

LITURGICAL LIVING

Series 7: October 08-14

How can I pray to a Saint?

We are continuing our teaching about the Saints this week in preparation for All Hallows Eve (Halloween) and All Saints Day. Today we are going to talk about ways you can pray to a Saint. If you don't know why we pray to Saints, feel free to Check out Week 5's post.

The Catholic Company has a simple article that is called, "[8 Ways to Venerate a Saint.](#)"

1. Choose a patron Saint, and say an Our Father, a Hail Mary and a Glory be as a spiritual offering.
 - Choose Saints who share your name, your birthday, your confirmation Saint or another Saint that you feel connected to. There are so many men and women venerated as saints in the Catholic Church who led lives of virtue and holiness. All are worth learning about and modeling ourselves after. Here is a list of [patron Saints](#).
2. Read about the Saint(s) that has(have) caught your attention and try to imitate their virtues.
3. Talk about the Saints with others. Share your devotions.
4. Visit shrines and altars dedicated to various Saints.
 - As Fr. Craig mentioned in his [homily](#) on October 1st, relics St. Therese of Lisieux (Feast Day October 1st) and her parents are in Minneapolis this weekend! More information [here](#).
5. Pray a [novena](#) in honor of your favorite Saint, asking for their intercession.
6. Attend Holy Mass in honor of a particular Saint's feast day.
7. Go to confession and receive Holy Communion on the feast day of your favorite Saint.
8. Say a prayer that seeks the intercession of many Saints. Ask them to pray for you and your intentions. [Litany of Saints](#) is always a good choice.



Shrine of St. Therese of Lisieux at the Basilica of St. Mary in Minneapolis



The Pilgrim Relics of St. Therese of the Child of Jesus . Includes her religious habit, rosary and other artifacts.

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Feast of St. John Henry Newman (October 9)

St. John Henry Newman was originally an evangelical Oxford academic and priest in the Church of England. He eventually became a Catholic and was instrumental in developing Catholic University in Ireland. He was canonized on October 13, 2019. So a newer Saint! He is known as one of the most gifted writers and thinkers of his time.

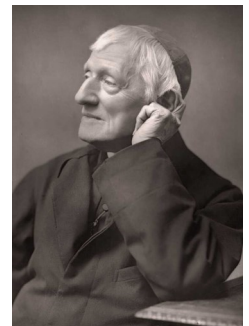
Facts about St. John Henry Newman; conversation starters.

1. He cared for the poor Irish Families who had fled the famine in Ireland.
 - How will you show God's love to people today?
2. People came from miles around to hear him speak about God.
 - Who will you talk to about God today?
3. He wrote many beautiful poems, prayers and hymns, which are still used today.
 - Can you write a poem or prayer for God?
4. He loved to learn. He believed it was important for everyone to learn about God.
 - How will you find out about God today?



Prayer for Christian Unity Written by St. John Henry Newman

O Lord Jesus Christ, when you were about to suffer, you prayed for your disciples that they might all be one, as you are in the Father and the Father in you. Look down in pity on the many divisions among those who profess your faith. Heal the wounds which the pride of man and the craft of satan have inflicted on your people. Break down the walls of separation which divide Christians. Look with compassion on all souls and bring them together under the Holy Catholic Church.



Resources

["8 Ways to Venerate a Saint."](#)
[Prayers of St. John Henry Newman](#)