

September 2026

VIA FIDELIS: THE FAITHFUL WAY

UNDERSTAND THE FAITH

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UNDERSTAND THE FAITH | MONTHLY ACTIVITY



September | Fall Faith Opportunities

Participate in one faith formation opportunity offered by your parish or by the diocese.

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THE CARDINAL VIRTUES

*Read the Catechism of the Catholic Church
1803-1811; 1833-1839*

- A virtue is a firm and habitual disposition to do the good and thereby live the divine life
- There are both human virtues and theological virtues
- Human virtues are acquired by repeating morally good acts, and they are elevated and purified by grace
- The four cardinal virtues are principal, or first, human virtues (the word “cardinal” means “hinge,” and on these virtues hinge the entire virtuous life): prudence, justice, fortitude and temperance
- Prudence is the virtue that disposes reason to know and choose the good the means for achieving it in particular circumstances
- Prudence provides a “rule and measure” for other virtues
- Prudence guides the judgment of conscience
- In prudence one can apply moral principles in specific cases
- The term “justice” can be used to describe a virtue or a state of affairs
- When used to describe a virtue, justice refers to the disposition by which one firmly and consistently wills to give others their due
- When directed toward God, justice is called the “virtue of religion”
- When directed toward human beings, the virtue of justice disposes one to respect the rights of others and promote harmony in human relationships
- Fortitude is the virtue by which one maintains consistency in pursuing the good and firmness in the face of difficulties
- In fortitude, one’s resolve to resist temptations and overcome challenges in the moral life is strengthened
- Fortitude helps one overcome fear, even that of death
- By fortitude one may even sacrifice one’s own life for a just cause
- Temperance is the virtue that moderates attractions and the use of created goods
- Temperance helps the will to master one’s attractions and appetites
- Temperance helps one to order one’s sensitive appetites to the good
- It can also be referred to as “moderation” or “sobriety”



Feasts & Solemnities

SEPTEMBER 8: THE NATIVITY OF THE BLESSED VIRGIN MARY

The Church has commemorated Mary’s birth on this day since the sixth century. The Solemnity of the Immaculate Conception — which commemorates Mary’s conception and preservation from original sin — is celebrated on Dec. 8, nine months prior to this celebration.

SEPTEMBER 9: ST. PETER CLAVER, PRIEST

St. Peter Claver was a Spanish Jesuit who traveled to serve Cartagena, in modern day Colombia. This port city was a hub for the Transatlantic slave trade at the time (early 17th century). Claver served the material and spiritual needs of the enslaved peoples, calling himself their “slave.”

SEPTEMBER 14: EXALTATION OF THE HOLY CROSS

In the early fourth century, the mother of Constantine — the Roman emperor who had recently legalized Christianity — St. Helena famously journeyed to the Holy Land. While in Jerusalem, she had the original Basilica of the Holy Sepulcher built over the spot believed to be Jesus’ tomb. In the process, a cross believed to be the True Cross were found. Fragments of it subsequently made their way around the world. This day commemorates the anniversary of the dedication of the basilica.

SEPTEMBER 15: OUR LADY OF SORROWS

On the day after the celebration of the Holy Cross, we remember Jesus’ mother and the suffering she endured, particularly watching the cruel execution of her Son. Mary’s endurance of suffering makes her a fitting intercessor for any suffering we experience.

SEPTEMBER 21: ST. MATTHEW, APOSTLE AND EVANGELIST

Prior to his calling (see Mt 9:9-13), St. Matthew was a tax collector, a famously despised occupation in first century Judea. Its association with the ruling foreign powers led to suspicion and corruption. Matthew immediately responds to Jesus’ call (“Follow me”) and ultimately writes the Gospel that bears his name.

SEPTEMBER 23: ST. PIO OF PIETRELCINA, PRIEST

St. Padre Pio is one of the most beloved saints of the 20th century. The Franciscan friar’s reputation for holiness, love for the sick and suffering and prayerful intercession, spread around the world during his lifetime. He was given the grace of the stigmata, bearing the holy wounds of Christ’s crucifixion on his hands, feet and side. In 1962, Archbishop Karol Wojtyła of Krakow (now St. John Paul II) wrote to Padre Pio to ask for his prayers for a woman with throat cancer. She was healed within two weeks.

SEPTEMBER 29: STS. MICHAEL, GABRIEL AND RAPHAEL, ARCHANGELS

This feast was originally dedicated to St. Michael and called Michaelmas (Michael’s Mass). In 1970, the feasts of Sts. Gabriel and Raphael were joined to it. While there are many angels mentioned in Scripture, we are only given the name of these three. Michael is mentioned in the books of Daniel and Revelation as he battles evil. Gabriel is mentioned in the Book of Daniel and is the messenger to Mary at the Annunciation. Raphael appears in the Book of Tobit as Tobiah’s guide.