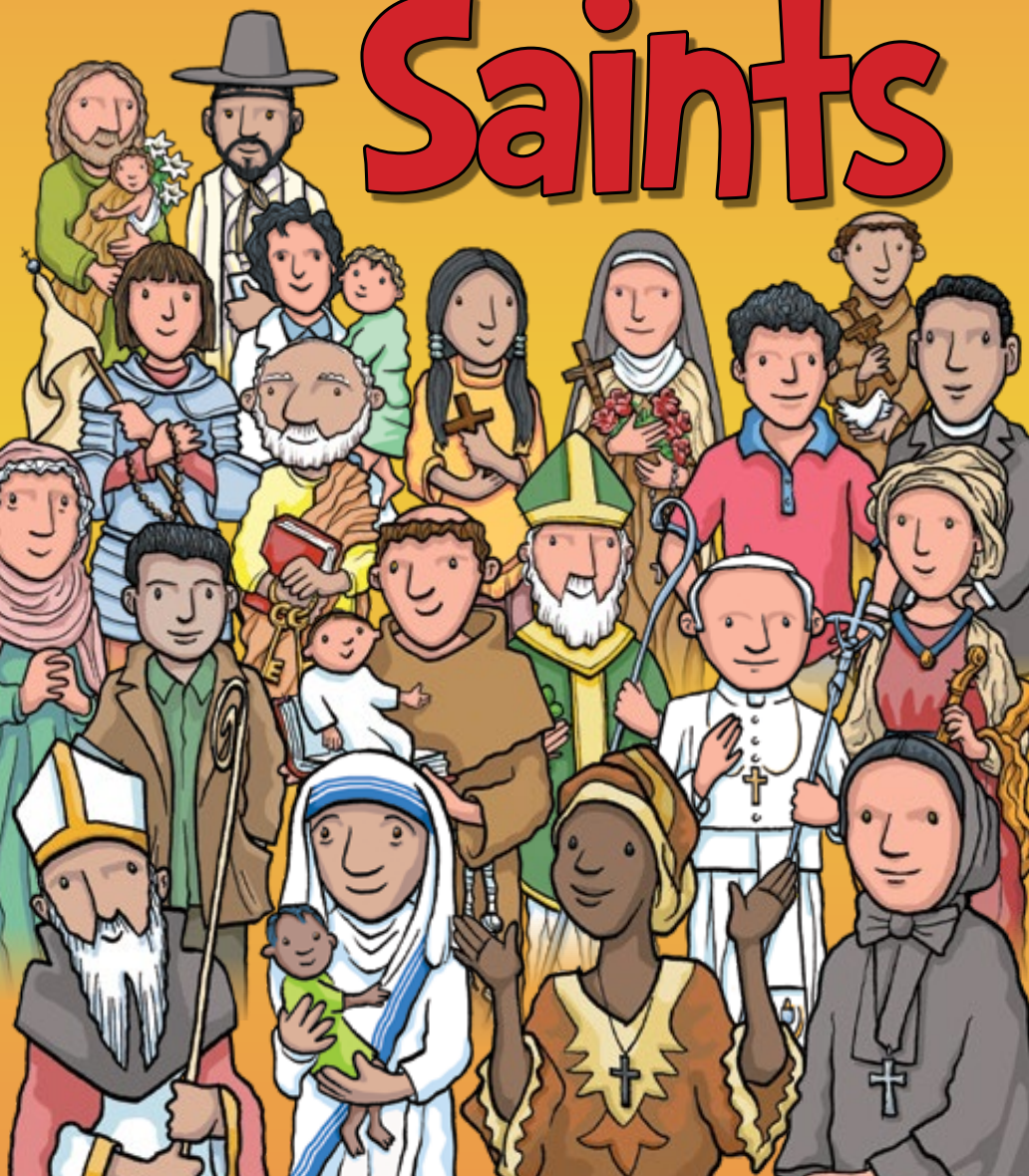


# Meet the Saints



Friends who help us grow in faith

# What does it mean to be a saint?



**Try this.** Think about your friends. Are they fun to be around? Do they stick up for you? Believe in you? Help you? You've just learned a little about the saints! Saints are Jesus' friends. They love and care for Jesus in their thoughts, prayers, words and actions. Saints believe all that Jesus

taught and did and they try their best to live his teachings. You're a friend of Jesus, right? That means you can be a saint!

**Saints are your friends too.** From heaven, where they live forever with Jesus, the saints pray for you. By their lives, saints also show how to be the best friend to Jesus that you can be. Learn about some heroic and friendly saints here. You can use the activities and stickers throughout to help.

We'll start with people who knew Jesus during his time on earth. And who was the first person to really know Jesus? His mom! Mary cared for Jesus like no one else could. Joseph cared for Jesus too. Jesus also had friends and followers. He chose twelve to be his Apostles. From those, he selected Peter to lead them and build his Church. Mary, Joseph, Peter and all the Apostles are people you can depend on—just as Jesus did!

**good to  
KNOW!**

We honor Mary as **Queen of Saints** because of the special role God gave her as the Mother of his Son. We do our best to imitate Mary's perfect faith and love for Jesus.



# Saints are everywhere and in all times!

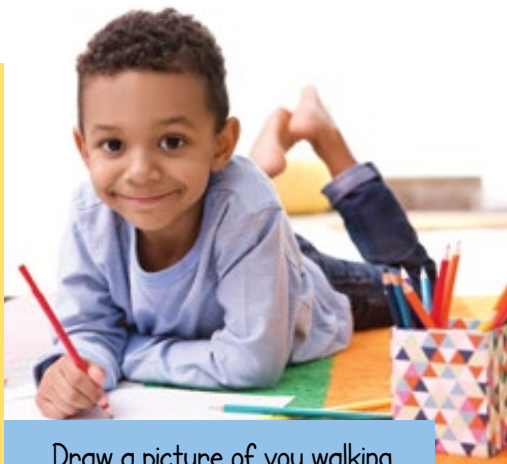
You don't have to live at the same time Jesus lived to be a saint. There have been saints all through history, and in modern times too. **Thea Bowman** was born in Mississippi in 1937. Thea loved Jesus so much she joined a religious order to devote her life to him. At the time, she was the only Black woman among the sisters of her order. Sister Thea inspired others by sharing her gifts of a brilliant mind and a beautiful singing voice to call for racial harmony. "I can be a bridge over troubled water," she said. "I can take you by the hand and take you with me into the Black community. I can walk with you into your community, and if I walk with you...I don't enter as a stranger, I walk as your sister."



Isn't it nice to know there are good, holy and beautiful people like Sister Thea who walk with you every day?

## good to KNOW!

Lots of people live in heaven who haven't been officially named saints. The Church's process for naming a saint—called *canonization*—takes several years. During this time, experts study the future saint's life and writings. A person can be canonized when two miracles are credited to their intercession, their prayers before God. Thea and many others are on this path to sainthood. Let's pray for them!

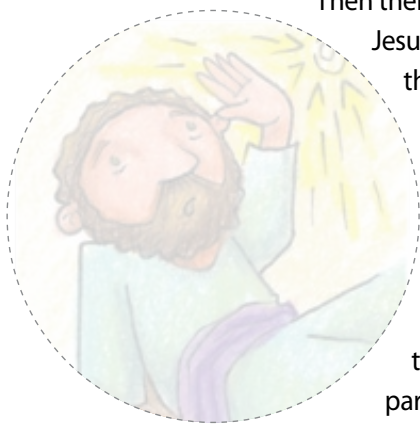


Draw a picture of you walking with a good friend—someone who cares for you and helps you be the very best you! Decorate your drawing with heart and flower stickers!

# Saints aren't perfect...

People often think you need to be perfect to be a saint. But no one is perfect, except for God. Saints will be the first ones to tell you they're far from perfect. They tell Jesus this too. When Jesus was on the Cross, two criminals were crucified next to him. One of them mocked Jesus. But the other man reminded him that they had both committed crimes and were receiving their punishment. "But this man has done nothing criminal," he said. Then he spoke to Jesus directly. "Jesus, remember me when you come into your kingdom." He seemed to be saying, "I believe in you, Jesus. I know you are the King. Please take pity on me." Jesus saw and heard the man's faith and sorrow for his sins and said, "Amen, I say to you, today you will be with me in Paradise."

Then there's **St. Paul**, who went around persecuting Jesus' followers. He thought he was doing the right thing. But on his way to find more followers to throw in jail, Paul met Jesus. Paul was blinded by God's light and love, and Jesus sent him to the town of Damascus to be healed. Paul's heart was changed and he did as Jesus told him, and he was healed and baptized. St. Paul went on to spread the Gospel all over the known world. His words have even become part of the Bible. If God can do so much for sinners and criminals, what can he do for us?



**good to  
KNOW!**

The Bible doesn't give us the name of the man on the cross who believed in Jesus, but he is known as the

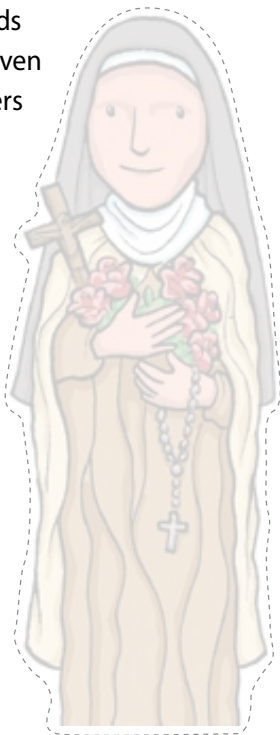
Good Thief, or the Penitent Thief. **He is also known as St. Dismas**, a name that comes from a Greek word for sunset or death. But even if we don't know his name, Jesus does—and that's what counts!



# they have worries and problems just like us

Even saints who loved Jesus from the time they were kids didn't have it easy. In school, St. Thomas Aquinas was given a mean nickname: the Dumb Ox. Even one of his teachers called him that. That couldn't have made studying fun or easy for Thomas, but he grew up to be one of the Church's greatest thinkers and writers. Today, he is given a title of respect: he is known as a Doctor of the Church.

Other saints' struggles were on the inside. **Thérèse of Lisieux** was only four years old when her mom died of cancer. Thérèse turned to her older sister, Pauline, to be a kind of mom, but Pauline left home to join a convent when Thérèse was 10. Thérèse became seriously ill, but many people said she was just being dramatic. Eventually, Thérèse joined a convent herself and lived a life of quiet holiness and sacrifice. She wrote about her experiences in a journal that was later published as a book called *Story of a Soul*. Like St. Thomas Aquinas, St. Thérèse of Lisieux has been named a Doctor of the Church.



How did these saints deal with their problems? Like the criminal on the cross, they talked to Jesus. They turned their problems over to him. What problems can you give to Jesus today? Trust him like the saints did!



A Doctor of the Church isn't like the doctor you visit for checkups.

But your doctor probably does explain things and help you understand your health. That's kind of what it means to be a Doctor of the Church. **Thomas Aquinas and Thérèse of Lisieux are among more than 35**

**Church Doctors** whose writings help us understand our faith better.

**good to  
KNOW!**

# Meet the Saints

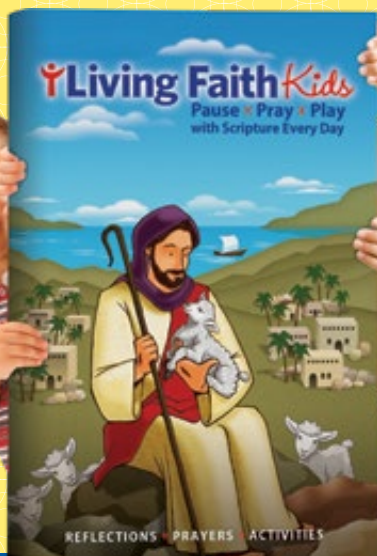
God and others in remarkable ways. Discover which saints you'd like to imitate as you read this booklet and find new friends who are cheering you on from heaven to be a better follower and friend of Jesus..

**Meeting the saints means** you're meeting the good friends of Jesus! Each saint's story reminds us how we can be friends with Jesus, too. All 24 of the saints found here lived in unique times and places—just like us. Their special interests and talents helped them love

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