



October 2009

Monthly Character e-Bulletin

Building Communities of Character

## Patience (vs. RESTLESSNESS)

We've all heard the phrase "Patience is a virtue"; well, it really is. Patience is a character trait that flows from the depths of our being. By definition, patience is the ability to endure waiting, delay, or provocation without becoming annoyed or upset, or to persevere calmly when faced with difficulties. When one exercises patience it is one of many indicators of that person's strength, determination, and the ability to persevere.

Therefore, patience becomes a form of wisdom and action. This means we can actually acquire this trait or learn its value through practicing the art of patience. See the "Keys of Patience".

The irony of patience, however, is we live in a fast-paced, impatient society. We've become very accustomed to wanting it now (whatever "it" is...) and having very little patience to wait to achieve our reward. It isn't a surprise that drive-throughs were pioneered in America, with fast food being the first object of service. This idea has spread to banking, dry-cleaners, dairy stores, coffee shops, pharmacies, and even immunization clinics. We also have overnight shipping, movies and music on demand, cell phones, instant messaging, instant satisfaction with digital photography... and the list goes on.

While most of these instant gratification items are quite enjoyable and convenient, they may be doing us some harm by not allowing us to develop this important quality. In contrast, the lack of patience may breed anxiety, fear, or discouragement which may

cause various levels of failure. It also may make us irresolute instead of being the overcomers we are known to be as Americans.

As we observe Breast Cancer Awareness month, let's take time to honor the overcomers—the survivors of breast cancer, who are role models to us regarding the virtue of patience!



***This month, take our Character Pledge and Commit to:***

Change the things I can change and accept the things I can't

Keep my cool

Make the most of my spare time

Use the right process

Keep trying



## Visions of Character

Adopt the pace of nature: her secret is patience.

- Ralph Waldo Emerson

For more information visit the Prattville Autauga Character Coalition website at [www.pacharacter.org](http://www.pacharacter.org)

