

VIRTUE NEWS

KINDNESS

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BUILD KINDLY HABITS THROUGH MEDIA CHOICES

Cultivating KINDNESS is a great way to take substantive steps in building a virtue infused lifestyle. Kindness can take the form of thoughtful words and/or considerate actions.

Feed the habit of kindness in yourself and your family with this season's recommended titles to READ, WATCH and LISTEN. Be confident knowing that the reading and media you consume actually can impact your internal habits and external behavior - for the GOOD! Kindness in. Kindness out! Try it!

PRAYER INTENTION: For children & families to choose to think, pray, do & say KINDNESS every day!



Kindness Hero:

Discover the heroic virtue of Josephine Bakita. A Mission Virtue Hero of kindness. This woman was enslaved as a child, and later as free woman gave her life to Christ as a religious sister. Kindness was her strength through it all. See the movie about her: **From Slave to Saint** on FORMED or EWTN on-demand.

VISIT WWW.VIRTUELITERACY.ORG/HOME TO KNOW MORE ABOUT THE VIRTUE LITERACY PROJECT.

**CHALLENGE: BE KIND .
DO WHAT IS THOUGHTFUL
OR CONSIDERATE OF OTHERS**

READ

In **Jesus Lost and Found**, by Cathy Gilmore, a little caterpillar named Eli appreciates the KINDNESS of Saint Joseph and young Jesus. Find out more at VFAVE.com.



Learn the **Hidden Power of Kindness** from author, Lawrence G. Lovasik, and get strength that can impact every interaction in your life.



WATCH

The **Soul on Fire** movie is an extraordinary true story that portrays how the heroic KINDNESS of a family, and a community, ignited a little boy's life with a soul on fire.

Directed by [Sean McNamara](#)
Watch the [TRAILER](#)

**IN THEATRES:
OCTOBER 10, 2025**



LISTEN

KINDNESS. Tremendously talented singer/songwriter **Steven Curtis Chapman** created the perfect song about how we can change the world, perhaps not so much through the big things...but through the small things, like kindness. [LISTEN](#)

