

LITURGICAL LIVING

Series 6: October 01-07

This week has so many great Saints,
we could not chose one or even two!

Feast of St. Therese of Lisieux (October 1)

St. Therese of Lisieux was born into a devout Catholic family in France in 1873. Both of her parents are also Saints (St. Louis and Zelig Martin). Their feast is July 12. Therese was one of 9 children and of the five daughters that survived childhood, all became nuns!



["The Story of a Soul"](#) is her autobiography and it is considered a must read. "The simplicity to her approach to faith and the relatability of her everyday struggles make it easy to see why she has become one of the most beloved Saints in the history of the Church." In her writings she describes herself as a strong willed and difficult child that was prone to tantrums. But, as she grew, she learned to direct this will towards God. She used her littleness and weakness to give herself to God. Her "Little Way" has become abundantly popular after her death that she was canonized and later named a Doctor of the Church. On her deathbed she said, "After my death, I will let fall a shower of roses. I will spend my heaven doing good upon the earth. I will raise up a mighty host of little saints. My mission is to make God loved." (Story of a soul).

Celebrate

Making little sacrifices as she did. St. Therese would keep a string of 10 beads in her pocket to help track the 10 sacrifices she would try to make each day.

Here are directions to [make your own Sacrifice Beads](#) if you'd like to.

Roses. St. Therese is associated with roses as her nickname is the "Little Flower." You can pick anything that resonates with you for this. This could be with a meal or with actual flowers.

A wonderful children's book written by a Sister Joanne Marie of the Child Jesus called, [The Little Bird: A story based on St. Thérèse of the Child Jesus and the Holy Face](#).

Feast of the Guardian Angels (October 2)

- As Catholics, we believe in angels based on what is presented in scripture and taught by the Church. "With clear and sober language of catechism the Church teaches that the existence of the spiritual, non-corporeal beings that Sacred Scripture usually calls 'angels' is a truth of faith." Congregation for Divine Worship and the Discipline of the Sacraments."
- It is important for us to understand for us to teach the truth and to help children have understanding of the difference between real creatures and fantasy creatures like unicorns vs. narwhals and angels vs. what society teaches us about angels. Every person has a powerful intercessor, looking after them on earth and advocating for them to the Father.



Guardian Angel Prayer: 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.

- We are encouraged to pray to our guardian angel for their intercession. St. Josemaria Escriva used to ask his guardian angel to wake him up each morning and to talk to another person's guardian angel before he would have a meeting with them.
- Today is a good day to say that there is a common societal error in saying that when people die, they become angels. Church teaching is clear that angels and humans are different types of creatures. Angels are purely spiritual beings while humans are spiritual beings and we have bodies. When we die, our souls hopefully get to live in heaven for eternity with God.

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St. Francis of Assisi (October 4)

- St. Francis grew up in a life of comfort in Italy in the 1100s. Upon his return from battle, he began to seek time in prayer and serve the poor. In an old country chapel, Christ Crucified, pictured in a San Damiano icon, spoke to him. “Francis, Francis, go and repair my house which, you can see, is falling into ruins.” (). Francis listened and sold some cloth from his father’s store and began repairs. His father was indignant that he stole from him. At this point St. Francis renounced his wealth and continued this mission. He repaired churches with donations and began to gain more followers. Eventually he began the Franciscans, an order of Brothers that still exists today.
- St. Francis had a deep love for creation, and was known to preach to the birds. “Canticle of the Sun” is an excellent prayer. He was also said to speak with a wolf that was terrorizing a town.
- St. Francis received the stigmata of the five wounds of Christ’s Crucified in his hands, feet and side. This is a rare gift that few Saints have received but St. Francis was the first.

Celebrate

- This is a great day to appreciate creation. Take some time outside if you are able and have a conversation with God appreciating the beauty of creation.



Peace Prayer of Saint Francis of Assisi

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. O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

Feast of Our Lady of the Rosary (October 7)

- The month of October is dedicated to the rosary. If you already say a family rosary, keep it up! If you don’t, this is maybe the month to start!
- Saint Pope John Paul 11 says, “The Holy Rosary, by age-old tradition, has shown itself particularly effective as a prayer which brings the family together.. The family that recites the Rosary together reproduces something of the atmosphere of the household of Nazareth: its members place Jesus at the centre, they share his joys and sorrows, they place their needs and their plans in his hands, they draw from him the hope and strength to go on.” (Apostolic letter Rosarium Virginis Mariae).
- Praying the Rosary together can be done in many ways. You can even start with a decade or do one decade at a time throughout the day. A great place to start is the car or even playing on a speaker.
- **Celebrate**
 - Pray the rosary. Here is a [link](#) with instructions.
 - Create your own Rosary
 - [Making a Rosary with No Special Tools and Almost No Knots](#)
 - [Knotted Cord Rosary](#)
 - [Edible Rosary](#)

