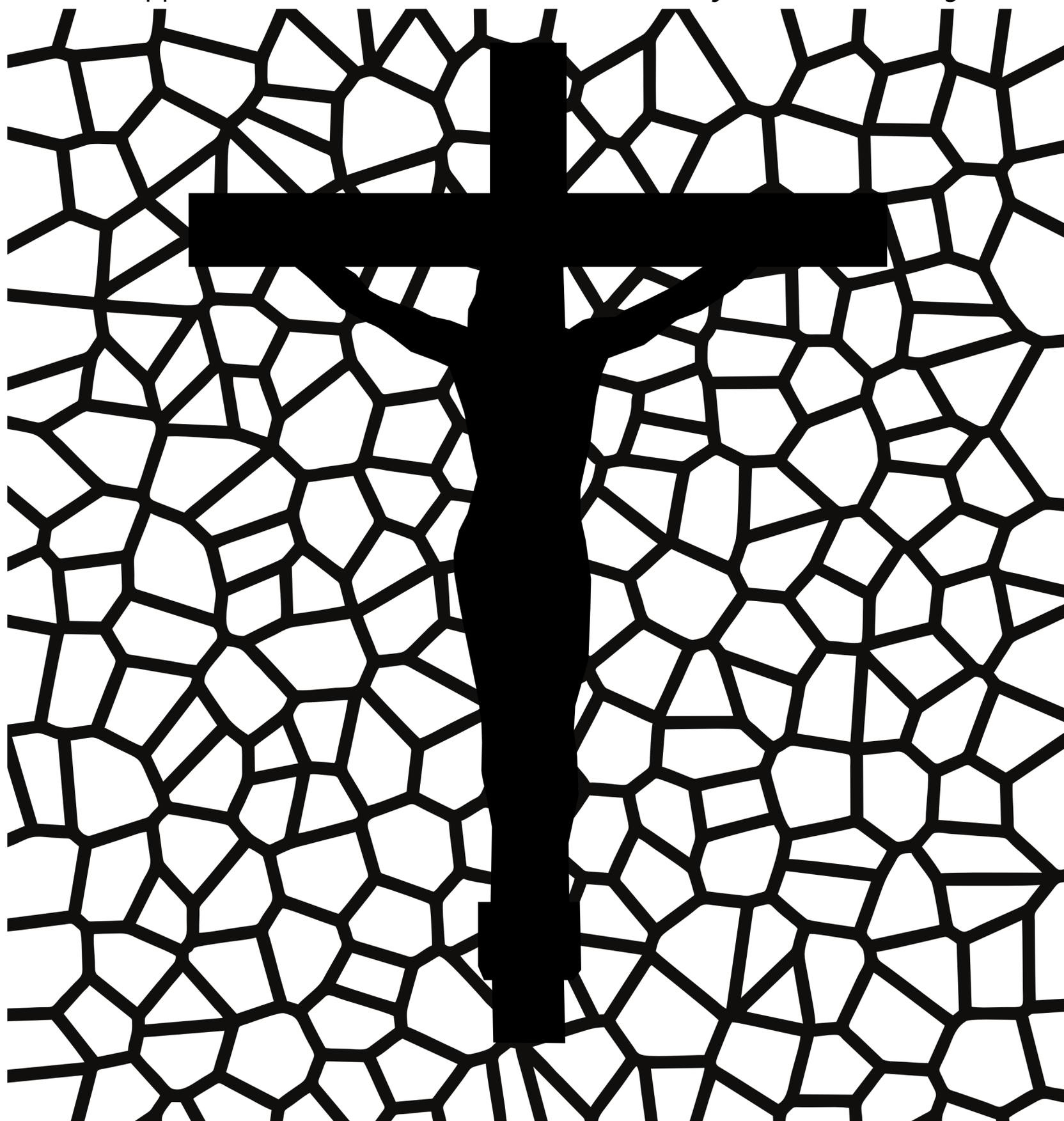
Think about your idea of peace as you color the image below:



# *Physical* CHALLENGE #3

Hold your arms straight out to your sides, with no bend in your elbows. Hold this pose as long as you possibly can.

Think about how long Jesus was on the cross in this position? How does this activity give us an appreciation for his sacrifice? Ponder this as you color the image below:



# Acts of KINDNESS #6

**How can we show kindness towards our classmates?**

Below, write or draw out a plan on how you can show kindness towards your classmates. Draw and/or write at least 5 things you can do show them kindness:

# *Practicing the* **VIRTUES #4**

**Fortitude is a Cardinal virtue described as the ability to confront fear, uncertainty, and intimidation. Think of all the things that make you afraid.**

How can you practice fortitude and strengthen your Faith in God throughout your Faith Journey? Draw and/or write about it below:

# Bible VERSE 6



**Psalm 23:4 "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."**

How does God guide us and keep us safe from evil? Draw and/or write 5 ways God keeps you safe below:

# *Practicing the* **VIRTUES #5**

**Temperance is defined as the practice of self-control, moderation, and discretion.**  
How do you practice self-control, moderation, and discretion? Draw and/or write about it below:

# Acts of KINDNESS #7

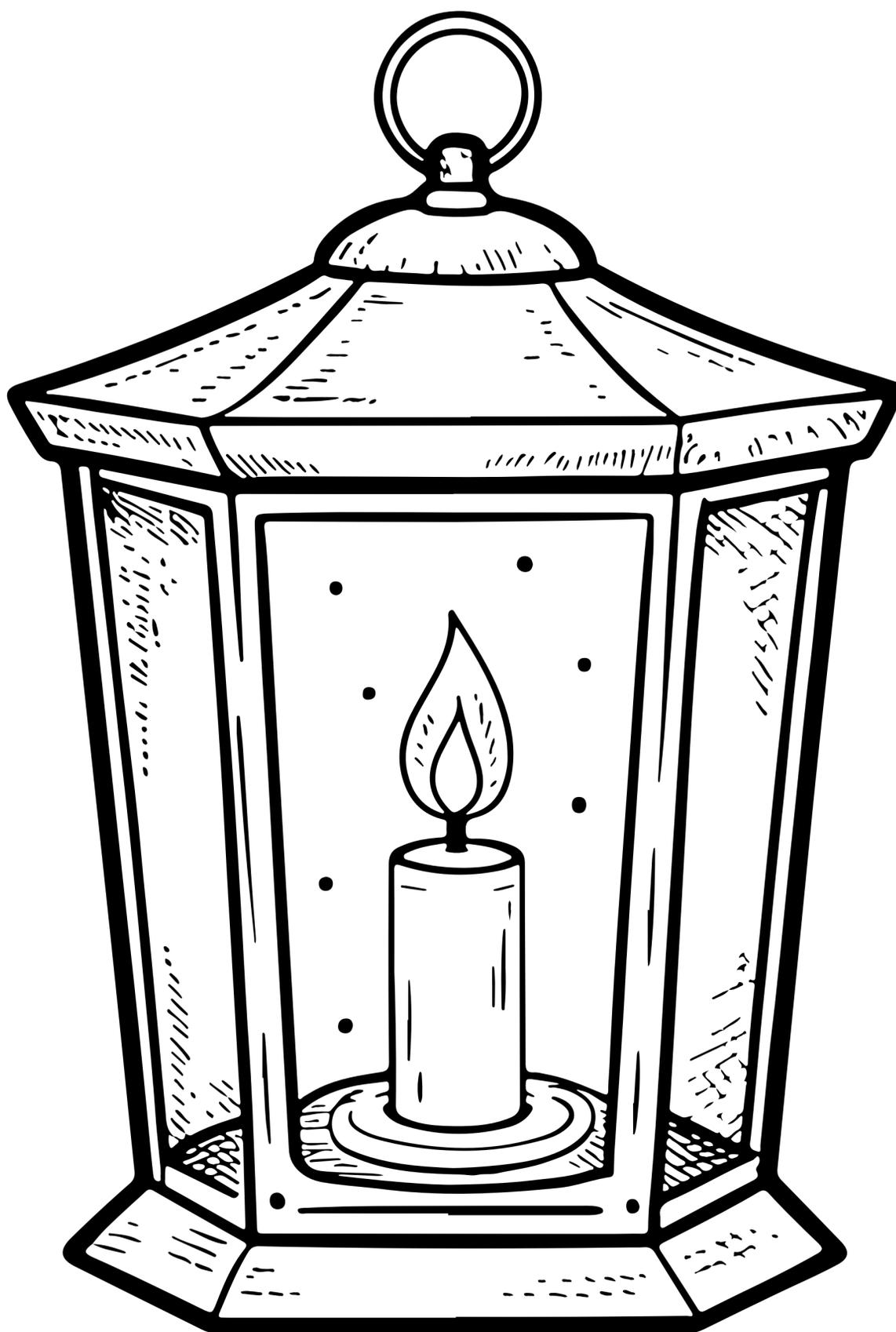
**How can we show kindness towards our school staff?**

Below, write or draw out a plan on how you can show kindness towards the staff at your school. List at least 5 things you can do to show them kindness:

# Bible VERSE 7



**Psalm 119:105 "Your word is a lamp to my feet and a light to my path."**  
How does God light your path? Color the lamp below as you reflect on this:



# Practicing the VIRTUES #6

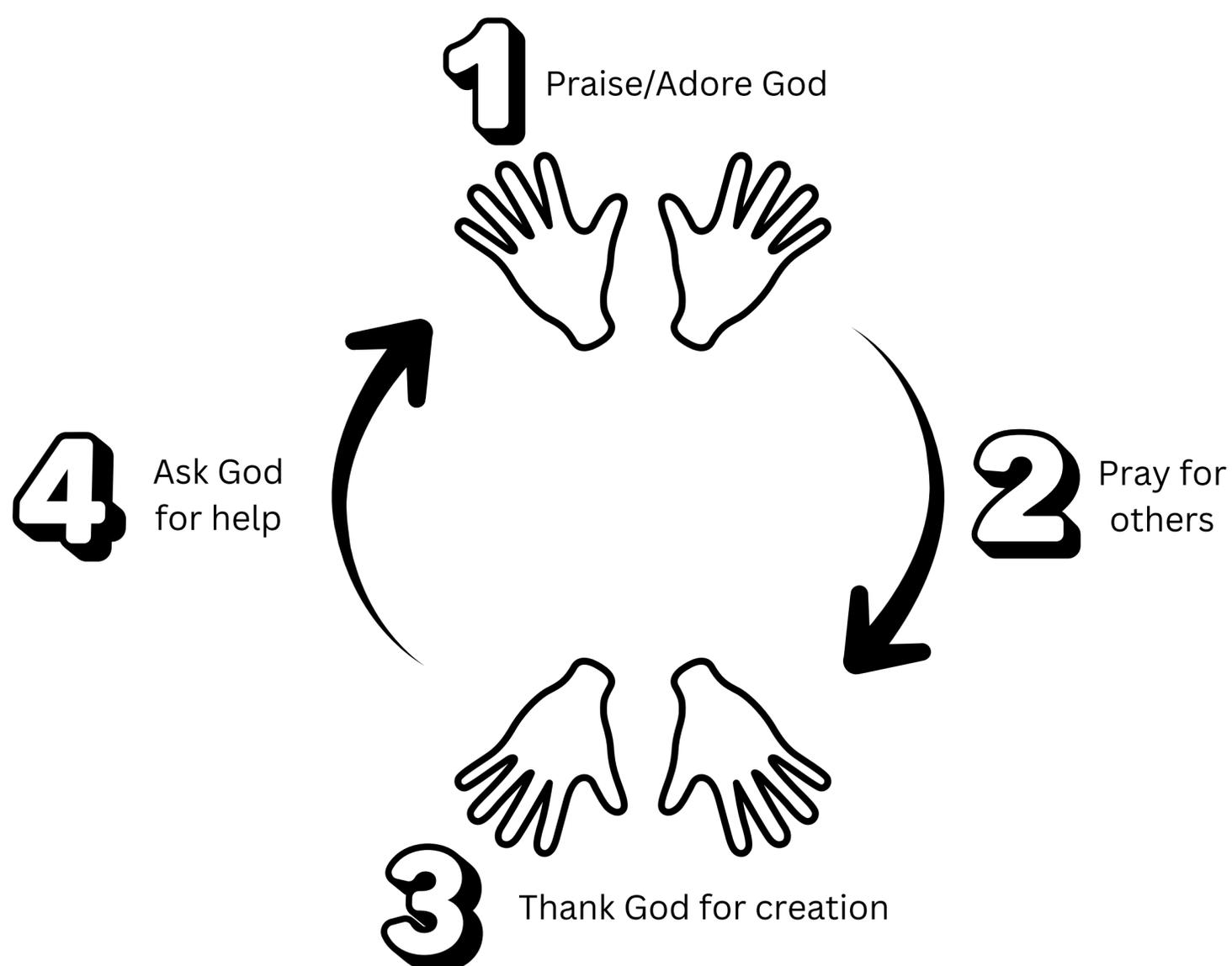
**Charity (Love):** Is defined as the love of God above all things and love of neighbor as oneself, often expressed through selfless service and forgiveness.

How do you practice selfless service and forgiveness? Draw and/or write about it below:

# Physical CHALLENGE #4

Stand up, breathe in with your hands up in the air reaching for God. As you exhale, slowly concentrate and reach down towards your toes. Try to complete the action 10 times, while following the guidelines below:

1. Reach as high as you can and praise/adore God.
2. Bend at the waist to reach towards the ground, as you are doing this, we pray for others (intercession)
3. When we are at the bottom reaching for the ground, we are thanking God for creation
4. When you are returning to the upright position, ask God for help with something/someone.



# *Practicing the* **VIRTUES #7**

**Hope is defined as the expectation of eternal life and God's grace.**

What does eternal life look like to you? Draw and/or write about it below:





# Pilgrims of Hope Virtue-a-thon

START

FEB 18  
Bible  
Verse #1

Act of  
Kindness #1

Physical  
Challenge #1

FINISH

MAR 25  
Practice  
Virtue #7

Physical  
Challenge #4

Practice  
Virtue #6

Bible  
Verse #7

Act of  
Kindness #7

Practice  
Virtue #1

Act of  
Kindness #5

Bible  
Verse #5

Physical  
Challenge #3

Thanks be to God for  
his indescribable gift!  
Journeying as Pilgrims of Hope.

Practice  
Virtue #5

Bible  
Verse #2

Act of  
Kindness #2

Practice  
Virtue #3

Bible  
Verse #4

Physical  
Challenge #2

Act of  
Kindness #4

Act of  
Kindness #6

Practice  
Virtue #4

Bible  
Verse #6

Act of  
Kindness #3

Bible  
Verse #3

Practice  
Virtue #2