

# *The Virtue Chronicles*

Cheerfulness

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# *Pete and Repeat*

## *A Sermon for the 5th Sunday after Epiphany*

"Suffer both to grow until the harvest."

You may have heard your elders speak something like this: "The bad people get all the breaks. If you are good you don't have any luck." You may have heard them complain: "Everything happens to me. What have I done to deserve this?" I know a story about that very thing which teaches the same lesson as the Gospel of today.

In a farmyard one day two turkeys were born. They were twins, exactly alike. The farmer called them Pete and Repeat. All summer Pete and Repeat played together in the farmyard eating the same food and being treated equally well. One day in September, the farmer came and put Pete inside a pen and left poor Repeat outside.

Pete, inside the pen, didn't like this at first. He was angry - until dinner time. For dinner he was given twice as much as he could eat. But poor Repeat was kept on the same old diet.

Pete began to enjoy himself inside the pen. All the farmer wanted him to do was eat and eat and then eat some more. Pete would no sooner settle down for a nice peaceful snooze than more food would be thrown to him and he would have to get up and eat it. It was a glorious life and it went on for weeks and weeks.

All this time, poor Repeat was moping around the farmyard, pecking around for just about enough to keep body and soul together. He came over one day and stuck his neck into Pete's pen.

"Pete," he groaned, "you are getting as fat as an elephant. You get all the good food, while I'm out here scratching around for an odd bit of grain. You get



Weeks went by. Pete filled out like a pudding and poor Repeat just lived from day to day. Then a day came when Repeat poked his long neck inside the pen and shouted for Pete. No answer.

"Pete," he shouted again, "where are you?" "He has eaten himself to death and I'm starving to death," he whined.

A car turned up the drive. The farmer came out of the house and shouted, "Come in everybody. Happy Thanksgiving to you all."

Repeat did some quiet thinking and said to himself, "I think I'll just stay happy for a while. The turkey that is being fattened is not always so well off."

Now suppose God does decide to send some suffering into your life and you see other people who live bad lives getting all the luck. Some day the ax will fall. "Suffer both to grow until the harvest." That is one way of looking at it. But then there is another way. Pain is sent to you as a chance to do penance for your own sins and for the sins of others and as a challenge: Can you take it? God promises you the crown of eternal glory, if you earn it.

Next time you hear people complain about bad luck and ask what they

CHEERS

A mother was preparing pancakes for her sons, Kevin, 5, and Ryan, 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. If Jesus were sitting here, He would say, "Let my brother have the first pancake. I can wait."

Kevin turned to his younger brother and said, "Ryan, you be Jesus."



## *How Many of These Quotes can you Memorize?*

"Is any of you sad? Let him pray. Is he cheerful in mind? Let him sing." ~ James 5:13

"In every gift show a cheerful countenance, and sanctify thy tithes with joy." ~ Eccclus. 35:11

"But the fruit of the Spirit is charity, **JOY**, peace, patience, benignity, goodness, longanimity." ~ Galations 5:22

"Cheerfulness strengthens the heart and makes us persevere in a good life. Therefore the servant of God ought always to be in good spirits." ~ St. Philip Neri

"Let us serve the Lord with holy cheerfulness." ~ St. John Bosco

"A cheerful and glad spirit attains to perfection much more readily than a melancholy spirit." ~ St. Philip Neri

"I want no long-faced saints." ~ St. John Bosco

"Be cheerful, but let your cheerfulness be genuine, stemming from a conscience free from sin." ~ St. John Bosco

"For one pain endured with joy, we shall love the good God more for ever." ~ St. Therese of Lisieux

"From silly devotions and sour-faced saints, good Lord, deliver us!" ~ St. Teresa of Avila





## *St. Genevieve in the Fields*

St. Genevieve belonged to a noble family in France, and was born about the middle of the fifth century. In those days it was not thought to be degrading in high families to tend the cattle in the fields. Nothing pleased the little Genevieve so much as when she was told to take her shepherd's crook in her hand and go to tend the sheep. It was during these days she was happiest, for she had no one to disturb her, and she was able to speak all day to her Heavenly Father, and to think on heavenly things.

If she saw a wolf coming near the sheep, she thought of Satan, who goes about seeking to devour souls. When she heard her sheep-dog bark, it put her in mind that she should be always on the watch lest the enemy might come; and the sheep and the lambs, themselves so gentle and so tame, taught her that, like her Spouse, Jesus Christ, the Lamb of God she should be humble and meek. Thus did the holy child Genevieve live for God alone in perfect happiness.

## *The Weaver who Sang at his Loom*

We get on with our work much better if we are cheerful about it, and take recreation afterwards. There was once a weaver who got up very early to begin work, and while he was at work used to sing either hymns or else secular songs. As he had a loud, clear voice his neighbours needed nothing else to wake them in the morning. Now, close by the place where this weaver worked, there lived a wealthy merchant who frequently did not retire to rest until long past midnight, and consequently was much annoyed at being disturbed by this man and awakened from his sleep at an early hour every morning. He could not forbid him to sing, so he bethought himself of another means of making him quiet. He sent for the weaver, and asked him at what price he rated his singing. The man replied that it was as much to him as a days wages. The merchant then promised him that if he would refrain from this performance for a whole month he would pay



And since in addition to this he could no longer sing at his work, he could not get on with it at all well, - in fact it became quite distasteful to him. Never had the hours passed by so slowly; the day seemed an eternity to him. At last he resolved to give the merchant back his money. Without losing a moment he hastened to his residence and laid the money down before him. Then he hurried away without speaking a single word. Once more free to sing at his work, the first song he struck up ran thus: -

"A cheerful heart and mind at rest,  
What better thing can be possessed?"

Laugh a bit and sing a song,  
Where they are, there's nothing wrong;  
Joy will dance the whole world through,  
But it must begin with you.

As sunshine and rain,  
Pleasure and pain,  
Each day on some must fall,  
So the wise thing to do  
If we only knew,

## *Suppose*

Suppose, my little lady,



And say you're glad 'twas Dolly's,  
And not your head that broke?

Suppose you're dressed for walking,  
And the rain comes pouring down,  
Will it clear off any sooner  
Because you scold and frown?  
And wouldn't it be nicer  
For you to smile than pout,  
And so make sunshine in the house  
When there is none without?

Suppose your task, my little man,  
Is very hard to get,  
Will it make it any easier  
For you to sit and fret?  
And wouldn't it be wiser,  
Than waiting like a dunce,  
To go to work in earnest,  
And learn the thing at once?

Suppose that some boys have a horse,  
And some a coach-and-pair,  
Will it tire you less, while walking,



Suppose the world don't please you,  
Nor the way some people do,  
Do you think the whole creation  
Will be altered just for you?  
And isn't it, my boy or girl,  
The wisest, bravest plan,  
Whatever comes or doesn't come,  
To do the best you can?

## *Vincent Vinegar and Sally Sourcream*

*A Sermon for the 5th Sunday after Pentecost*

"Leave there thy offering before the altar,  
and go first to be reconciled to thy brother."

The mark by which we can tell a good Catholic is the way he treats his fellow man. In the Gospel, God tells us to be reconciled to our brother before going to the altar. And in the Our Father we pray, "Forgive us our trespasses as we forgive those who trespass against us." Here are two stories in which two children learned the lesson of charity.

The first of those children was Vincent Vinegar. Vincent Vinegar has a disposition like a rotten egg. No one could get along with him. He would grumble, fight, complain, and argue about everything. Nothing pleased him. To help him cheer up a bit his mother made a suggestion. There was a boy in the next block who was always cheerful and happy. Vincent's mother said:



On the way to the house, Vincent said, "Aw, he is happy because he has everything he wants."

But Vincent was in for a surprise when they got to the house, because the cheerful boy was crippled. Vincent Vinegar has been kinder ever since.

There was another child, a girl named Sally Sourcream. Sally couldn't get along with anyone either. She was always fighting and pulling hair and criticizing.

She said to her mother once, "None of the girls like me. I think they are all mean. It's not my fault."

Her mother told her, "Go out to the edge of the woods and shout, 'I hate you. I hate you.' Then come back and tell me what answer you get."

Sally enjoyed saying, "I hate you," so off she went. She came back crying, "Even the man in the woods hates me."

Then her mother said, "Go back again and this time say, 'I don't hate you.'"

Sally did, and the echo came back, "I don't hate you." Sally Sourcream has been kinder ever since.

If you wish to be a saint you must first be kind. God will treat us as we

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### Clues for You:

#### Across:

2. The child mentioned in the story along with Vincent Vinegar. \_\_\_\_\_ Sourcream.
3. She was born to a noble family.
4. By making others happy, you make yourselves \_\_\_\_\_.

#### Down:

1. One of the twin turkeys.
2. Genevieve cared for these.

~ Answers on the last page ~



## *The Farmers and the Cloud*

Mr. Black and Mr. White were two farmers, who lived near each other. Mr. Black always looked on the dark side of things, and was miserable not so much because evils *had* happened to him as because he was sure that they *would* happen. Mr. White always looked on the bright side of things, and was never very miserable; for, when any trouble came he was sure that it would soon be over.

One summer's day, Black, in his saddest voice, said to White: "Do you see that great cloud?"

"Yes, what of it?"

"That cloud will cause us awful damage."

"In what way?"

"Why, don't you know that that is a hail cloud? And hail at this time of the year will beat down the wheat, the barley, and the oats; the harvest will not be worth reaping; man and beast will starve; hunger will bring sickness, and not one of us will live to see Christmas."

"Nonsense, man!" said Mr. White. "That cloud will bring rain, not hail; and we want rain badly enough. Instead of having our crops spoiled we shall have them doubled; we shall all grow healthy and wealthy; and, if we do not all grow very wise, everybody but you and the undertakers and the pawnbrokers will be too wise to grumble."

"It is all very well to laugh," said Mr. Black; "but you won't laugh when the hail beats down your corn."

"No; but I shall laugh when the rain waters it."

"It won't be rain, it will

be hail, I tell you."

"And I tell you  
be rain."

it won't be hail; it will

From words the  
to blows; but, while

What is the best hand to  
write with?

Neither - it's best to

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their quarrel was hot-



## *Blessed Angela's Joy at Death*

"As the feast of Our Lord's Nativity drew near, Blessed Angela, who was dying, said to those who were around her, 'The Son of God has been pleased to present me to his Eternal Father, and I heard from His Divine lips these words: "My well-beloved spouse, I do not wish that you should come to me in sorrow, but in joy, as it behoves a queen to be received into her kingdom. Come, then, my dearest friend, my most beloved spouse; come, for all the Saints in Heaven await you with great joy. I will not send an angel or a Saint to bring you thither, for you have been most dear and agreeable to My Majesty."'"

"During the day preceding her death she was often heard to say: 'Eternal Father, into Thy hands I commend my spirit.'

"Those who were kneeling around her bed said, while the tears ran down their cheeks, 'Alas! It is now but too true; you are going to leave us, you are going to forsake us.'

"She replied: 'Yes, my dearest friends, I must tell you plainly, it is now time for me to go.'

"Her pains had now entirely left her, and she lay calmly awaiting the hour of her departure, and a heavenly smile lighted up her countenance, as if she already saw the inheritance promised to the just for ever.

"Towards evening, on the 4th day of January, sweetly smiling, she calmly passed away, and her holy soul went to Heaven in the company of her beloved Jesus, Whom she had so tenderly loved.

If Mr. Black lives in a black house, Mr. Red lives in a red house, and Mr. Orange lives in an orange house, who lives in the White house?

Answer: The President



# Word Search

D	R	H	E	Y	G	J	R	S	Y	J	S
D	Y	N	G	Y	G	D	E	A	T	H	H
S	I	D	G	E	N	E	V	I	E	V	E
R	D	C	Y	S	T	N	A	E	Y	B	E
E	J	L	D	H	I	E	E	H	L	V	P
M	N	O	E	F	U	Y	W	V	I	U	D
R	J	U	Y	I	R	F	N	I	A	R	O
A	H	D	L	U	F	R	E	E	H	C	G
F	N	C	B	D	H	R	H	J	F	G	A

## Word Bank:

Cheerful Joy Fruit Death Genevieve Fields sheep-  
dog Farmers Cloud Hail rain Weaver



## *The Cheerfulness of Saint Francis*

Many years ago, there was born in Assisi, a beautiful town of Italy, a little boy who grew up to be a very holy man. He was St. Francis, who was always kind, gentle, loving and cheerful. His parents were very rich, but Francis gave everything he had to the poor, because he wanted to be like Jesus Who was poor when he lived in this world.

When Francis was a boy, his father and mother taught him to speak French. They also taught him to sing pretty songs. In those days wandering singers went from place to place, singing beautiful songs and playing on sweet-toned instruments. Francis like to listen to these singers and often sang and played when going with his friends through the streets of his home town. Francis had a beautiful voice. People liked to hear him sing.

Francis was always cheerful and happy. He was loved by everybody. He had many friends and was usually the merriest among his companions. He was always first in the nice processions in which the young people of those days took part. Francis was very kind to the poor and the sick. He was ever ready to help others. His face shone with the happiness that was in his heart. He was cheerful and pleasant to all and he carried sunshine with him wherever he went.

When Francis was about twenty-four years old a war broke out between Assisi and a nearby city. Francis became a soldier and went to fight for his native city. He liked the uniform, just as many young men do today. He liked the music and the marching. But Francis was soon taken prisoner and for a while year he was shut up in prison. This was a hard blow to the lively Francis. Yet even in the dungeon he did not lose his gayety and cheerfulness. The soldiers were very lonesome in their dark prison, but Francis cheered them by his pretty songs and bright, happy manner. Many times he felt homesick, longing for his dear mother, his kind father, and his friends and companions. But his sunny nature made him forget his own troubles and devote himself to cheer and comfort his fellow prisoners. Once when the soldiers asked Francis how he could always



happy and joyous. Everybody loved St. Francis because he was kind, gentle and loving. If you are kind to others, if you treat them gently and lovingly, you also will make every one about you happy and cheerful. St. Francis was bright and happy even while he was in a dark prison. He carried the sunshine in his heart and tried to make others feel cheerful and happy also. Do you ever try to make others happy? What can you do to help others to be cheerful? We shall try during this month to be like St. Francis and spread happiness and cheerfulness all around us.

## *Cheerfulness and Sunshine*

My dear children, what do you think it was that made everyone like St. Francis so well? It was his happy, sunny disposition. He was cheerful and pleasant to all, especially to the sick and the poor. His face showed the happiness that filled his loving heart. Do you think you could be like St. Francis in your home? By being cheerful and pleasant to every one you could bring sunshine into the lives of those with whom you live. Cheerfulness is like the sunshine. Just as the sunshine warms and brightens the earth, so a cheerful boy or girl can make the home bright and warm by a smiling face and pleasing manners. Without the sun the world would be cold and dark; without pleasant and cheerful children, the world would be sad and dreary.

How children can bring Sunshine to

Others

How lovely it would be if all the boys and girls in this class would always have smiling, sunny faces! I wonder if all could be cheerful and sweet-tempered today? To be cheerful and sweet-tempered is not always easy. Sometimes it is very hard to smile and to appear happy and cheerful. But if you try to make yourselves think only pleasant and beautiful thoughts, you will not find it so very hard after all. First, then, you will have to put away from you all gloomy and dis-



thinking. You must fill your minds with happy, cheerful thoughts if you wish to spread sunshine about you.

## *Cheerful Thoughts*

Did you ever notice how pretty everything looks after a storm, when the sun shines again? Before the storm, it was dark; the birds flew away to their nests; little children ran home to their mothers; every one tried to get to shelter and safety. The rain came and after a few minutes the darkness disappeared and the sun shone as brightly as before. Then the birds came out of their nests and sang merrily again; the little boys and girls ran out of their homes and played happily once more. Every one was delighted that the sun shone again. People walked along more briskly and the whole country seemed to be brighter and fresher. Everybody likes the sunshine; it makes a person feel bright and cheerful. You like the sunshine also, because it makes you feel light and happy. If the sun did not shine this world would be very dreary indeed. So it is with children. If little boys and girls do not try to be happy and cheerful, they make everybody around them sad and gloomy. Everybody loves children because they are nearly always smiling and cheerful.

### Are you Always Cheerful?

Still, I am sorry to say, there are also boys and girls that are cross and peevish. When these children come into the house, they throw their things about the room, tease the baby, torment the cat, and quarrel with their brothers and sisters. Then mother must correct them. Such boys and girls think everybody dislikes them, and they may be right about it, too. If such children keep on acting in that way, they will grow up to be very ill-tempered men and women. No one will want to be near them. But I know that the boys and girls in this class do not want to grow up in this way. Therefore you must try every day to become more pleasant to every one, then you will always be so. If you wish to grow up to be pleasant men and women, you must begin to practice now. You can-



## *Cheerfulness in Our Actions*

### *St. Francis and the Wolf*

In the days of St. Francis, when he lived in the city of Gubbio, a fierce wolf often appeared in the city. This wolf was so terrible that he devoured not only animals, but even men. Every one feared him. The people dared not go out of the city, for they feared they might meet this terrible wolf.

Now Francis was very sorry for the people and he said: "I will go out to meet the wolf." The people said: "Do not go, for the fierce wolf will surely kill you." But Francis made the sign of the cross and set out to find the wolf. Many people followed him at a safe distance. When the wolf saw Francis, he ran towards him with his jaws wide open. Francis walked up to the wolf and made the sign of the cross over him. The wolf stopped suddenly. He looked at Francis, but did not try to hurt him.

Then Francis spoke to the wolf: "Come here, Brother Wolf. I command you in the name of Jesus Christ that you do not harm me or any other person." Strange to tell, the wolf closed his terrible jaws and came meekly as a lamb and laid himself down at the feet of St. Francis. Francis then spoke:

"Brother Wolf, you do much harm in these parts, and you have done great evil, killing and devouring God's creatures without His leave. Not only have you killed and devoured beasts, but you have dared to kill men. For this you ought to be hanged as a murderer. The people are afraid of you and hate you. But I want to make peace between you and them, so that you will do them no more harm, and so that they will forgive you."

The wolf listened attentively to St. Francis. He sat up and wagged his tail. He held up a paw for Francis to take. In this way he was trying to show that he promised to be good. Then Francis said: "Brother Wolf, if the people of this town promise to feed you, will you promise to be good and not to kill any one? I know that you killed for food because you were hungry. You did not know that it



and soon a larger number of men, women and children gathered in the market-place to see St. Francis and the wolf. The people were still afraid, but St. Francis told them of the promise he made to the wolf that the people would feed him daily, and of the promise the wolf made never again to harm the people. The wolf once more put a paw into the hand of St. Francis and the people greatly rejoiced and praised and thanked God.

The wolf kept his promise. For two years he went through the streets of the city and the people gave him food. He never harmed any one again. When the people saw the wolf going about so meekly and gently, they were reminded of the great holiness of St. Francis and of all the good he had done for them.

My dear children, you can learn from this story how God rewards good actions when they are done to help others. St. Francis was so gentle in his words and in his actions that even the fierce wolf obeyed him. Had St. Francis been so gruff and harsh, the wolf would not have been tamed so easily. You can learn another lesson from this kind and gentle saint, namely, that by your actions as well as by your words you can help to make others happy.

*~ As welcome as sunshine in every place*

*Is the smile  
natured*

*of a good-  
face. ~*

Smiles win many friends.

~~~~~

Smiles are like sunshine.

~~~~~

Life is like a mirror; if you smile,

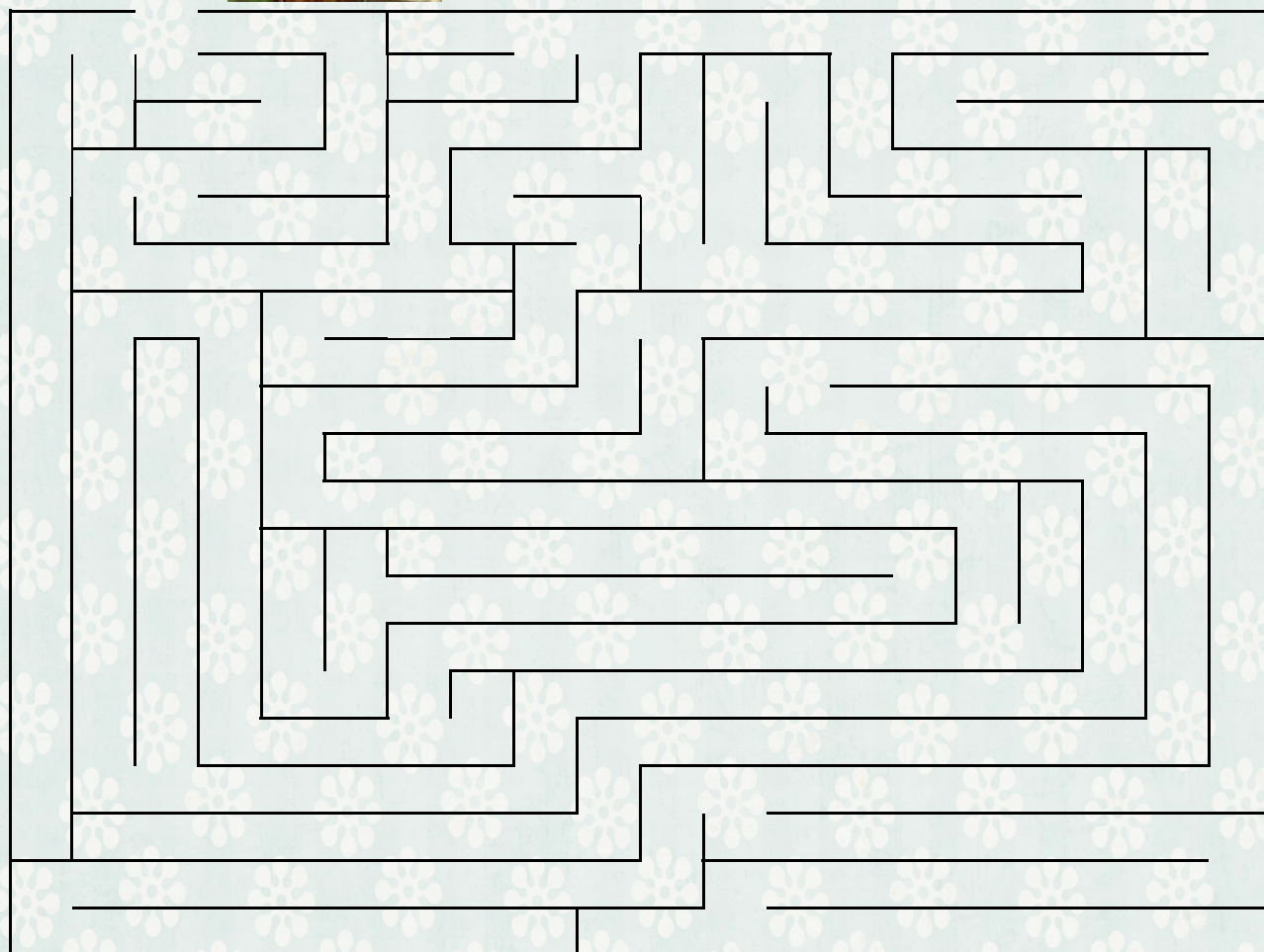
Smiles come back to you.



Help St. Francis find the Wolf!



Start:



Finish:





## *Cheerfulness is Contagious*

I am sure you feel happy every evening when, before going to bed, you think of how many people you helped to cheer during the day. At the same time you helped yourself most of all. Every time you had a kind and cheerful thought, your face showed it; and if you keep on in this way for a long time, your face will begin to show the lovely thoughts that are in your mind. Your father and mother, brothers and sisters were also happy when they saw how pleasant you were trying to be. Can you tell me what makes you feel so bright and cheery? It is because you are trying to please your teacher by listening well to what she tells you. This makes you feel glad and joyful. Since all in this room are helping to make sunshine for others, all are happy and joyous. When I look at your smiling faces this morning, I cannot help thinking how greatly pleased God is with the children in this room today.

### *Habit of Cheerfulness*

But you must keep on every day, every hour and every minute trying to think happy and beautiful thoughts. Each day it will become easier. Soon we shall learn to be pleasant all the time. We shall try to drive away all unpleasant and unlovely thoughts.

## *Cheerful Words*

One day when St. Francis was walking along the road with some other friars, he saw many birds in the trees nearby. He turned to his companions and said: "Wait for me here on the road, and I will go to preach to my sisters, the birds." Francis went towards the birds. They sang and chirped merrily as if they wanted to show Francis how glad they were that he came. Then Francis spoke to them. The birds flew down from the trees and sat quietly on the ground near Francis. They listened very closely till Francis had finished his sermon. This is



When St. Francis had finished speaking, he made the sign of the cross over them and they flew away singing their sweetest songs. Thus the words that Francis spoke cheered the little birds and they went happily to their trees, singing and praising the Lord.

We see that the kind and cheerful words of the Saint gave happiness even to the little birds. Like St. Francis, we also can make life brighter and happier for others

by speak-  
ing

CHEERS

What occurs once in every minute, twice in a moment, and yet never in a thousand years? (The Letter 'm')

What is so fragile even saying its name can break it? (Silence)

How did a cowboy ride into town on Friday, stay two days, and leave on Friday? (His horse's name was Friday)

How many animals did Moses take on the Ark? (None, it was Noah)

There were two ducks in front of a duck, two ducks behind a duck, and one duck in the middle. How many ducks were there in all? (Three)



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