

### Summary Points

- Christ tells us we must love ourselves so we can love God and others.
- Healthy self-love is known as self-esteem or self-appreciation. Each of us is fundamentally lovable as a child of God, made in his image, and redeemed by Christ Jesus.
- People suffer from poor self-esteem because of conditional love.
- Healthy self-love requires the practice of the virtues of humility and gratitude. Humility recognizes that God has given us gifts not to deny, but to use. Gratitude recognizes that God is the source of all one's gifts. We show our gratitude in a special way at the Eucharist ("thanksgiving"), where we receive the greatest gift of all, Jesus Christ, in Holy Communion.
- The Fourth Commandment promotes family values. It underscores the importance of the family as society's foundational unit. Christians recognize the family as the "domestic Church," the hearth where in children learn about God's love and parents and children mirror the love of the Triune God.
- Children must honor their parents through respect, esteem, gratitude, and obedience of their just wishes. Adult children must continue to honor their parents by seeking their advice, expressing their gratitude, and supporting them in their declining years.
- Brothers and sisters must relate to each other with respect, patience, tolerance, fairness, and love.
- Parents must love, respect, and educate their children religiously, intellectually, and socially.
- Parents must honor their children's basic right to choose their vocations and careers.
- The Fourth Commandment requires us to honor lawful officials both in the Church and the civic community. Citizens must work for the common good, promote the virtue of solidarity, treat others as persons of dignity, and bring Christ to the marketplace. They must pay taxes, vote, and come to the aid of their fellow citizens in times of peril. Authorities must ensure basic human, social, and political rights and exercise their authority responsibly as a gift on loan from God for serving others.
- Neither children nor citizens should ever obey unjust, immoral orders made by parents or authorities. We must never violate God's law, no matter who tells us to.
- The Fifth Commandment forbids murder and the anger, envy, and hate that cause it. It calls on us to respect life from womb to tomb.
- People have the right to kill in self-defense only if it is absolutely necessary to defend their own life or if they are coming to the aid of someone for whom they are responsible.
- Strictly speaking the state has the right to inflict the death penalty as a means to protect society from heinous criminals. However, today, the situations in which it should be used are practically nonexistent because government authorities have other effective means to suppress crime and render criminals inoffensive.
- Jesus calls all to be peacemakers. Catholic Church teaching begins with a presumption against all war, always advocating other peaceful means of settling disputes. But in extraordinary situations, as with unjust aggression, nations have the right to self-defense following very strict guidelines.

### RESOURCES

#### *Internet Resources*

#### **Applied Ethics Resources on the world wide web**

Great source for cases.

[www.ethicsweb.ca/resources/index.html](http://www.ethicsweb.ca/resources/index.html)

#### **Catholic Educator's Resource: Current Issues: Medical Ethics**

Various issues covered in orthodox articles.

[http://catholiceducation.org/directory/Current\\_Issues/Medical\\_Ethics/](http://catholiceducation.org/directory/Current_Issues/Medical_Ethics/)

#### **Death Penalty Information Center**

[www.deathpenaltyinfo.org](http://www.deathpenaltyinfo.org)

#### **Ethics Updates**

A great Internet site by Professor Lawrence M. Hinman (University of San Diego) with lots of helpful links to ethical topics. Check the links under Abortion, Punishment and the Death Penalty, Euthanasia, and many others. Great teacher resource, including actual class lecture notes and Power Point presentations. A must see.

<http://ethics.acusd.edu>

#### **Evangelium Vitae (On Human Life)**

Can be found online at this site:

[www.vatican.va/holy\\_father/john\\_paul\\_ii/encyclicals/documents/hf\\_jp-ii\\_enc\\_25031995\\_evangelium-vitae\\_en.html](http://www.vatican.va/holy_father/john_paul_ii/encyclicals/documents/hf_jp-ii_enc_25031995_evangelium-vitae_en.html)

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#### NOTES

1. Adapted from Anthony de Mello, S.J., *One Minute Wisdom* (New York: Doubleday, 1986), 55.
2. Adapted from A.M.E. Today, "Inspiration: A Lesson in Values" <[www.ame-today.com/inspiration/inspiration39.shtml](http://www.ame-today.com/inspiration/inspiration39.shtml)> (7 March 2006).
3. United States Conference of Catholic Bishops (USCCB), "Faithful Citizenship: A Catholic Call to Political Responsibility" (Washington, D.C.: United States Conference of Catholic Bishops, 2003). Found online at the USCCB website <[www.usccb.org/faithfulcitizenship/bishopStatement.html](http://www.usccb.org/faithfulcitizenship/bishopStatement.html)> (23 January 2006).
4. For a full list of questions, please check the current version of "Faithful Citizenship: A Catholic Call to Political Responsibility," which can be found online at: [www.usccb.org/faithfulcitizenship/bishopStatement.html](http://www.usccb.org/faithfulcitizenship/bishopStatement.html).
5. United States Conference of Catholic Bishops, *A Culture of Life and the Penalty of Death* (Washington, D.C.: United States Conference of Catholic Bishops, 2005), p. 3. Accessed online at <[www.usccb.org/sdwp/national/penaltyofdeath.pdf](http://www.usccb.org/sdwp/national/penaltyofdeath.pdf)> (23 January 2005).
6. Pope Benedict XVI, "Address of His Holiness Benedict XVI to the Diplomatic Corps Accredited to the Holy See for the Traditional Exchange of New Year Greetings," January 9, 2006 <[www.vatican.va/holy\\_father/benedict\\_xvi/speeches/2006/january/documents/hf\\_ben-xvi\\_spe\\_20060109\\_diplomatic-corps\\_en.html](http://www.vatican.va/holy_father/benedict_xvi/speeches/2006/january/documents/hf_ben-xvi_spe_20060109_diplomatic-corps_en.html)> (25 January 2006).
7. These facts were found at these Internet sites:
  - The Center on Alcohol Marketing and Youth, "Underage Drinking in the United States: A Status Report 2004," <http://camy.org/research/underage2004>
  - Focus Adolescent Services, "Alcohol and Teen Drinking," [www.focus.com/Alcohol.html](http://www.focus.com/Alcohol.html)
  - National Institute on Drug Abuse, [www.nida.nih.gov](http://www.nida.nih.gov)
  - U.S. Department of Health and Human Services and SAMHSA's National Clearinghouse for Alcohol & Drug Prevention, "Consequences of Underage Alcohol Use," <http://oad1.samhsa.gov/govpubs/ncp0992>.
8. Alcoholics Anonymous, "A Message to Teenagers: How to Tell When Drinking Is Becoming a Problem," <[www.alcoholicsanonymous.org/en\\_is\\_aa\\_for\\_you.cfm?PageID=15](http://www.alcoholicsanonymous.org/en_is_aa_for_you.cfm?PageID=15)> (8 March 2006).
9. Found in *Three Minutes a Day: Reflections for Daily Life*, vol. 31 (New York: The Christophers, 1996), October 15.

## RESOURCES

*Internet Resources (continued from page 230)*

### **The Gospel of Life: A Symposium.**

Good overview with a notable article by Fr. Avery Dulles, S.J.  
[www.leaderu.com/ftissues/ft9510/articles/symposium.html](http://www.leaderu.com/ftissues/ft9510/articles/symposium.html)

### **McBride, Father Alfred, O.Praem. "Love People: Seven of Ten Commandments"**

Another good Youth Update article.  
[www.americancatholic.org/Newsletters/YU/ay1002.asp](http://www.americancatholic.org/Newsletters/YU/ay1002.asp)

### **Mother Teresa of Calcutta. Whatever You Did Unto One of the Least, You Did Unto Me.**

Given at the National Prayer Breakfast in Washington D.C. on February 3, 1994. One of the most prophetic speeches of all time.  
[www.columbia.edu/cu/augustine/arch/teresa94.html](http://www.columbia.edu/cu/augustine/arch/teresa94.html)

### **Priests for Life and Priests for Life Video Clips**

Many options that could be used by you or your students.  
[www.priestsforlife.org](http://www.priestsforlife.org), [www.priestsforlife.org/video/index.htm](http://www.priestsforlife.org/video/index.htm)

### **Salt of the Earth**

A good resource for social justice articles.  
<http://salt.claretianpubs.org>

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