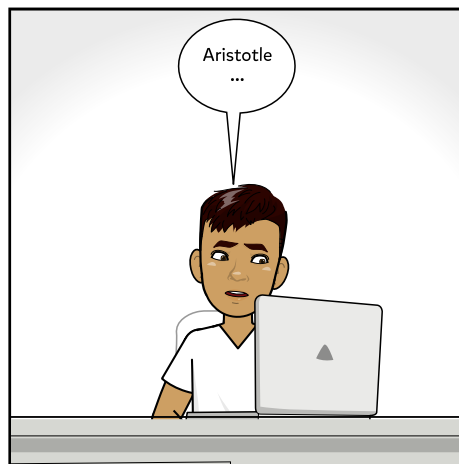
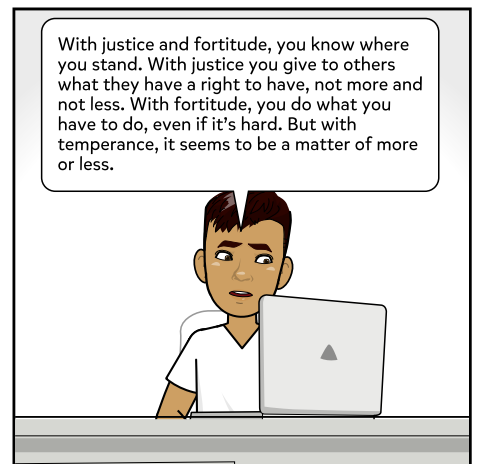
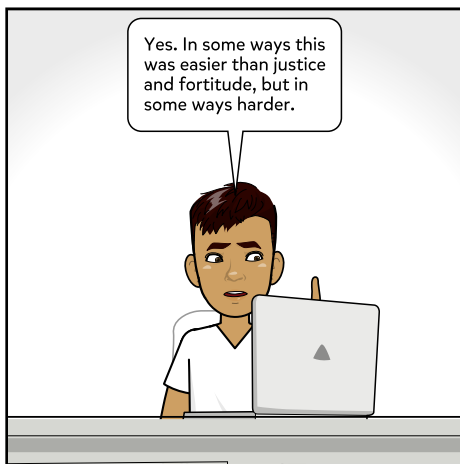
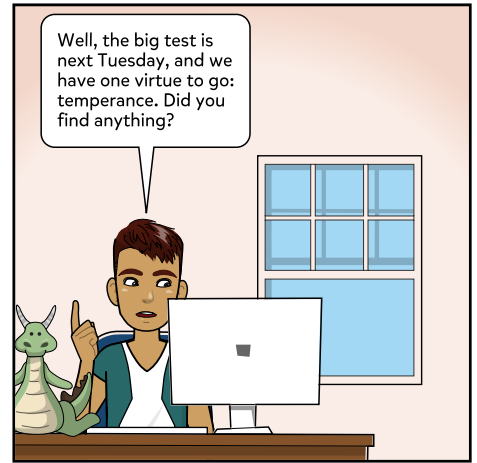
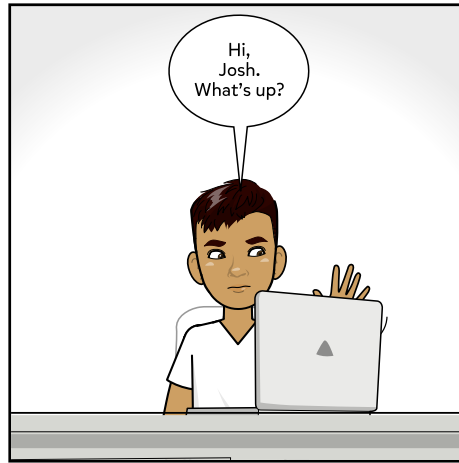
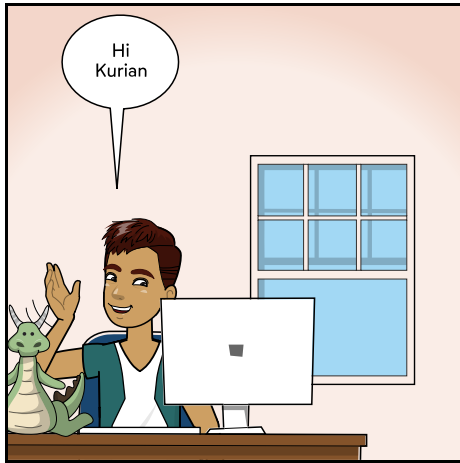
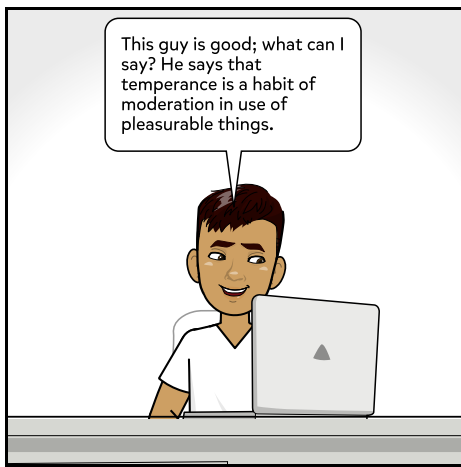


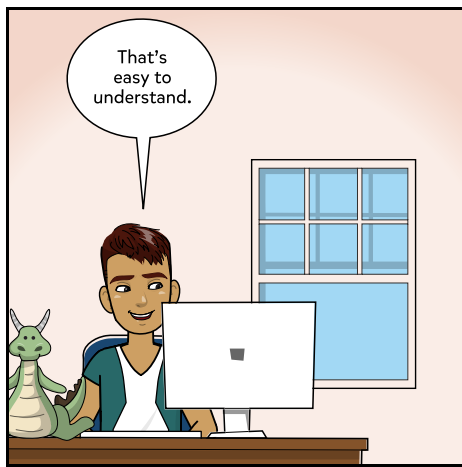
Temperance

Written by Michael Schaub
&
Animated by Theresa & Charles Kellen

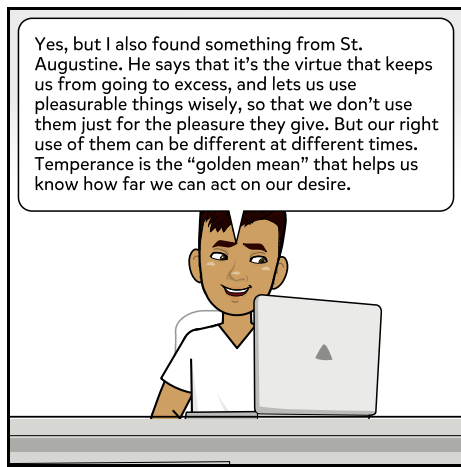




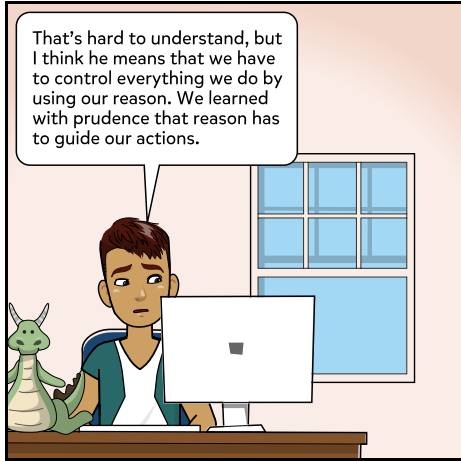
This guy is good; what can I say? He says that temperance is a habit of moderation in use of pleasurable things.



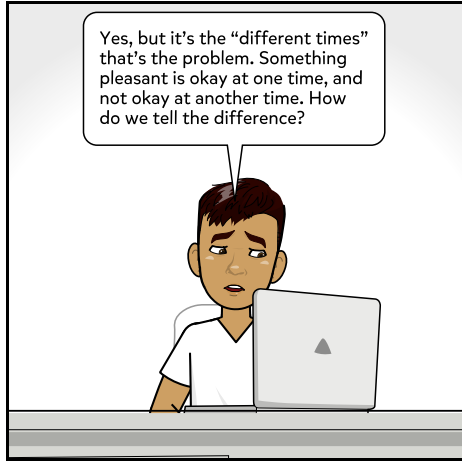
That's easy to understand.



Yes, but I also found something from St. Augustine. He says that it's the virtue that keeps us from going to excess, and lets us use pleasurable things wisely, so that we don't use them just for the pleasure they give. But our right use of them can be different at different times. Temperance is the "golden mean" that helps us know how far we can act on our desire.



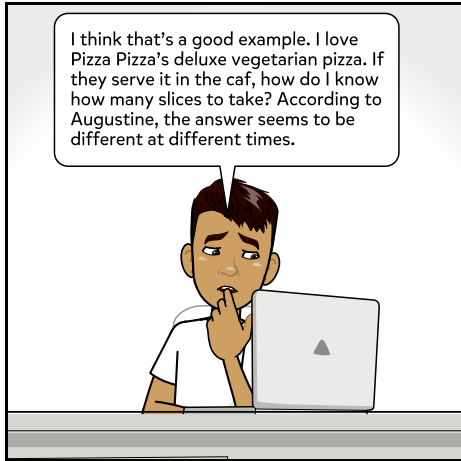
That's hard to understand, but I think he means that we have to control everything we do by using our reason. We learned with prudence that reason has to guide our actions.



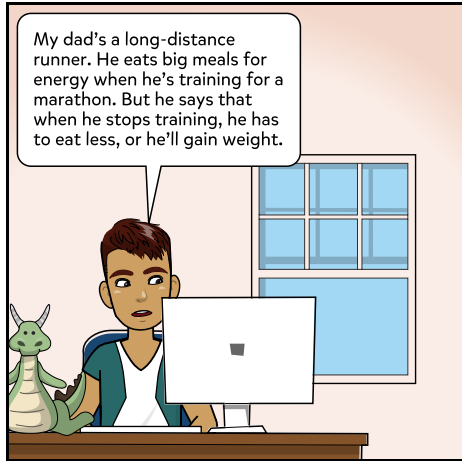
Yes, but it's the "different times" that's the problem. Something pleasant is okay at one time, and not okay at another time. How do we tell the difference?



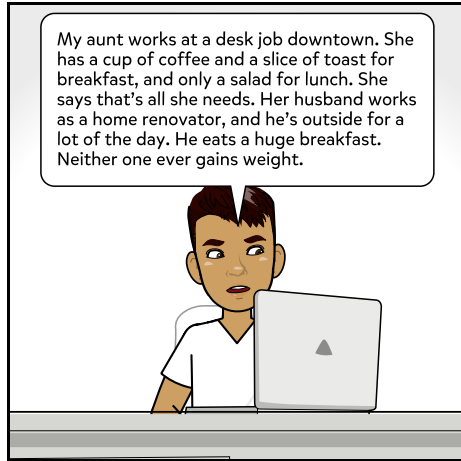
You mean like how much to eat?



I think that's a good example. I love Pizza Pizza's deluxe vegetarian pizza. If they serve it in the caf, how do I know how many slices to take? According to Augustine, the answer seems to be different at different times.



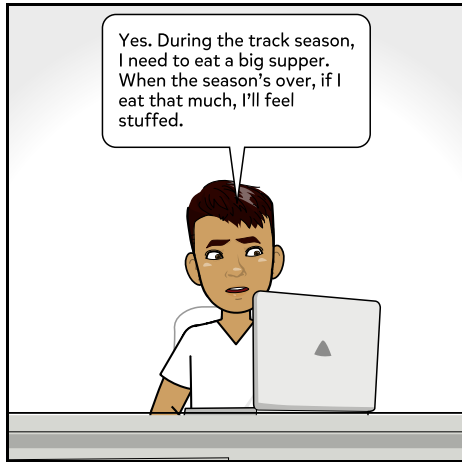
My dad's a long-distance runner. He eats big meals for energy when he's training for a marathon. But he says that when he stops training, he has to eat less, or he'll gain weight.



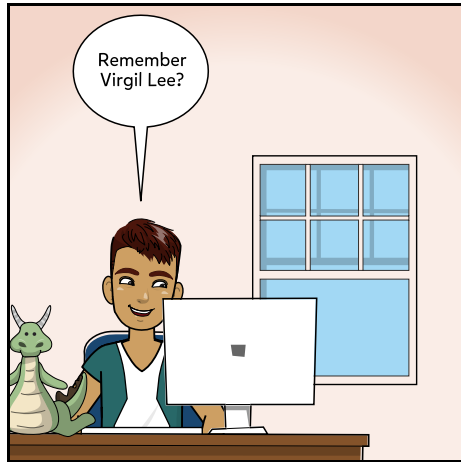
My aunt works at a desk job downtown. She has a cup of coffee and a slice of toast for breakfast, and only a salad for lunch. She says that's all she needs. Her husband works as a home renovator, and he's outside for a lot of the day. He eats a huge breakfast. Neither one ever gains weight.



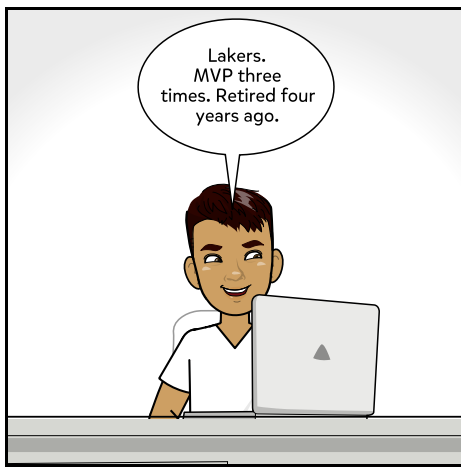
I think that's it. Eating is enjoyable, but we should eat only as much as we need.



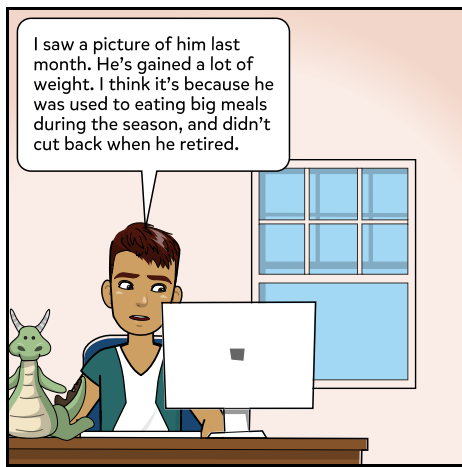
Yes. During the track season, I need to eat a big supper. When the season's over, if I eat that much, I'll feel stuffed.



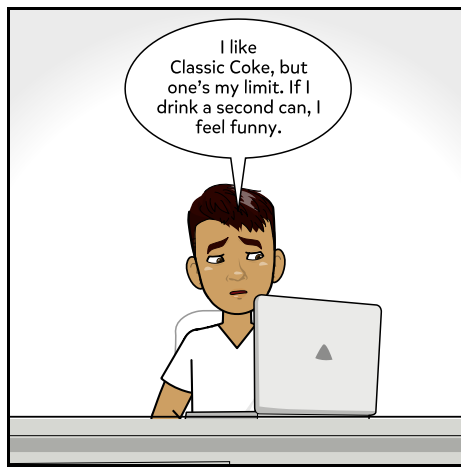
Remember Virgil Lee?



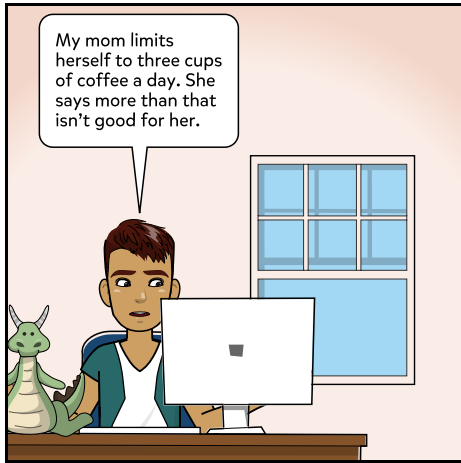
Lakers. MVP three times. Retired four years ago.



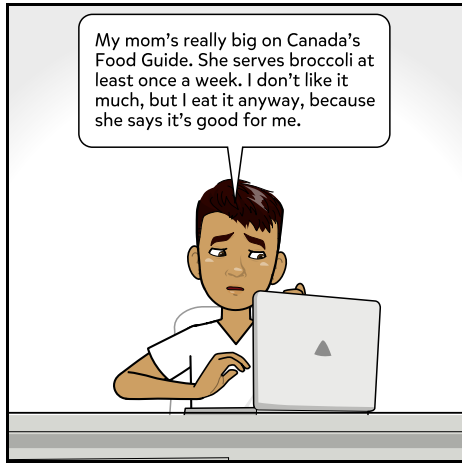
I saw a picture of him last month. He's gained a lot of weight. I think it's because he was used to eating big meals during the season, and didn't cut back when he retired.



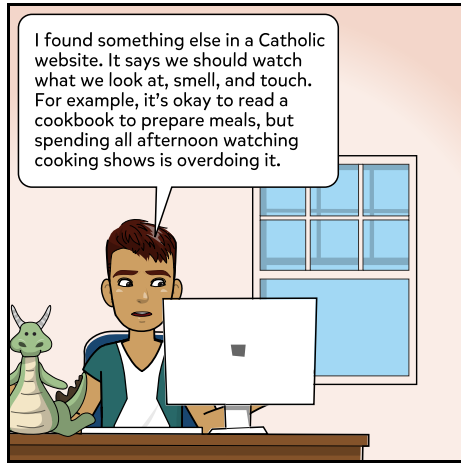
I like Classic Coke, but one's my limit. If I drink a second can, I feel funny.



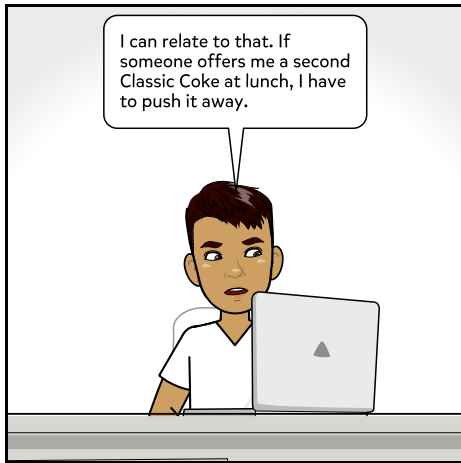
My mom limits herself to three cups of coffee a day. She says more than that isn't good for her.



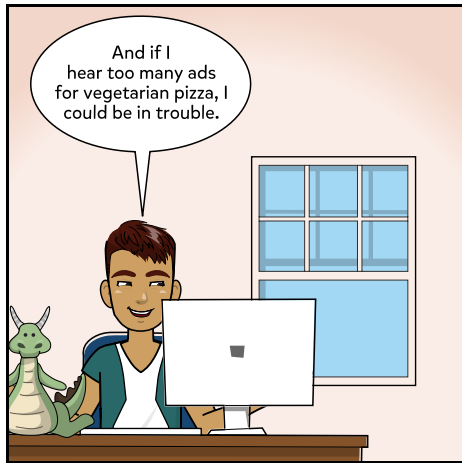
My mom's really big on Canada's Food Guide. She serves broccoli at least once a week. I don't like it much, but I eat it anyway, because she says it's good for me.



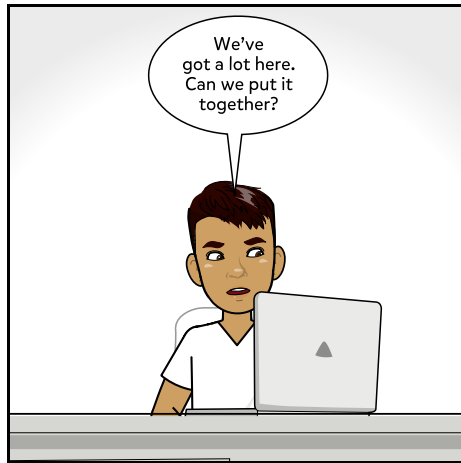
I found something else in a Catholic website. It says we should watch what we look at, smell, and touch. For example, it's okay to read a cookbook to prepare meals, but spending all afternoon watching cooking shows is overdoing it.



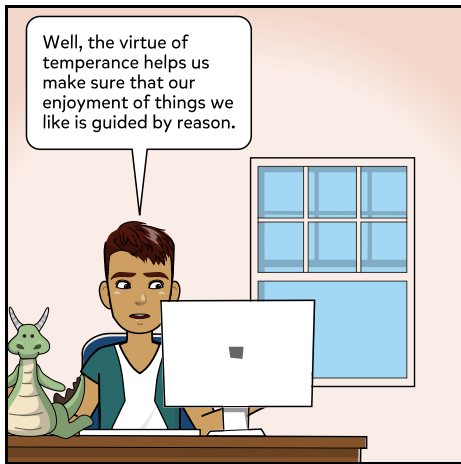
I can relate to that. If someone offers me a second Classic Coke at lunch, I have to push it away.



And if I hear too many ads for vegetarian pizza, I could be in trouble.



We've got a lot here. Can we put it together?



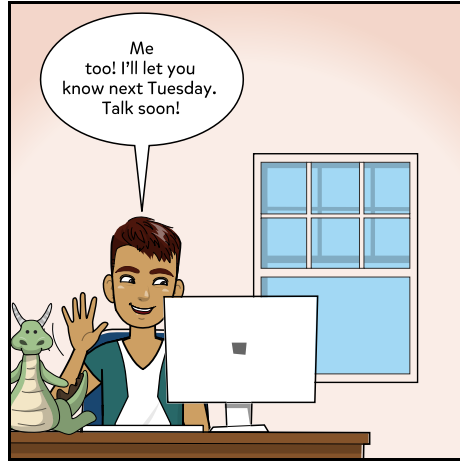
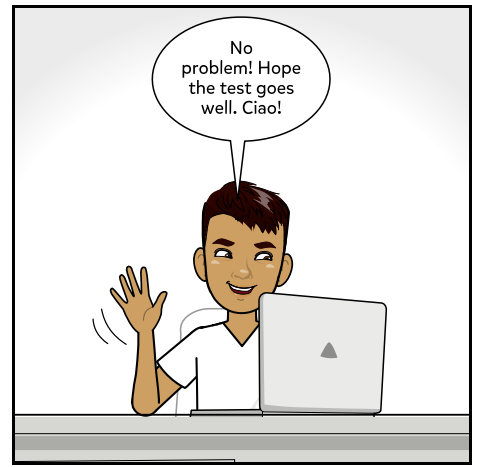
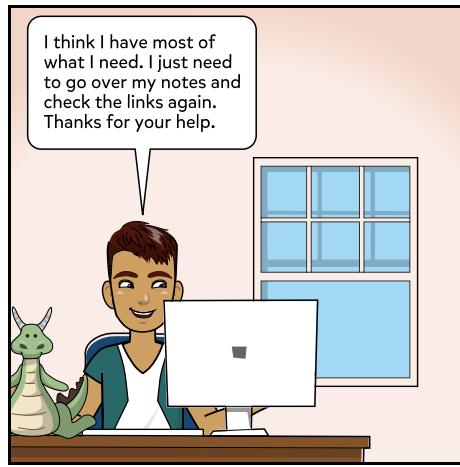
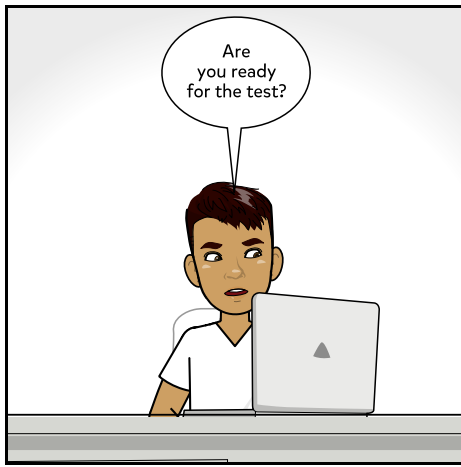
Well, the virtue of temperance helps us make sure that our enjoyment of things we like is guided by reason.



Right. And how much we use them is determined by what we need at that time.



Right. And how much we use them is determined by what we need at that time.



Saint Dunstan's

ROMAN CATHOLIC CHURCH

