

CIRCUMSPECTION

ST. EDMUND CAMPION

Edmund was smart successful and popular when he gave up his career to become a priest. That was a risky thing to do. Queen Elizabeth had passed laws making it illegal to be a priest in England. He went to France to study for the priesthood. Once he was ordained he snuck back into England disguised as a merchant. He said Masses in secret and administered the sacraments. Pamphlets were popular at the time and many of them attacked the Catholic faith. St. Edmund wrote one and called it Campion's Brag. Many people read it because it was encouraging and humorous. It helped the faithful know the truth of their faith and avoid the errors of their time.

Dates: 1540-1581
Feast: Dec. 1



CIRCUMSPECTION

ST. JANE FRANCES DE CHANTAL

Jane grew up in a wealthy family and married a loving husband. When he died in a tragic accident Jane was thrown into a deep grief. St. Francis de Sales helped her to see God's goodness even in the midst of her sorrows. She slowly began to see God at work in her life and was finally able to forgive the man who caused her husband's accident. Jane later founded a community of sisters. She gave them simple practical advice teaching them to do everything for the love of God.

Dates: 1572-1641
Feast: Aug. 12



CIRCUMSPECTION

ST. JOHN BAPTIST DE LA SALLE

John lived in France in the seventeenth century. He carefully came up with different methods to help children learn responding to the needs of both teachers and students to make education a useful and happy process. John saw that it would be better if classes were taught in French instead of Latin. He also encouraged his students to treat each other with respect.

Dates: 1651-1719
Feast: April 7

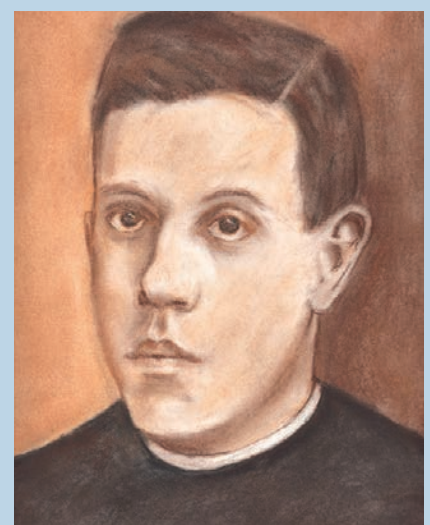


CIRCUMSPECTION

BL. MIGUEL PRO

As a boy Miguel had many friends and he loved to play practical jokes. He became a priest at a time when the Catholic Church in Mexico was being persecuted. He used his knack for putting together disguises to work undercover and bring the sacraments to many suffering people. He was able to serve his people during this persecution seeing what was needed at critical moments. Fr. Miguel Pro died a martyr for the faith.

Dates: 1891-1927
Feast: Nov. 23



ST. DOMINIC SAVIO

One day young Dominic asked his teacher St. John Bosco to teach him how to be a saint. He eagerly listened to everything Don Bosco told him and put it into practice. He wanted Jesus and Mary to be his best friends and would rather die than commit a mortal sin. Several of the boys at the school admired Dominic and thought of him as a friend. He grew quickly in virtue because he was docile and obedient to all that Don Bosco taught him.

Dates: 1842-1857
Feast: May 6



ST. JUAN DIEGO

When the Spanish settlers came to Mexico in the 1500s missionaries came with them. At first not very many Aztec Indians converted to the faith but Juan did and he was very eager to learn about his new faith. He would walk for miles to go to Mass. One day while walking he heard the voice of a woman calling him. She asked him to tell the bishop to build her a shrine. When Juan went to him the bishop asked for a sign. Juan Diego returned to the hill and found roses there even though it was winter. The Lady arranged them in his cloak. When Juan showed the roses to the bishop a miraculous image of the Lady was on his cloak. A shrine was built there to Our Lady of Guadalupe and millions of people were converted.

Dates: 1474-1548
Feast: Dec. 9



ST. JACINTA AND ST. FRANCISCO

Francisco and Jacinta were brother and sister. Together with their cousin Lucia they saw Our Lady at Fatima Portugal when they were only nine and seven years old. Our Lady and an angel asked them to pray and sacrifice for the salvation of sinners.

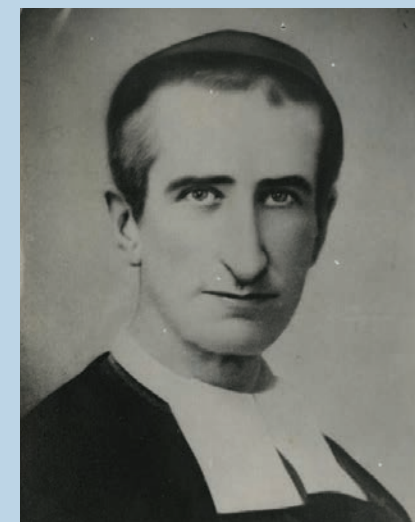
Dates: 1908-1919; 1910-1920
Feast: Feb. 20



ST. MIGUEL FEBRES CORDERO

Miguel was a teacher who did not mind learning from his students. He was a Christian Brother working in Quito Ecuador. His students loved him because he always tried to teach them in new ways that they could understand. He was very kind and compassionate to all. Although he was a great scholar and author his first priority was to teach his students well.

Dates: 1854-1910
Feast: Feb. 9



FORESIGHT

ST. JOHN BOSCO

John devoted himself to training boys how to make a living and teaching them to love God. He believed that instead of threatening young people with punishments it was more effective to show them they were loved and trusted. His foresight prevented many young men from falling into evil ways and brought them instead to embrace virtue and holiness.

Dates: 1815-1888
Feast: Jan. 31



FORESIGHT

ST. GREGORY THE GREAT

Gregory the son of a Roman senator was governor of Rome when he was called to the religious life. After founding six monasteries he was elected pope. As the supreme pontiff he worked hard to organize and guide the Church: he created an improved calendar still in use today and protected the city from barbarians. He also saved the people from famine by organizing Rome's granaries. He brought more order to sacred music and the Church continues to appreciate his contributions to the liturgy.

Dates: ca. 540 -604
Feast: Sept. 3



FORESIGHT

VEN. POPE PIUS XII

Pope Pius XII was pope during the Second World War when the Nazi powers were brutally persecuting Christian and Jewish people throughout Europe. Many people tried to tell the Holy Father how to handle the terrible situation but Pius XII relied primarily on prayer to discern the best way to help those in need. He was heroic in his courage and charity directing the Church to provide refuge food and money to the suffering in various countries. His efforts although quiet saved the lives of thousands of people. He even hid Jews at Castel Gandolfo.

Dates: 1876-1958
Feast: Not yet declared



FORESIGHT

ST. FRANCIS XAVIER CABRINI

Maria Francesca wanted to be a sister but was unable to enter the convent. She began working in an orphanage in Italy. The bishop noticed her devotion and holiness and eventually allowed her to make her vows. She noticed that immigrants were in need of help so she asked the bishop if she could form a group of sisters to serve them. She and her sisters traveled to America to serve the Italian immigrants. In America she founded hospitals schools and orphanages to take care of their needs.

Dates: 1850-1917
Feast: Nov. 13



JUSTICE

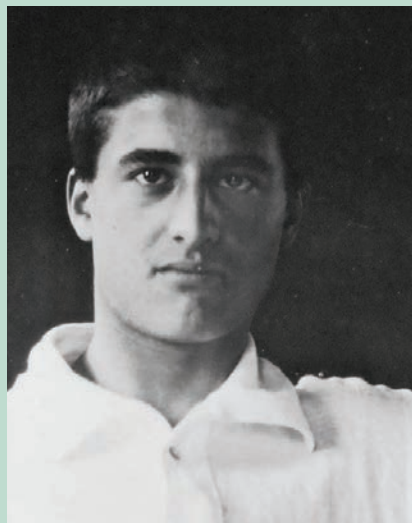


AFFABILITY

BL. PIER-GIORGIO FRASSATI

As a young man in Italy Pier Giorgio loved mountain climbing and hiking in the outdoors. He was cheerful and friendly ready to listen to all he met. He never complained about his personal struggles or told people how much he helped the poor. When he was only twenty-four he died of polio. No one realized how many friends he had especially among the poor until large crowds came to his funeral.

Dates: 1901 - 1925
Feast: July 4



JUSTICE



AFFABILITY

BL. JORDAN OF SAXONY

Jordan was a Dominican friar who upon St. Dominic's death became the head of the order. Jordan often went out to preach and he would come back with many young men who were ready to enter the Dominican life. Jordan's friendly approachable manner inspired many to give their lives to God and thus he added great numbers to this new Order of Preachers.

Dates: 1190 - 1237
Feast: Feb. 13



JUSTICE



AFFABILITY

ST. GABRIEL OF THE SORROWFUL MOTHER

Francis was known to his friends as a cheerful popular boy who enjoyed the latest books and plays. He entered the Passionist Order and took the name Gabriel of the Sorrowful Mother. His love and devotion to the Crucified Christ and His Sorrowful Mother didn't turn him into a somber or serious man. Instead those who know him believed him to be a saint not because he did anything great but because in normal daily life he was always joyful.

Dates: 1838-1862
Feast: Feb. 27



JUSTICE



AFFABILITY

ST. FRANCIS OF ASSISI

Francis was a fun-loving wealthy young man when the Lord intervened and gave him a new love Lady Poverty. Francis initially wanted to live as a hermit loving God in solitude. However his cheerfulness and joy attracted people. They marveled that a man so poor could be so friendly. Many people asked if they could join him. He called his followers the "Little Brothers" or "Friars Minor." Today they are known as the Franciscans.

Dates: 1181-1226
Feast: Oct. 4



ST. PAULINUS OF NOLA

Paulinus was a successful politician in Gaul at the end of the Roman Empire. When he became a Christian he gave all his time and wealth to the Church. Everyone loved him for his kindness and courtesy. His fellow Christians asked him to become a priest. He served them faithfully as a priest and was made a bishop.

Dates: 354 - 431
Feast: June 22



ST. NICHOLAS

Nicholas became the bishop of Myra Turkey. He was known for his generosity and compassion to the poor. He often performed his works of mercy secretly so no one would be embarrassed by receiving help. One time there was a poor man who could not afford for his daughters to make good marriages. Nicholas secretly put three bags of money in their house keeping the daughters from a life of servitude.

Dates: 270-346
Feast: Dec. 6



ST. ROSE OF LIMA

Rose was still very young when Jesus asked her to consecrate herself to Him. Her family did not understand why she began acting differently. She spent long hours in prayer and practiced many sacrifices. People from all over the city would come to talk to her and ask her to pray for them. She took care of the garden growing vegetables herbs and flowers for her family and the poor.

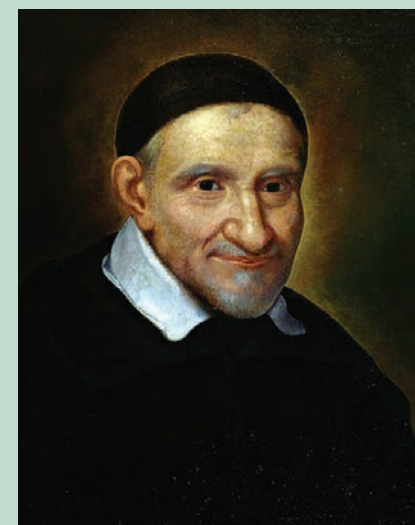
Dates: 1586 - 1617
Feast: Aug. 23



ST. VINCENT DE PAUL

Vincent had a very eventful life. He grew up on a farm in France. After he became a priest he was asked to serve as a chaplain to the queen. One day while traveling by sea his ship was attacked by pirates and Vincent was captured as a slave. He eventually escaped and returned to France. These diverse experiences taught Vincent to see the dignity of each person rich or poor. The example of his own courtesy has inspired people to serve the poor especially by giving them clothing and food.

Dates: 1581 - 1660
Feast: Sept. 27



GENEROSITY

ST. FABIOLA

Fabiola was a rich noblewoman in ancient Rome and a friend of St. Jerome. She gave the Church all her wealth and her time and efforts as well. She founded a hospital in Rome where she cared for the poor and the sick. This was very unusual for a rich woman in those times.

*Dates: Died 399
Feast: Dec. 27*



GENEROSITY

ST. MARTIN OF TOURS

One cold winter day as Martin was riding through a city on his magnificent horse he saw a beggar on the side of the road. The beggar had on only light clothes so Martin took off his warm thick military cloak and cut it in half giving half to the beggar. That night he saw a vision of Christ wearing the half cloak. Christ thanked Martin for his great generosity to the poor because in giving to them Martin was giving to Christ also. Martin was once robbed while traveling through a mountainous area. He managed to convert one of the thieves. Martin became a hermit but he was so loved and respected that the people of Tours made him their bishop.

*Dates: 316 - 397
Feast: Nov. 11*



GENEROSITY

ST. ELIZABETH OF HUNGARY

When Elizabeth was young she married the prince of Thuringia. He loved her for her kind manner and devotion to God but his family didn't approve. She spent hours in prayer in the castle chapel and took clothing and food to give to the poor. One day her husband's relatives and friends complained to the prince that Elizabeth was giving away too much food. When he went to her the bread in her basket had turned to roses. From that day on her husband supported her acts of generosity.

*Dates: 1207 - 1231
Feast: Nov. 17*



GENEROSITY

ST. GIUSEPPE MOSCATI

Giuseppe Moscati was an Italian doctor in the early 1900s. He worked hard to get to know his patients personally and bring them back to the sacraments as well as to physical health. Often he would not accept payment from his poor patients or he would secretly slip their money back to them with their medicine so as not to embarrass them. Dr. Moscati also trained younger doctors to be generous in caring for both the emotional and spiritual needs of their patients.

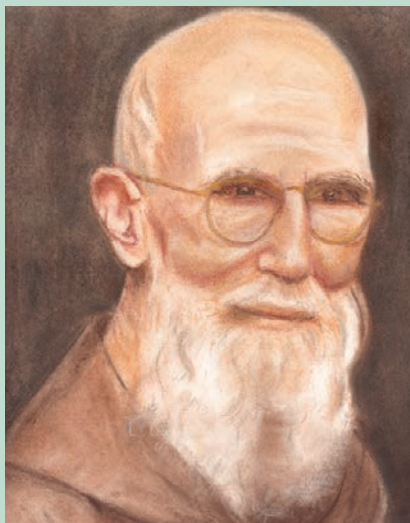
*Dates: 1880-1927
Feast: Nov. 16*



BL. SOLANUS CASEY

Solanus was a Capuchin friar in the United States who spent most of his life as a porter (or doorkeeper) at the midwestern friaries in which he lived. Although many people considered him unintelligent he never allowed this to make him angry. Instead he was always grateful to God for His many blessings. Fr. Solanus frequently said "Thank God ahead of time" because he knew that God would always do good to those who love Him.

Dates: 1870 - 1957
Feast: July 30



ST. MARY MAGDALENE

The Gospel of Luke tells us that Jesus cast seven demons out of Mary Magdalene (see Luke 8:2). Her gratitude for Christ's loving deliverance led her to become His faithful follower. She stood faithfully at the foot of Jesus' cross with Mary and John. She came early to His tomb the next morning to anoint His body and thus she became the first of His followers to learn that Christ had risen!

Dates: First century
Feast: July 22



ST. AUGUSTINE

Augustine was born to a pagan father and a Christian mother. Sadly he followed more in his father's ways than his mother's and became a real troublemaker even teaching pagan beliefs to others. Eventually his mother's prayers won his conversion. In his immense gratitude for knowing the truth loving God and loving his Catholic faith he gave his whole life to God as a priest and later a bishop. St. Augustine wrote so well about God that he was named a Doctor of the Church.

Dates: 354-430
Feast: Aug. 28



ST. JOSEPHINE BAKHITA

When Josephine was a little girl she was captured by slave traders in Sudan. The experience was so traumatic that she even forgot her name. The slave traders named her Bakhita which means "lucky." Over the next several years she suffered under many cruel masters. Eventually she was purchased by an Italian family and for the first time she could remember she was treated kindly. She saw a crucifix and was moved by the fact that "God loved us so much he would suffer for us." She was baptized and later became a sister. Her life was marked by gratitude to God. She said she was even grateful for her sufferings as a slave because she was able to offer them to Jesus.

Dates: 1869-1947
Feast: Feb. 8



ST. VERONICA

Tradition gives us a woman named Veronica who wiped the face of Jesus with her veil as He bore His cross to Calvary. The soldiers were treating Our Lord cruelly and everyone feared getting in their way. Veronica however saw the Lord's pain and thought that wiping the blood and sweat from His face might aid Him a little. The image of the Lord's face was left on her veil. Her kind act is remembered in the sixth Station of the Cross.

*Dates: First century
Feast: July 12*



ST. CAMILLUS DE LELLIS

Camillus had a hard childhood and by his teenage years he was argumentative and proud. He had to go to a local hospital for his diseased leg but he was so unkind they asked him to leave. He spent the next several years getting in and out of trouble. Then he heard a priest preach about conversion and Camillus felt God's grace inspiring him to change his life. Camillus still went to hospitals because of his diseased leg but he was a different patient now. He began taking care of others or spending time with them so they would not be afraid or lonely. He founded a religious order of brothers to take care of the sick. At the end of his life he left his own hospital bed to see if other patients needed anything.

*Dates: 1550 - 1614
Feast: July 18*



ST. MARTIN DE PORRES

Martin grew up very poor in Peru in the sixteenth century. He became a brother in the Dominican monastery. He took care of animals as well as the cooking and manual labor. Everyone in the city loved him because of his kindness especially to the poor. He saved novices from getting in trouble and took care of the sick and the poor.

*Dates: 1579 - 1639
Feast: Nov. 3*



ST. AELRED OF RIEVAULX

When he was growing up Aelred spent several years in the court of the king of England. He left the fame of the court to become a Cistercian monk. In the monastery his sympathy and kindness toward others were quickly noticed.

*Dates: ca. 1109 - ca. 1166
Feast: Jan. 12*



ST. JOHN FISHER

In the sixteenth century Henry VIII the king of England rejected the Catholic Church and the pope and began his own church. The king tried to force all the Catholic bishops to join the Church of England but John remained faithful to the Catholic Church. This led to his execution.

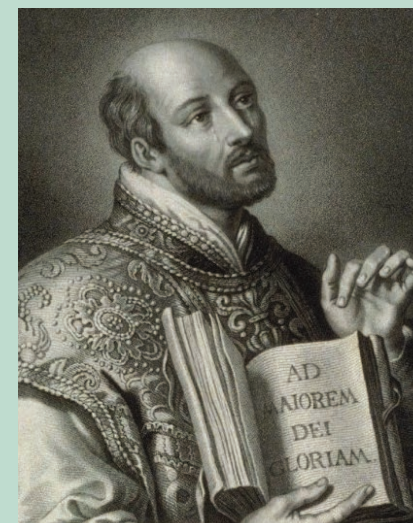
Dates: d. 1469-1535
Feast: June 22



ST. IGNATIUS LOYOLA

Ignatius was a Spanish soldier eager for fame pleasure and worldly glory. In a battle with the French his knee was severely injured. During his long recovery he read several books mostly about heroic knights and their adventures. Then he started reading books about the saints. He realized that being holy was a far more exciting adventure than being a soldier. After his recovery he gave his whole life to Jesus. He founded the Society of Jesus. Many of his priests became great missionaries who always wanted to give glory to Jesus like St. Ignatius taught them.

Dates: 1491-1556
Feast: July 31



ST. POLYCARP

Polycarp became a disciple of the apostle John when John was very old. Polycarp learned the faith well and then began to teach others. He was arrested by the Romans who told him to swear an oath by the pagan gods and they would set him free. Polycarp's brave response was "I have served my King for eighty-six years and He has never done me wrong. Why should I betray Him now?" His loyalty to Christ cost him his life but brought him glory in heaven.

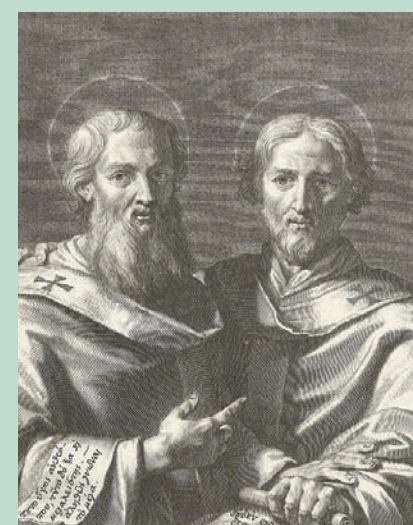
Dates: 69 - 155
Feast: Feb. 23



STS. BASIL AND GREGORY NAZIANZEN

Basil and Gregory met when they were at school together in Athens and they became close friends. Basil began a monastery and Gregory joined him as a monk. Later Basil was made a bishop and had to leave the monastery. Nearby was a diocese that was not very faithful to the Church. It needed a bishop who would be loyal to Church teaching. Basil asked Gregory to be the bishop there. At first Gregory objected but out of loyalty to his friend and the Church he eventually accepted.

Dates: 329-379; 329-390
Feast: Jan 2



OBEDIENCE

ST. CLAUDE DE LA COLUMBIERE

Claude was a French Jesuit in the middle of the seventeenth century. As a Jesuit he pledged complete obedience to his superior whom he viewed as an ambassador of Christ. This obedience gave him the freedom to be confident that he was doing God's will for his life whether he was being imprisoned for a crime he did not commit or spreading devotion to the Sacred Heart.

Dates: 1641-1682
Feast: Feb. 15

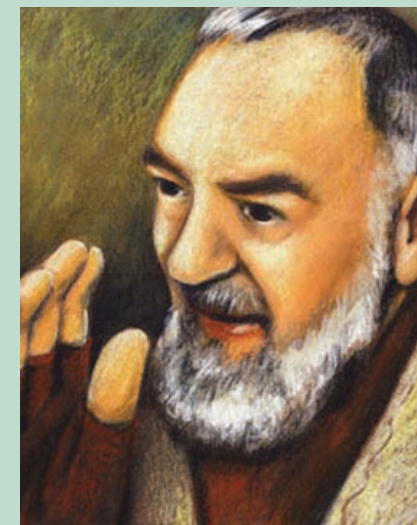


OBEDIENCE

ST. PADRE PIO

Pio of Pietrelcina was an Italian Capuchin priest known affectionately as "Padre Pio." God gave him several extraordinary graces and favors. He received the stigmata (the wounds of Christ) could read souls bi-locate and work many miracles. Not everyone believed that Padre Pio's abilities came from God. There were several rumors and false accusations. For a time his superiors forbade him from doing the two most important tasks of a priest: saying public Mass and hearing confessions. He obeyed without complaint and did all that was asked of him. Soon his superiors recognized the falseness of the accusations and restored his faculties as a priest.

Dates: 1887-1968
Feast: Sept. 23



OBEDIENCE

ST. CATHERINE LABOURE

As a young sister in her convent in Paris Catherine had a vision of the Blessed Mother. Mary showed her the Miraculous Medal and told her to have it made. Catherine had to convince a lot of people in order to carry out the Blessed Mother's request. Eventually her superiors confessor and the archbishop approved and the medal was made. Afterwards Catherine went back to her hidden quiet life. She took care of the convent chickens answered the door and was ready to do whatever was asked of her.

Dates: 1806 - 1876
Feast: Nov. 28



OBEDIENCE

ST. MATTHEW

Matthew also known as Levi was a tax collector in Judea at the time of Jesus. One day as he sat at his work Jesus saw him and said to him "Follow me." Matthew immediately left his work and his friends to obey the Lord's command. He became one of the apostles an evangelist and a martyr for Jesus.

Dates: First century
Feast: Sept. 21



ST. LOUIS IX

Louis IX was a great French king who combined his love of Christ and the Church with a willingness to serve his country. He protected and helped the French priests set up shelters and hospitals for the poor and sick and built beautiful churches for the people of France. He also gave thought to his own prayer life spending many hours in prayer for himself and his country.

Dates: 1214 - 1270
Feast: Aug. 25



ST. PATRICK

When Patrick was a boy he was captured by slave traders and taken to Ireland. There he spent six years as a shepherd. He had lots of time for prayer and learned to talk to God as a friend. One day in a vision God showed him a way to escape. Back home Patrick became a priest. However he had a love for the people of Ireland and was sad because they did not know Jesus. In another vision God asked him to go back to Ireland to preach the Gospel. The Irish were won over by Patrick's preaching and his fatherly love for them. Over half the people in Ireland converted because of him.

Dates: ca. 389 - ca. 461
Feast: March 17



ST. THOMAS BECKET

Thomas was a good friend of Henry II King of England. Neither was very interested in religion but both loved England. When the archbishop of Canterbury died Henry saw an opportunity and made Thomas the next archbishop. Thomas took his position seriously deepening his prayer life and becoming a faithful priest. He soon found himself in a hard spot. His former friend the King wanted him to support laws that would be bad for the Catholics of England. Thomas knew he could not betray his people that way which frustrated the King. A few days after Christmas knights in the King's service stormed into the cathedral and killed Thomas while he was praying.

Dates: 1118 - 1170
Feast: Dec. 29



ST. JOSAPHAT

Josaphat was an archbishop in Ukraine who was completely faithful to the Catholic Church. However there were people in his diocese who were not loyal to the pope. Josaphat worked to unite them to the Church under the pope's authority. His goal was to bring his beloved country out of religious feuds to unity in the one true Church.

Dates: 1580 - 1623
Feast: Nov. 12



ST. DOMINIC

It has been said that Dominic was always speaking about God or to God. He never had his own bed because he spent the night in the church praying. He would lie down on the steps to get a little sleep. Dominic's companions often saw him praying in many different postures. He would raise his arms in supplication genuflect several times in front of the altar or bow before a crucifix or statue of Jesus. His example of prayer made an impression on his followers. Soon after his death the Dominicans wrote The Nine Ways of Prayer of St. Dominic.

Dates: 1170 - 1221
Feast: Aug. 8



ST. CATHERINE OF SIENA

Even as a little girl Catherine had a deep love for God and wanted to give her whole life to Him. She would often go to her room and spend a long time in prayer. Her mother didn't understand this and made her do the servant's work so she would not have time to pray. Catherine did this cheerfully and was able to pray in her heart while doing the chores. Because of her constant union with God He was able to use her to teach others even the Pope. St. Catherine is a doctor of the Church.

Dates: 1347 - 1380
Feast: April 29



ST. ELIZABETH OF THE TRINITY

Elizabeth started out as a strong-willed stubborn child but she had a great desire to enter the Carmelite monastery in Dijon France. When she was twenty-one she became a Carmelite and she found great joy in praying before Jesus in the tabernacle and thinking about the Blessed Trinity. She said that her name in heaven would be Laudem Glorae "Praise of Glory" for she desired to praise God's glory eternally in whatever way He desired.

Dates: 1880-1906
Feast: Nov. 8



ST. HILDEGARD OF BINGEN

By the time she was eight years old Hildegard of Bingen knew that she would become a religious sister. God spoke to her in visions and she learned much from Him about the Scriptures and the history of salvation. Because of her many hours speaking with and listening to God Hildegard was able to teach others about His plan. She wrote many letters poems and songs to describe the beauty of God and His creation.

Dates: 1098-1179
Feast: Sept. 17



RESPECT

BL. ANNA MARIA TAIGI

Anna Maria lived in Italy and married a hot-tempered man. She never responded in anger to his harsh outbursts but chose to respect him by replying gently and with a smile. Her respect toward her husband eventually calmed his temper and helped him become a more courteous person.

Dates: 1769-1837
Feast: June 9



RESPECT

ST. DAMIEN OF MOLOKAI

Fr. Damien was a Belgian missionary priest serving in Hawaii when he heard about the leper colony on the island of Molokai. People treated the lepers like outcasts forcing them to live on the island without care or enough food or clothing. Damien wanted to take care of the lepers to show them their dignity as children of God. He spent the rest of his life serving these very sick people.

Dates: 1840-1889
Feast: May 10



RESPECT

ST. FRANCES OF ROME

Frances was born in Rome in 1384. As a young woman she married a man named Lorenzo and had three sons. At that time in Rome several epidemics of plague broke out in the city. Sometimes the sick were abandoned because there were not enough people to care for them. Frances would walk the streets of Rome looking for the sick. She brought them home and cared for them there. When her house was full she would visit the hospitals so the sick there would not feel lonely. After her husband's death she founded an order of sisters to care for the sick.

Dates: 1384-1440
Feast: March 9



RESPECT

ST. CATHERINE OF ALEXANDRIA

In the ancient world Alexandria was the city with the best schools and wisest teachers. By the age of eighteen Catherine was well-known for her wisdom and goodness even though she was a Christian. The ruler of the city wanted her to commit a sin and give up her Christian faith. She respectfully refused. He brought several of his wisest teachers to talk her out of her faith. Catherine answered all their objections and was able to explain the faith calmly. The ruler grew angry as Catherine was speaking and he ordered her to be put to death.

Dates: 282-305
Feast: Nov. 25



ST. MARGARET OF SCOTLAND

Margaret was an English princess who met her future husband in an unusual way. She was traveling by sea when a violent storm wrecked their boat off the coast of Scotland near the king's castle. She met the king and they married. As queen of Scotland she had many responsibilities. She was careful to take care of the poor and made sure that the people were able to go to Mass. She reformed the laws and courts so they were fair and just.

Dates: ca. 1045-ca. 1092
Feast: Nov. 16



ST. LAWRENCE

Lawrence lived in Rome during the persecution of Valerian. He was a deacon and worked closely with Pope St. Sixtus II. As a deacon it was his job to take care of the Church's money. His most important task was to help the poor especially the widows and orphans. The Romans heard that Lawrence was the Church's treasurer. They ordered him to hand over the treasures of the Church thinking they would get gold and silver. Instead he brought the poor of Rome and said they were the Church's true treasure. St. Lawrence and Pope Sixtus were martyred a few days apart.

Dates: Died 258
Feast: Aug. 10



ST. PIUS V

The last great naval battle against the Turks was the Battle of Lepanto in 1571. If the Christians lost the Muslims would begin their conquest of Europe. Pope Pius V called all Christians in Rome to pray the Rosary asking Our Lady to grant the Christians victory. Catholics already loved and trusted Pius V because he had made sweeping reforms in the Vatican simplifying and reorganizing the life of the Church. They prayed the Rosary as he asked and their prayers to the Mother of God brought victory to the Christian military and saved Europe.

Dates: 1504-1572
Feast: April 30



ST. COLUMBA

Columba was born in Ireland in the sixth century. He went to school at a monastery and soon became one of their best writers. Monastery schools were just beginning in Ireland and Columba worked hard to copy books for the students. In 563 he and twelve companions left Ireland for Scotland to preach. They told the Scots about the Gospel and built monasteries and schools. Columba traveled all over Ireland and Scotland until he was an old man. When he was too old to travel visitors would come to his cell. They often found him copying books for the schools just as he had done as a young monk.

Dates: 521- 597
Feast: June 9



ST. PETER CLAVER

There was an active slave trade in Latin America when Peter arrived there from Spain in 1610. Calling himself the “slave of slaves” Peter would meet each slave ship as it arrived so he could provide the slaves with food and medicine. He expressed his sincere love by trying to help each person with his immediate needs and then telling him or her about the love of Jesus. Peter strove to help all retain their human dignity. His sincerity melted the slaves’ hearts and many were converted to Christianity.

Dates: 1581-1654
Feast: Sept. 9



ST. ANTHONY OF PADUA

Anthony was born in Lisbon Portugal to a wealthy family. When he was a young man God called him to give up his wealth to join the new Franciscan order. He was ordained a priest and was a great preacher. People loved to listen to him because of his sincerity and gentleness. Once while visiting a town to preach there Anthony spent the night at a man’s home. The man was astonished when he walked into Anthony’s room. Anthony was praying and holding the child Jesus who was surrounded with a heavenly light. This is why many images of St. Anthony show him with the child Jesus.

Dates: 1195-1231
Feast: June 13



ST. VINCENT FERRER

Vincent Ferrer a Dominican friar loved the people to whom he preached. He was so concerned about the sincerity of their relationship with God that he was not afraid to tell them boldly about the evil of sin. Because they knew of his kindness and sincere interest in their souls many heeded Fr. Vincent’s warnings converted and lived holy lives.

Dates: 1350-1419
Feast: April 5



ST. AUGUSTINE OF CANTERBURY

Pope Gregory the Great asked Augustine a monk to take thirty missionaries and evangelize England a pagan country. When they reached England they were afraid because they could not speak the language. Yet Augustine and his men worked hard to teach the natives to trust them: they learned English customs and the language removed pagan idols without destroying the temples and lived simple sincere Christian lives.

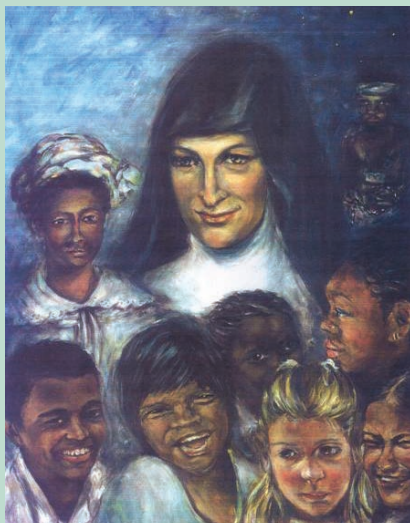
Dates: Died ca. 604
Feast: May 27



BL. ANNE-MARIE JAVOUHEY

Anne-Marie grew up in a Catholic family while the French Revolution was trying to destroy the Catholic Faith. Anne-Marie had a deep love for Jesus and felt Him calling her to be a religious sister but there were no more convents in France. She founded a religious community of sisters to run free schools for poor children. By 1804 there was a new government and while it did not trust the Catholics it allowed Anne-Marie to open schools. Years later the government decided to free six hundred slaves in French Africa. They wanted someone to teach the newly freed people to be safe and able to take care of themselves. The government recognized that Anne-Marie was a trustworthy teacher and asked her to teach them. The Africans in French Guiana loved her and were grateful for her help.

Dates: 1779-1851
Feast: July 15



ST. TARCISIUS

Tarcisus was a boy in Rome when Christians had to meet secretly for Mass. One day the pope needed someone to carry the Eucharist to another place. Tarcisus volunteered saying that no one would suspect a boy. The pope finally agreed and Tarcisus was overjoyed. As he walked Tarcisus prayed to Jesus as he held Him in his hands. In a field he met some mean boys who began to taunt him trying to pull his hands away but his arms could not be moved. One of them said "He must be a Christian" and they began to beat and kick him. The boys ran off when a Christian soldier walked by. He carried Tarcisus to the pope; only then did his arms loosen so the pope could take the Eucharist. He faithfully defended the Eucharist with his life.

Dates: Early fourth century
Feast: Aug. 15



ST. BERNARD

Bernard was born into a noble French family that loved their Catholic faith. After the death of his saintly mother Bernard entered the Cistercian monastery. Several of his brothers and friends loved and trusted him so they too entered the monastery. As the years went on even popes and kings asked the trustworthy Bernard for advice. He has been declared a Doctor of the Church because we can trust that what he wrote about God and the Blessed Mother is true.

Dates: 1090-1153
Feast: Aug. 20



ST. AGNES OF MONTEPULCIANO

When she was only nine years old Agnes asked her parents to let her enter the convent at Montepulciano. They hesitated but knowing that Agnes was a mature and devout child they agreed to let her enter. When she was fourteen the sisters put her in charge of procuring all the food clothing and other needs of the community. The next year the pope himself asked her to become superior of a new community and teach its sisters.

Dates: 1268-1317
Feast: April 20

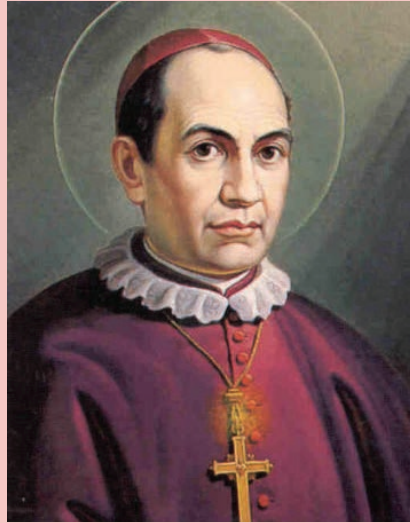


INDUSTRIOUSNESS

ST. ANTHONY MARY
CLARET

Anthony Claret was born in Barcelona Spain. He was the archbishop of Santiago Cuba. He realized that if his parishioners did not read good books they would choose books that turned them away from God. He began printing pamphlets and booklets for them about the faith. Realizing success in this he worked diligently to write and print over one hundred books about the Catholic faith.

Dates: 1807-1870
Feast: Oct. 24



INDUSTRIOUSNESS

ST. BEDE

Bede was an English monk in the early Middle Ages. At that time there were not very many books because they were so large and were written by hand. Bede worked in the monastery's scriptorium the room where the monks copied books. He would meditate on the Scripture passages as he copied them. Soon he was writing his own books. Most were about Scripture but he also wrote about history and philosophy. He wrote the first history of England and Ireland. He died when he was sixty-two and had written forty-five books.

Dates: 673-735
Feast: May 25



INDUSTRIOUSNESS

STS. CYRIL AND
METHODIUS

Cyril and Methodius were brothers who grew up in Greece. Cyril became a priest and Methodius a monk and both were sent to Russia as missionaries. The inhabitants of Russia in the ninth century did not have a written language so it was difficult to teach them Scripture or the Catechism. Cyril and Methodius worked together to learn the many varieties of the Slavonic languages create an alphabet and translate the Scriptures. They worked hard to preach the Gospel and celebrate the sacraments in ways that the people would understand.

Dates: ca. 825-s884
Feast: Feb. 14



INDUSTRIOUSNESS

ST. JOHN NEUMANN

John was born in what is now the Czech Republic and sailed to America as a young man. He became a Redemptorist priest and eventually became the fourth bishop of Philadelphia. Bishop Neumann started one hundred Catholic schools in eight years wrote catechisms and other pamphlets to teach the faith and worked to bring good teachers into the diocese. He traveled across his diocese even though the roads were bad. He learned Gaelic so he could preach to the Irish immigrants. His life's work was to spread the faith.

Dates: 1811-1860
Feast: Jan. 5



MAGNANIMITY

ST. PHILIP NERI

In sixteenth-century Rome many people even some leaders in the Church were falling away from God. Philip devoted his life to bringing all he could persuade back to the true Church. He used jokes discussions and even popular songs to show others that the Church is a joyful place. Though the task of converting the city seemed impossible for one man Philip Neri trusted that God would use him to do great things for the Church.

Dates: 1515-1595
Feast: May 26



MAGNANIMITY

ST. LOUIS DE MONTFORT

As a missionary Louis traveled anywhere and everywhere to bring the love of Mother Mary to people. He wrote several books including *The Secret of the Rosary* and *True Devotion to Mary*. His teachings have endured and they inspired a young Karol Wojtyla, the future St. Pope John Paul II, to entrust his entire life “to Jesus through Mary.”

Dates: 1673-1716
Feast: April 28



MAGNANIMITY

ST. PAUL MIKI & COMPANIONS

Paul a young Japanese convert to Christianity entered the seminary to become a Jesuit. The Japanese government was persecuting Christians at this time and Paul was captured and sentenced to death. He prayed that God would forgive his captors and he said to those standing nearby at his crucifixion “Ask Christ to help you become happy.”

Dates: ca. 1564 -1597
Feast: Feb. 6

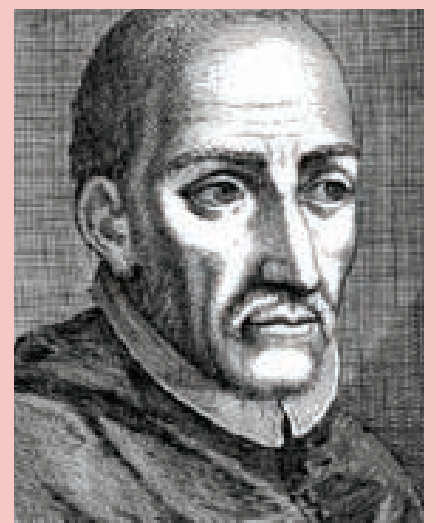


MAGNANIMITY

ST. TURIBIUS OF MONGROVEJO

Turibius was a law professor in Spain when the pope unexpectedly named him the archbishop of Lima Peru. Turibius had not even been ordained a priest yet! When Bishop Turibius went to Peru he discovered poverty and lack of education throughout the country. He determined to right this and over the next seven years he visited every parish in his diocese traveling alone over thousands of miles of jungle territory. He led a reform among the priests printed catechisms in the natives’ language and made the sacraments available to all in his diocese.

Dates: 1538-1606
Feast: March 23



MAGNIFICENCE

POPE ST. JOHN PAUL II

Karol Wojtyla grew up in Poland and became a priest after his studies in an underground seminary during World War II. Fr. Wojtyla gave himself wholeheartedly to whatever he was assigned to do be it academic work or canoe trips with the youth in his parish. When he became pope in 1978 John Paul II continued to lead the Church with great magnificence and enthusiasm. He started World Youth Days invited all to come into the Church and did other great things in love and wisdom with hard work and perseverance undergirded by an intense prayer life. He said "Do not be afraid!" over and over again and was a real inspiration to many people Catholics and non-Catholics alike.

Dates: 1920-2005
Feast: Oct. 22

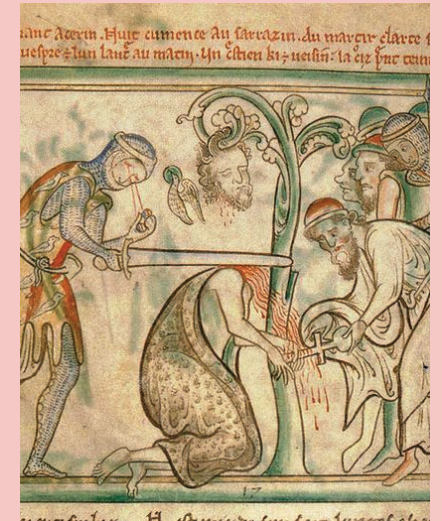


MAGNIFICENCE

ST. ALBAN

Alban was a pagan in England when a priest fleeing persecutors asked him for refuge. Alban was so impressed by the priest that he was baptized. He then took the priest's cloak and gave the priest his own clothes. When the pursuers arrived they arrested Alban instead of the priest.

Dates: Third century
Feast: June 22



MAGNIFICENCE

ST. GENEVIEVE

Genevieve was a young consecrated virgin when Paris was being invaded by the Franks. They had surrounded the city hoping to starve the people into surrender. She led a fleet of small ships up the river to gather grain. They brought it back to Paris where several women went around the besieged city giving bread to anyone in need. In this way they had enough to eat until the Franks were defeated.

Dates: 422-ca. 500
Feast: Jan. 3

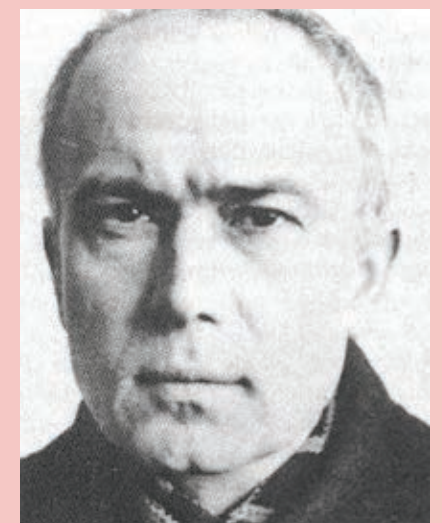


MAGNIFICENCE

ST. MAXIMILIAN KOLBE

Maximilian was a Franciscan friar during World War II who worked to protect Christians and Jews from the Nazis. In the concentration camp at Auschwitz he secretly gave his fellow prisoners the sacraments. One day the Nazis singled out ten men to because three men had escaped from the camp. Fr. Kolbe heard one man plead for his life because he had a family and offered to take his place. Thrown with the nine others into a starvation bunker he offered Mass and led the men in praise of God encouraging them with the fact that they would soon see the face of God.

Dates: 1894-1941
Feast: Aug. 14



PATIENCE

ST. ATHANASIUS

As bishop of Alexandria Athanasius knew that he had to protect his flock from the heresies of the Arians who believed that Jesus was not truly God. He was hated and derided for adhering to the teachings of the Church and was even accused of crimes he had never committed. He was exiled from his city many times. Athanasius never stopped teaching the truth and eventually he was able to remain in Alexandria.

Dates: ca. 295-373
Feast: May 2



PATIENCE

ST. ALPHONSUS LIGUORI

Alphonsus was a young lawyer in Italy when he realized that there were not enough priests to preach to the poor. He became a priest and started an order to preach in poor cities and villages. He was very good at helping people with difficult decisions. He was a patient listener and wrote a book to help priests be good confessors and spiritual guides. Alphonsus suffered through many struggles. Heretics tried to mislead the people he was teaching and even the priests in his order turned against him and forced him to resign. He never complained and was admired for his gentleness and patience.

Dates: 1696-1787
Feast: Aug. 1



PATIENCE

ST. GIANNA MOLLA

Gianna was an Italian doctor and mother. She loved her husband very much but he had to travel a lot for work. When he was away they often wrote letters when they could not talk on the telephone. She was honest about what was hard but was never bitter or angry. When she was pregnant with her fourth child the doctors told her she needed surgery to save her life. She waited as long as she could and then chose the surgery that would be safest for her unborn child. The sacrifice she made for her baby cost Gianna her life.

Dates: 1922-1962
Feast: April 28



PATIENCE

ST. TERESA OF CALCUTTA

Mother Teresa was on a train in India when she heard God's call to serve the poorest of the poor. She obeyed him and founded the Missionaries of Charity. She and her sisters took care of the very sick and poor people in Calcutta picking them up off the streets and giving them a clean bed to lie upon. She was always gentle and patient with those who were suffering and she taught her sisters to do the same. After she died the world found out that her joy was the fruit of her patient acceptance of suffering. After that time on the train Teresa never heard God's voice again. In fact she felt like He had abandoned her. She even accepted this with a smile and it opened her heart to show God's love to others.

Dates: 1910-1997
Feast: Sept. 5



PERSEVERANCE

SERVANT OF GOD
ELISABETH LESEUR

Elisabeth and her husband lived a wealthy sophisticated lifestyle in France. It was fashionable to think that religion was only necessary for the poor or ignorant. Elisabeth began to have a change of heart. She converted and became a Catholic. Her husband even though he loved her never accepted the fact that his wife believed in Catholicism. He ridiculed her and her faith. She accepted it all with patience and poured out her heart in her journals. She offered up her sufferings for him. After her death Elisabeth's husband found her journals. Inspired by his wife's perseverance he became a Catholic and later a Dominican priest.

Dates: 1866-1914
Feast: Not yet declared



PERSEVERANCE

ST. MONICA

Augustine would possibly not have become a saint had it not been for his mother Monica. For many years Monica prayed for her wayward son from the time he was a young boy and even as he grew up and turned to pagan religions. Her unceasing prayers and tears were rewarded when her son converted to Christianity and became a great man of God.

Dates: ca. 333 -387
Feast: Aug. 27



PERSEVERANCE

ST. MARIA VENEGAS DE
LA TORRE

Maria lived in Mexico when that country's government was trying to destroy Christianity within its borders. Maria was the head of a religious community and she worked in hospitals with her religious sisters. During the persecutions of the 1920s Maria kept her community safe and even opened two Catholic hospitals.

Dates: 1868-1959
Feast: July 30



PERSEVERANCE

ST. PETER THE APOSTLE

When Peter met Jesus he immediately left his nets to follow Him and become a "fisher of men." He was the first of the apostles to testify to Jesus as the Christ. Peter persevered in following Christ despite some personal weaknesses such as doubt fear and impulsiveness. Most famously he denied Jesus three times during the Passion yet after the Resurrection he affirmed his love for Christ and the mandate to shepherd the Church as the first pope. His first letter encourages Christians to "set your hope fully upon the grace that is coming to you at the revelation of Jesus Christ" (1 Peter 1:13). Peter doggedly preached in the midst of persecution up to his own crucifixion for the faith.

Dates: First century
Feast: June 29



HONESTY

ST. STEPHEN

At the beginning of the Church deacons were appointed to preach and to serve the Christians. One of these deacons was Stephen. When he preached to a crowd of Jewish people about the truth of Christ's death and resurrection the leaders of the Jews had him arrested. They asked him about his preaching. He could have denied it but he instead proclaimed the truth about Jesus Christ. St. Stephen's honesty led to his death but also to his glorious place in heaven. He is the first martyr of the Church.

*Dates: First century
Feast: Dec. 26*



HONESTY

ST. BRIDGET OF SWEDEN

God asked Bridget to deliver His truth to many people in positions of importance. As lady-in-waiting to the queen of Sweden she helped the people of the court (including the king and queen) to live holier lives. She later went to Avignon and encouraged the pope to move back to Rome and serve as the Vicar of Christ. Bridget did not allow fear to keep her from speaking the truth to those who needed to hear it.

*Dates: 1303 - 1373
Feast: July 23*

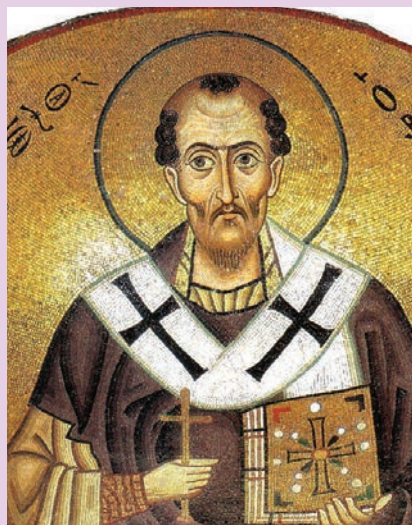


HONESTY

ST. JOHN CHRYSOSTOM

John was the bishop of Constantinople the capital city of the Byzantine Empire. He was such an excellent preacher that people began calling him "Chrysostom" which means "golden mouth." He used his eloquence to preach the truth. He spoke out against the rich who refused to help the poor against priests who used bribes and even against the empress. His honesty cost him; he was exiled from his home and never allowed to return.

*Dates: 347-407
Feast: Sept. 13*



HONESTY

BL. HENRY SUSO

Henry was a Dominican friar who frequently ended up in the wrong place at the wrong time. He was accused of theft sacrilege poisoning and heresy at different points in his life; none of the accusations were true as became evident by the end of his life. Henry lived an open and honest life and so he was peaceful in spite of what others thought of him.

*Dates: ca. 1300-1366
Feast: January 23*



HUMILITY

ST. BERNADETTE SOUBIROUS

When Bernadette was a young girl living in Lourdes France she saw a vision of Our Lady. “I am the Immaculate Conception” Mary said to her. Although Bernadette did not know what that meant she did all that Our Lady asked her to do. A chapel was built and Lourdes is now a place of pilgrimage and healing for the sick. Bernadette became a nun and did not tell people about the visions. She showed great humility by never seeking fame or recognition even though Our Lady had chosen her to be God’s messenger.

Dates: 1844-1879
Feast: April 16



HUMILITY

ST. BONAVENTURE

Bonaventure lived at the same time as the great St. Thomas Aquinas and he was equally renowned for his knowledge. He and Aquinas were both asked to write prayers for the celebration of the new feast of Corpus Christi. When Bonaventure saw the office that Aquinas had written he did not even finish his. In his humility he saw that what Aquinas had written was much more worthy to be prayed by the Church.

Dates: 1221-1274
Feast: July 15



HUMILITY

ST. GEMMA GALGANI

Even as a child Gemma would say “Gemma can do nothing but Gemma and Jesus can do all things.” Throughout her life she retained this simplicity. Jesus granted her many visions of Him but she never thought she was special. Gemma suffered a great deal and she offered it all for the salvation of souls. After her mother and father died she spent most of her time taking care of her younger siblings.

Dates: 1878-1903
Feast: April 11



HUMILITY

ST. JOSEPH OF CUPERTINO

Joseph was known to other children as “the gaper” because he left his mouth open most of the time. He was not a good student. When he entered the Capuchin order he helped in the kitchen and the stables. He struggled with his seminary classes but he had a deep love for Jesus. Eventually Joseph was allowed to become a priest. He was then nicknamed “the flying friar” because of his God-given ability to levitate. In the face of both teasing and fame Joseph remained humble and cheerful.

Dates: 1603-1663
Feast: Sept. 18



MEEKNESS

BL. ANTHONY GRASSI

Anthony was a brilliant young priest of the Oratorian Fathers. He was a kind and serene man. He loved the rule of his order and his meekness kept him from being severe when teaching other Oratorians to follow it. He was often able to bring peace to troubled situations. On his deathbed he reconciled two Oratorian brothers who were having an angry dispute.

Dates: 1592-1671
Feast: Dec. 13

 **GIFT**
OF FEAR OF THE LORD



MEEKNESS

ST. THÉRÈSE OF THE CHILD JESUS

Thérèse was a young French girl who entered a Carmelite convent when she was fifteen years old. She practiced the virtue of meekness by loving all the other nuns even those who caused her annoyance. She strove to show her love not by great or heroic things but by little actions for God and her sisters. Her sisters in religion upon her death hardly knew of her spiritual greatness. Today St. Thérèse is a co-patroness of the missions and a Doctor of the Church. Her autobiography and other writings have brought many to a deeper walk with God.

Dates: 1873-1897
Feast: Oct. 1

 **GIFT**
OF FEAR OF THE LORD



MEEKNESS

VEN. PIERRE TOUSSAINT

Pierre's family was from Haiti but he was a slave to an American family who settled in New York. When the father of the family died suddenly Pierre could have obtained his freedom. The man's widow was in difficulty and Pierre stayed and worked as a hairdresser for the fashionable ladies of New York City to support her. Everywhere he went people were drawn to him because of his gentleness and kindness. They gave him money to help others. He helped pay for Old St. Patrick's Church on Mulberry Street in New York City and he cared for many sick people.

Dates: 1766-1853
Feast: Not yet declared

 **GIFT**
OF FEAR OF THE LORD



MEEKNESS

ST. JOHN DE BRITTO

John was a native of Lisbon Portugal who became a missionary in India. The great men of India had no interest in converting from Hinduism. John learned their customs and traditions even dressing the way they did. He slowly won their trust by his respect for them. They were willing to listen to him talk about Jesus and some of them converted.

Dates: 1647-1693
Feast: Feb. 4

 **GIFT**
OF FEAR OF THE LORD

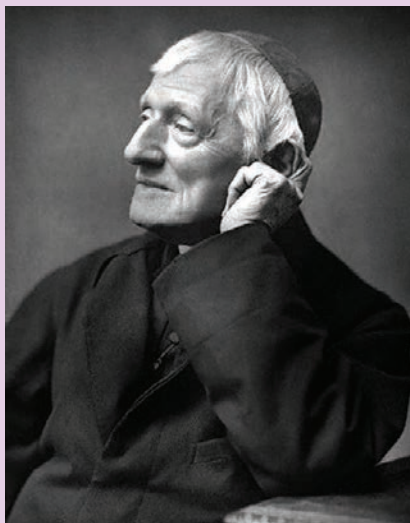


MODERATION

ST. JOHN HENRY NEWMAN

John Henry was an Anglican priest who decided to study the history of Christianity. This led him to the realization that the Catholic Church is the true Church and he converted. He became a Catholic priest and lived a simple life in one of St. Philip Neri's oratories.

Dates: 1801-1890
Feast: Oct. 9



MODERATION

POPE ST. JOHN XXIII

Growing up in Italy Angelo began keeping a prayer journal when he was a teenager. He became a priest and later worked for the Vatican as the pope's ambassador to other countries. He was given very difficult assignments during World War II. The cardinals elected him Pope in 1958. He kept his prayer journal his whole life. He balanced his many responsibilities with time for rest and prayer. He even had time to take a walk every day. He never let himself worry too much either. When he said his night prayers he would tell God "Well I did my best. It's Your Church so I'm going to bed now."

Dates: 1881-1963
Feast: Oct. 11



MODERATION

ST. FRANCIS DE SALES

Francis was known as "the gentle bishop" which is why the pope sent him to Geneva where there were many disputes between Catholics and Protestants. The pope needed someone who could bring some balance and peace to the situation. Francis however wasn't always so gentle. As a young man he worked hard to master his temper and moderate his desires. This internal struggle opened him up to allow God's grace to work through him. Many people came to him because of his wise advice. His spiritual writings continue to guide Christians in the ways of holiness.

Dates: 1567-1622
Feast: Jan. 24



MODERATION

ST. JOHN OF GOD

John was a Spaniard who until he was forty lived a selfish and wicked life. Through God's grace he had a sudden conversion and he began to perform such strange penances that he was put in a hospital for the insane. St. John of Avila advised him to moderate his penance by performing simple acts of charity. His moderation helped him grow in sanctity and many people asked his help in growing closer to God.

Dates: 1495-1550
Feast: March 8



MODESTY

ST. MARIA GORETTI

Maria Goretti was a peasant girl who lived in Italy. Her father died and her mother had to work hard on the farm to make a living for the family. Maria spent her days keeping house and caring for her younger siblings.

Dates: 1890-1902
Feast: July 6



MODESTY

ST. THOMAS AQUINAS

Thomas' wealthy family wanted him to become a powerful abbot but Thomas wanted only to be a humble Dominican friar. He had a brilliant mind but he was so wary of showing off that some of his fellow students thought he was unintelligent.

Dates: ca. 1225-1275
Feast: Jan. 28



MODESTY

ST. BRUNO

Bruno was encouraged by his bishop to begin a monastery and so he founded the Carthusian order. Carthusians spend nearly all of their days in silent prayer and work. Bruno's brothers copied the Bible by hand. Hearing of Bruno's skill at organization Pope Urban II wanted to honor him with a position in the Vatican. Bruno respectfully declined and remained with his Carthusian brothers until his death.

Dates: 1030-1101
Feast: Oct. 6

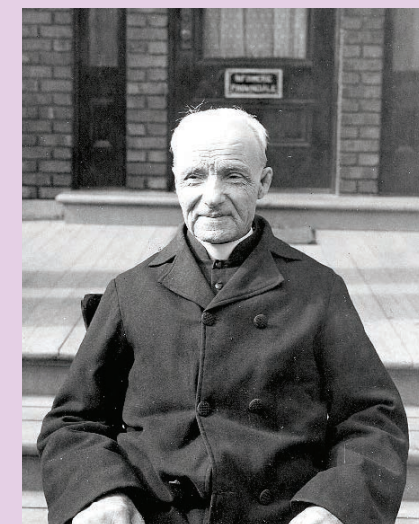


MODESTY

ST. ANDRE BESSETTE

André Bessette was known as the miracle worker at St. Joseph's Oratory in Canada. Many people with illnesses or injuries came to this doorkeeper of his community for help. He prayed for them to St. Joseph and many were healed.

Dates: 1845-1937
Feast: Jan. 6



ORDERLINESS

ST. BENEDICT

When Benedict became a monk he went to a cave at Subiaco. At that time monasteries were not very organized and sometimes this was problematic when difficulties arose. Other monks noticed Benedict's holiness and humility so they asked him to be their leader. He wrote a rule for a way of life. He wanted his monks to live balanced lives and grow in virtue. The rule helped them worship God throughout the day in their prayer work and recreation.

Dates: 480-547
Feast: July 11

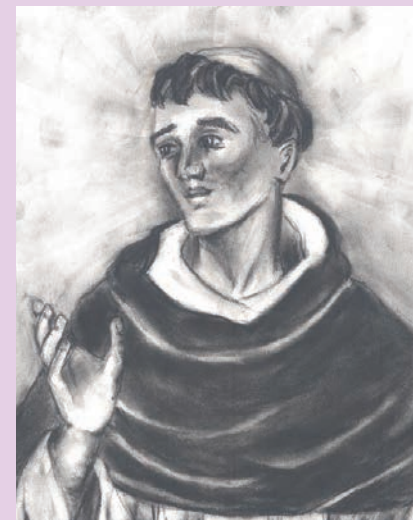


ORDERLINESS

BL. HUMBERT OF ROMANS

Humbert was elected to lead the Dominican order when many men and women had joined and the order was in need of better organization. Humbert who had been a lawyer established the liturgy the houses the missions and the constitutions (or rules) in a clear and understandable way. His work gave the Dominicans the freedom to carry on the work of God in their teaching and preaching.

Dates: ca. 1200-1277
Feast: July 14



ORDERLINESS

ST. RAYMOND OF PENAFORT

Raymond was a Dominican priest who helped train seminarians to be priests. Pope Gregory IX asked him to help with a large project. None of the Church's laws was organized. During his spare time Raymond collected and organized all the decrees of the Church. His book was used as the main reference for the next eight hundred years.

Dates: ca. 1175-1275
Feast: Jan. 7



ORDERLINESS

ST. ALBERT THE GREAT

Albert was a Dominican friar who is best known as a brilliant scientist. While many scientists of his time were searching for magical formulas for making gold Albert realized that God had created order in the universe and that it could be studied scientifically. He became an authority in biology astronomy physics geology and many other areas of science. He taught others to see the beauty of God's order in creation.

Dates: 1206-1280
Feast: Nov. 15



SELF-CONTROL

ST. PERPETUA

In the early days of the Church Perpetua was a young wealthy woman who was imprisoned for her refusal to worship anyone but Christ. She and her fellow prisoners were to be killed by being thrown to wild animals. All the prospective martyrs were terrified but Perpetua set aside her fears encouraged the others and went bravely to her death for love of Christ.

Dates: ca.181-203
Feast: March 7

 **GIFT**
OF FEAR OF THE LORD



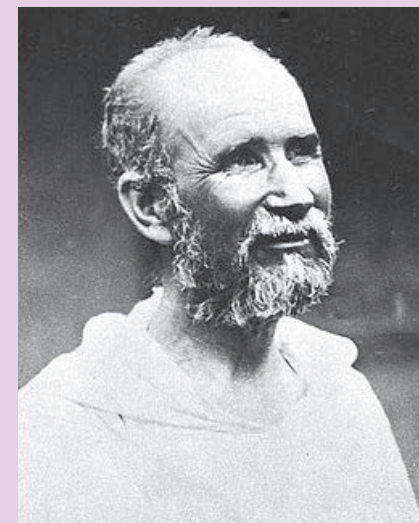
SELF-CONTROL

BL. CHARLES DE
FOUCAULD

As a child Charles was rather wild and got into his share of trouble. When he was an officer in the French army he had a profound conversion. He began to practice self-control and make sacrifices to help him focus on God. He became a priest and was given permission to live a life of prayer in the Sahara desert. In 1916 there was an outbreak of violence in the area. In December Charles was killed in the cross fire of two political rivals.

Dates: 1858-1916
Feast: Dec. 1

 **GIFT**
OF FEAR OF THE LORD



SELF-CONTROL

ST. ANTHONY OF EGYPT

Anthony of Egypt went to Mass one day and heard the Gospel; "Go sell all you have and give to the poor. Then come follow me" (Matthew 18:22). Immediately he decided to obey the Gospel. After selling all his goods he went to the desert to live in silence and prayer.

Dates: ca. 251-356
Feast: Jan. 17

 **GIFT**
OF FEAR OF THE LORD



SELF-CONTROL

ST. KATERI TEKAKWITHA

Kateri Tekakwitha was a Mohawk Indian who became a Christian when Jesuit missionaries visited her tribe's village in what is now New York. She loved the Christians so much that she went back with them to their mission in Canada. There she lived simply and worked hard to provide for herself and those with whom she lived. She lived a simple life so she could share what she had with others.

Dates: 1656-1680
Feast: July 14

 **GIFT**
OF FEAR OF THE LORD

