

## 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**