

A Litany of Saints

A Biblical walk of 22 women

Heart of Mary Women's
Fellowship



heartofmarywf.com

About This Study

We hope that you'll dive in, grow in the Lord, and share with others what beauty God reveals to you through it. If you are doing this study independently, know that we at HOM are here for you & that you also have a LARGE community of women through our website and social media that are participating too! You are truly never alone!

If you are completing this study in a group setting - we are excited that you have found a local community to grow with, on top of our online sisterhood. Please use this study journal for your reference, resource, and more during your meetings and the personal time leading up to it.

Looking for a group? Please visit www.heartofmarywf.com/groups to find a meet up near you.

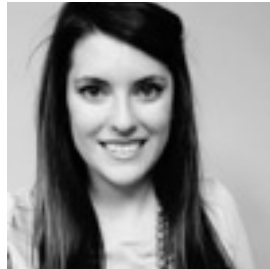
Are you already in one but not listed on our website? Looking to start one? Please contact us for more information about our "HOM Ambassador" program. We have team members available specifically to help you grow a local group and lead other women through community, prayer, and devotion. Their support is available at all times. We also want to help you grow! We will advertise your group on our website & social media! And we have free resources for you as well. Please email us at heartofmarywf@aol.com

Note: All written content has been reviewed by a Catholic spiritual director to cross check that all statements align with the teachings and tenants of the Roman Catholic Church.

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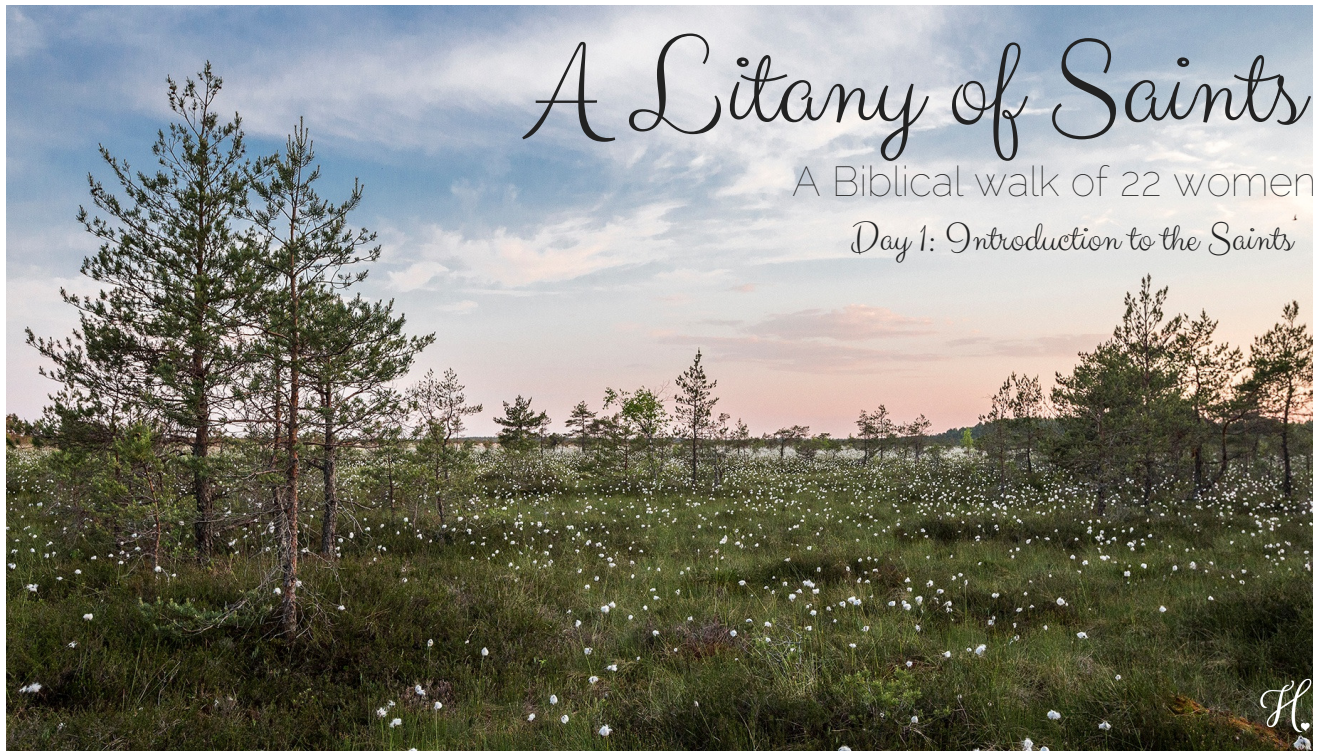


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Hebrews 12:1

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us...” Hebrews 12:1

One of the many beauties of the Catholic church is her belief in the Communion of Saints, this great “cloud of witnesses.” We all - the church militant, church triumphant, and church suffering - are a part of the Body of Christ. November is an especially good month to call this to mind as it is dedicated to the Souls in Purgatory.

The Church chooses to remember and honor the Church Triumphant, as well. In fact, we have a solemnity dedicated to this on November 1, All Saints Day. Together, as a church, we call to mind and honor all those saints that have gone before us and are in Heaven. Some of them, of

course, are well known. Who hasn't heard of Saint Catherine of Siena? Or of St. Terese of Lisieux?

There are others, of course. Other men and women who have attained the beatific vision are in Heaven now, though we may not know their names. And still others whom the Church has remembered specifically, but may have fallen out of our more recent memory. Are you familiar with St. Dorothy of Caesarea? St. Gemma Galgani?

Join us, then, as Heart of Mary Women's Fellowship prays a month long Litany of Saints. We'll go back to the early days of the Church and take a look at the greatest of all saints, Mary. We'll meet women from our more "modern" era, too, like St. Bakhita, St. Teresa Benedicta of the Cross, and St. Teresa of Calcutta.

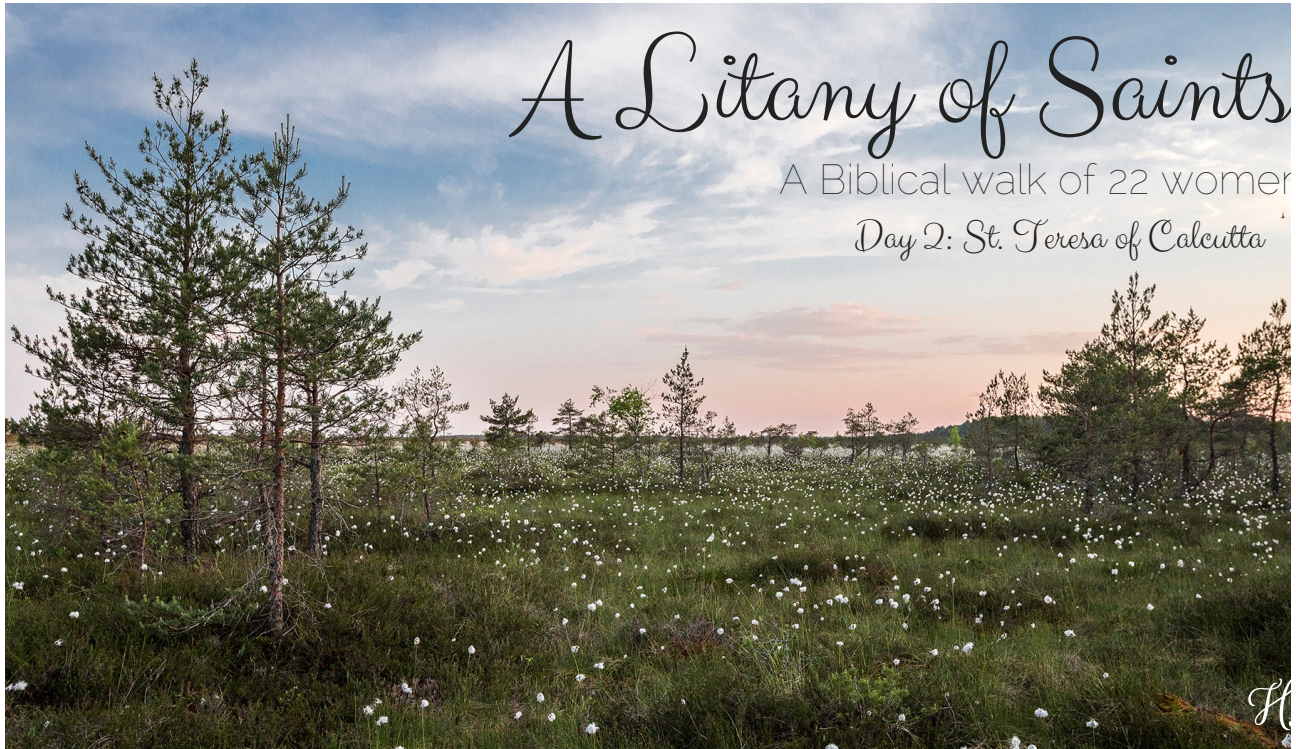
Our hope is that you not only deepen your relationship with some of your older friends, but that you'll come to know and love and seek the intercession of some new friends, too. -Christine

Reflection 1: Do you have a "go to" saint whose intercession you rely on? Who is it?

Reflection 2: Is there a virtue that you are especially lacking in? Do you ask the intercession of the saint who had a reputation for displaying that particular virtue in heroic measures?

Act: If you don't already have a particular "friend in heaven," ask God to send you one. Be on the look out for the little ways in which this prayer will be answered.

Bonus: Pray the Litany of Saints



John 15:10

"It is true. I stand at the door of your heart, day and night. Even when you are not listening, even when you doubt it could be Me, I am there. I await even the smallest sign of your response, even the least whispered invitation that will allow Me to enter." – I Thirst for You: A meditation attributed to St. Teresa of Calcutta

Scripture Reading: John 15:10 – *"As much as the Father has loved me, I have loved you."*

Saint Teresa of Calcutta is probably one of the most popular saints of today's age and with good reason! I am quite sure that I do not have to give that much background on her life and ministry because she is so well known from her recent canonization. There is however an aspect of her life and relationship with our Lord that I do think is very important to talk about and reflect upon. "I Thirst" is a meditation that has been attributed to St. Teresa of Calcutta and is one that has quite literally changed my

relationship with our Lord. In this meditation we can come to learn just how much the Lord love's us and desires to dwell in our hearts.

My fellow women and daughters in Christ, I am here telling you that you are the Lord's Beloved. The Lord stands at the door of your heart waiting day and night for your invitation. He wants to have a intensely personal relationship with each and every one of you. This is something that St. Teresa of Calcutta knew on a very deep level. She knew the Lord's love for her so much so that it poured into her ministry and every person who came in contact with St. Teresa of Calcutta knew that she saw the face of Jesus when she looking at them.

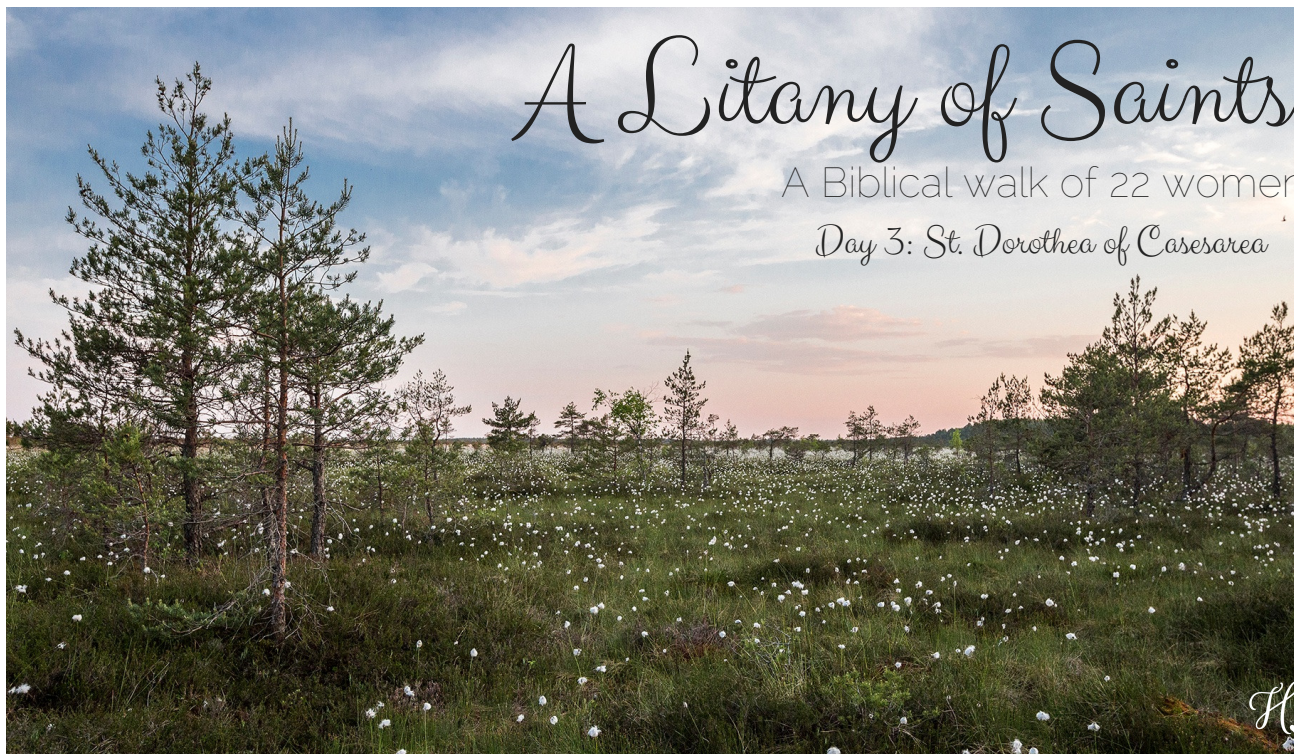
This is the kind of person we should all strive to be and the first step on this journey is to accept the love that Jesus has to offer. I know, I know, you are probably thinking, "but I do accept His love!" I have been thinking the same thing, but I know in my heart that I haven't fully accepted His love because I keep trying to put things in His place. For some reason, the Lord's love hasn't been enough for me and this problem is rooted in my deep level of stubbornness and need to control every aspect of my life. Accepting the Lord's love completely is a truly scary thing. It means that we have to let go, place our trust in the Lord, and step out into the deep.

I have a sister who is ready to step out into the deep. She is about to give her life completely to the Lord and join the Missionaries of Charity. This call includes a life of extreme poverty, a continual helping of the poor, and home visits that are very few and far apart. The Lord calls each and every one of us to give our lives to Him in a very unique and individual way. He calls us to seek His love and His love alone and when we do this we have the opportunity to fully enter into His plan for us. He loves us as the Father has loved Him. He loves us to the point of dying on the cross for us and is waiting for you to give Him your whole heart.

-MaryKatherine

Reflect and Discuss: Take time to read St. Teresa of Calcutta's Meditation, I Thirst. How is the Lord calling you to have an intensely unique relationship with Him? In what areas of your heart do you need to open the doors and invite Him in?

Act: Give a little bit more of your heart to Jesus today. Let go of something that you have been holding on to that is keeping you from being fully present in the Lord's love and plan for you.



[Matthew 4:18-22 Luke 11:28](#)

When St. Dorothea was on her way to her death, a roman lawyer named Theophilus is said to have said to her, *"Send me some fruits from your bridegroom's garden!"* He was mocking her. She'd taken a vow of virginity. She'd refused to worship or offer sacrifice to the Roman idols, and refused to marry. Her response to this mocking, snarky remark? Before she was executed, she sent her headdress, by way of a six year old boy (who is thought to have been an angel), which had the scents of roses & fruits. Boom. Here you go, dude, nice try.

Theophilus' response? To promptly convert, which resulted in his martyrdom. So great was Dorothea's example, she converted her heckler!

Another example of quick faith is that of Peter & Andrew in the New Testament. Following Christ immediately, the two brothers gave up their belongings and one of them wound up becoming our very first Pope! According to the online resource CatholicSaints.Info, St. Dorothea is

known as the patron saint of florists, brides, gardeners, newlyweds, Pescia (Italy), and as an ALMOST bride myself, it's nice to see such a courageous example of a truly great bride. She didn't complain, she didn't falter, she kept in mind what was at hand and followed through with her true calling.

When I was younger, my parents divorced and I lost my way from the church for a little bit. I certainly never expected to get married. As cliché as it sounds, once they split, getting married lost its glow for me. I was always the kid whose parents were still together (a feat, even in my small Catholic School), and when that changed my senior year of high school, I lost interest in the whole thing. No guy I'd dated had ever even tried to change my mind on that, and I never really felt like it needed changing. I never thought of marriage as a calling, just something people did when they felt gushy mushy in love. It wasn't until my fiancé and I had started dating and I'd returned to the church thanks to a dear friend welcoming me with zero judgement to go to mass with her family, that I realized, it is a calling. And it's my calling!

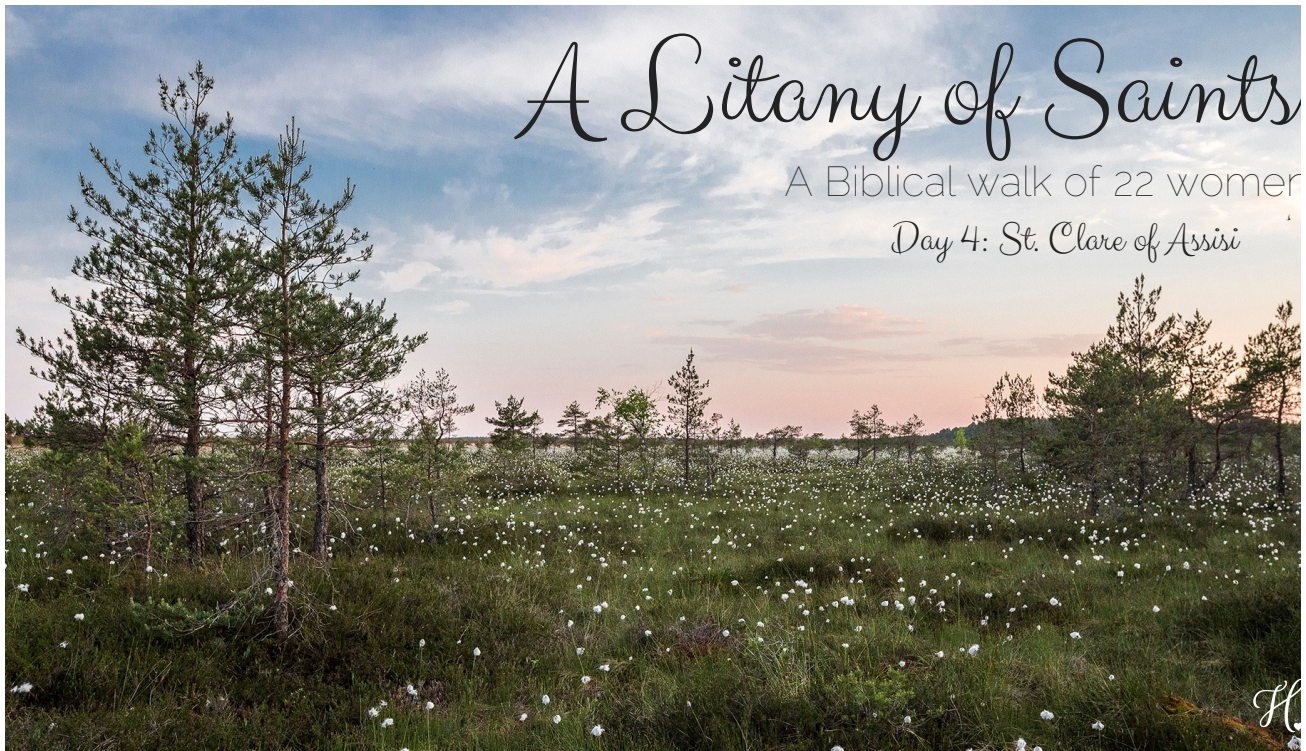
My fiancé isn't catholic (yet—the Holy Spirit and I are working on that, though), but a Sister at my parish once told me: Some people say one should only marry Catholic. I say: Catholics should marry people of any church, and bring them into the faith! When she said that, it truly dawned on me: my calling is to bring my fiancé and our future child(ren) to the faith!

Marriage means so much more now that I see and understand things this way. We're getting married in just under a year at our Catholic parish and one of my high school classmates has been doing our marriage prep and will marry us! Everything just seemed to fall into perfect place once I realized and became open to my calling. As Christ told us, "...*(B)lessed are those who hear the word of God and observe it.*" -Mandi

Reflection 1: Have you ever thought about praying for the discernment of your vocation?

Reflection 2: What area are you having a hard time saying, "Yes!" to God? Is it signing up for an Adoration hour? Maybe taking time to have patience with someone you typically have a hard time being patient with? God calls us to many things, and with each YES, the more blessed we become!

Act: Take a moment to discern what God is calling you to right now. Try to make that moment a habit.



[Exodus 6:6-8 Exodus 17: 8-11](#)

For having attended a Franciscan high school and college, I knew relatively little about Saint Clare. That is, until I went to Assisi during my semester abroad my sophomore year of college. I knew she had been close friends with Saint Francis, and from the stories I had heard of her, she was just as intense as he was. I knew that she had given up wealth and status to be a bride of Christ, even going so far as to clutch onto the altar when her father tried to bring her home. But there was one story I heard when visiting her convent that surprised me because I couldn't remember ever hearing it before.

When an army of Emperor Frederick II's soldiers, who was at war with the Pope, plundered Assisi, a sickly Clare had carried out the Eucharist to the gate where the enemy was advancing. She set the monstrance on the gate where it could be seen by the soldiers and bowing before it, she prayed: *"Good Lord, protect these whom now I am not able to protect."*

Hearing a small voice reassure her, she turned to her trembling sisters and said: *"Have no fear, little daughters; trust in Jesus."* Upon seeing the monstrance, a sudden terror overcame the army and they fled.

There are some very strong parallels between the New Testament covenant between Christ and His Church, fulfilled in the Eucharist and the Old Testament Covenant between God and the Israelites. In chapter 6 of the book of Exodus, God reminds Moses of His covenant with Abraham to deliver the Israelites from their slavery to the Egyptians and to lead them to the Promised Land. Then in Chapter 17, God, through Moses' (literal!) hand saves his people from their attackers, which is pretty similar to how St Clare saved her little convent in Assisi, if you ask me.

The body, blood, soul, and divinity of God Himself is held in a tiny white host; His very presence on earth can be found every moment in a nearby tabernacle, every monstrance, and every Sunday Mass yet it is so easy to take this incredible gift for granted. I don't always recognize when God Himself stands before me, yet, contained in the most humble form of bread, is the very same presence that saved both the Israelites and the Italian convent. But hearing that story of St Clare I had to ask myself: Would I have had the faith to turn to the Eucharist when an army was about to attack? Would I have had the confidence in God's promise to not fear?

All too often, unfortunately, my answer would have to be: "probably not."

Thankfully, I am not in the business of saving convents. I am, however, in the business of doing dishes and attempting to keep our apartment clean, the business of answering emails and phone calls, the business of trying to be a good wife, daughter, sister, and friend. It is these

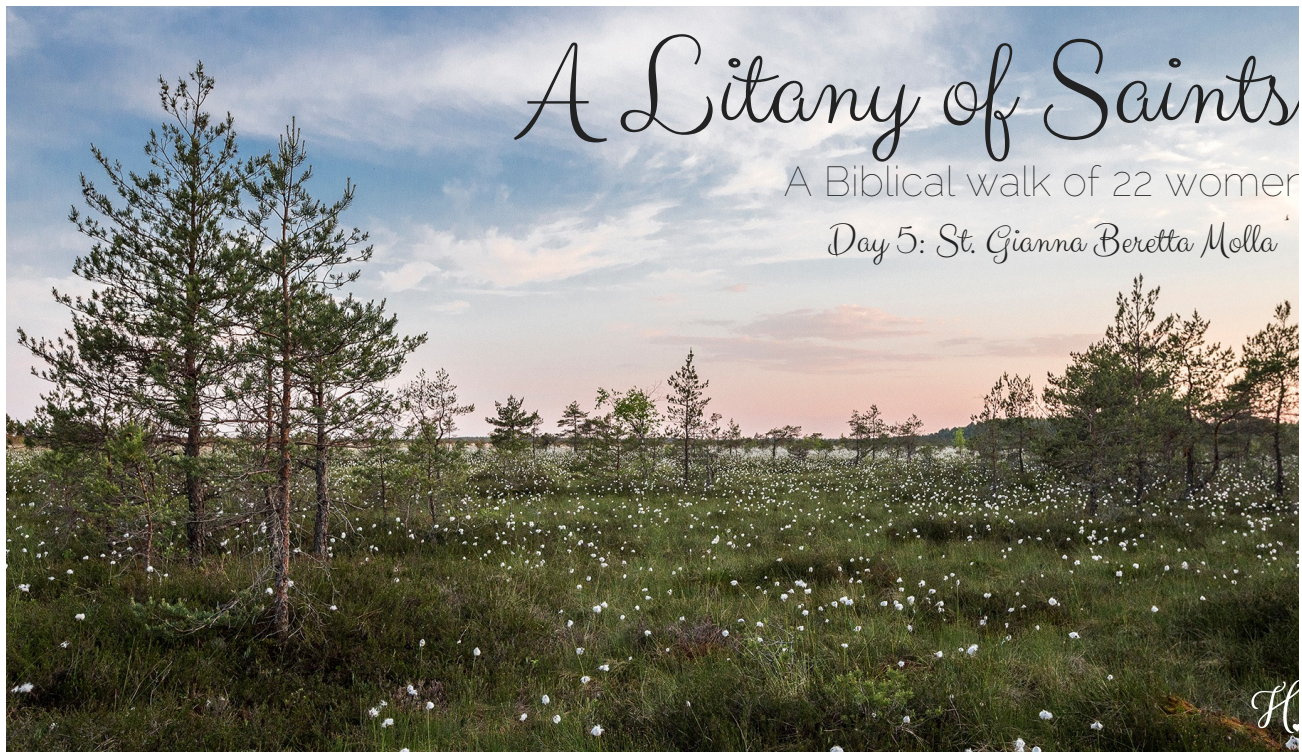
everyday tasks, these everyday “battles,” where God is forming us into saints. To be a saint, to unite all we to Christ Himself, it is necessary to find strength and grace in the sacrament of the Eucharist. -Carissa

Reflection question 1: How is God calling you to be a saint? In what ways do you need strength to do this?

Reflection question 2: How does Christ want to work in your life the way that He worked in the life of St Clare? How is He asking you to trust Him?

Act: If you have a chance today, visit Christ in the Eucharist today (either through daily mass or adoration, or even just a quick stop into a nearby church to pray in front of a tabernacle.

If not, consider making a spiritual communion and ask God, through the intercession of St Clare, to increase your love and reverence for Christ in the Eucharist and to give you the graces you need to become a saint.



[Proverbs 31:15-18 Colossians 3:17](#)

St. Gianna Beretta Molla- The Original Supermom

As a working mom, I often find myself running around like a crazy woman wondering how I'm going to get everything done, and wondering if my efforts amount to anything. I have a supportive husband and family who assure me that I'm doing a great job. Most days, that's all I need.

On one occasion, however, during a rather difficult day, someone accused me of not raising my kids because I worked. At the time, I was pregnant with our second child and feeling particularly vulnerable and was deeply hurt by the comment. Upset, I did what anyone would do, I posted to Facebook about it!

A devout friend of mine posted, *"I don't know how you do it all. St. Gianna, pray for us."* She has 6 children. I don't know how she does it!

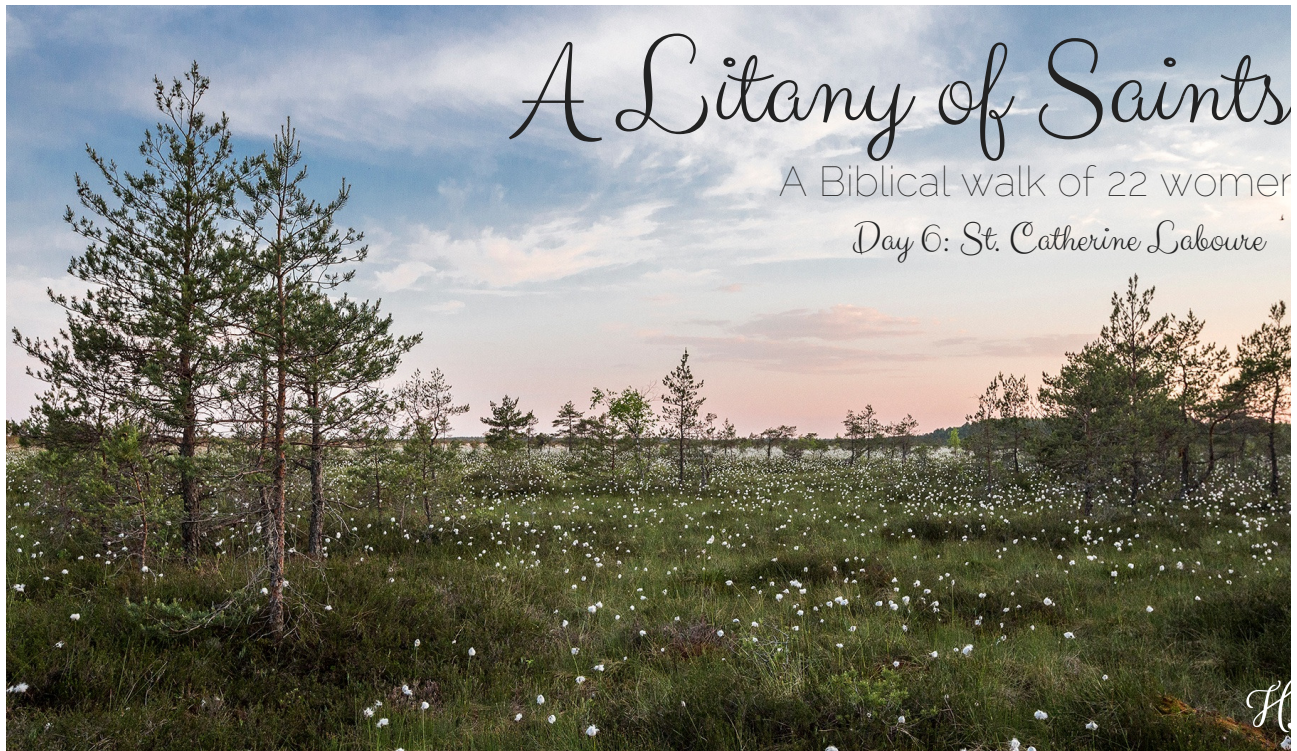
That sweet sentiment and prayer lead me to look into St. Gianna's life more. My heart was granted respite in her story. She was a working mom! I couldn't believe it. Surely the Catholic Church wouldn't bestow such an honor on a woman who abandoned her family for her work. It was then that I started to see value in my work outside of the home, and I also realized that my children aren't any less loved because of it.

St. Gianna Molla's story is unbelievable. She was a wife, a mother, and a pediatrician. She definitely had her work cut out for her. She gave birth to multiple children while maintaining a successful medical practice (and raised them all quite well-ha!) Unfortunately, St. Gianna developed a fibroma on her uterus during her last pregnancy. Putting the life of her child before her own, as many mothers do each day, she opted to have the fibroma removed instead of terminating the pregnancy. She carried to term and died 7 days after she gave birth. She was beatified on April 24th 1994.

St. Gianna is the patron saint of mothers, unborn babies, and pediatricians. I like to think of her as a mom who could do it all. When I am at my wits end, and I'm seriously beginning to doubt myself, I look to her. She kept the faith, she had a beautiful family, and was a terrific doctor on top of it all. She put Christ first and everything else fell into place. I have learned that I can put Christ into everything I do, even my work. My children will see the example I set for them. Do I wish I could be with them more? Absolutely. But, I've also been given an opportunity to show them what a strong, intelligent, devout woman can do at home, and at work. -Ashley

Reflection 1: When life gets crazy, who do you depend on to help ground you?

Reflection 2: What part of her life intrigues you the most?



[Luke 1:38](#) [Luke 2:35](#)

St Catherine, like our dear sweet Mamma Mary, was born and died a virgin. Also like our Mamma Mary, a prediction of pain and suffering was made to her, and they both reacted with open and willing hearts. The story of St. Catherine Laboure is very unique, and many people don't realize that she and Mary are how we wound up with the Miraculous Medal!

St. Catherine Laboure was born on May 2, 1806 and at an early age she entered the community of the Daughters of Charity, in Paris, France. Three times in 1830 the Virgin Mary appeared to St. Catherine Laboure, who then was a twenty-four year old novice. TWENTY-FOUR. That's four years younger than I am, and she was already having real-live chats with our Mama. How awesome is that!?

According to catholic.Org, "On July 18, the first apparition occurred in the community's motherhouse. St. Catherine beheld a lady seated on the

right side of the sanctuary. When St. Catherine approached her, the heavenly visitor told her how to act in time of trial and pointed to the altar as the source of all consolation. Promising to entrust St. Catherine with a mission which would cause her great suffering, the lady also predicted the anticlerical revolt which occurred at Paris in 1870." Our mother Mary also received a prediction of great suffering, when she and St. Joseph presented our Lord in the temple. "...and you, yourself, a sword will pierce," (Luke 2:35). Again from catholic.Org, "On November 27, the lady showed St. Catherine the medal of the Immaculate Conception, now universally known as the "*Miraculous Medal*." She commissioned St. Catherine to have one made, and to spread devotion to this medal."

The Miraculous Medal is a well-known piece of Catholicism, but not many people know the whole story of how it came about or what the different parts of the medal mean. From TheDivineMercy.Org, we learn that the front side has Mary standing on a globe, crushing a serpent beneath her feet. Describing the original vision, Catherine said the Blessed Mother appeared radiant as a sunrise, "...in all her perfect beauty,". Rays shoot out from Mary's hands, which she told Catherine, "... symbolize the graces I shed upon those who ask for them." The words from the vision form an oval frame around Mary: "O Mary, conceived without sin, pray for us who have recourse to thee,". Mary is standing with her arms open, symbolizing the recourse we have to her. And because she was assumed into heaven, she's standing on top of the globe, and she's crushing the head of the serpent first seen in Genesis.

The various design elements all have unique meanings, as well! The large letter "M" is for Mary as Mother, Mediatrix., the cross and bar symbolizes Jesus' cross of Redemption. The 12 stars symbolize the 12 Apostles, who formed the first Church. The Left Heart symbolizes The Sacred Heart, who died for our sins, and conversely the right heart symbolizes the

Immaculate Heart, who intercedes for us. The Flames symbolize the burning love that Jesus and Mary have for us. -Mandi

Reflection 1: Have you ever considered wearing the miraculous medal? These days there are so many Etsy boutiques and other retailers who offer BEAUTIFUL jewelry that incorporates medals for our Catholic faith. Wearing our faith can be elegantly simple and plain, or it can be ornate and fancy, depending on your style!

Reflection 2: Is there something the Lord is calling you to do or to work on? How can you give a Yes to the Lord as St. Catherine Laboure and St. Mary did?

Act: Pray to Our Mother for guidance and help the next time you need to say YES! to the Lord.

The Litany of Saints

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Christ, hear us.
Christ, graciously hear us.

God the Father of heaven, *have mercy on us.* (repeat after each line)
God the Son, Redeemer of the world,
God the Holy Ghost,
Holy Trinity, one God,

Holy Mary, *pray for us* (repeat after each line)
Holy Mother of God,
Holy Virgin of virgins,
St. Michael,
St. Gabriel,
St. Raphael,
All you holy angels and archangels,
All you holy orders of blessed spirits,
St. John the Baptist,
St. Joseph,
All you holy patriarchs and prophets,
St. Peter,
St. Paul,
St. Andrew,
St. James,
St. John,
St. Thomas,

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St. James,
St. Philip,
St. Bartholomew,
St. Matthew,
St. Simon,
St. Thaddeus,
St. Matthias,
St. Barnabas,
St. Luke,
St. Mark,
All you holy apostles and evangelists,
All you holy disciples of our Lord,
All you holy innocents,
St. Stephen,
St. Lawrence,
St. Vincent,
SS. Fabian and Sebastian,
SS. John and Paul,
SS. Cosmas and Damian,
SS. Gervase and Protase,
All you holy Martyrs,
St. Sylvester,
St. Gregory,
St. Ambrose,
St. Augustine,
St. Jerome,
St. Martin,
St. Nicholas,
All you holy bishops and confessors,

All you holy doctors,
St. Anthony,
St. Benedict,
St. Bernard,
St. Dominic,
St. Francis,
All you holy priests and levites,
All you holy monks and hermits,
St. Mary Magdalen,
St. Agatha,
St. Lucy,
St. Agnes,
St. Cecilia,
St. Catherine,
St. Anastasia,
All you holy virgins and widows,

All you holy men and women, saints of God, *intercede for us.*
Be merciful, *spare us, O Lord.*
Be merciful, *graciously hear us, O Lord.*

From all evil, *deliver us, O Lord.* (repeat after each line)
From all sin,
From Thy wrath,
From a sudden and unprovided death,
From the deceptions of the devil,
From anger, and hatred, and all ill-will,
From the spirit of fornication,
From lightning and tempest,

From the scourge of earthquakes,
From plague, famine and war,
From everlasting death,
By the mystery of Thy holy incarnation,
By Thy coming,
By Thy nativity,
By Thy baptism and holy fasting,
By Thy Cross and Passion,
By Thy Death and burial,
By Thy holy Resurrection,
By Thine admirable Ascension,
By the coming of the Holy Ghost, the Paraclete.
On the day of judgment.

We sinners, we beseech Thee, hear us (repeat after each line)
That Thou wouldst spare us,
That Thou wouldst pardon us,
That Thou wouldst bring us to true penance,
That Thou wouldst vouchsafe to govern and preserve Thy Holy
Church,
That Thou wouldst vouchsafe to preserve our Apostolic Prelate, and
all ecclesiastical orders in holy religion,
That Thou wouldst vouchsafe to humble the enemies of holy
Church,
That Thou wouldst vouchsafe to give peace and true concord to
Christian kings and princes,
That Thou wouldst vouchsafe to grant peace and unity to all
Christian peoples,
That Thou wouldst vouchsafe to ring back to the unity of the Church

all who have strayed away, and lead to the light of the Gospel all unbelievers,

That Thou wouldst vouchsafe to confirm and preserve us in Thy holy service,

That Thou wouldst lift up our minds to heavenly desires,

That Thou wouldst render eternal blessings to all our benefactors,

That Thou wouldst deliver our souls, and the souls of our brethren, relatives, and benefactors from eternal damnation,

That Thou wouldst vouchsafe to give and preserve the fruits of the earth,

That Thou wouldst vouchsafe to grant eternal rest to all the faithful departed,

That Thou wouldst vouchsafe graciously to hear us, Son of God, Lamb of God, who takest away the sins of the world, *spare us, O Lord.*

Lamb of God, who takest away the sins of the world, *graciously hear us, O Lord.*

Lamb of God, who takest away the sins of the world, *have mercy on us.*

Christ, hear us.

Christ, graciously hear us.

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Our Father, etc. (inaudibly)

V. And lead us not into temptation

R. But deliver us from evil.

A Litany of Saints

The Litany of the Saints reminds us of a moving line about them from one of the Eucharistic prayers to God the Father said at Mass:

“May their merits and prayers gain us Your constant help and protection.”

Thank you Catholic Prayers

<http://www.ourcatholicprayers.com/litany-of-the-saints.html>

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