



All Saints Catholic College

House Saints



St Simon of Cyrene



St Anne



St Ignatius of Loyola



St Nicholas Owen



St Teresa of Ávila



St Catherine of Siena



Feast Day: 1st December

St Simon of Cyrene

Service

Compassion

Solidarity

Helping others

Simon of Cyrene appears in the Gospels as the man who was made to carry Jesus' cross on the way to his crucifixion. Simon may initially have been an unwilling participant, his encounter with Jesus has become a powerful example of helping someone who is suffering. His story reminds Christians that sometimes we are called to carry another person's burden and offer practical help when it is needed.

We can learn from Simon



Help people who are struggling



Show kindness



Don't be afraid to get involved



Follow Jesus by serving others

St Anne – Mother of Mary

Faith

Family

Patience

Love

St Anne is traditionally honoured as the mother of the Virgin Mary and grandmother of Jesus. Although she is not named in the Bible, her story comes from early Christian tradition. Anne and her husband, Joachim, are believed to have been faithful people who prayed for a child. They are honoured as the parents who raised Mary in faith and prepared her for her role as the mother of Jesus. St Anne is especially associated with families, parents, grandparents and teachers.

We can learn from Anne



Love and care for your family



Trust God



Value grandparents and older people



Help others to learn and grow



Feast Day: 26th July

St Ignatius of Loyola

Discernment

Service

Leadership

Prayer

St Ignatius of Loyola was a Spanish soldier who experienced a profound conversion after being seriously wounded in battle. He devoted the rest of his life to following Christ and founded the Society of Jesus (Jesuits) in 1540. Ignatius developed the Spiritual Exercises, a guide to prayer and reflection that helps people recognise God's presence and make good decisions. His spirituality encourages people to "find God in all things" and to serve others.

We can learn from Ignatius



Spend time with God



Think carefully about your choices



Look for God in everyday life



Use your gifts to help others



Feast Day: 31st July

St Nicholas Owen

Courage

Loyalty

Sacrifice

Service

St Nicholas Owen was an English Catholic layman who lived during the persecution of Catholics in England under Queen Elizabeth I. He became a skilled carpenter and secretly built priest holes in houses so that Catholic priests could hide from the authorities. He worked closely with Jesuit priests and risked his life to protect them and the Catholic communities they served. He was eventually arrested and died in prison in 1606. Nicholas Owen was canonised in 1970 as one of the Forty Martyrs of England and Wales.

We can learn from Nicholas



Use your talents to help others



Be loyal to your friends



Have courage



Serve people who need your help



Feast Day: 22nd March

St Teresa of Ávila

Prayer

Courage

Wisdom

Perseverance

St Teresa of Ávila was a Spanish Carmelite nun, mystic and writer who lived in the 16th century. She worked to renew the Carmelite religious order and founded new communities based on prayer, simplicity and a deeper relationship with God. Teresa taught that prayer is about developing a close friendship with God. She wrote influential books including *The Interior Castle* and *The Way of Perfection*. She was declared a Doctor of the Church in 1970, recognising her important contribution to Catholic teaching on prayer and spirituality.

We can learn from Teresa



Make time to pray



Grow closer to God



Be brave when things are difficult



Learn from your faith



Feast Day: 15th October

St Catherine of Siena

Courage

Faith

Justice

Leadership

St Catherine of Siena was an Italian Dominican in the 14th century. She devoted herself to prayer and serving people who were poor and sick. Catherine became an influential spiritual writer and adviser to Church leaders. She encouraged the Church to seek unity and renewal and played an important role in persuading Pope Gregory XI to return the papacy from Avignon to Rome. She was declared a Doctor of the Church in 1970 and is one of the patron saints of Europe.

We can learn from Catherine



Speak up for what is right



Care for people in need



Keep praying



Be brave and stand up for others



Feast Day: 29 April