



# Know Your Saints!

An Introduction to Catholic Saints

By Claire C. McKiernan

# Who are the Saints?

- Saints are HEROES of the Church.
- They are HOLY people who have put God first in their lives.
- They serve as MODELS for us because they are regular people, like you and me, but their choices show us how to behave and follow God.

# Why are Saints Important?

- Saints PRAY for us in Heaven. You can ask a particular saint to pray for *you* when you are in need.
- Saints are HONORED by the Church. A saint's Feast Day is a special day to remember that particular saint.
- ALL SAINTS' DAY is celebrated on November 1st and celebrates ALL the saints both known and unknown.
- We are all called to be saints. You don't have to be declared a saint to be a saint in God's eyes! You only have to work at being good.

# Halloween and All Saints' Day

Another name for Halloween is All Hallows' Eve.

And what does Hallow mean?

Hint: In the *Our Father* we say "Hallowed be thy name"...



# All Hallow's Eve is...

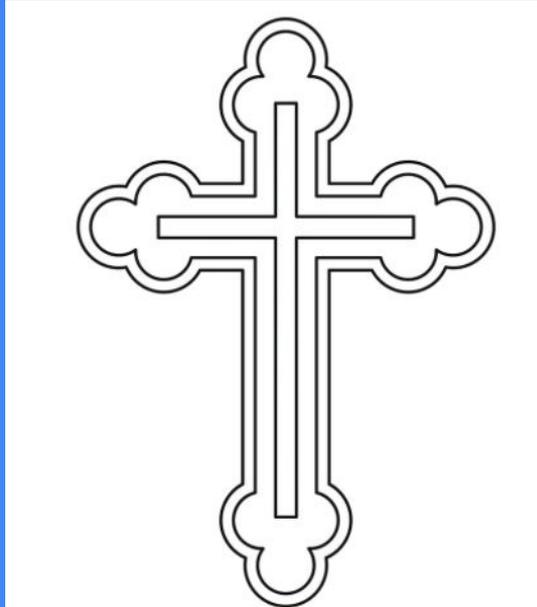
Hallowed = Holy

A hallowed person is another name for a saint.

And “eve”, of course, means the day before (as in Christmas Eve).

So, All Hallow's Eve (Halloween) is the day before All Saints' Day.

# Some Saints to Know



# St. Matthew

Feast Day: Sept. 21st

The patron saint of our church!

He wrote the first of the four Gospels in the Bible. St. Matthew was a tax collector and is the patron saint of accountants, bookkeepers, and bankers.

You can pray to St. Matthew when you have financial problems.



# St. Francis of Assisi

Feast Day: Oct. 5th

St. Francis, who died in the year 1226, and began the order of Franciscans, is known as the patron saint of animals.

Pope Francis (born Jorge Mario Bergoglio) is the first pope to have chosen to honor St. Francis when he took his papal title in 2013.

You can ask St. Francis to pray for your pets.



# St. Thérèse of Lisieux

Feast Day: Oct. 1st

St. Thérèse lived in France in the 1800's and was known as "The Little Flower." She only lived to the age of 24, but she wrote her autobiography called *The Story of a Soul* which has been translated into 35 different languages. She teaches us that we can all be close to God by doing small acts of love.

She is the patron saint of the sick, florists, and missionaries. Ask St. Thérèse to pray for you when you or loved ones are sick.

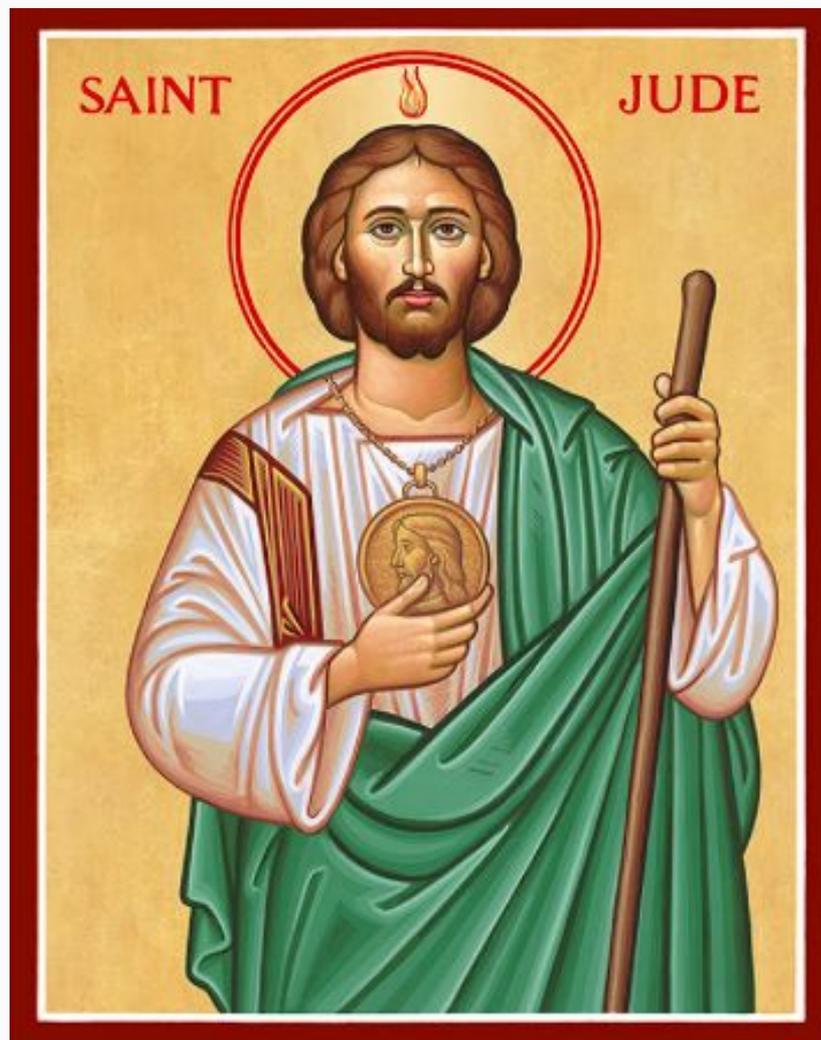


# St. Jude

Feast Day: Oct 28th

St. Jude was one of the 12 apostles (NOT the same as Judas who betrayed Jesus!) St. Jude is the patron saint for desperate situations. Some police departments and hospitals, including the famous St. Jude's Children's Research Hospital in Memphis, Tennessee, use St. Jude as their patron saint.

You can say a prayer to St Jude whenever you feel hopeless.

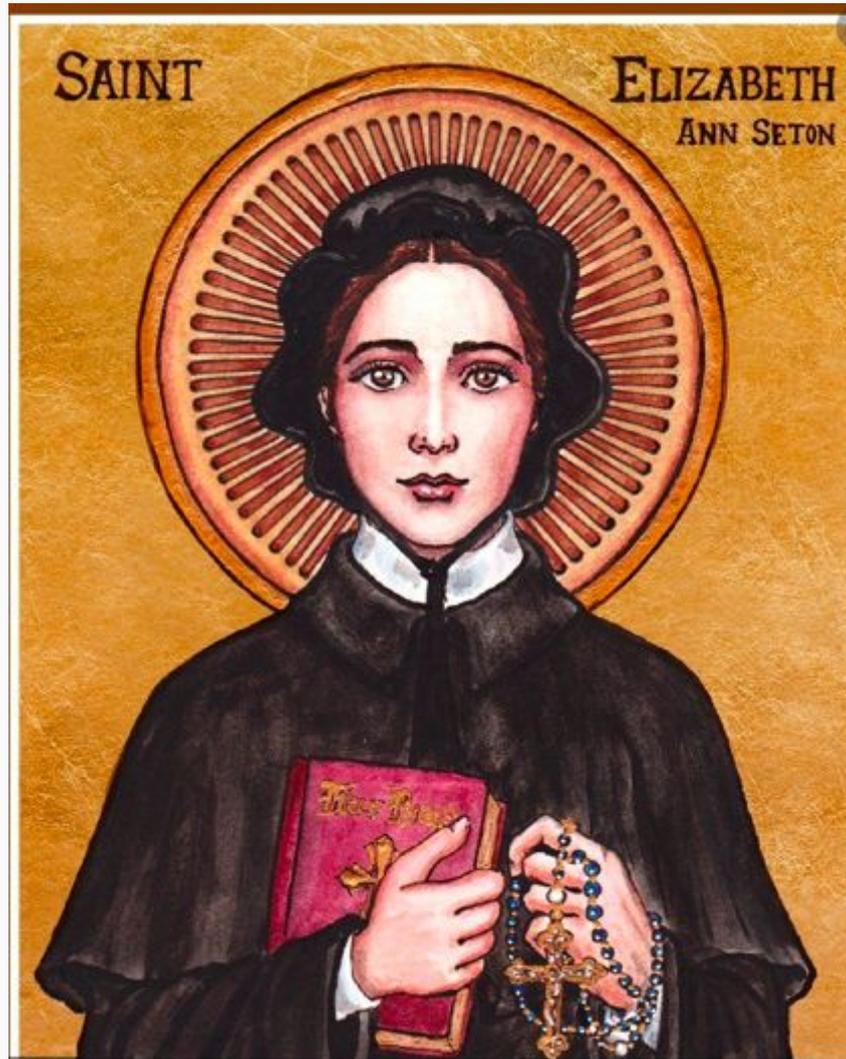


# St. Elizabeth Ann Seton

Feast Day: Jan. 4th

Elizabeth Ann Seton lived from 1774-1821. She did not become Catholic until she was 30 years old, and she went on to become a saint! She is the first American saint and started the first free Catholic school in America (in addition to a 2nd school and two orphanages.)

“Mother Seton” is the patron saint for orphans and widows and patron against the death of children and parents (and in-law problems!)

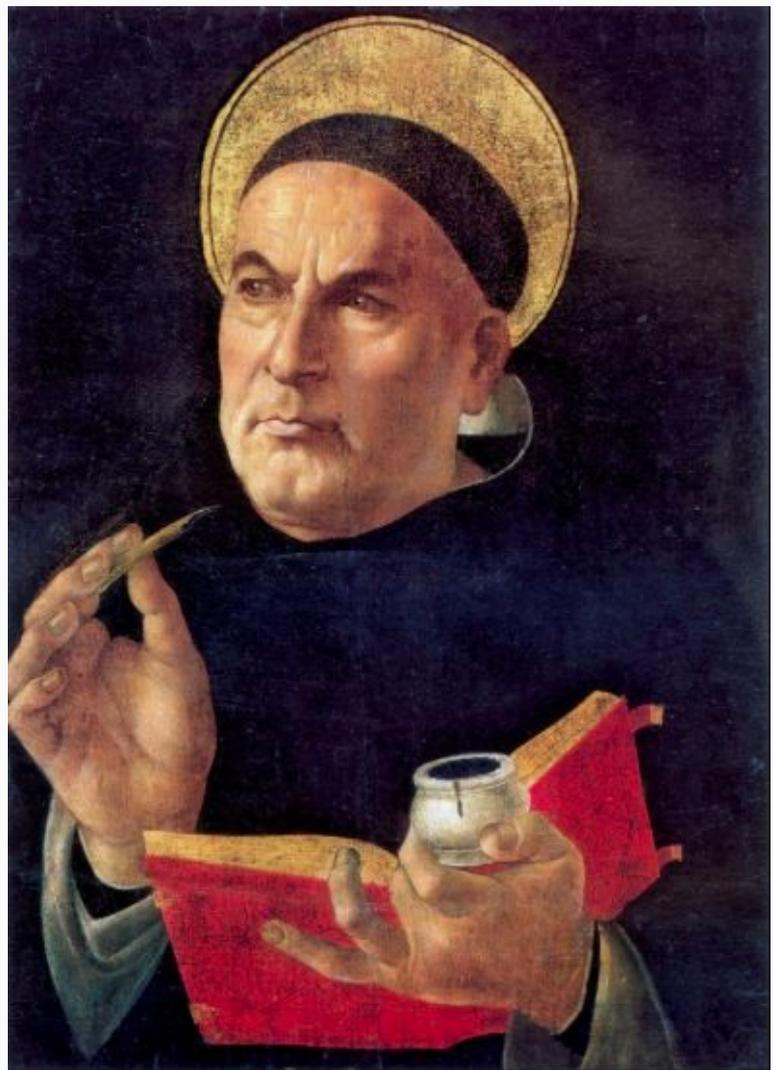


# St. Thomas Aquinas

Feast Day: Jan. 28th

Thomas Aquinas lived in the mid-1200's. He was quiet in school, leading his classmates to call him a "dumb ox". In reality, Thomas was gifted, established a university in Naples, and went on to become a Doctor of the Church for his extensive writing. Pope Pius V said Thomas was "the most brilliant light of the Church."

St. Thomas Aquinas is the patron saint of universities and students. Pray to him for help in your school work.



# St. Josephine Bakhita

Feast Day: Feb. 8th

Although born wealthy in the Sudan, Josephine was kidnapped by Arab slave traders and sold into slavery at the age of 8 (still in the Sudan). In her late teens, she was brought to Italy and left for a time at a convent. The nuns helped her to legally establish her freedom, since slavery had been outlawed in the Sudan before she was even born. She became a nun and, for 45 years, traveled and told her story.

St. Josephine is the patron saint of the Sudan and of slavery victims.



# St. Katharine Drexel

Feast Day: March 3rd

St. Katharine inherited millions of dollars when her parents died, but she and her sisters used the money to help the poor. She became a nun and devoted herself to helping Native Americans and African-Americans. She started 49 elementary schools and 12 high schools and became the 2nd American-born saint.

St. Katharine Drexel is the patron saint for racial justice and philanthropists.



# St. Joseph

Feast Day: March 19th

St. Joseph, husband of Mary, was told by an angel to take Mary as his wife and raise baby Jesus as his son. In Italy, St. Joseph's feast day is also Father's Day. St. Joseph is also known as "Joseph the Worker". In images he may be shown holding baby Jesus or holding his carpenter tools.

Impressively, St. Joseph is the patron saint of fathers, unborn children, workers, travelers, *and* immigrants!

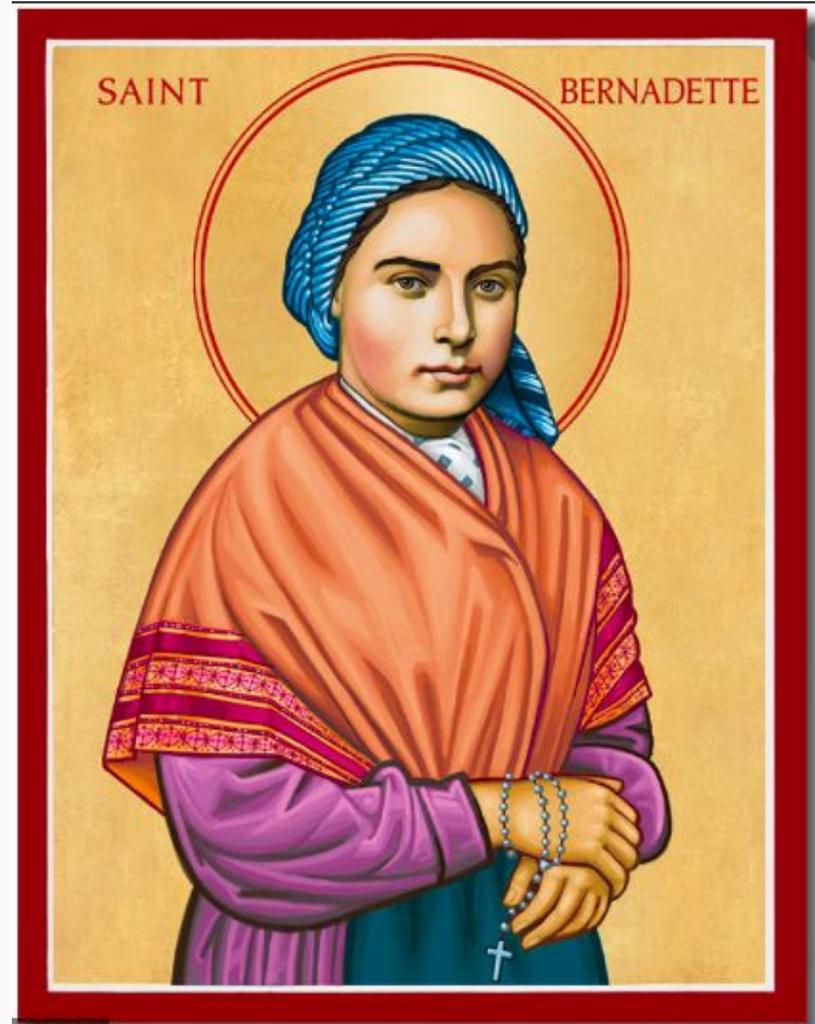


# St. Bernadette

Feast Day: April 16th

In 1858, 14-year-old Bernadette saw 18 visions of Mary beside a cave in Lourdes, France. She was poor, uneducated, and many people did not believe her. Clear water miraculously sprang up by the cave, and Mary told Bernadette that a church should be built there. Today, the Sanctuary of Our Lady of Lourdes is a Catholic pilgrimage site where many sick people have claimed to be cured by the water.

St. Bernadette is the patron saint of illness, people ridiculed for their piety, and of poverty.



# A Special Note about St. Mary

“Holy Mary, Mother of God, pray for us  
sinners...”

Jesus’ mother, Mary, is really the first  
and most holy of saints since she was  
the first faithful disciple of her son.

You can *always* pray to St. Mary about  
anything. She is the patron saint for all  
humanity!



# Feast Days for St. Mary

Feast Day: Jan 1st

The Assumption of Mary: Aug 15th

The Birth of Mary: Sept 8th

The Solemnity of the Immaculate Conception: Dec 8th

There are numerous Marian feasts that honor Mary's appearance (apparition) to various people around the world such as in Lourdes (France) , Fatima (Portugal) , and Guadalupe (Mexico).



# Saints are everywhere!

There are more than 10,000 saints recognized by the Catholic Church, but there are many more that go unrecognized (are you one of them?)



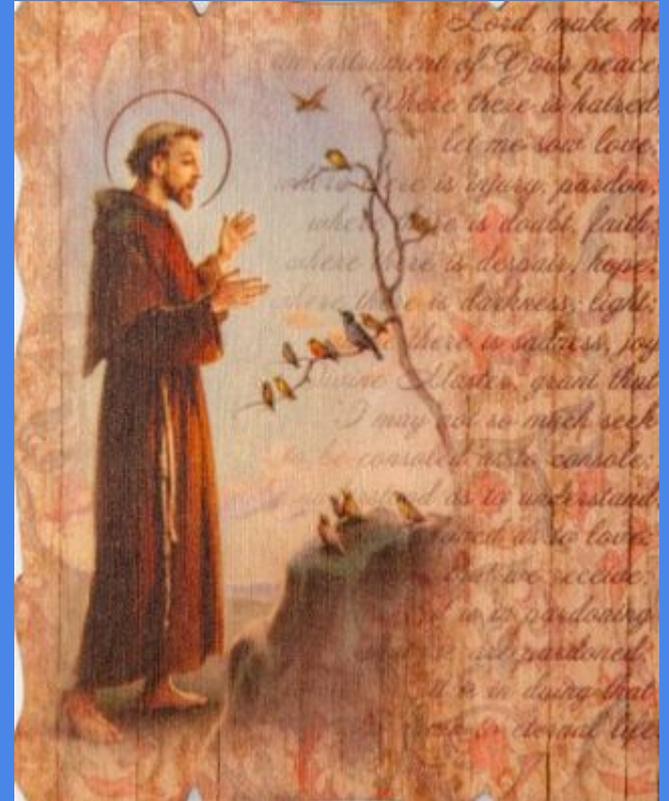
Madonna with the saints  
by a 17th century unknown painter

# Remember...

- Saints are people just like us. They felt hungry, tired, angry, disappointed, just like we do at times. BUT, the saints did difficult things even when they didn't want to because they loved God.
- Anyone who has lived and died in Jesus' love can be a saint.
- Jesus wants us all to be saints!

“If God can work through me,  
He can work through  
anyone.”

- St. Francis of Assisi



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