

Index of Downloads

Your guide to event downloads and how many copies to make of each

Title	# of pages	# of copies needed
Presentation and Take-Home Kit		
Saints by Our Side <i>Flier</i>	(1 pg)	fill in information and make enough copies to distribute and post
Presentation: Saints by Our Side <i>Leader Guide (pgs 1–4 of 13)</i>	(4 pgs)	1 copy for you
Presentation: Saints Interviews <i>Interview Scripts (pgs 5–13 of 13)</i>	(9 pgs)	2–3 copies of each
Take-Home Kit Labels <i>Leader Resource (Avery labels 5262)</i>	(1 pg = 14 labels)	one label needed per kit
Even More Saints by Your Side <i>Take-Home Kit Handout</i>	(1 pg)	1 per family
The Communion of Saints and You <i>Take-Home Kit Handout</i>	(1 pg)	1 per family
Getting to Know the Saints <i>Take-Home Kit Handout</i>	(1 pg)	1 per family
I'm No Saint . . . or Am I? <i>Take-Home Kit Handout</i>	(1 pg)	1 per family
Activity Centers		
Meet Your Match <i>Family Handout and Clues</i>	(2 pgs)	1 per 2 attendees
Meet Your Match <i>Saint Cards (10 cards, 2 per pg)</i>	(5 pgs)	1 card per attendee
Meet Your Match <i>Saint Posters (1 per pg)</i>	(10 pgs)	1 set to post
Who's in Your Saint Posse? <i>Family Handout</i>	(6 pgs)	1 per family
Who's in Your Saint Posse? <i>Worksheet</i>	(2 pgs)	1 per attendee
Saint Clip <i>Family Handout</i>	(2 pgs)	1 per family
Trail Mix <i>Family Handouts</i>	(3 pgs)	1 per family
Trail Mix Labels <i>Leader Resource (Avery labels 5262)</i>	(1 pg = 14 labels)	one label needed per attendee
Prayer Service		
Prayer Service: Saints by Our Side <i>Leader/Reader Script</i>	(2 pgs)	3 copies

Join Us for an Intergenerational Event



Saints by Our Side

A presentation, a prayer service, and a variety of family activity centers for adults and children of all ages

Date:

Time:

Place:

- ✦ Bring your children or grandchildren and join your parish family to learn about the saints and celebrate them as models of love and faith.
- ✦ Grow in your understanding of the Communion of Saints—those in heaven and those on their way to heaven.
- ✦ Learn about your patron saint and make your own saint clip.
- ✦ Meet your fellow parishioners in a fun, prayerful, and interactive setting.

Please contact us if you plan to attend, providing us with the number of people in your group.

Phone:

E-mail:

Please RSVP by:



Presentation: Saints by Our Side

Leader Guide

This event provides participants with the opportunity to get to know the saints better through an introduction, a series of dramatic “interviews,” activities, and prayer. Please feel free to adapt this opening presentation to fit the needs and preferences of your parish.

Welcome

Welcome! We are so glad you are here. Today we have gathered together with families and friends to learn about our faith and get to know some of the saints who have been among the heroes and role models of the Church.

Overview

Who can tell me what a saint is? (*a holy person, a model for us*) The Church recognizes and honors people who showed their love for God in ways that are lasting inspirations and models for all of us. Some saints showed their love for God in lives of service, and others showed their love by giving their lives for their faith. Some saints worshiped God by writing beautiful prayers that we still pray today or by writing books that help us to learn more about God’s love for us. But in every case, the saints are people who followed Jesus and continued his work and mission in the world. Let’s see how many saints we can name right now. (*Invite people to name.*) Of all these saints, do you know who is the greatest of all the saints? (*Mary*) Mary, the Mother of God, is the greatest of saints because she always listened to God and did his will. She used her gifts from God and let everything that she said, did, or thought reflect her faith in God and her love of God.

The Saints Are Models of Holiness

The Church honors people like Mary and the saints because they responded to God’s grace working within them, so they were able to do amazing things and inspire people to know and to serve God more deeply. Why do you think the Church wants us to know about the saints? (*The saints can inspire us and provide good examples of how to follow Jesus.*) The Church gives them the official title of “saint” to let us know that these are people who show us how to live as Christians. Saints are people whom you and I can turn to for inspiration, advice, and help in our everyday lives.

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Presentation: Saints by Our Side

Leader Guide (continued)

The Saints Are People Too

You may be thinking to yourself, “Sure, the saints are special. But there’s no way I could be super holy like them.” Remember: The saints are not superhuman; they are *real* people. They grew up like we did, in good circumstances and in bad. They had families and friends, went to school and worked. Some saints were nuns or priests; others were married or single. Some were young, and others were old. We may think the saints were perfect, but they weren’t. They were just like us. Sometimes they sinned, and sometimes they failed. Some saints were even people who were hard to get along with. But they believed in God’s forgiveness and kept trying to do God’s will. They gave their whole heart and life to God even when it was difficult to follow Jesus.

God Wants Us to Be Saints

God wants all of us to be saints. In fact, when Saint Paul wrote his letters to the very first Christian groups, he sometimes addressed them as “saints.” By doing this, he was acknowledging that they were leading good and holy lives here on earth and that they, like us, are on the way to salvation through Christ. So the word *saint* is not just an official title that the Church gives certain people, but it is also a word that says who we are as people who dedicate our lives to God. We pray that, through the grace of God, we may join the saints in heaven and live forever in God’s presence.

You may be wondering “Exactly how do we do that?” Thanks to Baptism, we are given the most important element to becoming a saint: God’s grace. With God’s grace, we can make choices that will cause us to be spiritually stronger and healthier and that bring us closer to God. We also have the Bible, the very Word of God, to guide us and to help us follow Jesus. But sometimes, it helps to have a few pointers to see how grace and the Gospel can help us in our everyday life.

We Are a Part of the Communion of Saints

That’s where the saints come in. We can turn to them for help. Think of it this way—in life, we are like runners in a long race. Runners don’t run alone, do they? They have coaches who teach them how to be strong and healthy, they have friends who cheer them on, they have other runners who inspire them

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Presentation: Saints by Our Side

Leader Guide (continued)

and give them good advice. Just as runners aren't alone in their race, neither are we. We have God and the whole Communion of Saints by our sides.

The saints knew that Jesus had shown us what is good, and they used the Gospels as their guide. They made it a habit to be tuned into God in all that they did. In the long race of their lives, the saints also had certain spiritual exercises to stay spiritually fit. They prayed often and worked hard for God. The saints knew that they were God's hands on earth, helping others, even though they might find themselves in tough situations.

Introduce the Saint Interviews

Let's meet some of the saints and learn the stories of their lives. Each one of them can give us tips to help us truly be saints of God.

(Interviews with Saint Thérèse of Lisieux, Saint Francis of Assisi, and Blessed Luigi and Maria Quattrocchi—see scripts)

Let's show these saints of God how much we appreciate them spending time with us today. *(round of applause)* As you can see, each saint is someone we can learn from. You may relate to some saints more than to others; that's why the Church has given us so many. Let's learn about some other saints!

Introduce the Activity Centers

In the Saint Posse Activity Center, you will learn about patron saints and research the patron saints of your family.

In the Meet Your Match Activity Center, you will learn about some of our most beloved saints. Then you'll use what you've learned to play a guessing game.

In the Saint Clip Activity Center, you will make a beaded clip with a medal of your favorite saint. Fasten the clip to your jacket or backpack or house keys as a reminder that the saints are with you wherever you go.

Finally, create your own delicious and healthy snack at the Trail Mix Activity Center, keeping in mind that just as a healthy diet of food nourishes our physical well-being and gives us energy, a healthy dose of prayer and inspiration from the saints nourishes our spiritual well-being and energizes our faith.

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Presentation: Saints by Our Side

Leader Guide (continued)

Introduce the Take-Home Kits

Before you begin to work in the activity center of your choice, be sure to pick up one of these Take-Home Kits and write your family's name on it. Each one is filled with resources that will tell you more about the saints, including the process of becoming an official saint of the Church. *[Hold up a Take-Home Kit and give a short description of the items in it.]*

Once we finish with the activity centers, we will all gather again for a prayer service.

[If you are going to incorporate some of your parish resources (such as dance troupe or choir), this is a good time to introduce and thank the people who will be performing.]

Transition to Activity Centers





Interview: Saint Thérèse of Lisieux

Leader/Reader Script

You will need two actors for this interview: one to play the host and another to play the saint. Be sure to give a copy of this script to the actors well ahead of the event so that they will have time to rehearse the lines and possibly memorize them.

Host: Thank you for coming, Saint Thérèse.

STL: I'm happy to be here.

Host: Please, tell us a little about yourself. Where were you born?

STL: I was born in France in 1873. I was the baby of the family, the youngest of five daughters.

Host: Were you very close to your sisters?

STL: Yes! They were all very dear to me, especially my sister Pauline. When our mother died, I was only four years old, so Pauline became a second mother to me. But my other sisters—Marie, Leonie, and Celine—also influenced me.

Host: How so?

STL: Pauline and Marie became Carmelite nuns, and my sister Leonie became a Poor Clare. I wanted to join the Carmelites too, but I was only 13.

Host: So you were too young to join?

STL: I was, but I didn't let that stop me from trying. I begged the superior of the convent to let me join. I pleaded with the local bishop. Believe it or not, I even asked the pope!



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Interview: Saint Thérèse of Lisieux

Leader/Reader Script (continued)

Host: So what happened?

STL: I was able to join the Carmelites at 15. I was so happy to enter Carmel and be with my sisters again.

Host: How was life in the convent?

STL: As the baby of a big family, I had gotten used to having my own way. So it was hard for me to learn how to be a part of a community. There was so much work to do and so much of it was new to me. Sometimes another nun would criticize me, and that hurt!

Host: I am sorry to hear that.

STL: No, don't be sorry for me. That struggle was a great gift. You see, our Lord cares less about the greatness of our actions or about how hard they were to do than he does about the love with which we do them. Each time I took criticism without talking back, or I smiled at a sister whom I did not especially like, or I did unpleasant chores cheerfully, I did it as an offering of love to God.

Host: In your autobiography, *The Story of a Soul*, you wrote about the "little way to God." Are the offerings you just described a part of that "little way"?

STL: Yes. The good things you do show your love for God. I wanted to do great big things, but I couldn't. For example, I always wanted to be a missionary. Unfortunately, when I got a chance to go on a mission, I was too weak to travel. But that didn't stop me from helping missionaries. I offered my prayers and sacrifices for missionaries. With every little thing I gave up, every kindness I did, and every mean word I ignored, I was scattering flowers throughout the world. In other words, I showed my love for God by doing even the smallest actions with love.

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Interview: Saint Thérèse of Lisieux

Leader/Reader Script (continued)

Host: Is that why you called yourself the “Little Flower”?

STL: Yes. All the souls in the world are like flowers in Jesus’ garden. God has created the great saints, who did big things. They are like the lilies and the roses. But he has also created little saints, like me. We are like the daisies or the violets. Loving God means doing his will and being the people that he wants us to be.

Host: In 1997, Pope John Paul II made you a Doctor of the Church—just like Saint Augustine, Saint Teresa of Ávila, and Saint Thomas Aquinas—because your writings have inspired so many people.

STL: It is a great honor. It shows that in God all things are possible!

Host: Before you go, could you please give us a tip on how we can be true saints of God?

STL: Of course! Everything you do, do with love. Without love, deeds, even the most brilliant, count as nothing. And the small things that you do with love are more valuable than all the riches in the world.

Host: Thanks for speaking with us and sharing your story.

STL: It was my pleasure.





Interview: Saint Francis of Assisi

Leader/Reader Script

You will need two actors for this interview: one to play the host and another to play the saint. Be sure to give a copy of this script to the actors well ahead of the event so that they will have time to rehearse the lines and possibly memorize them.

Host: I'd like you all to welcome the patron saint of animals, families, and the environment; the founder of the Franciscan order; and one of the most beloved saints of all time: Saint Francis of Assisi!

[Saint Francis enters; he and the host exchange greetings.]

Host: Most people associate you with a life of simplicity and poverty. They would probably be surprised to learn that you weren't always like that.

SF: I was born into a very wealthy family. My father was a cloth merchant, so I always had beautiful clothes to wear. I had a lot of friends whom I'd run around with, getting into trouble. Today you would call someone like that a "party animal."

Host: So what changed?

SF: God called me to serve him. I took all the energy I had spent partying and turned it to following Jesus and spreading his Word.

Host: And you used that energy to start the order of Friars Minor, the Franciscans, who are still around today. What inspired you to do that?



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Interview: Saint Francis of Assisi

Leader/Reader Script (continued)

SF: In the Gospel of Matthew, Jesus told the disciples to travel all over the land, preaching the Word of God and healing the sick. He told them to travel light—no money, no extra clothes or shoes—and trust in God to provide for them. I wanted to serve Jesus the same way.

Host: You found a lot of new friends in your new life.

SF: Yes. I was blessed with many new companions. Those who joined me gave everything they had to the poor. They were happy to wear only a simple robe and carry only a staff. None of us wanted anything more than that. We were all companions of Lady Poverty.

Host: Saint Clare was one of those new friends, wasn't she?

SF: Yes, Clare was a wonderful friend. She had heard me preach and wanted to follow the same path as I did. She also left behind a life of wealth and comfort to wear the habit. She and her sister founded a second Franciscan order called the Order of Poor Ladies. Most people know them as the Poor Clares.

Host: You had friends all over God's creation, didn't you?

SF: Oh yes! Brother Sun and Sister Moon, all of the animals, the flowers in the meadows, the fire that warms us and the crystal springs that bring us water—they are brothers and sisters, and I love them all.

Host: I heard that you once preached a sermon to the birds.

SF: I did! They listened so quietly and sweetly, I had to kick myself for not thinking of doing it earlier.

Host: Not all of the animals you befriended were as sweet as the birds though. You made friends with a fierce wolf.

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Interview: Saint Francis of Assisi

Leader/Reader Script (continued)

SF: That was in a town called Gubbio. Brother Wolf had been eating the townspeople's sheep. They were very angry about that, and they were very afraid that he would eat some of the people too!

Host: What did you do?

SF: I talked to him. It turns out he only ate the sheep because he was hungry. I told the townspeople that if they fed the wolf, he would stop eating the sheep.

Host: And it worked?

SF: Yes, the people of Gubbio and Brother Wolf lived together in peace after that.

Host: You brought the same sense of kindness and generosity to everything you did, didn't you?

SF: I always tried. God gives his love to everyone and everything in creation. The least we can all do is try to follow his example.

Host: Like you say in one of your prayers, "it is in giving we receive; it is in pardoning that we are pardoned."

SF: Yes, exactly. God has given us many gifts, and he has given them freely. We should be just as giving and rejoice in the opportunity to share God's love.

Host: Thank you for sharing your joy with us today!

SF: My pleasure!





Interview: Blessed Luigi Beltrame Quattrocchi and Blessed Maria Corsini Quattrocchi

Leader/Reader Script

You will need three actors for this interview: one to play the host and two people to play Maria and Luigi. Be sure to give a copy of this script to the actors well ahead of the event so that they will have time to rehearse the lines and possibly memorize them.

Host: *[to audience]* Let me introduce an inspiring couple. They were married in 1905, they were the parents of four children, and in 2001, they were honored by Pope John Paul II. Please welcome Maria and Luigi Quattrocchi!

[Maria and Luigi enter. Everyone says hello.]

Host: Tell us about what happened on October 21, 2001.

Luigi: That was a really remarkable day for us—Pope John Paul II declared us “Blessed.”

Maria: We were the first married couple to be beatified together.

Host: Could you tell us more about what it means to be beatified? Is that the same thing as being declared “Blessed”?

Maria: Yes. Beatification—becoming a “Blessed”—is the next-to-last-step before canonization; that is, being declared a saint.

Luigi: Before we became “Blessed,” we were “Venerable.” That meant that the Church had decided we were examples of heroic virtue.

Host: And there was a miracle, wasn't there?



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Interview: Blessed Luigi Beltrame Quattrocchi and Blessed Maria Corsini Quattrocchi

Leader/Reader Script (continued)

Maria: Yes. A young man with a circulatory disease asked for our prayers. We prayed to God for him. Through all these prayers, this intercession, he was cured!

Luigi: He is still alive today; he is a doctor in Milan, Italy.

Host: In the homily that he preached about you, Pope John Paul II said that your faithfulness to each other, to your children, and to the Gospel showed that saintliness is both “beautiful and possible” in the roles of spouses and parents.

Luigi: It’s funny; we always felt that we were pretty ordinary. It is hard to think of what we did as heroic or saintly.

Maria: Yes, we had our ups and downs like everybody else. We loved each other and our children, we went to Mass, and we always tried to be helpful in our community.

Host: Is it true that you sheltered refugees during World War II?

Luigi: Our door was always open to those in need of anything: food, shelter, friendship, prayer. We were happy to share what we had.

Host: And, Maria, you volunteered as a nurse for the Red Cross?

Maria: Yes, during the war. I also really enjoyed volunteering as a catechist and talking about faith to groups of women.

Host: What was life like at home?

Maria: It was always busy! We had four beautiful children: Filippo, Stefania, Cesare, and the youngest, Enrichetta. They kept us running. It was a happy, noisy household—especially at mealtimes!

Luigi: I was a lawyer in the Italian government, and Maria was a teacher and writer. Also, together we started a scout group for children from the poorer neighborhoods in Rome.



Interview: Blessed Luigi Beltrame Quattrocchi and Blessed Maria Corsini Quattrocchi

Leader/Reader Script (continued)

Host: Wow! Was there ever any time to relax?

Luigi: Oh yes! We loved to take holidays. Sometimes we would all go to the mountains or to the beach.

Maria: And we prayed daily as a family. Every evening, we would pray the Rosary together. No matter how busy we were, we always took the time to refresh our spirits and thank God for the blessings he gave to us.

Host: Your children must be very proud of you!

M&L: And we are so proud of all of them!

Host: What advice do you have to give to the parents and children who are with us here?

Maria: We taught our children to have deep faith and to love the things that cannot be seen. Even in tough times, we kept our eyes focused on the things of God.

Luigi: We called that appreciating life “from the roof up.”

Host: Thank you so much for coming to talk to us today.

M&L: Thanks for inviting us!





Saints by Our Side

(family name)



Saints by Our Side

(family name)



Saints by Our Side

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Saints by Our Side

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Saints by Our Side

(family name)



Even More Saints by Your Side

Family Handout

"You can never have too many friends," James Martin writes in *My Life with the Saints*. Would you like to meet a few more friends? Here are some places to turn if you are looking for the patron of a particular cause or are simply curious to learn more.

Available from Loyola Press

www.LoyolaBooks.org

- ✦ *Mary and the Saints—Companions on the Journey** from the Catholic Basics series by James P. Campbell
- ✦ *Loyola Kids Book of Heroes: Stories of Catholic Heroes and Saints Throughout History* by Amy Welborn
- ✦ *Loyola Kids Book of Saints* by Amy Welborn
- ✦ *The Loyola Treasury of Saints: From the Time of Jesus to the Present Day* by David Self
- ✦ *My Best Teachers Were Saints: What Every Educator Can Learn from the Heroes of the Church* by Susan Swetnam
- ✦ *My Life with the Saints* by James Martin, S.J.
- ✦ *Mystics and Miracles, True Stories of Lives Touched by God* by Bert Ghezzi
- ✦ *Praying with the Saints** from the Somos Católicos Series by Arturo Pérez-Rodríguez
- ✦ *Saints Kit: All the Saints of the Roman Calendar and More* by the Sisters of Notre Dame
- ✦ *Santos Americanos:* Conversando con los Santos de América* by Arturo Pérez-Rodríguez and Miguel Arias

Also Available

- ✦ *Butler's Lives of the Saints: Concise Edition, Revised and Updated* (HarperSanFrancisco)
- ✦ *Encyclopedia of Saints* (Our Sunday Visitor)
- ✦ *Patrons and Protectors: Occupations* (Liturgy Training Publications)
- ✦ *Saints and Martyrs* (Viking Juvenile)
- ✦ *Teach Me About Saints: Discussions and Activities for Young Children* (Our Sunday Visitor)

*Available in both English and Spanish





The Communion of Saints and You

Family Handout

Our relationship with the Communion of Saints makes our lives richer and brings us closer to God. In this handout, you can learn more about the Communion of Saints and find ways to include the saints in your daily family life.

The Communion of Saints includes all those who have been saved in Jesus Christ—those who are living here on earth and those who now live with God in eternity. “Communion” means that we share in the life of Christ, brought about by the action of the Holy Spirit for the glory of God the Father. Even though each of us is a unique individual, we are joined together in a common love for God, common worship, and common work for the coming of the Kingdom of God.

We should take care of our relationships with one another in the Communion of Saints in the same way we take care of our family relationships. We want to help one another in our common pursuit of God. For example, those of us on earth and in heaven can offer prayers and sacrifices for the holy ones in purgatory as they wait to join God and all the saints in heaven. The saints in heaven intercede for us before God, and they help us by giving us a model of how to live Christian lives.

Celebrating the sacraments, especially the Eucharist, is an important way to stay united in the Communion of Saints. Other ways to nourish our communion with one another and with God include:

- ✦ praying for all the saints of God, our families, loved ones, and for those in need;
- ✦ reaching out to those who are in need, especially people who are suffering or sick and those burdened by poverty or violence; and
- ✦ learning about God and our faith through the reading of Scripture and spiritual books, and talking with other Catholics about our faith journey.

When you do any of these things, it affects not only you but the whole Communion of Saints. Because we are one in Christ who died for all, whatever any one of us “does or suffers in and for Christ bears fruit for all” (*Catechism of the Catholic Church* #961).





Getting to Know the Saints

Family Handout

There are many different ways to get to know the saints. Here are a few ideas to get your family started.

- 1.** Celebrate All Saints Day (November 1). One of the great gifts of our Catholic faith is our rich tradition of honoring our heroes with sainthood. On All Saints Day, we recall and pray with these saints. It is important to continue to tell the stories of saints and saintly people to our children so that they have ample models of people of faith for their own lives.
- 2.** Together as a family, name and tell the story of favorite saints. Prepare a list of some of the traits that these people have in common (generosity, courage, prayerfulness, and so on). After preparing this list, read together Matthew 5:1–12, which is the Gospel proclaimed on All Saints Day. Identify how the attitudes described in the Beatitudes are reflected in the lives of the saints and in people you named.
- 3.** As a family, create your own book of saints. Have each family member choose a favorite saint and create a “chapter” about him or her that may include a description, a drawing, or whatever helps to convey your experience of the saint. You might also focus on how this saint showed unusual courage, or devotion, or dedication to others, and how we can learn from his or her example. Assemble each “chapter” into a book. Create a decorative cover for your book and display it in a prominent place in your home.
- 4.** Create an inspiration box based on the lives of the saints. On small cards or strips of paper, write an inspiring quote from a saint or something about a saint you particularly admire (such as “Saint Teresa prayed even on days she felt God was far away”). Use any kind of container (such as a woven basket, a decorated box, or a plastic container) to hold your inspirational words. Whenever you are in need of an inspiring or motivational word, you can read one of the cards.
- 5.** Pray a Litany of the Saints as a family. For example, a parent prays “Saint Elizabeth” and the children are invited to reply “Pray for us.” Include in your list the saints and holy people you named in your discussion. Conclude by praying that your family will follow the example of these people as disciples of Jesus.





I'm No Saint . . . or Am I?

Family Handout

Although the Church gives certain people the official title of "saint," we are all called saints because we are part of the Communion of Saints, all people who have been saved in Jesus Christ. Let's think about some of the things that make us saints.

My greatest strengths as a person are

If I were to describe myself in one word it would be _____.

People can count on me to

I work to make the world a better place by

Things I do to keep my friendship with God healthy and strong are

I would make a good patron saint of _____

because _____.



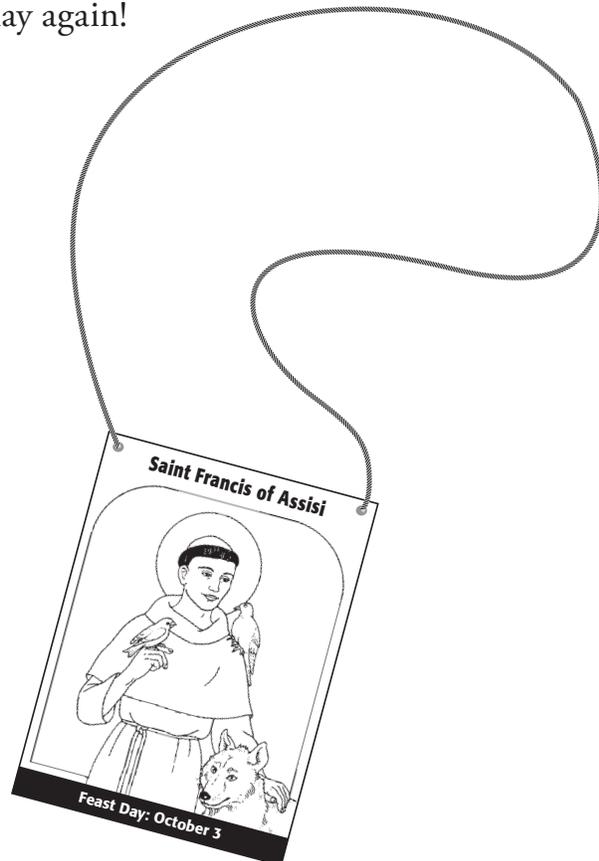


Meet Your Match Activity Center

Family Handout

Which saint has your back? Choose a partner and play this game.

1. Choose a saint card and place it around your partner's neck with the card hanging behind his or her back.
2. Give your partner a hint about the saint on the card from the clue handout—easier or a little harder, depending on his or her age.
3. The card-wearer can look over the full set of cards posted at the activity center to see if he or she can identify which saint card he or she is wearing. Offer more clues if the card-wearer is stumped.
4. When the saint is identified, turn the saint card around and wear it, color it, take it home!
5. Switch roles with your partner and play again!



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Clues: Meet Your Match Activity Center

Family Handout

Use these clues to discover which saint is behind you. The **Easier** clues are great for nonreaders. Challenge older kids and grownups with the clue that's **A Little Harder**.

	Easier	A Little Harder
Saint Teresa of Ávila	She was a famous writer.	She wrote, "Let nothing trouble you. Let nothing frighten you. All things are passing; God never changes."
Saint Ignatius of Loyola	He read a lot of books when he was learning about Jesus and the saints. He also wrote letters to his followers.	This saint who started the Society of Jesus was also a soldier.
Saint Francis of Assisi	He was a friend to all kinds of animals, including birds and even wolves.	This saint who started the Franciscan Orders said, "Be praised, my Lord, through all your creatures . . ."
Saint Thérèse of Lisieux	She was called the "Little Flower." She said that her little actions were like daisies and that big actions are like roses.	A Doctor of the Church and a Carmelite nun, she also is a patron of foreign missions.
Saint Nicholas	He is a patron saint of children.	This bishop also is the patron saint of many places, including Greece, Russia, and New York City.
Saint Theodora Guerin	This nun is holding a cross because she trusted Jesus to take care of her.	"Put yourself gently into the hands of Providence," said this founder of the Sisters of Providence of Saint Mary-of-the-Woods.
Saint Elizabeth Seton	She brought books to children who had none.	This saint also is patron of the Apostleship of the Sea, because two of her sons worked at sea.
Saint Joseph	He was Jesus' dad here on earth.	Carpenters, engineers, and other workers call this saint their patron.
Saint Maximilian Kolbe	He is wearing a prison shirt because he is the patron saint of prisoners.	This patron saint of journalists said, "What we can do and should do is to seek truth and to serve it when we have found it."
Blessed Maria and Luigi Quattrocchi	This mom and dad are patrons of parents.	These saints are patrons of the Domestic Church, which means living the faith at home.



Saint Francis of Assisi

FOUNDER OF THE FRANCISCAN ORDERS

Patron

Animals and birds, ecologists and ecology, merchants, Italy, the organization Catholic Action

Dates

1181–1226

Year Canonized

1228

Prayer by Saint Francis

Most high, all powerful, all good Lord! All praise is yours, all glory, all honor, and all blessing. To you, alone, Most High, do they belong. No mortal lips are worthy to pronounce your name.

Be praised, my Lord, through all your creatures, especially through my lord Brother Sun, who brings the day; and you give light through him. And he is beautiful and radiant in all his splendor! Of you, Most High, he bears the likeness.

Be praised, my Lord, through Sister Moon and the stars; in the heavens you have made them, precious and beautiful.

from the Canticle of the Sun by Saint Francis

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Saint Francis of Assisi



Feast Day: October 4

Saint Thérèse of Lisieux

DOCTOR OF THE CHURCH, CARMELITE NUN
ALSO KNOWN AS THÉRÈSE OF THE CHILD JESUS
AND THE "LITTLE FLOWER"

Patron

Foreign missions, florists, gardeners, aviators, France

Dates

1873–1897

Year Canonized

1925

Quotes

"You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them."

"Our Lord needs from us neither great deeds nor profound thoughts. Neither intelligence nor talents. He cherishes simplicity."

"One word or a pleasing smile is often enough to raise up a saddened and wounded soul."

"Without love, deeds, even the most brilliant, count as nothing."

*from The Story of a Soul:
The Autobiography of Saint Thérèse of Lisieux*

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Saint Thérèse of Lisieux



Feast Day: October 1

Saint Teresa of Ávila

DOCTOR OF THE CHURCH,
FOUNDER OF THE DISCALCED CARMELITES
ALSO KNOWN AS TERESA OF JESUS

Patron

Spain, those with headaches, aviators, writers

Dates

1515–1582

Year Canonized

1622

Quotes

“Prayer is an act of love, words are not needed. Even if sickness distracts from thoughts, all that is needed is the will to love.”

“Let nothing trouble you,
let nothing frighten you.
All things are passing;
God never changes.
Patience obtains all things.
He who possesses God lacks nothing:
God alone suffices.”

“What a great favor God does to those He places in the company of good people!”

“It is love alone that gives worth to all things.”

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Saint Teresa of Ávila



Feast Day: October 15

Saint Ignatius of Loyola

FOUNDER OF THE SOCIETY OF JESUS (THE JESUITS)

Patron

Faith retreats, soldiers

Dates

1491–1556

Year Canonized

1622

Prayer by Saint Ignatius

Take, Lord, and receive all my liberty,
my memory, my understanding
and my entire will,
All I have and call my own.

You have given all to me.
To you, Lord, I return it.

Everything is yours; do with it what you will.
Give me only your love and your grace.
That is enough for me.

from the Guscipe of Saint Ignatius of Loyola

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Saint Ignatius of Loyola



Feast Day: July 31

Saint Nicholas

BISHOP

Patron

Children, merchants, travelers, sailors, brides and grooms, bankers, New York City, Greece, Russia, and many more

Dates

fourth century

Year Canonized

Unknown

Prayer

We thank you for good Saint Nicholas who was known for his love and care for children.

Through his intercession we ask you to help us always to take care of children, to protect and guide them, and to keep them safe. Help us to be open to all that children can teach us about pure joy and unconditional love. May we in turn help our children to grow into the beautiful persons that you created them to be. Keep us mindful of the needs of others and to reach out with love and generosity as Saint Nicholas did. We rejoice in your servant Nicholas and pray that we too may follow you with singleness of heart and mind. Amen.

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Saint Nicholas



Feast Day: December 6

Saint Theodora Guerin

FOUNDER OF THE SISTERS OF PROVIDENCE
OF SAINT MARY-OF-THE-WOODS

Patron

Archdiocese of Indianapolis,
Diocese of Lafayette-in-Indiana

Dates

1798–1856

Year Canonized

2006

Quotes

“Love the children first, then teach them.”

“What does it matter what becomes of us, provided God’s work be accomplished?”

“What strength the soul draws from prayer! In the midst of a storm, how sweet is the calm it finds in the Heart of Jesus.”

“Put yourself gently into the hands of Providence.”

“With Jesus, what shall we have to fear?”

“In all and everywhere may the will of God be done.”

“You will be happy yourself in making others happy.”

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Terre Haute, Indiana

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Saint Theodora Guerin



Feast Day: October 3

Saint Elizabeth Seton

FOUNDER OF THE DAUGHTERS OF CHARITY
FOUNDER OF THE FIRST FREE SCHOOL FOR CATHOLIC GIRLS

Patron

Apostleship of the Sea (two of her sons worked on the sea); loss of parents; opposition of Church authorities; people ridiculed for their piety; Diocese of Shreveport, Louisiana; widows

Dates

1774–1821

Year Canonized

1975

Quotes

“We must pray literally without ceasing, I mean that prayer of the heart which is independent of time and place, which is rather a habit of lifting up the heart to God, as in a constant communication with him.”

“Who can bind the soul which God sets free?”

“Never mind, all will go right, since we look to God alone.”

*quotes from Daily Thoughts of Mother Seton
(Msgr. Joseph B. Code, ed.)*

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Saint Elizabeth Seton



Feast Day: January 4

Saint Joseph

HUSBAND OF MARY, FOSTER FATHER OF JESUS

Patron

The Americas, carpenters, emigrants, engineers, families, fathers, the Universal Church, protection of the Church, social justice, workers

Dates

first century

Year Canonized

Unknown

Prayer

God, our Father,
Creator and ruler of the universe,
in every age you call people
to develop and use their gifts for the good of others.
With Saint Joseph as our example and guide,
help us to do the work you have asked
and come to the rewards you have promised.
We ask this through our Lord Jesus Christ, Your Son,
who lives and reigns with You and the Holy Spirit,
one God, for ever and ever. Amen.

adapted from the collect for the feast of Saint Joseph, the Worker

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Saint Joseph



Feast Day: March 19, May 1

Saint Maximilian Kolbe

FRANCISCAN PRIEST AND MARTYR

Patron

Families, prisoners, journalists, pro-life movement, drug addicts

Dates

1894–1941

Year Canonized

1982

Quote

“No one in the world can change Truth. What we can do and should do is to seek truth and to serve it when we have found it. The real conflict is the inner conflict. Beyond armies of occupation and the hecatombs of extermination camps, there are two irreconcilable enemies in the depth of every soul: good and evil, sin and love. And what use are the victories on the battlefield if we ourselves are defeated in our innermost personal selves?”

from the last issue of the Knights of the Immaculate

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Saint Maximilian Kolbe



Feast Day: August 14

Blessed Maria and Luigi Quattrocchi

MARRIED PARENTS

Patron

Families, married couples, parents, the Domestic Church

Dates

Maria 1884–1965

Luigi 1880–1951

Year Beatified

2001

Prayer for Married Couples

God the eternal Father keep you in love with each other, so that the peace of Christ may stay with you and be always in your home. May your children bless you, your friends console you and all live in peace with you. May you always bear witness to the love of God in this world so that the afflicted and the needy will find in you generous friends, and welcome you into the joys of heaven. Amen.

*adapted from The Rites of the Catholic Church,
Marriage Blessing*

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Blessed Maria and Luigi Quattrocchi



Feast Day: November 25

Saint Francis of Assisi

FOUNDER OF THE FRANCISCAN ORDERS



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Feast Day: October 4

Patron: Animals and birds, ecologists and ecology, merchants, Italy, the organization Catholic Action

Dates: 1181–1226

Year Canonized: 1228

Prayer by Saint Francis:

Most high, all powerful, all good Lord! All praise is yours, all glory, all honor, and all blessing. To you, alone, Most High, do they belong. No mortal lips are worthy to pronounce your name.

Be praised, my Lord, through all your creatures, especially through my lord Brother Sun, who brings the day; and you give light through him. And he is beautiful and radiant in all his splendor! Of you, Most High, he bears the likeness.

Be praised, my Lord, through Sister Moon and the stars; in the heavens you have made them, precious and beautiful.

from the Canticle of the Sun by Saint Francis

Saint Thérèse of Lisieux

DOCTOR OF THE CHURCH, CARMELITE NUN • ALSO KNOWN AS THÉRÈSE OF THE CHILD JESUS AND THE "LITTLE FLOWER"



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Feast Day: October 1

Patron: Foreign missions, florists, gardeners, aviators, France

Dates: 1873–1897

Year Canonized: 1925

Quotes:

“You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them.”

“Our Lord needs from us neither great deeds nor profound thoughts. Neither intelligence nor talents. He cherishes simplicity.”

“One word or a pleasing smile is often enough to raise up a saddened and wounded soul.”

“Without love, deeds, even the most brilliant, count as nothing.”

from *The Story of a Soul:
The Autobiography of Saint Thérèse of Lisieux*

Saint Teresa of Ávila

DOCTOR OF THE CHURCH • FOUNDER OF THE DISCALCED CARMELITES • ALSO KNOWN AS TERESA OF JESUS



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Feast Day: October 15

Patron: Spain, those with headaches, aviators, writers

Dates: 1515–1582

Year Canonized: 1622

Quotes:

“Prayer is an act of love, words are not needed. Even if sickness distracts from thoughts, all that is needed is the will to love.”

“What a great favor God does to those He places in the company of good people!”

“It is love alone that gives worth to all things.”

“Let nothing trouble you, let nothing frighten you. All things are passing; God never changes. Patience obtains all things. He who possesses God lacks nothing; God alone suffices.”

Saint Ignatius of Loyola

FOUNDER OF THE SOCIETY OF JESUS (THE JESUITS)



Feast Day: July 31

Patron: Faith retreats, soldiers

Dates: 1491–1556

Year Canonized: 1622

Prayer by Saint Ignatius:

Take, Lord, and receive all my liberty,
my memory, my understanding
and my entire will,
All I have and call my own.

You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace.
That is enough for me.

from the Suscipe of Saint Ignatius of Loyola

Saint Nicholas

BISHOP



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Feast Day: December 6

Patron: Children, merchants, travelers, sailors, brides and grooms, bankers, New York City, Greece, Russia, and many more

Dates: fourth century

Year Canonized: Unknown

Prayer:

We thank you for good Saint Nicholas who was known for his love and care for children.

Through his intercession we ask you to help us always to take care of children, to protect and guide them, and to keep them safe. Help us to be open to all that children can teach us about pure joy and unconditional love. May we in turn help our children to grow into the beautiful persons that you created them to be. Keep us mindful of the needs of others and to reach out with love and generosity as Saint Nicholas did. We rejoice in your servant Nicholas and pray that we too may follow you with singleness of heart and mind. Amen.

Saint Theodora Guerin

FOUNDER OF THE SISTERS OF PROVIDENCE OF SAINT MARY-OF-THE-WOODS



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Feast Day: October 3

Patron: Archdiocese of Indianapolis, Diocese of Lafayette-in-Indiana

Dates: 1798–1856

Year Canonized: 2006

Quotes:

“Love the children first, then teach them.”

“What does it matter what becomes of us, provided God’s work be accomplished?”

“What strength the soul draws from prayer! In the midst of a storm, how sweet is the calm it finds in the Heart of Jesus.”

“Put yourself gently into the hands of Providence.”

“With Jesus, what shall we have to fear?”

“In all and everywhere may the will of God be done.”

“You will be happy yourself in making others happy.”

quotes used with the permission of the Sisters of Providence of Saint Mary-of-the-Woods, Terre Haute, Indiana

Saint Elizabeth Seton

FOUNDER OF THE DAUGHTERS OF CHARITY • FOUNDER OF THE FIRST FREE SCHOOL FOR CATHOLIC GIRLS



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Feast Day: January 4

Patron: Apostleship of the Sea (two of her sons worked on the sea); loss of parents; opposition of Church authorities; people ridiculed for their piety; Diocese of Shreveport, Louisiana; widows

Dates: 1774–1821

Year Canonized: 1975

Quotes:

“We must pray literally without ceasing, I mean that prayer of the heart which is independent of time and place, which is rather a habit of lifting up the heart to God, as in a constant communication with him.”

“Who can bind the soul which God sets free?”

“Never mind, all will go right, since we look to God alone.”

quotes from Daily Thoughts of Mother Seton (Msgr. Joseph B. Code, ed.)

Saint Joseph

HUSBAND OF MARY, FOSTER FATHER OF JESUS



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Feast Days: March 19, May 1

Patron: The Americas, carpenters, emigrants, engineers, families, fathers, the Universal Church, protection of the Church, social justice, workers

Dates: first century

Year Canonized: Unknown

Prayer:

God, our Father,
Creator and ruler of the universe,
in every age you call people
to develop and use their gifts for the
good of others.
With Saint Joseph as our example and guide,

help us to do the work you have asked
and come to the rewards you have promised.
We ask this through our Lord Jesus Christ,
Your Son,
who lives and reigns with You and the Holy Spirit,
one God, for ever and ever. Amen.

adapted from the collect for the feast of Saint Joseph, the Worker

Saint Maximilian Kolbe

FRANCISCAN PRIEST AND MARTYR



Feast Day: August 14

Patron: Families, prisoners, journalists, pro-life movement, drug addicts

Dates: 1894–1941

Year Canonized: 1982

Quote:

No one in the world can change Truth. What we can do and should do is to seek truth and to serve it when we have found it. The real conflict is the inner conflict. Beyond armies of occupation and the hecatombs of extermination camps, there are two irreconcilable enemies in the depth of every soul: good and evil, sin and love. And what use are the victories on the battlefield if we ourselves are defeated in our innermost personal selves?"

from the last issue of the Knights of the Immaculate

Blessed Maria and Luigi Quattrocchi

MARRIED PARENTS



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Feast Day: November 25

Patron: Families, married couples, parents, the Domestic Church

Dates: Maria 1884–1965

Luigi 1880–1951

Year Beatified: 2001

Prayer for Married Couples:

God the eternal Father keep you in love with each other, so that the peace of Christ may stay with you and be always in your home. May your children bless you, your friends console you and all live in peace with you. May you always bear witness to the love of God in this world so that the afflicted and the needy will find in you generous friends, and welcome you into the joys of heaven. Amen.

*adapted from The Rites of the Catholic Church,
Marriage Blessing*



Who's in Your Saint Posse? Activity Center

Family Handout

Research your own patron saints using the list of saints in this handout and other available reference materials. Record information about your patron saints on the worksheet that can then be used at home.

A Posse of Patron Saints

The saints are our companions on life's journey and can be our guides in following Jesus. Within the Communion of Saints—all of those, dead or living, who have been saved in Jesus Christ—each of us has particular saints who are watching out for us. We call those special saints our patron saints.

What Is a Patron Saint?

Here on earth, “patrons” are people who give a lot of support and encouragement to certain causes or groups they really know, love, and care about. Saints are heavenly patrons. They give special care to people, places, professions, and institutions. They often are patrons of things that were important to them in life, but they can become patrons for other reasons too. A saint will be your patron if you just ask!

Examples of Patron Saints

Saint Jerome is the patron saint of libraries because he wrote translations of great theologians, histories, and biographies. That means that if you are a librarian or doing some work at a library, Saint Jerome is especially watching out for you. Or maybe you have a headache that just won't quit. Saint Teresa of Ávila is the one to pray with because she used to have extreme migraine headaches. You might be named after a saint. If so, that person is your patron saint. What's the name of your parish? That person is your patron saint because you are part of the parish that bears his or her name.

God and the Saints

We are always in God's presence and can relate to God directly through Jesus. But from time to time, it's nice to have models of people who struggled like you and me in our common goal of following Jesus. Having patron saints or asking a saint for help is not about giving glory to that particular person but about giving glory to God. We ask the saints for their help so that we might better know, love, and serve God. The saints are not people who would want to replace God or to be “hero-worshipped,” because they recognized that their whole life was a gift from God. We also recognize that our life is a gift from God, and we pray that everything we do gives glory to God.



Who's in Your Saint Posse? Activity Center *Family Handout (continued)*

List of Patron Saints

TOPICS	SAINTS
Accountants	Matthew
Actors	Genesius, Vitus
Advertisers and advertising	Bernardine of Siena
Air travelers	Joseph of Cupertino
Altar servers	John Berchmans
Animals	Francis of Assisi, Nicholas of Tolentino
Archaeologists	Damasus
Archers (bows and arrows)	Sebastian
Architects	Barbara, the apostle Thomas
Artists	Luke, Catherine of Bologna, Blessed Fra Angelico
Astronauts	Joseph of Cupertino
Astronomers	Dominic
Athletes	Sebastian
Aviators and aviation	Our Lady of Loreto, Thérèse of Lisieux, Joseph of Cupertino
Babies	The Holy Innocents, Maximus, Nicholas of Tolentino, Philip of Zell
Bakers	Elizabeth of Hungary, Nicholas of Myra, Honoratus
Bankers	Matthew, Bernardino of Feltre
Barbers	Cosmas and Damian, Louis, Martin de Porres
Baseball	Rita of Cascia (unofficial)
Beekeepers	Ambrose
Birds	Gall
Blind people	Raphael the Archangel, the apostle Thomas, Cosmas and Damian, Lucy
Blood donors	Our Lady of the Thorns
Book business	John of God
Bookkeepers	Matthew
Boy Scouts	George
Boys	Dominic Savio
Brides	Nicholas of Myra
Broadcasters	Gabriel the Archangel
Builders	Vincent Ferrer, Barbara, the apostle Thomas
Building business	Stephen
Businesspeople	Homobonus
Businesswomen	Margaret of Clitherow
Canada	Anne (mother of Mary), Joseph, the martyrs of North America
Cancer patients	Peregrine Laziosi
Carpenters	Joseph, the apostle Thomas
Cats	Gertrude of Nevelles

Continued on next page



Who's in Your Saint Posse? Activity Center

Family Handout (continued)

TOPICS	SAINTS
Catechists	Viator, Charles Borromeo, Robert Bellarmine
Catechumens	Charles Borromeo, Robert Bellarmine
Catholic Charities	Vincent de Paul, Elizabeth of Hungary
Catholic youth	Aloysius Gonzaga
Cattle breeders	Mark
Childbirth	Gerard Majella, Margaret (or Marina) of Antioch, Raymond Nonnatus, Leonard of Noblac, Erasmus (Elmo)
Children	Nicholas of Myra, Raymond Nonnatus, Nicholas of Tolentino
Choirboys and choirs	Dominic Savio
Christian mothers	Anne (mother of Mary)
Civil servants	Thomas More
Coin collectors	Eligius (Eloi)
Comedians	Vitus
Computers/Internet	Isidore of Seville
Construction workers	The apostle Thomas
Cooks	Martha
Croatian people	Joseph
Dairy workers	Bridgid of Ireland
Dancers	Vitus
Deacons	Stephen
Deaf people	Francis de Sales
Degree candidates	Joseph of Cupertino
Dentists	Apollonia
Difficult situations	Eustace
Disasters	Genevieve
Doctors	Luke, Cosmas and Damian, Pantaleon
Dogs	Hubert of Liege, Roch, Vitus
Domestic workers	Zita
Drought relief	Herbert, Godeberta, Solange
Ecologists and ecology	Francis of Assisi
Editors	John Bosco, Francis de Sales
Farmers	Isidore the Farmer
Fathers	Joseph
Firefighters	Florian, John of God
First communicants	Tarcisius
Fishermen	the apostle Andrew, Peter
Flight attendants	Bona

Continued on next page



Who's in Your Saint Posse? Activity Center

Family Handout (continued)

TOPICS	SAINTS
Florists and flower growers	Thérèse of Lisieux, Rose of Lima, Blessed Rose of Viterbo
Funeral directors	Joseph of Arimathea
Gardeners	Adelard, Fiacre, Rose of Lima, Adam
Garment workers	Homobonus
Germany	Anskar, Michael the Archangel
Girl Scouts	Agnes of Rome
Girls	Agnes, Maria Goretti
Grocers	Michael the Archangel
Grooms	Louis of France, Nicholas
Hairdressers	Martin de Porres, Cosmas and Damian
Headaches	Teresa of Ávila, Denis (bishop of Paris)
Health inspectors	Raphael the Archangel
Heart patients	John of God
Hopeless (or desperate) cases	Jude, Rita of Cascia, Gregory the Wonderworker
Horses	Eligius (Eloi), Martin of Tours, Hippolytus
House hunting	Joseph
Housewives	Anne (mother of Mary), Martha
Hunters	Hubert, Eustachius
Immigrants	Frances Xavier Cabrini
Information workers	Gabriel the archangel
Ireland	Patrick, Columba, Bridgid of Ireland
Italy	Bernardine of Siena, Catherine of Siena, Francis of Assisi, Our Lady of Loreto, Our Lady of Perpetual Help, Our Lady of the Snows
Jewelers	Eligius (Eloi)
Journalists	Francis de Sales
Journeys	Christopher
Judges/jurists	John of Capistrano, Ivo of Kermartin
Laborers	Isidore the Farmer, James the Greater
Latin America	Our Lady of Guadalupe, Rose of Lima
Lawyers	Thomas More, Yves, Raymond of Peñafort, Ivo of Kermartin
Learning	Ambrose, Catherine of Alexandria
Librarians and libraries	Jerome, Catherine of Alexandria
Lightning, protection against	Magnus of Fussen, Vitus
Lost items	Anthony of Padua
Lovers	Valentine
Marriage	John Francis Regis
Married women	Monica

Continued on next page



Who's in Your Saint Posse? Activity Center

Family Handout (continued)

TOPICS	SAINTS
Masons	The apostle Thomas, the Four Crowned Martyrs, Louis
Medical profession	Cosmas and Damian, Luke, Pantaleon
Medical technicians	Albert the Great
Merchants	Francis of Assisi, Nicholas of Myra, Homobonus
Mexico	Our Lady of Guadalupe, Joseph
Midwives	Raymond Nonnatus
Milliners (hat makers)	James the Greater
Miners	Anne (Mother of Mary), Barbara
Mothers	Monica, Gerard Majella, Nicholas of Tolentino
Motorcyclists	Mary, the Madonna of Castaliazzo or Our Lady of Grace and of Crete
Motorists	Frances of Rome, Christopher
Mountaineers and mountain climbers	Bernard of Montjoux (or Menthon)
Music, musicians	Cecilia, Gregory the Great, Dunstan
Nearsightedness or shortsightedness	Clarus the Abbot
Nurses	Agatha, Camillus de Lellis, John of God
Nursing mothers	Basilissa, Giles
Painters	Luke, Blessed Fra Angelico
Parenthood	Rita of Cascia
Pets	Antony the Abbot
Pharmacists	Cosmas and Damian, Raphael the Archangel
Physically disabled people	Giles
Poets	David, Columba
Poland	Casimir, Florian, Stanislaus
Police officers	Michael the Archangel
Poor people	Anthony of Padua, Lawrence, Ferdinand III of Castile
Postal workers	Gabriel the Archangel
Pregnant women	Gerard Majella, Margaret (or Marina) of Antioch, Raymond Nonnatus
Prisoners	Dismas, Leonard of Noblac, Roch, Vincent de Paul, Ferdinand III of Castile
Public relations	Bernardine of Siena
Public education	Martin de Porres
Rheumatism	James the Greater
Sailors	Brendan, Erasmus (Elmo), Francis of Paola, Nicholas of Myra
Schools	Thomas Aquinas
Scientists	Albert the Great
Sculptors	Claude, Luke, the Four Crowned Martyrs, Louis
Senior citizens	Our Lady of Consolation, Teresa of Ávila, Jornet Ibars
Shoemakers	Cyprian of Carthage, Homobonus

Continued on next page



Who's in Your Saint Posse? Activity Center

Family Handout (continued)

TOPICS	SAINTS
Sick people	John of God, Camillus de Lellis, Michael the Archangel
Skaters	Lidwina
Skiers	Bernard of Montjoux, Andronicus (with Athanasia), Our Lady of Graces
Skin diseases	Antony the Abbot
Sleepwalkers	Dymphna
Snakebite victims	Hilary, Pirminus, Vitus
Social justice	Joseph, Martin de Porres
Social workers	Louise de Marillac, John Francis Regis
Soldiers	George, Martin of Tours, Maurice, Sebastian
Soldiers, American	Joan of Arc
Speakers (Orators)	John Chrysostom
Spelunkers, potholers	Benedict the Abbot
Stamp collectors	Gabriel the Archangel
Students	Catherine of Alexandria, Thomas Aquinas, Gabriel Possenti
Swimmers	Adjutor
Tailors	Homobonus
Taxi drivers	Fiacre
Teachers	Gregory the Great, John Baptist de la Salle
Teenagers	Aloysius Gonzaga, Maria Goretti
Television	Clare, Gabriel the Archangel
Theatrical profession	Genesius
Toothache	Apollonia
Travelers	Raphael the Archangel, Nicholas of Myra, Anthony of Padua, Christopher, Joseph
Ukraine	Josaphat
United States of America	Immaculate Conception of Mary
Unmarried women	Nicholas of Myra
Vermin, protection from	Magnus of Fussen
Veterinarians	Blaise, James the Greater, Our Lady of Coromoto
Vocations	Alphonsus de Liguori
Waiters and waitresses	Martha
Widows	Frances of Rome, Paula
Women	Margaret of Antioch, Mary Magdalene
Workers	Joseph
Workers, young	John Bosco
Writers	Francis de Sales
Youth	Aloysius Gonzaga, Maria Goretti, John Bosco





Who's in Your Saint Posse? Activity Center

Worksheet

Use the reference materials provided to research your patron saints and form your own Saint Posse.

How to Begin Your Research

1. Start with your name. You might be named after a saint. If so, that person is your patron saint. Don't be discouraged if there isn't an exact match. Remember that many modern names are derivatives of older names (Gina=Eugenia; Luis/Louis=Aloysius). Also, many girls' names are derivatives of boys' names (Marcia=Mark; Josie=Joseph). Finally, some names that seem very different are really variants of each other. Some examples include:

- ✦ Hannah, Ann, Nancy
- ✦ Gretchen, Margaret, Rita, Peggy
- ✦ Alexander, Sandy, Sasha, Lexy

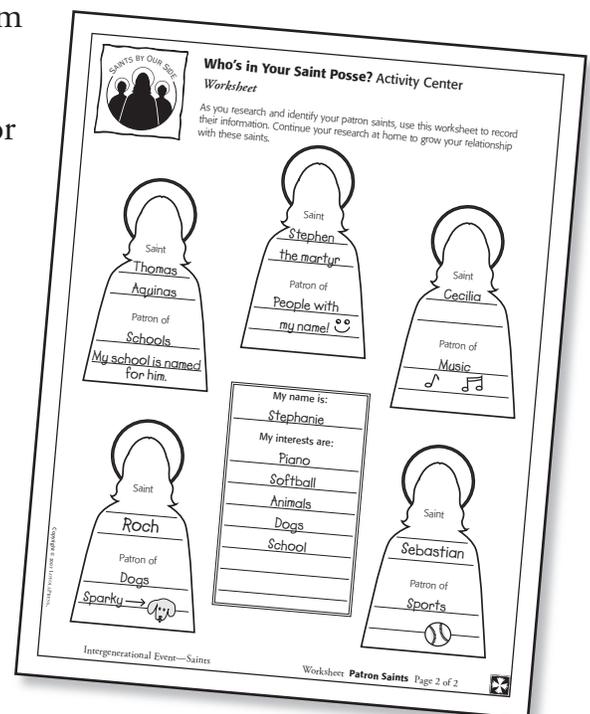
2. **What is the name of your parish?** That person is your patron saint because you are part of the parish that bears his or her name.

3. **Where do you live?** Your diocese, state and country all have patron saints. That makes them your patron saints too.

4. **Think about yourself.** Do you have a hobby or a job? Do you love sports or animals? Are you afraid of anything? There are patron saints for all of these things!

5. **Is there already a saint who inspires you?** If a saint inspires you, then that saint is your patron—no other reason or connection is necessary!

Using the patron list in the family handout as a starting point, brainstorm and write your ideas on the worksheet provided. Utilize additional reference materials if they are available.





Who's in Your Saint Posse? Activity Center

Worksheet

As you research and identify your patron saints, use this worksheet to record their information. Continue your research at home to grow your relationship with these saints.

Saint

Patron of

Saint

Patron of

Saint

Patron of

My name is:

My interests are:

Saint

Patron of

Saint

Patron of



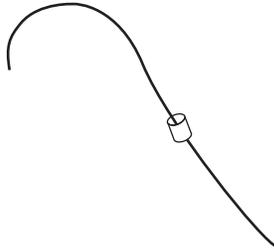


Saint Clip Activity Center

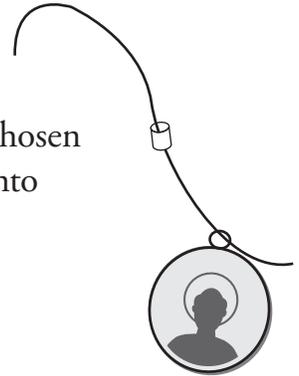
Family Handout

The saints are with us every day, helping and supporting us. Make a saint clip with a medal honoring your favorite saint. Clip it to your jacket or backpack as a reminder that, wherever you go, you have a companion on the journey.

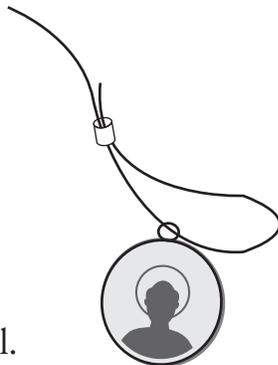
1. Slide one crimp bead onto the beading wire.



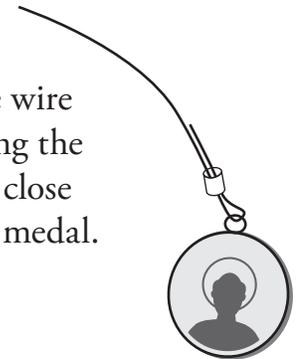
2. Thread your chosen saint medal onto the wire.



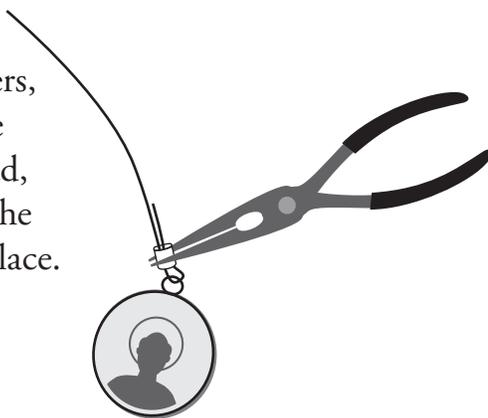
3. Loop the end of the wire back through the crimp bead, leaving a half-inch to quarter-inch tail.



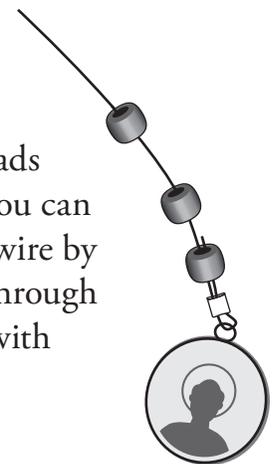
4. Tighten the wire loop, pushing the crimp bead close to the saint medal.



5. Using pliers, flatten the crimp bead, securing the wires in place.



6. Thread three beads onto the wire. You can cover the “tail” wire by threading that through the bead along with the main wire.

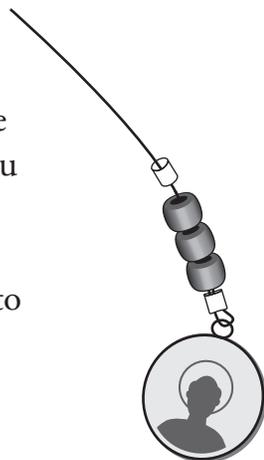


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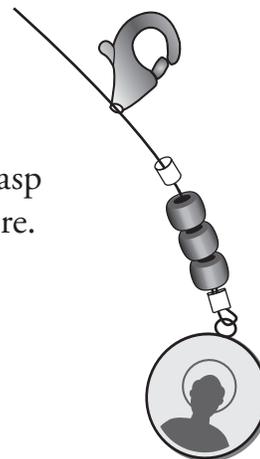
Saint Clip Activity Center

Family Handout (continued)

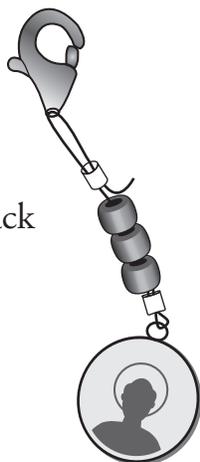
- 7.** Thread another crimp bead onto the wire. Be careful if the beads you are using have holes larger than the crimp bead. It could slide into a bead and get stuck.



- 8.** Thread a clasp onto the wire.



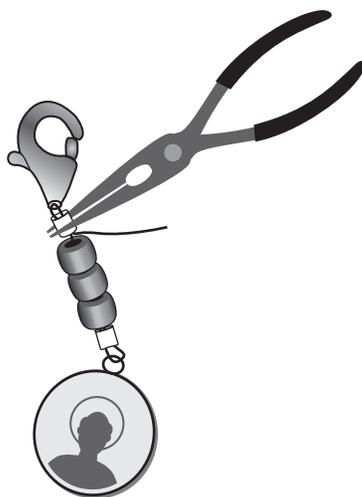
- 9.** Loop the end of the wire back through the crimp bead.



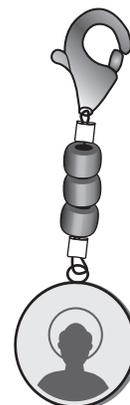
- 10.** Tighten the loop, pulling the end of the wire to bring the clasp, the crimp bead, and the three other beads close together. You will want a little bit of slack.



- 11.** When everything is in position, use pliers to flatten the crimp bead.



- 12.** Use wire cutters to snip the excess wire to leave a short quarter-inch tail. Tuck the tail into the beads.





Trail Mix Activity Center

Family Handout

Families create a healthy snack while discussing the journey to sainthood.

Just as a healthy diet of food nourishes our physical well-being and gives us energy, a healthy dose of prayer and inspiration from the saints nourishes our spiritual well-being and energizes our faith. Make your own healthy snack and talk about ways to keep body, mind, heart, and soul in good shape by following the example of the saints.

- ✦ Label your snack bag with your name.
- ✦ Choose a few ingredients and scoop a bit of each into your container until it's three-quarters full.
- ✦ Seal your bag tightly and give it a few gentle shakes and turns, until the ingredients are mixed.
- ✦ Enjoy your healthy, high-energy snack!





The Trail to Sainthood

Family Handout

Have you ever wondered how the Church discerns which holy people should be elevated to sainthood?

We all know people who seem extra holy and live a good life. In the earliest days of the Christian faith, that was about all it took for someone to be called a saint. Often those saints were martyrs—people killed because of their faith. But for about 1,000 years, the rules on who could become a saint were a little fuzzy.

Some in the Church grew worried that people might be elevated to sainthood willy-nilly. In the year 993, Pope John XV became the first pope to canonize—or approve—a saint. After this, the process for deciding who became a saint grew much more official.

Today the trail to sainthood starts with a person called a “petitioner.” This petitioner is someone who knew a holy person well and writes to the local bishop asking that the holy person be considered for canonization, which means added to the list, or “canon,” of people the Catholic Church considers saints.

The bishop puts a “postulator” on the case. A postulator is a Church expert who investigates the holy person’s life. The postulator gathers any information he can about this holy person, reviews it carefully with the help of other experts, and turns it over to the bishop for consideration.

The investigation continues. The bishop’s office interviews people who have witnessed the candidate’s holiness, reads the candidate’s writings, and talks to other experts—possibly medical experts, historians, psychologists, maybe even the pope—to make sure everything about the case is accurate and true.

If the case makes it through this round, all the information (called “The Acts of the Cause”) is sent to the Vatican in Rome, where the Congregation for the Causes of Saints reviews it all yet again. If they think the candidate is worthy, he or she can now be called “venerable”—not a saint yet, but closer.

Continued on next page



The Trail to Sainthood

Family Handout (continued)

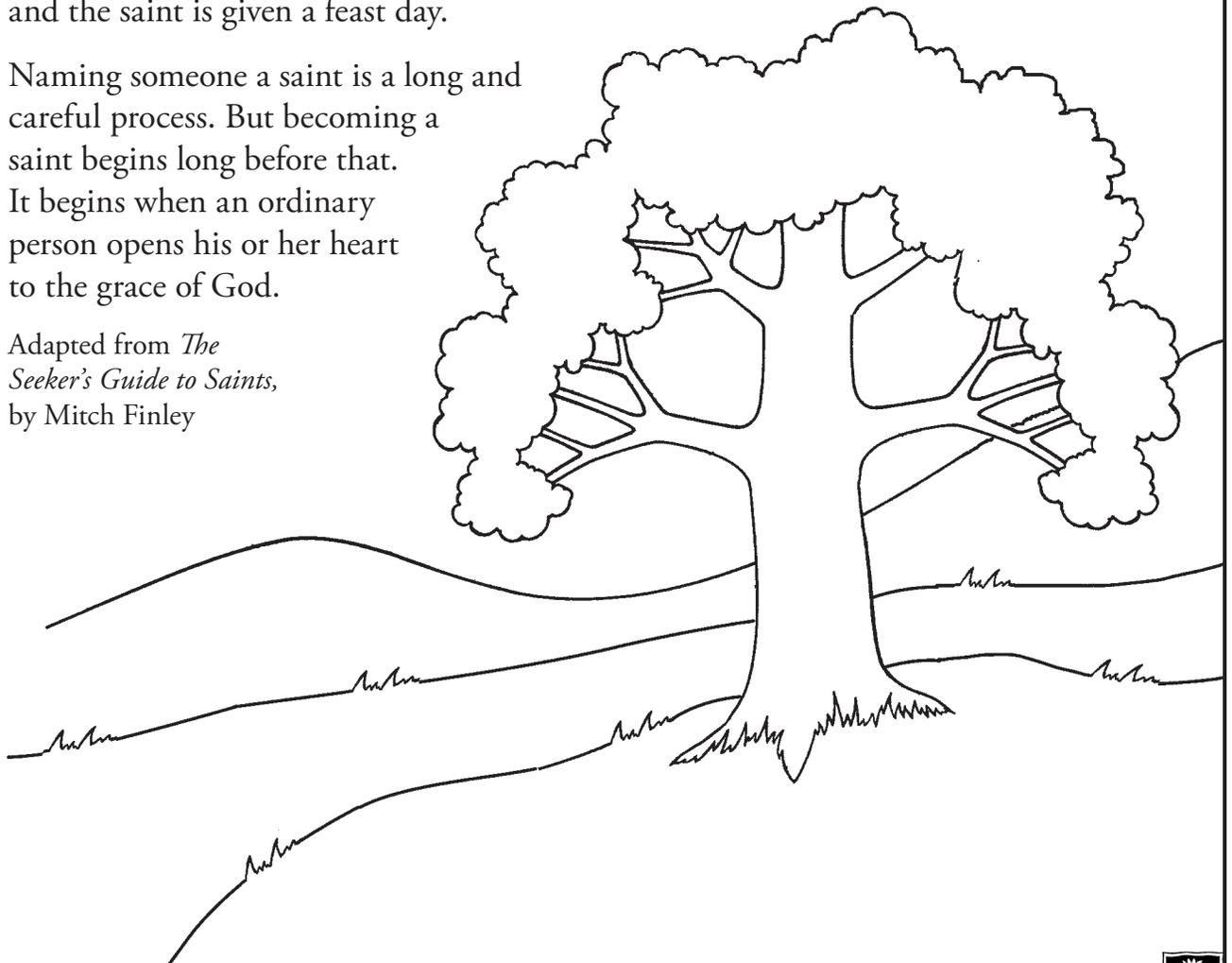
The Congregation really looks closely at the candidate's life now to decide whether he or she was an exceptional example of faith, hope, love, prudence, justice, fortitude, and temperance. The group also looks for a miracle—an honest-to-goodness, proven, without-a-doubt miracle—that happened because someone prayed to the candidate.

If the candidate passes all these checkpoints, the Congregation presents his or her case to the pope. The candidate can now be called “blessed”—not a saint yet, but even closer.

Sainthood takes several more miracles—honest-to-goodness, proven, without-a-doubt miracles—that happened because someone prayed to the candidate. If the pope finds that these miracles were the result of intercession to the candidate, he at last names that person a saint. There is a document of canonization and a ceremony, and the saint is given a feast day.

Naming someone a saint is a long and careful process. But becoming a saint begins long before that. It begins when an ordinary person opens his or her heart to the grace of God.

Adapted from *The Seeker's Guide to Saints*,
by Mitch Finley



Food for the Journey

(name)



Prayer Service: Saints by Our Side

Leader/Reader Script

Provide a copy of this script to the leader and both readers. If you would like to include additional saints in the litany, please feel free to do so.

Leader: Loving God, we come together today to celebrate your saints, who dedicated their lives to you. Help us model our lives after theirs in their love for you, knowledge of you, and service to you and your people. We ask this through Christ our Lord. Amen.

Response: Amen.

Leader: And now let us stand and sing a hymn in praise of the saints.

[Choose a hymn such as “We Sing of the Saints” (Alan J. Hommerding) or “For All the Saints” (William How and Ralph Williams). You may want to have a pianist or other musician play a stanza of the hymn first so that the group will know the tune.]

Leader: Please be seated. Now let us listen to a reading from the first letter of Peter.

[Reader One stands and reads the following adapted from 1 Peter 4:10–11.]

Reader One: Each of you has been blessed
with one of God’s many wonderful gifts
to be used in the service of others.
So use your gift well.
If you have the gift of speaking,
preach God’s message.
If you have the gift of helping others,
do it with the strength that God supplies.
Everything should be done in a way that will bring honor
to God because of Jesus Christ,
Who is glorious and powerful forever. Amen.

The Word of the Lord.

Response: Thanks be to God.

Continued on next page



Prayer Service: Saints by Our Side

Leader/Reader Script (continued)

Leader: The saints were given many different gifts. Each one used his or her gift well. In the following litany, let's ask the saints to pray for us so that we can use our gifts to do God's will.

[Reader Two stands and reads the following:]

Reader Two: The response is: "Pray for us!"

Christ was the center of the saints' lives. Saint Francis, who gave up everything to serve God, pray that we will not be afraid to sacrifice in service to the Lord.

Response: Pray for us!

Reader Two: Blessed Maria and Luigi, pray that our homes will always be filled with prayer, faith, and love for God.

Response: Pray for us!

Reader Two: Saint Thérèse, pray that in our own "little way," we may find the joy and peace of Christ.

Response: Pray for us!

Leader: The saints have shown us the way to follow Christ. May we learn from them and have the courage to do the same.

And let the Church say "Amen!"

Response: Amen!

