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# RESPECT

“TREAT OTHERS THE WAY  
YOU WANT TO BE TREATED.”



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## DEFINITION

This week our strength building on the virtue of LOVE FOR NEIGHBOR is RESPECT.

*The strength to show honor and goodness toward others, recognizing their talents.*

## THE GOLDEN RULE

Treat others the way you want to be treated.

“Do unto others as you would have them do unto you.”

Matthew 7:12

RESPECT





Please  
Don't  
Litter

## ALPHABET MANNERS

## RESPECT

- A — Accept a compliment graciously.
- B — Be on time.
- C — Clean your hands.
- D — Do chew with your mouth closed.
- E — Elbows off the table.
- F — Friendliness to others.
- G — Good grooming shows self-respect.
- H — Hang up your clothes.
- I — Interrupt only for a very important reason.
- J — Join in and include everybody.
- K — Kindness to all living things.
- L — Lend a helping hand.
- M — Magic words: "Please" and "Thank you."
- N — Never point or laugh at others.
- O — Obey the rules.
- P — Pleasant tone of voice is a plus.
- Q — Quiet when others are working or sleeping.
- R — Remember others on special occasions.
- S — Sit up straight.
- T — Thank the host or hostess.
- U — Use your beautiful smile.
- V — Visit a friend who is lonely or sick.
- W — Watch out for little ones.
- X — "X" out bad habits.
- Y — Yawn if you must but cover your mouth.
- Z — Zip your zipper.

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## RESPECTFUL MANNERS & HAPPINESS

When we act with good manners, we elicit a positive response from other people. We live happier lives — we are more secure, confident, and poised — when we know how to behave. By our courteous behavior, we can help to create a more considerate, gracious, and well-mannered society.

[CLICK HERE FOR GEORGE WASHINGTON'S 110 RULES](#)

By age sixteen, Washington had copied out by hand, 110 Rules of Civility & Decent Behavior in Company and Conversation. They are based on a set of rules composed by French Jesuits in 1595.

RESPECT



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## RESOLUTION

Put your device down or away when someone is talking to you.

Look them in the eye and give them your full attention.

RESPECT



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RESPECT

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**RESPECT**

***“Look for Christ our Lord in everyone and you will then have respect and reverence for all.”***

***- St. Teresa of Jesus***



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**RESPECT**

***“The young must respect their  
elders and the elders must love the  
young.”***

***- St. Benedict***





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# DISDAIN

The weakness to treat others with contempt, scorn or a lack of respect.

## WHAT TRIGGERS DISDAIN?

The basic notion of disdain is: “I’m better than you and you are worse than me.”

The most common trigger for this vice or weakness is an immoral action by a person or group of people to whom you feel superior.

Disdain often leads to anger.

Teenagers often display disdain because they feel that they know better than their parents, teachers or elders.



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VICE

## SIGNS OF DISDAIN

- Sarcasm and cynicism in communication with others
- Derisive or insulting humor
- Contemptuous facial expressions (eye rolling, sneering, raising upper lip ...)
- Insults and name calling



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## STEPS TO CONQUER DISDAIN

The most successful ways to overcome disdain are to look for positives and cultivate respect and appreciation.

The biggest secret of a happy life is focusing on the positives.

Disdain grows its ugly roots in an environment where we see others in a constant negative light.

Focusing on the positives will not only make your life better overall, it will also help eliminate disdain and make your relationships better.

The more we appreciate what we have and who we have in our lives, the more we will rid ourselves of disdain.

VICE



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## CLOSING PRAYER

### INVOCATION OF THE NINE CHOIRS OF ANGELS

[CLICK HERE FOR THE FULL IMAGE OF THE CHOIRS OF ANGELS](#)

O holy Angels,  
watch over us at all times during this perilous life;  
O holy Archangels,  
be our guides on the way to heaven;  
O heavenly choir of the Principalities,  
govern us in soul and body;  
O mighty Powers,  
preserve us against the wiles of the demons;  
O celestial Virtues,  
give us strength and courage in the battle of life;  
O powerful Dominations,  
obtain for us dominion over the rebellion of our flesh;  
O sacred Thrones,  
grant us peace with God and man;  
O brilliant Cherubim,  
illumine our minds with heavenly knowledge;  
O burning Seraphim,  
enkindle in our hearts the fire of charity. Amen.

# EXPLANATION AND HIERARCHY OF THE 9 CHOIRS OF ANGELS

RESPECT



## 1ST TRIAD - CONTEMPLATE AND ADORE GOD DIRECTLY

### SERAPHIM

ISAIAH 6:1-7

6 WINGS - 2 COVER FEET, 2 COVER FACE, AND 2 FOR FLIGHT

Name means the burning ones, and they are Attendants at the Throne of God. They praise God singing, "Holy Holy Holy is the Lord of Hosts!"



### CHERUBIM

EXD 25:18-21, EZK 10:14, REV 4-6

4 FACES AND 4 WINGS - 2 COVER FEET AND 2 FOR FLIGHT

Name means the Fullness of Wisdom, and they Contemplate God's providence. Assigned to protect special places.



### THRONES

EZK 10:17, COL 1:16, DAN 7:9

FLAMING, ROTATING RINGS COVERED WITH EYES

Represent the steadfastness of the love of God. The contemplate God's power and judgment, and they appear as the most unlike the others when revealed.



## 2ND TRIAD - FULFILL GOD'S PLAN IN THE UNIVERSE

### DOMINIONS

EDM 1:21, COL 1:16





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