



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.

