

Prayers from Heaven



A Remembrance of the Saints
and the Faithful Departed

May all who walk this
path be touched by
the prayers of the
saints, comforted by
the mercy of Christ,
and strengthened by
the hope of heaven.

May every heart that
pauses here feel the
peace of God's
presence and the
quiet joy of knowing
we are never alone
for love endures, and
the saints walk with
us still.



The Virgin in Prayer, Sassoferrato



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2025 Solemnity of All Saints Day
VENERATION OF RELICS

PRAYERS FROM HEAVEN: 2025 RELICS

Incarnation → Mystery → Apostles → Martyrs → Mission → Mercy → Eucharist → Contemplation → Service → Joy → Teaching → Protection

The Path of the Saints:

Visitors are invited to move prayerfully **from left to right**, beginning with Group 1 and circling the sanctuary.



ALTAR

The tables hold relics of the theme connecting the saints to moments of our own lives.

Each saint's description on the following pages include a **prayer they wrote or inspired, and an intercessory prayer for children**, so that every person who visits may find a heavenly friend.

1. **The Holy Family & Ancestors:** Faith begins at home
2. **Mysteries of Christ:** His life, death, and glory
3. **Apostles & Evangelists:** Witnesses of the Resurrection
4. **Martyrs & Courageous Witnesses:** Faith that conquers fear
5. **Mission & Evangelization:** Bearers of the Gospel
6. **Mercy & Confession:** Healing for the heart
7. **The Altar:** Communion of heaven and earth
8. **Contemplatives & Mystics:** The heart of prayer
9. **Charity & Service:** Love in action
10. **Joy & Simplicity:** The childlike heart of faith
11. **Teachers & Wisdom:** Light for the mind
12. **Protection & Spiritual Battle:** Defenders of body and soul

This year's relic veneration, "Prayers from Heaven," invites you to walk among the Communion of Saints, those holy men and women who now live in the radiant presence of God and intercede for us still.

Surrounding the altar — the meeting place of heaven and earth — you'll find twelve groups, each representing a facet of Christian life. Together they form a circle of faith, devotion, and love, reminding us that in Christ, death does not divide the Body of Christ, it fulfills it.

The relics are not objects of superstition, but signs of grace and reminders of the real people whose lives made visible the mercy of God. Through them, the Church gives thanks for the witness of the saints and asks for their prayers — just as we might ask a friend to pray for us in time of need.

At the center stands the altar, containing relics of St. Richard of Chichester, St. Maria Goretti, and St. John Neumann. They are a reminder that every Mass unites heaven and earth, the living and the dead, in Christ's perfect sacrifice of love.

A Child's Prayer for the Saints:

Dear Jesus,
Thank You for all the saints in heaven.
They loved You when they were on earth,
and now they help us love You too.

When I see their relics and names,
I remember that You made each one special,
and You made me special too.

Help me trust like St. Joseph,
pray like St. Thérèse,
serve with joy like St. Francis,
and show mercy like St. Faustina.
Let my heart, like theirs,
shine with Your love every day.
Amen.

Group 1: The Holy Family & Ancestors:

Faith Begins at Home

"As for me and my house, we will serve the Lord."
— Joshua 24:15

At the dawn of salvation history, God's grace was revealed through family — through hearts that trusted His promise and passed on the faith. Here we honor the holy ancestors of Jesus, and the family through whom God entered the world. They remind us that home is the first church, and love, the first lesson of holiness.

Mary, Mother of God: Feast January 1

Patronage: Mother of the Church, all Christians

Mary's "yes" opened heaven to earth. Her song, *The Magnificat*, is the Church's hymn of joy and gratitude.

The Magnificat — Luke 1:46–55

My soul proclaims the greatness of the Lord, and my spirit rejoices in God my Savior, for He has looked with favor on His lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is His Name. He has mercy on those who fear Him in every generation.

He has shown the strength of His arm, He has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich He has sent away empty. He has come to the help of His servant Israel, for He has remembered His promise of mercy, the promise He made to our fathers, to Abraham and his children forever. Amen.

Children's Intercession: Mother Mary, help me love Jesus and say "yes" like you did. Amen

St. Joseph, Husband of Mary: Feast March 19

Patronage: Fathers, workers, the universal Church

The silent guardian of the Redeemer, St. Joseph lived faith through obedience, work, and quiet strength.

Litany of St. Joseph (Excerpt)

Lord, have mercy on us. Christ, have mercy on us.
Lord, have mercy on us. Jesus, graciously hear us.
God the Father of Heaven, have mercy on us.
God the Son, Redeemer of the world, have mercy on us.
God the Holy Spirit, have mercy on us.
Holy Trinity, one God, have mercy on us.
Holy Mary, pray for us. St. Joseph, pray for us.
Illustrious son of David, pray for us.
Light of Patriarchs, pray for us.
Spouse of the Mother of God, pray for us.
Guardian of the Redeemer, pray for us.
Model of workers, pray for us.
Terror of demons, pray for us.

St. Joseph, help me do my work and take care of others with love. Amen.



Holy family with a little bird, Bartolomé Esteban Murillo

Sts. Joachim and Anne: Feast July 26

Patronage: Grandparents, parents, and families

The grandparents of Jesus passed down faith and trust in God. Their love helped shape Mary's heart and prepared the way for Christ.

Prayer for Grandparents

Lord Jesus, You were born of the Virgin Mary, the daughter of Saints Joachim and Anne.

Look with love on grandparents everywhere. Protect them; they are a source of enrichment for families and for all of society.

Support them as they grow older; may they continue to be for their families strong pillars of Gospel faith, guardians of noble ideals, living treasures of sound values.

Make them teachers of wisdom and courage, that they may pass on to future generations the fruits of their mature human and spiritual experience.

Lord Jesus, help families and society to value the presence and role of grandparents.

May they never be ignored or excluded, but always encounter respect and love. Amen.

(Adapted from Pope Benedict XVI's prayer for grandparents.)

Saints Joachim and Anne, please bless my grandparents and help our family love Jesus. Amen.

From Nazareth to our own homes, holiness begins in small acts of love.

Through the prayers of the Holy Family and all who lived faith within the family circle, may our homes be places of peace, prayer, and joy.

Group 2: The Mysteries of Christ

Christ's Life and Passion

"We proclaim Christ crucified."
— Corinthians 1:23

In every age, the Cross stands at the center of human history — a sign of God's love, suffering, and triumph. The relics at this table draw us close to the life of Jesus: His birth, His miracles, His Last Supper, His Passion, and His glorious Transfiguration. Here we kneel before the mystery of a God who became flesh for us — and who still offers Himself for us in every Mass.

Wood from the Cradle of Jesus

Symbol: The Incarnation; God among us

The humility of the manger reveals the heart of God: a love so great that it stoops low to meet us. The infant Christ sanctified all of human life, from birth to death, by sharing it.

Prayer at the Manger:

Lord Jesus, born in poverty and love, come into the manger of my heart. Teach me humility and gentleness, that I may see Your face in all whom I meet. You who chose to be born among the poor, bless every family with peace and joy. Amen.

**Baby Jesus, help me to love You and
be kind to everyone. Amen.**

Wood from the Table of the Last Supper

Symbol: The Eucharist — the Heart of the Church

At the Last Supper, Jesus gave us the gift of Himself in the Holy Eucharist — His Body and Blood for the life of the world. Every altar repeats that miracle of love.

Prayer Before Communion (St. Thomas Aquinas):

Almighty and ever-living God, I approach the sacrament of Your only-begotten Son, our Lord Jesus Christ. I come sick to the physician of life, unclean to the fountain of mercy, blind to the light of eternal brightness, poor and needy to the Lord of heaven and earth. Heal me, wash me, enlighten me, enrich me, that I may be united with You in love. Amen.

Jesus, thank You for giving us Yourself in Holy

Communion. Help me love You with all my heart. Amen.

Wood from the Cross of Our Lord

Symbol: The Power of the Cross

The Cross is the tree of life. From its wood blossoms forgiveness, healing, and eternal life. Through it, all creation is restored to the Father.

Adoration of the Cross (Good Friday Liturgy)

Behold the wood of the Cross, on which hung the salvation of the world. Come, let us adore.

Jesus, thank You for Your Cross.

Help me carry mine with love. Amen.



First Holy Communion
Beuron Kühlen

Flagellation Cord from the Scourging of Christ

Symbol: His suffering for our redemption

Each wound of Christ was a word of love — a silent "I forgive you" written in blood. In the mystery of suffering, He transforms pain into mercy and death into victory.

The Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Your wounds hide me.
Suffer me not to be separated from You.
From the evil one defend me.
At the hour of my death, call me
and bid me come to You,
that with Your saints I may praise You
forever and ever. Amen.

**Jesus, You were hurt for us. Help me to be brave and kind,
and to forgive others like You do. Amen.**

Stone from the Hill of Calvary

Symbol: The Crucifixion

On this rock, mercy triumphed over sin. Christ stretched out His arms on the Cross, embracing all creation and redeeming the world.

The Lord's Prayer - Matthew 6:9-13

Our Father, who art in heaven,
hallowed be Thy name;
Thy kingdom come;
Thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.

**Jesus, thank You for dying on the Cross because You love me.
Help me love You and others. Amen.**

Mount Tabor Stone: Transfiguration

Symbol: The Glory of Christ Revealed

Before His Passion, Jesus showed His divine glory to Peter, James, and John, revealing that the Cross would lead to light. So too, our trials prepare us for resurrection.

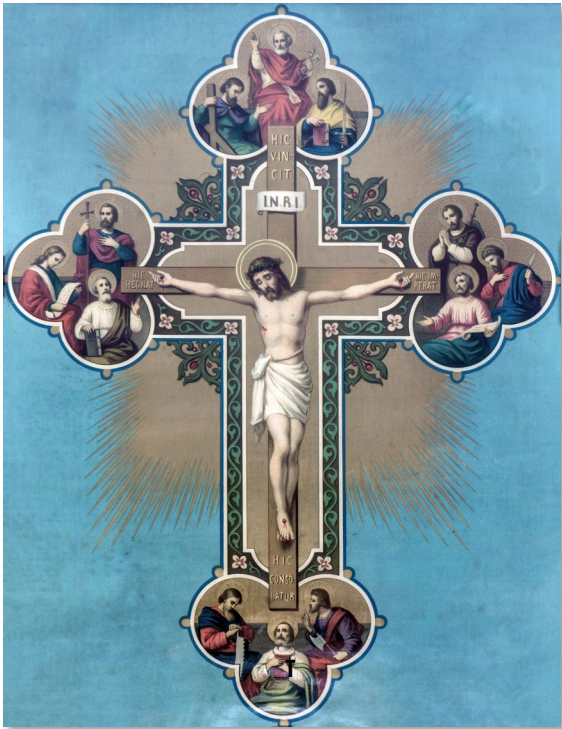
Transfiguration Prayer

(Adapted from the Preface of the Feast)

O God, who revealed the glory of Your beloved Son to the disciples on the holy mountain, fill our hearts with the light of faith.

May we listen to Your beloved Son and be transformed into His likeness, who lives and reigns forever and ever.
Amen.

Jesus, show me Your light and help me follow You always. Amen.



Cross of the Apostles with the Crucified Christ, unknown

These relics trace the footsteps of Christ Himself, from manger to mountain, table to tomb.

They remind us that the story of salvation is not just ancient history, it is alive in the Mass and in our lives.

Every sorrow can become a resurrection; every shadow can be filled with His light.

Group 3: The Apostles and Evangelists

Witnesses of the Resurrection

"Go and make disciples of all nations."

— Matthew 28:19

From the shores of Galilee to the ends of the earth, the Apostles carried Christ's light into darkness. They were ordinary men transformed by grace — fishermen, tax collectors, skeptics, and preachers — who became the first witnesses of the Resurrection and the foundation of the Church. This group gathers together three reliquaries containing the Twelve Apostles and four Evangelists, along with a relic of St. Michael the Archangel, heavenly protector of the Church.

Reliquary I: The First Apostolic Witnesses

These men were the first to leave everything to follow Christ. Their voices still echo in the faith of the Church.

Relics: St. Peter • St. James the Greater (son of Zebedee) • St. Philip • St. Andrew • St. John • St. Bartholomew



St. Peter the Apostle: *"You are the Christ, the Son of the living God."* — Matthew 16:16. The fisherman chosen to lead the flock of Christ became the rock on which the Church was built. He was martyred in Rome, crucified upside down in humility before the Lord he loved.

"You know that I love You." — John 21:17

Lord Jesus, strengthen me in faith as You did Peter.
When I falter, lift me up; when I fear, make me brave;
when I deny You, forgive me and restore me in love. Amen.

St. Peter, help me always say, "Jesus, I love You." Amen.

St. James the Greater: *"Can you drink the cup that I drink?"* — Mark 10:38. The first Apostle to die for Christ, James, witnessed the Transfiguration and the Passion. His shrine at Compostela still calls pilgrims to conversion.

Pilgrim's Prayer to St. James

O blessed Apostle, chosen to witness Christ's glory,
guide us on our journey of faith. Help us to walk in the way of the Gospel, to persevere through trials,
and to reach the joy of eternal life. Amen.

St. James, help me follow Jesus wherever He leads. Amen.

St. Philip: "Come and see." — John 1:46

Philip's simple invitation drew others to Christ. He reminds us that evangelization begins with friendship.

Lord Jesus, make me an instrument of Your invitation.
May my words and actions say to others,
"Come and see." Amen.

St. Philip, help me tell my friends about Jesus. Amen.

St. Andrew: "We have found the Messiah." — John 1:41. Brother of Peter, first called by Christ, and missionary to many lands. His cross, shaped like an "X," became a symbol of joyful witness.

St. Andrew's Prayer (traditional)

O Glorious St. Andrew, you were the first to recognize and follow the Son of God. With your friend, St. John, you remained with Jesus, for your entire life, and now throughout eternity. Just as you led your brother, St Peter, to Christ and many others after him, draw us also to Him.

Teach us how to lead them, solely out of love for Jesus and dedication to His service. Help us to learn the lesson of the Cross and carry our daily crosses without complaint, so that they may carry us to God the Almighty Father. Amen.

**St. Andrew, help me tell others that
Jesus is my friend. Amen.**

St. John the Apostle: "The disciple whom Jesus loved." — John 13:23 The youngest Apostle and only one to remain at the Cross, John teaches that love is stronger than fear.

From John's First Letter

"Beloved, let us love one another,
for love is of God." — 1 John 4:7

Lord Jesus, may I love as You have loved me. Amen.

St. John, help me be gentle and kind like you. Amen.



The Birds of the Air and the Lilies of the Field, Gebhard Fugel

St. Bartholomew (Nathaniel): "Here is a true Israelite; there is no deceit in him." — John 1:47 A man of integrity, Bartholomew followed Christ with an honest heart and suffered martyrdom for the faith.

Lord, give me a heart without deceit,
that I may know You and love You in truth. Amen.

**St. Bartholomew, help me tell the truth
and love Jesus. Amen.**

Reliquary II: Apostles of the Nations

Relics: St. Thomas • St. James the Less (son of Alphaeus) • St. Simon • St. Matthew • St. Thaddeus (Jude) • St. Matthias



St. Thomas the Apostle: "My Lord and my God." — John 20:28 Thomas's doubt led him to deeper faith and one of the most profound confessions in Scripture.

Lord, help me to believe even when I cannot see.
Strengthen my faith in Your presence among us. Amen.

St. Thomas, help me trust Jesus always. Amen.

St. James the Less: "Blessed are the meek." — Matthew 5:5 Cousin of the Lord and first Bishop of Jerusalem, he led the early Church in humility.

Lord, teach me to be humble in leadership
and strong in faith. Amen.

St. James, help me be gentle and fair. Amen.

St. Simon the Zealot: "Whoever wishes to be great must be a servant." — Mark 10:43 A fiery heart transformed by grace into zeal for the Gospel.

Lord, ignite in me a zeal for Your truth and love. Amen.

St. Simon, help me love Jesus with all my heart. Amen.

St. Matthew the Apostle: "Follow me." — Matthew 9:9 A tax collector turned evangelist, Matthew left wealth behind for a new life in Christ.

Lord, free me from attachments that keep me from following You. May my life proclaim Your mercy. Amen.

**St. Matthew, help me say "yes" to Jesus
every day. Amen.**

St. Jude Thaddeus: *"Mercy, peace, and love be yours in abundance."* — Jude 2 Apostle of hope and patron of impossible causes.

Traditional Prayer to St. Jude

O glorious Apostle St. Jude, faithful servant and friend of Jesus, I turn to you in my need.

Help me know that nothing is impossible with God.

Strengthen my faith when hope seems lost.

Pray for me and for all who despair. Amen.

St. Jude, help me remember that Jesus can do anything. Amen.

St. Matthias: Chosen to replace Judas, Matthias reminds us that God always restores what is lost and calls new hearts to His service.

Lord, fill me with the joy of serving You faithfully,
and let me be Your witness wherever You send me.
Amen.

St. Matthias, help me be kind and faithful like you. Amen.

Reliquary III: The Four Evangelists

The Evangelists are the voices of the Good News.
Through their Gospels, the Word of God still speaks,
calling every generation to faith.

Relics: St. Matthew • St. Mark • St. Luke • St. John

Collect for Evangelists (Roman Missal)

Lord God, You chose the holy Evangelists
to proclaim the mystery of salvation.

Grant that through their intercession,
our lives may be shaped by the Gospel we profess.
Through Christ our Lord. Amen.

**Sts. Matthew, Mark, Luke, and John,
help me love God's Word. Amen.**



The Four Evangelists, Pieter Claesz Soutman

St. Michael the Archangel: Stone from the Sanctuary of Monte Gargano

Symbol: Heavenly Protector of the Church

The Archangel Michael defends the Church against evil and stands guard over God's people.

Prayer to St. Michael

St. Michael the Archangel, defend us in battle.

Be our protection against the wickedness
and snares of the devil.

May God rebuke him, we humbly pray;
and do thou, O Prince of the heavenly hosts,
by the power of God, cast into hell Satan and
all the evil spirits who prowl about the world
seeking the ruin of souls. Amen.

St. Michael, guard me and keep me safe. Amen.



Saint Michael Slaying The Demon

The Apostles left their nets, their homes, and
even their lives — and the world was changed.

Their courage built the Church we still call home.

May their prayers make us fearless witnesses
of Christ's Resurrection in our own time.

Groups 4: Martyrs & Courageous Witnesses Faith That Conquers Fear

"Be faithful unto death, and I will give you the crown of life." — Revelation 2:10

The martyrs remind us that love is stronger than fear. From the first centuries to our own time, they gave their lives rather than deny the faith — not out of despair, but out of joy, knowing that heaven begins where self ends. This group gathers those who carried their cross with courage: men and women, young and old, all witnesses that the Blood of Christ still gives life to the world.

St. Josaphat, Bishop and Martyr: Feast November 12 **Patronage: Unity of the Church**

Born in what is now Ukraine, St. Josaphat worked to reconcile the Eastern and Western Churches. His martyrdom for unity reminds us that truth and charity cannot be separated.

Prayer for Christian Unity

(adapted from St. Josaphat's devotion)

Lord Jesus Christ, who prayed that all might be one, make us strong in faith and gentle in heart. Heal divisions among Christians, and draw all people into the fullness of Your truth. Amen.

St. Josaphat, help all Christians love and work together for Jesus. Amen.

St. Cecilia, Virgin and Martyr: Feast Nov. 22 **Patronage: Musicians and sacred music**

Cecilia sang in her heart to God even as she faced death, turning her martyrdom into a hymn of love. She reminds us that true worship is the music of a soul in love with Christ.

Prayer to St. Cecilia for Musicians

St. Cecilia, glorious virgin and martyr, you won the crown of glory through your fidelity to Christ. Inspire musicians to sing God's praises with joy and purity of heart, that their art may lead others to love Him more deeply. Amen.

St. Cecilia, help me sing for Jesus with a happy heart. Amen.

Sts. Charles Lwanga and Matthew Mulumba & Companions: Feast June 3

Patronage: African youth, courage in purity

In Uganda in 1886, King Mwanga martyred 22 young men, including Charles Lwanga and Matthew Mulumba, for their Christian faith and purity. Their steadfastness shows the power of grace even in persecution.



Prayer of the Ugandan Martyrs

Almighty and loving God, who gave the Ugandan martyrs strength to be faithful in the midst of fire, grant us the same courage to proclaim our faith boldly and to live our baptismal promises with joy. May their witness inspire purity, courage, and peace in our hearts. Amen.

Sts. Charles and Matthew, help me love Jesus more than anything else. Amen.



Saint Agnes With The Lamb

St. Agnes, Virgin & Martyr: Feast January 21 **Patronage: Girls, chastity, innocence**

Only twelve years old, Agnes faced death rather than betray Christ. Her purity of heart made her strong with divine courage.

Prayer to St. Agnes

O Little St. Agnes, pure and gentle lamb of God, by your steadfast faith and love you won the crown of life. Pray for us, that we may keep our hearts pure and our lives faithful to Christ. Amen.

St. Agnes, help me love Jesus with a pure and happy heart. Amen.

St. Sebastian, Martyr: Feast January 20 **Patronage: Soldiers, athletes, strength in suffering**

An officer in the Roman army, Sebastian secretly comforted Christian prisoners and was executed for his faith. His steadfastness under trial makes him a symbol of hope amid suffering.

Prayer to St. Sebastian

Glorious martyr St. Sebastian, strong in body and spirit, you endured arrows of persecution for love of Christ. Defend us from the arrows of doubt, fear, and weakness. Give us courage to serve Christ faithfully to the end. Amen.

St. Sebastian, help me be brave and kind, even when things are hard. Amen.

St. Valentine, Priest & Martyr: Feast February 14

Patronage: Love, friendship, young people In a time of persecution, St. Valentine secretly united Christian couples in marriage and suffered martyrdom for his witness to Christ's love.

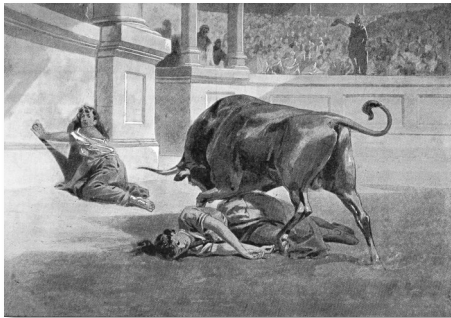
Prayer of St. Valentine

Loving God, who taught us that love is the greatest of all virtues, grant that through the prayers of St. Valentine our hearts may be filled with charity and faithfulness. Help us love as You love freely, faithfully, and forever. Amen.

St. Valentine, help me be kind to others and share God's love. Amen.

Sts. Perpetua & Felicity, Martyrs: Feast: March 7

Patronage: Mothers, expectant women, perseverance



In A.D. 203, the young mother Perpetua and her servant Felicity faced wild beasts in the arena at Carthage. Their calm courage and love for Christ inspired generations of believers.

Prayer of the Early Martyrs

O God, who gave Sts. Perpetua and Felicity the courage to bear witness even unto death, grant that through their prayers we may hold fast to the faith and seek You above all things. Through Christ our Lord. Amen.

Sts. Perpetua and Felicity, help me be brave and love Jesus no matter what. Amen.

The Forty Martyrs of Sebaste: Feast March 10

Patronage: Soldiers, fidelity in trial

In the year 320, forty Roman soldiers were condemned to freeze on a lake near Sebaste for refusing to renounce Christ. One fell away, but another took his place, and the number was fulfilled. Their story teaches that fidelity inspires faith in others.

Prayer of the Forty Martyrs

Almighty God, who made the Forty Martyrs of Sebaste faithful unto death, grant that, through their prayers, we may persevere in faith and never lose hope. May their steadfast courage strengthen all who face persecution today. Through Christ our Lord. Amen.

Holy Martyrs, help me stay strong for Jesus even when it's hard. Amen.

From the arenas of Rome to the frozen lakes of Armenia and the fields of Africa, the martyrs have shown that no fear can silence faith. Their courage still lights the Church with a fire that never dies. May their prayers make us bold in love, faithful in trial, and joyful in the hope of heaven.

Group 5: Mission & Evangelization Bearers of the Gospel

"How beautiful are the feet of those who bring good news!" — Romans 10:15

The mission of Christ did not end with His Ascension, it began anew in His disciples. From Jerusalem to Ireland, the Gospel has traveled on the feet of saints who carried Christ to every corner of the earth. Here we visit those whose zeal for souls made the Church grow, not through conquest but through the power of love.

St. Francis of Assisi: Feast October 4

Patronage: Missionaries, peace, ecology, Italy

The poor man of Assisi preached not only with words but with his life. His joy and poverty made Christ visible to all who met him.

Excerpt Prayer of St. Francis

Lord, make me an instrument
of Your peace.
Where there is hatred,
let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

**St. Francis, help me love
animals, people, and all God's
creation. Amen.**



St. Anthony of Padua: Feast June 13

Patronage: Lost things, travelers, the poor

A brilliant preacher and teacher, Anthony's love for Scripture set hearts ablaze. Through his compassion for the poor, he revealed the tenderness of God.

St. Anthony Prayer for Lost Things

St. Anthony, gentle servant of God, you gave your voice to the Gospel and your heart to the poor. Intercede for us, that we may seek Christ above all things and find in Him what is lost in our hearts.

"O Holy St. Anthony, gentlest of saints, your love for God and charity for His creatures made you worthy to possess miraculous powers. I implore you to help me find the item which has been lost. [State your intention here].

Grant that I may find what is lost and be able to use it for good, or if it is not God's will, grant me the peace and strength to accept it. Amen".

**Saint Anthony, Saint Anthony, please come
around. Something is lost and needs to be found.**



St. Francis Xavier & St. Aloysius Gonzaga:

Feasts December 3 & June 21

Patronage: Missions, Youth, Purity, Zeal

Both Jesuits and companions in spirit, these saints reveal two faces of the same mission. **St. Francis Xavier**, one of the first missionaries of the Society of Jesus, crossed seas and cultures to bring Christ to distant lands. **St. Aloysius Gonzaga**, formed by the same order, lived a hidden mission of holiness. His purity, prayer, and service shining as a quiet evangelization of love. Together, they embody what it means to share the Gospel: zeal rooted in purity, action born of prayer.

Prayer for Mission and Evangelization

O Lord, through the zeal of St. Francis Xavier and the purity of St. Aloysius Gonzaga, ignite in us a missionary spirit—that we may share Your love with courage, joy, and holiness of heart. Amen.

Sts. Francis Xavier and Aloysius Gonzaga, pray for me, that I may tell others about Jesus with joy and serve Him with love. Amen.

St. Christopher: Feast July 25

Patronage: Travelers, motorists, wayfarers

Legend tells of Christopher carrying a child across a river, discovering he bore the Christ Himself. His story reminds us that in serving others, we carry Jesus too.



Prayer of St. Christopher

St. Christopher, bearer of Christ, guard all who travel and guide our journeys. Help us to carry Christ in our hearts, that all who meet us may see His light.

St. Christopher, keep us safe on every trip. Amen.

St. Mark the Evangelist: Feast April 25

Patronage: Writers, notaries, Egypt, Venice

The author of the first Gospel, and the patron of our parish, St. Mark carried the Good News to Egypt. His winged lion proclaims courage in preaching Christ to the nations.

Prayer of St. Mark

Holy St. Mark, evangelist of Christ, help us to proclaim the Gospel boldly and faithfully. May our words and deeds echo your witness to the Risen Lord.

St. Mark, help me tell others about Jesus. Amen.

St. Patrick: Feast March 17

Patronage: Ireland, missionaries, engineers

Captured in youth and enslaved, Patrick returned as a missionary to those who had bound him. His forgiveness and preaching converted an entire nation.

Breastplate of St. Patrick (Excerpt)

Christ be with me, Christ within me, Christ behind me,
Christ before me, Christ beside me, Christ to win me,
Christ to comfort and restore me.

St. Patrick, help me be brave and kind like you. Amen.



St. Helene, Feast August 18

Patronage: Archaeologists, converts, Christian mothers, discoverers of sacred relics. Born in humble origins, Helene rose to become Empress of Rome and mother of Constantine the Great. Late in life, her heart burned to make Christ known to every corner of the empire. She journeyed to the Holy Land, where she discovered the True Cross and built churches over the most sacred sites of Our Lord's Passion and Resurrection. Her pilgrimage was one of faith and proclamation, a mother's witness that the Gospel can transform both home and empire.

Prayer of St. Helene

O God, who gave Saint Helene a heart eager to seek the places made holy by Your Son's life and death, grant that through her example we may always search for Your truth and bear witness to the Cross in our own world.

May her zeal for the faith inflame our hearts
to build up Your Church wherever You send us.
Through Christ our Lord. Amen.

St. Helene, help me love Jesus' Cross and tell others how much He loves them. Amen.

From the shores of Galilee to the mountains of Peru, the Gospel has traveled on the hearts and hands of saints who carried Christ to the world. Some crossed oceans; others never left their cloisters yet all became missionaries of love.

May their example stir in us a renewed zeal for souls, that we may proclaim the Good News not only with our lips, but by the radiant witness of our lives.

Group 6: Mercy & Confession Healing for the Heart

*"Be merciful, just as your Father is merciful."
— Luke 6:36*

The mercy of Christ is the beating heart of the Church. In the confessional, His love stoops low to lift up the sinner; at the altar, His forgiveness flows like a river through the soul. These saints remind us that mercy is not weakness, but the strength of divine love: A love that never grows weary of welcoming us home.

St. Faustina Kowalska: Feast October 5

Patronage: Divine Mercy, mercy for sinners, Poland

A humble Polish sister chosen by Christ to proclaim His mercy to the world. Her diary became the foundation of the Divine Mercy devotion, reminding every sinner that God's love is greater than all sin.

Prayer of Divine Mercy

Eternal God, in whom mercy is endless
and the treasury of compassion inexhaustible,
look kindly upon us and increase Your mercy in us,
that in difficult moments we might not despair
nor become despondent, but with great confidence
submit ourselves to Your holy will,
which is Love and Mercy itself. Amen.

St. Faustina, help me say, "Jesus, I trust in You!" Amen.

St. John Vianney: Feast August 4

Patronage: Parish priests, confessors, pastors

The humble Curé of Ars spent long hours in the confessional, reconciling thousands to God. His gentle wisdom revealed the face of a Father who never tires of forgiving His children.

Prayer of St. John Vianney

I love You, O my God, and my only desire is to love You until the last breath of my life. I love You, O infinitely loving God, and I would rather die loving You than live one instant without You. Amen.

St. John Vianney, help me tell God I'm sorry and start again with a clean heart. Amen.

St. Mary Magdalene: Feast July 22

Patronage: Penitents, converts, contemplatives

Once possessed by seven demons, Mary Magdalene was healed by the mercy of Christ. She became His devoted disciple and the first to witness His Resurrection. Her life proclaims that no sin is beyond the reach of God's love.

Prayer of St. Mary Magdalene

Lord Jesus, You looked with mercy upon Mary Magdalene and restored her to peace and grace. Heal the wounds of my soul and let me rise again in Your friendship. Amen.

St. Mary Magdalene, help me say I'm sorry and love Jesus with all my heart. Amen.

Pope St. John XXIII: Feast October 11

Patronage: Christian unity, peace

Called *Good Pope John*, his warmth and pastoral heart opened the Second Vatican Council. He trusted that mercy, not fear, was the path back to God.

Prayer of St. John XXIII

Lord, may I begin every day with a new heart.
Let me look upon others with kindness,
forgive quickly, and sow peace where there is discord.
Amen.

Good Pope John, help me smile and bring peace to others. Amen.

From the wounds of Christ flows the mercy
that heals the world.

The saints who lived this mystery remind us
that confession is not an ending, but a
homecoming where love meets us in our
weakness and restores our joy.

May their intercession help us trust more
deeply in the mercy of God, and lead others
to the same fountain of forgiveness and
peace.



The Confession Of Saint Longinus, James Tissot

St. Longinus, Soldier of Mercy: Feast March 15

Patronage: Conversion of sinners, the blind, soldiers, and those seeking deeper faith

Once a Roman centurion who stood beneath the Cross, Longinus opened the Sacred Heart of Christ and in that moment, his own heart was opened. Tradition tells that the blood and water which flowed from Jesus' side healed his failing sight and brought him to faith. Leaving his post, he became a witness to the Passion and a preacher of the mercy he had seen with his own eyes.

Prayer to St. Longinus

O St. Longinus, soldier of the Crucified Lord, you who saw the blood and water flow from His side, pierce our hearts with the same mercy that changed you. Help us recognize Jesus in our weakness and proclaim His love to all. Amen.

St. Longinus, help me love Jesus who died for me, and always believe He forgives me. Amen.

Group 7: The Altar Relics

Communion of Heaven and Earth

"I am the living bread that came down from heaven." — John 6:51

At the altar, heaven and earth meet. Although you cannot see them, there are three relics under the altar. Here, Christ's one sacrifice becomes present in every age. The saints and angels join us in the unending hymn of love that began at the Last Supper and continues through every Mass.

These saints, whose relics are enshrined within our altar, remind us that the Eucharist is not only a mystery to adore, but a life to live, offering ourselves in love as Christ offered Himself for us.



Christ at the Eucharist in the Altarpiece, Aleksei Sergejev

St. Richard of Chichester: Feast June 16

Patronage: Priests, educators, coachmen, and the Diocese of Chichester

A bishop known for his devotion to the Mass and tireless reform, St. Richard sought holiness in the ordinary duties of his ministry. His simple prayer has echoed through centuries — a desire to know, love, and serve Christ more each day.

Prayer of St. Richard of Chichester

Thanks be to Thee, my Lord Jesus Christ,
for all the benefits Thou hast given me,
for all the pains and insults Thou hast borne for me.
O most merciful Redeemer, Friend, and Brother,
may I know Thee more clearly,
love Thee more dearly,
and follow Thee more nearly,
day by day. Amen.

St. Richard, help me love Jesus more every day. Amen.

St. Maria Goretti: Feast July 6

Patronage: Purity, youth, forgiveness, victims of assault

At just twelve years old, Maria Goretti chose forgiveness over hatred. Her sacrifice mirrors the purity of the Lamb upon the altar, innocence offered for love of Christ. She reminds us that holiness is not measured by age but by the willingness to love and forgive.

Prayer for Purity and Forgiveness

O St. Maria Goretti, who valued purity of heart above all else, teach us to see the beauty of chastity and the power of mercy. Intercede for all who struggle to forgive, that they may find peace in the Heart of Jesus, broken and given for us in the Eucharist.

St. Maria, help me love Jesus and forgive, even when it's hard. Amen.

St. John Neumann: Feast January 5

Patronage: Catholic education, first communicants, immigrants

A missionary bishop in America, St. John Neumann built churches, schools, and hearts centered on the Eucharist. He introduced Forty Hours Devotion and called the Eucharist *"the source of every strength and joy."* His life shows that every act of service flows from the altar and returns there in thanksgiving.

Prayer of St. John Neumann

Dearest Jesus, teach me to be generous.

Teach me to serve You as You deserve:

to give and not to count the cost,

to labor and not to seek reward,

save that of knowing that I do Your will. Amen.

St. John Neumann, help me love Jesus in Holy Communion and thank Him every day. Amen.

Here, upon this altar, rests the heart of our faith, the place where heaven bends to earth and love becomes flesh. Through the prayers of the saints whose relics rest within it, may we draw close to Christ's Real Presence, and, like them, become living tabernacles.

Group 8: Contemplatives & Mystics

Prayer and the Presence of God

*"Be still and know that I am God."
— Psalm 46:10*



In every age, God calls souls into silence, not to escape the world, but to intercede for it. These saints teach us that prayer is not only speaking to God but resting in His gaze, letting His love shape every thought and desire. They remind us that holiness grows in stillness, where the heart listens, and heaven draws near.

Sts. Teresa of Ávila & John of the Cross:

Feasts October 15 (Teresa), December 14 (John)

Patronage: Contemplative prayer, mystics, spiritual directors, reformers of religious life

Bound together in friendship and mission, Teresa and John reformed the Carmelite Order and renewed the Church through the interior life. Teresa's image of the soul as a "castle filled with light" and John's vision of the "dark night" reveal that prayer is both a journey and a transformation — the soul's union with the Beloved.



Lawrence OP, Flicker

Prayer of St. Teresa of Ávila

Let nothing disturb you, let nothing frighten you,
all things are passing; God never changes. Patience
obtains all things. Whoever has God lacks nothing;
God alone suffices.

Prayer of St. John of the Cross

O Blessed Jesus, grant me stillness of soul in You;
let Your mighty calmness reign in me.
Rule me, O King of Gentleness,
King of Peace. Give me control,
control over my words, thoughts, and actions.
From all irritability, want of patience, harsh judgments,
and fretfulness, deliver me, dear Lord.
By the power of Your grace,
make me gentle and humble of heart, loving and
patient, so that I may imitate You, and so find rest in You,
who are my Lord and my God. Amen.

**St. Teresa and St. John, help me pray every day and listen
to God's voice in my heart. Amen.**

St. Catherine Labouré: Feast November 28

Patronage: Miraculous Medal, visionaries, trust in Mary's intercession In humble obedience, Catherine received the vision of the Blessed Virgin Mary that brought the world the Miraculous Medal — a sign of grace and protection. Her hidden life in the convent was one of deep interior peace and unshakable faith in God's providence.

Prayer from the Miraculous Medal

O Mary, conceived without sin,
pray for us who have recourse to thee,
and for those who do not have recourse
to thee,
especially the enemies of the Church
and all those recommended to thee.

**St. Catherine, help me love Mary and wear
my Miraculous Medal with faith. Amen.**



St. Bernadette Soubirous: Feast April 16

Patronage: Lourdes, the sick, humility, those who suffer

A poor shepherd girl chosen to see the Blessed Mother, Bernadette's simplicity and faith brought the healing waters of Lourdes to the world. She reminds us that God reveals Himself not to the proud, but to the pure of heart.



St. Bernadette Venerates Mary In The Grotto At Lourdes

Prayer of St. Bernadette

O Jesus, give me a
heart full of love and
simplicity.
Help me to bear every
cross joyfully
and to see You in the
poor and the
suffering.
Let me live in Your
presence each day
and die in the hope of
seeing You face to
face. Amen.

**St. Bernadette, help me
listen to Mary and
believe what Jesus
says. Amen.**

St. Benedict of Nursia: Feast July 11

Patronage: Monks, Europe, students, protection against evil

Benedict formed communities centered on prayer and work — *ora et labora* — uniting contemplation with daily labor. His Rule shaped Western monasticism and taught that every moment, from chanting the psalms to serving a meal, can be an act of prayer. The St. Benedict Medal, bearing symbols and words of faith, reminds us to place Christ at the center of life and to trust in His power to guard us from evil.



Prayer from the Rule of St. Benedict

Grant me, O Lord, to
prefer nothing whatever
to Christ; and may He
bring us all together to
everlasting life. Amen.

**St. Benedict, help me talk
to Jesus and do my work
with joy. Amen.**



In the silence of prayer, God speaks most clearly.
The saints of contemplation show us that holiness is
born not in noise or achievement, but in surrender —
in hearts that rest in His presence.

Through their intercession, may we learn to be still
before the Lord, that our souls may echo His peace
and our lives become a prayer without end.

Group 9: Charity, Service & the Poor ~ Love in Action

*"Whatever you did for the least of these,
you did for Me." — Matthew 25:40*

The saints who served the poor remind us that love is
never abstract — it has hands that lift, hearts that
listen, and eyes that see Christ in others. They turned
prayer into service and compassion into daily duty.
In every generation, their example calls us to build a
civilization of love, where mercy is not merely spoken
but lived.

St. Frances Cabrini: Feast November 13

Patronage: *Immigrants, hospital workers, missionaries*

Born in Italy and sent to America, Mother Cabrini
devoted her life to serving immigrants, building
schools, hospitals, and orphanages. Her courage
came from total trust in the Sacred Heart of Jesus,
made visible through tireless service.

Prayer of St. Frances Cabrini

Fortify me with the grace of Your Holy Spirit, Lord,
and give Your peace to my soul that I may be free from
all needless anxiety and solicitude. Help me to desire
always that which is most pleasing and
acceptable to You. Amen.

**Mother Cabrini, help me be kind to everyone and help
those who feel lonely or new. Amen.**

St. Vincent de Paul: Feast September 27

Patronage: *Charitable societies, the poor, social
workers.* St. Vincent was a priest whose heart burned
for the poor and forgotten. He founded the
Vincentians and inspired countless acts of mercy that
continue today through the St. Vincent de Paul
Society.

Prayer of St. Vincent de Paul

Lord, help me to recognize You in the poor, the sick,
and the sorrowing. May I bring them comfort and help,
and through them, find You. Amen.

**St. Vincent, help me to be kind to those
who are sad or poor. Amen.**

St. Martin de Porres: Feast November 3

Patronage: *Racial harmony, barbers, social justice,
the poor.* The son of a Spanish nobleman and an
enslaved woman of African descent, St. Martin faced
prejudice with humility and love. He cared tenderly
for the sick, the poor, and even stray animals, finding
Christ in everyone he met. His broom became the
symbol of his sanctity — he used it joyfully in service,
reminding us that no task is too small when done with
great love.



Prayer Inspired by St. Martin de Porres

Lord Jesus, You taught
St. Martin de Porres to
see Your face in all
people. Give me a
humble heart and
gentle hands to bring
Your peace and
healing wherever I go.
May I serve others with
joy and kindness, and
love You in the least of
my brothers and sisters.
Amen.

**St. Martin, help me be
kind to everyone
and share what I have.
Amen.**

Sts. Cosmas & Damien: Feast September 26

Patronage: *Physicians, surgeons, pharmacists*

Twin brothers who healed the sick without payment,
Cosmas and Damien made Christ's mercy visible
through medicine and compassion.
Their charity became a sign of God's healing love in
a hurting world.

Prayer to Sts. Cosmas & Damien

O glorious martyrs, Cosmas and Damien,
you cured the sick by the power of Christ and refused all
reward. Grant that we too may use our gifts to serve
others freely, and that through our love, the world may
see Christ's healing. Amen.

**Sts. Cosmas and Damien, help me pray for
people who are sick. Amen.**

Love is the measure of holiness.

The saints of charity show that to serve others is to
touch Christ Himself. May their example move our
hearts to compassion and our hands to service,
so that the world may see in us the mercy of God
alive and active today.

Group 10: Joy, Youth & Simplicity

The Childlike Heart of Faith

*"Unless you become like little children, you will never enter the kingdom of heaven."
— Matthew 18:3*

The saints of simplicity teach us that faith is not complicated — it is a trustful gaze toward God, full of joy and wonder. These youthful souls remind us that holiness is not reserved for the wise or powerful, but for those who love greatly and believe without fear. In their joy, purity, and courage, we glimpse the radiant light of heaven.

St. Thérèse of the Child Jesus (The Little Flower):

Feast: October 1

Patronage: Missionaries, florists, the sick, childlike faith

Thérèse entered the Carmelite convent at fifteen and found sanctity in small acts of love. Her "Little Way" shows that doing ordinary things with great love transforms the world and delights the heart of God.

Prayer of St. Thérèse

O my God, I offer You all my actions today for the intentions and glory of the Sacred Heart of Jesus.

I desire to sanctify every beat of my heart, every thought, every simple work, by uniting it to His infinite merits. May my life be one act of love. Amen.

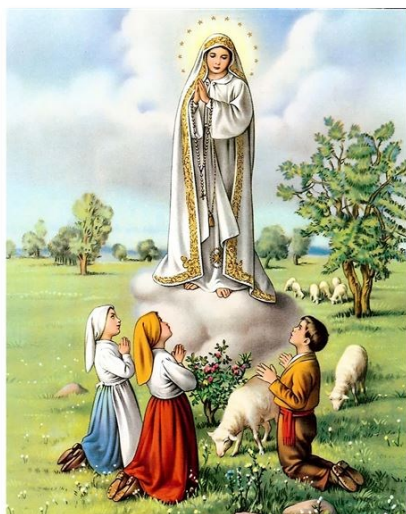
St. Thérèse, help me love Jesus in little things and make Him smile. Amen.

Sts. Jacinta & Francisco Marto and the Tree of Fátima:

Feast February 20

Patronage: Children, peace, devotion to Our Lady of Fátima.

The little shepherds of Fátima were chosen by Mary to bring a message of prayer and conversion to the world. Though very young, their purity and faith made them instruments of peace. The tree where Our Lady appeared stands as a living reminder that heaven is near to those who trust like children.



Cromo NB studios, Milan, Italy

Prayer from Our Lady of Fátima

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in most need of Your mercy.

Saints Jacinta and Francisco, help me pray the Rosary and love Mary like you did. Amen.

St. Gabriel of Our Lady of Sorrows: Feast Feb. 27

Patronage: Youth, students, clerics, devotion to Our Lady of Sorrows

A joyful Passionist seminarian, Gabriel offered his short life for God with a smile. He found strength in Our Lady of Sorrows and taught that true joy is born of self-giving love. Even in suffering, he sang the praises of Mary and trusted completely in Christ.



Prayer of St. Gabriel

O Lord, may my life be a song of joy and sacrifice. Help me to bear my cross with a smile, to love Mary as my Mother, and to find in Your will my peace. Amen.

St. Gabriel, help me be happy to help others and to love Mary every day. Amen.

St. Stanislaus Kostka: Feast: August 15

Patronage: Youth, students, Jesuit novices, purity of heart

Born into a noble Polish family, Stanislaus longed only to belong completely to God. Still a teenager, he walked hundreds of miles across Europe to join the Jesuits, filled with joy and trust in divine providence. He died at just 17, but his cheerful holiness and courage inspired countless young people to follow Christ with simplicity and zeal.

Prayer of St. Stanislaus Kostka

O loving Lord, You filled St. Stanislaus with youthful fervor and pure love. Grant that we may serve You with the same joy, and never be afraid to follow the path You set before us. Through Christ our Lord. Amen.

St. Stanislaus, help me love Jesus with all my heart and follow Him with a happy spirit. Amen.



The joy of the saints is the music of heaven heard on earth. Through their laughter, trust, and innocent love, they teach us that holiness is not heavy but radiant and born of gratitude and faith.

May their childlike hearts inspire us to walk in simplicity and delight in the goodness of God.

Group 11: Teachers & Wisdom

Light for the Mind, Fire for the Heart

The Lord gives wisdom; from His mouth come knowledge and understanding." — Proverbs 2:6

The Church's great teachers show that wisdom is not only found in books but in lives transformed by grace. They remind us that knowledge without love is empty — and that every truth worth teaching leads the heart closer to Christ.

From the early Fathers to modern saints, these teachers and shepherds shaped minds and formed souls, keeping the light of faith burning bright in every age.

St. Lucy: Feast December 13

Patronage: *The blind, eye ailments, writers, and all who seek spiritual light.*

Born in Sicily during the Roman persecutions, Lucy consecrated her life to Christ and gave her wealth to the poor. When threatened with violence, she stood firm in her faith, declaring that no power on earth could darken the light of Christ within her. Her name, *Lucia*, means "light" and is a symbol of the vision that faith gives to the soul. She reminds us that wisdom is not only knowledge but the ability to see God's truth shining in every heart.



*Saint Lucia,
Cima da Conegliano*

Prayer of St. Lucy

Lord Jesus, true Light of the world, through the prayers of St. Lucy, open my eyes to Your truth. May I walk in the brightness of faith and reflect Your light to others.

**St. Lucy, help me see with Jesus' eyes:
with kindness, love, and light. Amen.**

St. Thomas Aquinas: Feast Jan. 28

Patronage: *Theologians, students, Eucharistic devotion*

A Doctor of the Church and teacher of teachers, Thomas sought truth not to impress, but to adore. He called theology "faith seeking understanding," and his humility matched his genius. Near the end of his life he said, "Everything I have written seems like straw compared to what has been revealed to me."

St. Aquinas Prayer Before Study

Creator of all things, true source of light and wisdom, origin of all, pour forth Your brilliance upon my darkened understanding. Grant me a sharp sense of comprehension, a retentive memory, and the ability to grasp things correctly and fundamentally. Grant me the talent of being exact in my explanations and the ability to express myself with thoroughness and charm. Amen.

St. Thomas, help me learn and remember that everything I study is a way to know God. Amen.

St. Ambrose: Feast: December 7

Patronage: *Preachers, students, bishops, beekeepers*

A Roman governor turned bishop, Ambrose was a brilliant teacher whose preaching converted St. Augustine. He taught that true authority is service and that scripture sings when it is lived.

His hymns and sermons still give the Church a voice of reason and beauty.

Prayer of St. Ambrose Before Mass (Excerpt)

Lord Jesus Christ, I approach Your banquet as one sick to the Physician of life, unclean to the Fountain of mercy, blind to the Light of eternal splendor, poor and needy to the Lord of heaven and earth. Grant me, I pray, the grace of deep devotion and true repentance. Amen.

St. Ambrose, help me listen to God's word and share it with kindness. Amen.

St. Augustine of Hippo: Feast August 28

Patronage: *Theologians, seekers, writers, converts*
Once a restless searcher, Augustine found peace only in God. His conversion and his writings taught that truth and love are inseparable — that the heart must burn for what the mind believes.

Prayer of St. Augustine

You have made us for Yourself, O Lord, and our hearts are restless until they rest in You.

St. Augustine, help me remember that God loves me and always calls me back to Him. Amen.

St. Jerome: Feast September 30

Patronage: *Scholars, Bible translators, students*

Jerome devoted his life to translating Scripture into the language of the people. He wrote, "Ignorance of Scripture is ignorance of Christ." His fierce love for truth reminds us that the Word of God is alive and demands our hearts as well as our minds.



Prayer of St. Jerome

O Lord, let Your Scriptures be my delight. Let me not speak of them only with my lips, but understand and live them in my life. Amen.

St. Jerome, help me listen to Bible stories and learn how much Jesus loves me. Amen.

Saint Jerome Reading, Alvise Vivarini

Pope St. Pius X: Feast August 21

Patronage: *First Communicants, catechists, devotion to the Eucharist*

A pope of the people, Pius X renewed catechesis and invited the faithful to receive the Eucharist often. He reminded the Church that learning the faith must always lead to love and that true wisdom begins at the altar, where Christ Himself is our teacher.

Prayer of Pope St. Pius X

Lord Jesus Christ, King and Center of all hearts, live in mine and reign there. Grant me grace to understand Your truth, to love Your Church, and to teach Your word faithfully. Amen.

Pope St. Pius X, help me learn about Jesus and love Him in Communion. Amen.

St. Elizabeth Ann Seton: Feast January 4

Patronage: *Catholic schools, teachers, widows, families*

The first American-born saint, Elizabeth brought the wisdom of faith into the classroom and the home. She founded the first Catholic school and religious community for women in the United States, transforming education through faith and compassion. Her wisdom was tender and practical — a mother's heart teaching that every act of love is a lesson in holiness.

Prayer of St. Elizabeth Ann Seton

Lord, let my work and my words teach Your love. Help me to lead others, especially the young, to know You more deeply. Amen.

St. Elizabeth Ann Seton, help me learn about God and share His love at school and at home. Amen.

Wisdom takes many forms — the scholar's pen, the bishop's word, the teacher's patience, the mother's faith.

Each of these saints shows that truth without love is incomplete, and that the highest learning is to know Christ. May their prayers guide all who teach and all who learn, that knowledge may always lead us to wonder, and wisdom to the heart of God.

*How small will the
present moment appear
when we enter that great ocean.*
St. Elizabeth Ann Seton

Group 12: Protection & Spiritual Battle: Defenders of Body and Soul

*"Put on the armor of God, so that you may be able to stand firm against the tactics of the devil."
— Ephesians 6:11*



Jesus Healing the Sick, Ludovico Caracciolo

The saints and angels of protection remind us that God's care surrounds every part of life. Through the compassion of these saints, we see healing born of faith. Through the guardianship of the angels, we glimpse heaven's strength at work on earth. Together they teach us to trust in God's power and rest secure in His love.

St. Blaise: Feast February 3

Patronage: *Throats, physicians, protection from illness*

A physician and bishop, St. Blaise was known for miraculous healings, especially of throat ailments. His blessing reminds us that Christ's power extends to body and soul, and that prayer itself can heal.

Blessing of St. Blaise

Through the intercession of St. Blaise, bishop and martyr, may God deliver you from every disease of the throat and from every other illness. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

St. Blaise, keep me healthy and strong, and help me pray for people who are sick. Amen.

St. Dymphna: Feast May 15

Patronage: *Mental health, anxiety, depression*

An Irish princess who fled persecution, Dymphna gave her life protecting the vulnerable. She is a gentle intercessor for those who suffer in mind or spirit, reminding us that Christ brings light to every darkness.

Prayer of St. Dymphna

Good St. Dymphna, hear our prayer for all who suffer from anxiety, depression, or mental illness. May your example of faith and courage bring them hope and peace in Christ. Amen.

St. Dymphna, pray for people who are sad or worried. Amen.



St. Peregrine Laziosi: Feast May 1

Patronage: Cancer patients, those suffering from chronic illness

Stricken with cancer, St. Peregrine was miraculously healed while praying before the crucifix. He teaches us to unite our pain with Christ's suffering, trusting that nothing is wasted in love.

Prayer of St. Peregrine

O great St. Peregrine, you who were healed by the power of Jesus' Passion, intercede for all who suffer from cancer and serious illness. May they find healing, peace, and courage in His mercy. Amen.

St. Peregrine, help sick people feel better and know that Jesus loves them. Amen.



St. Nicholas of Myra: Feast December 6

Patronage: Children, travelers, sailors, the poor, and the imprisoned

St. Nicholas was known for his deep charity and unwavering faith, he served as Bishop of Myra in the 4th century. He defended the truth of Christ at the Council of Nicaea and became renowned for his mercy toward the poor and persecuted. Over time, his joyful spirit of giving spread across the world, becoming a symbol of the kindness of Christ Himself.

Prayer of St. Nicholas – Protector and Giver of Peace

O glorious Nicholas, you were strong in faith and gentle in mercy, a shepherd to your flock and a defender of the innocent.

You saw in every need the face of Christ, and in every gift an offering of love. Intercede for us, holy bishop, that we too may become bearers of peace and joy.

St. Nicholas, help me be kind, to share, and to love Jesus with all my heart. Amen.

The Archangels: Michael, Gabriel, and Raphael: Feast: September 29

Relic: Rock from the Cave of St. Michael the Archangel

Patronage: Defenders, messengers, and healers

The Archangels reveal God's power and mercy. Michael defends the faithful, Gabriel proclaims the Word, and Raphael brings healing and peace. Together they remind us that God sends help in every battle, message, and wound and that no struggle is unseen, and no prayer unheard.

Prayer:

Holy Archangels, defenders and messengers of God, stand beside us in faith and guide us in truth. Bring healing where there is pain, strength where there is fear, and peace wherever hearts seek God's light. Amen.

The Guardian Angels: Feast October 2

Patronage: All people, divine protection and guidance

Each of us walks through life with a guardian angel at our side, a companion of grace who watches, protects, and leads us toward heaven. Their care is not only for children, but for every soul that trusts in God's love.

Prayer to My Guardian Angel

Angel of God, my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard, to rule and guide.
Amen.

Guardian Angel, Andrey Nikolaevich Mironov



Prayers from Heaven:

Concluding Reflection

The circle is complete. You have walked among the saints: mothers and martyrs, scholars and servants, mystics and missionaries.

Now, at journey's end, you stand among the angels, the guardians and messengers of God's love.

The saints teach us how to live in grace; the angels remind us that we never walk alone.

Together they form one radiant communion, heaven and earth joined in praise, each heart a prayer rising to God.

In their relics we touch the nearness of heaven.

In their stories, we hear the Gospel alive in every age.

In their intercession, we find courage for the road ahead.

May this pilgrimage awaken gratitude for the gift of faith, renew our hope in eternal life, and fill our hearts with the desire to become, like them, living prayers from heaven — guided by the angels, strengthened by the saints, and held forever in the mercy of God.





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| 1. ST. ELIZABETH ANN SETON | 29. ST. AGNES V.M. |
| 2. ST. ELIZABETH ANN SETON | 30. ST. CECILIA V.M. |
| 3. ST. FRANCES XAVIER CABRINI | 31. ST. ANASTASIA V.M. |
| 4. ST. PETER THE APOSTLE | 32. ST. TIMOTHY |
| 5. ST. PAUL THE APOSTLE | 33. ST. IGNATIUS |
| 6. ST. LINUS P.M. | 34. ST. JOHN CHRYSOSTOM |
| 7. ST. CLETUS P.M. | 35. ST. JEROME |
| 8. ST. CLEMENT I P.M. | 36. ST. AUGUSTINE |
| 9. ST. SIXTUS I P.M. | 37. ST. BENEDICT |
| 10. ST. CORNELIUS P.M. | 38. ST. DOMINIC |
| 11. ST. CYPRIAN | 39. ST. FRANCIS OF ASSISI |
| 12. ST. LAWRENCE | 40. ST. IGNATIUS OF LOYOLA |
| 13. ST. CHRYSOGONUS | 41. ST. VINCENT DE PAUL |
| 14. ST. JOHN AND ST. PAUL | 42. ST. SILVESTER |
| 15. ST. COSMAS AND ST. DAMIAN | 43. ST. PATRICK |
| 16. ST. PIUS X | 44. ST. NICHOLAS |
| 17. FLAGELLATION CORDS OF OUR LORD | 45. ST. WILLIAM |
| 18. RELIC OF THE TRUE CROSS | 46. ST. JOHN NEUMANN |
| 19. RELIC OF THE TRUE CROSS | 47. ST. JOHN NEUMANN |
| 20. RELIC OF THE TRUE CROSS | 48. ST. PETER DAMIAN |
| 21. ST. VERONICA | 49. ST. THOMAS AQUINAS |
| 22. ST. MARY MAGDALENE | 50. ST. PETER CANISIUS |
| 23. RELIC OF THE BLESSED VIRGIN MARY | 51. ST. FRANCIS DE SALES |
| 24. ST. JOHN THE EVANGELIST | 52. ST. THERESE OF THE CHILD JESUS |
| 25. ST. STEPHEN PROTOMARTYR | |
| 26. ST. FELICITY | |
| 27. ST. PERPETUA V.M. | |
| 28. ST. LUCY V.M. | |

Acknowledgments

With heartfelt gratitude to the Knights of Columbus and the Knights of Columbus Ladies' Auxiliary for their faithful dedication and tireless service. Each year, their hands prepare, guard, and care for the relics so that this veneration may be offered with beauty, reverence, and love. Their quiet devotion is itself a witness to the communion of saints.

Special thanks to Fr. John Putnam, whose continual support and pastoral guidance make this annual veneration of relics a moment of grace for our parish and all who visit.

May God bless all who helped bring this prayerful exhibition to life, and may the saints intercede for all who seek Christ in their midst.



VENERATING THE SAINTS

Please visit the relics quietly and reverently. Take a moment to remember that you are in the presence of items that go back to the beginnings of the Church. You will find relics in the following three places:

1. Reliquary Cases:

St. Mark has two reliquary cases permanently displayed in the left transept of the church. Here you will find more than 100 relics of canonized saints and holy objects related to the life and Passion of Christ. Look at the names closely and realize what a gift this collection is to the parish. From the Apostles, to the men and women listed in the Eucharistic Prayers at every Mass, turn to these powerful intercessors from the early Church.

2. Altar Relics:

Although you cannot see them, there are three relics under the altar. Hidden underground, it was common for the early Christians to celebrate Mass deep in the catacombs. They would celebrate the Mass on the stone slabs covering the tombs of martyrs to show proper reverence for the ultimate sacrifice they made for Christ.

When Emperor Constantine legalized Christianity and Mass was moved above ground, the tradition of venerating saints continued. Churches were often built over the remains of holy men and women, but when this was not possible, a first-class relic was placed within the altar and covered with a stone slab.

3. Surrounding the Altar:

We have more 50 relics surrounding the altar this year. They are divided into twelve categories to help you better understand the lives of these saints. Some of these relics were taken from the reliquary cases and some are from private collection.

Most are First Class Relics.

How Should Relics Be Venerated?

Simply stand in front of the relic in a prayerful attitude, raising one's heart and mind to God and invoking the intercession of the saint. Other acceptable gestures include signing oneself with the sign of the cross or kneeling in front of the relic in prayer.

As you approach the altar you should genuflect, not because of the relics, but because Jesus is present in the tabernacle.

Please do not go beyond the steps or try to touch the relics.

WHAT IS A RELIC?



The Relics Of The Passion - Two Angels And The Four Evangelists, Pierre-Jules Jollivet

The word relic comes from the Latin *relinquo*, literally meaning *I leave*, or *I abandon*. A relic is a piece of the body of a saint, an item owned or used by the saint, or an object which has been touched to the tomb of a saint. A relic is kept in a locket called a theca. Thecae are kept in cases called reliquaries.

Relics are divided into three classifications:

- 1st class: Body part of a saint, such as bone
- 2nd class: Possessions a saint owned
- 3rd class: Objects touched to a 1st or 2nd class relic or touched by the saint

Veneration, an act of honor or respect (not worship), of relics dates back to beginnings of the Church. Churches were often built on the remains of Christian martyrs and current saints to provide more blessings.

Only relics that have been certified as authentic can be exposed for veneration by the faithful. Here is the Vatican wax seal, thread and date on the back of the relic and a Certificate of Authenticity. The Code of Canon Law (#1190) absolutely forbids the selling of sacred relics.



Relics in the Bible:

"Meanwhile, God worked extraordinary miracles at the hands of Paul. When cloths which had touched his skin were applied to the sick, their diseases were cured and evil spirits departed from them."

— Acts 19:11-12

Historical Reference:

A letter written in the year 156 tells of the death of Bishop St. Polycarp, "We took up the bones, which are more valuable than precious stones and finer than refined gold, and laid them in a suitable place, where the Lord will permit us to gather ourselves together, as we are able, in gladness and joy, and to celebrate the birthday of his martyrdom."

Modern Day:

Reports of the Lord's miracles continue to be connected with the intercession of a saint and the veneration of his or her relics. Relics remind us of the holiness of a saint and inspire us to ask for the prayers of that saint. We always have them to watch over us and pray for us — it's like having a team of cheerleaders rooting for us to get to heaven!



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