

A Litany of Saints

A Biblical walk of 22 women



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 are align with the teachings and tenants of the Roman Catholic Church.

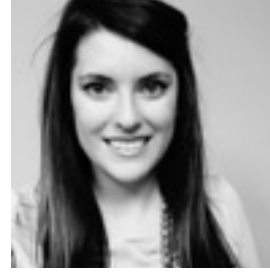
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[Luke 17:19](#)

The Chaplet of St. Colette's own prayers

Blessed be the hour in which our Lord Jesus Christ, God and Man was born. Blessed be the Holy Spirit by whom He was conceived. Blessed be the glorious Virgin Mary of whom the Incarnate Word was born. May the Lord hear our prayers through the intercession of the glorious Virgin Mary and in memory of that most sacred hour in which the Incarnate Word was born, that all our desires may be accomplished for Your glory and our salvation. O good Jesus! O Jesus our Redeemer, do not abandon us as our sins deserve, but hear our humble prayer and grant what we ask through the intercession of the most blessed Virgin Mary and for the glory of Your Holy name.

Amen

As God pleases as God wills (prayed ten times)

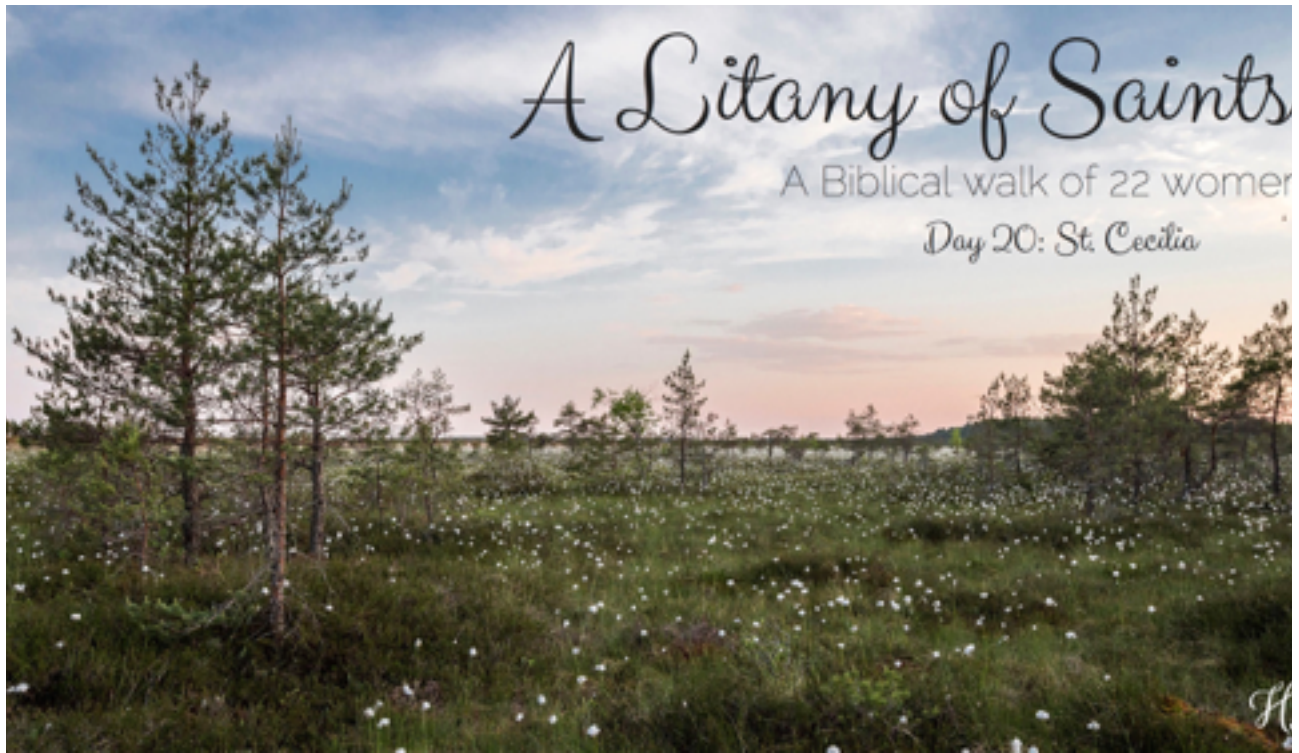
Let us praise the Father in His mercy and the Son by His passion and the Holy Spirit
the fountain of peace and sweetness and love.
Amen, amen without recall.

Show of hands, who has heard of St. Colette? It is not uncommon to not know the stories of all the saints. Daily, we often focus on one or two, while there have been thousands in the history of the Church. In my research I have discovered that St. Colette has a strong connection to St. Clare and her followers, the Franciscans, a connection to the poor, and a history of interceding in helping women conceive children, as well as protecting children of serious ailments.

To be in complete disclosure, a meme caught my attention about her and piqued my interest. The "fun fact" states St. Colette wrapped a stillborn in a veil "and that baby was crying when the father reached the priest!" Is it truly only faith which saves us?! St. Colette believed it, as the Bible does teach "*Stand up and go; your faith has saved you.*" Luke 17:19 We send up all our problems to God, Jesus takes it from us, and we are gifted reprieve from anxiety and the promise of eternal life.

St. Colette was born to an older married couple in France in 1381, her mother was 60 at the time. The parents prayed often to St. Nicholas for intercession, thus her name Nicolette, shortened to Colette. Imagine being 60, having assumed children were not part of God's plan for you, and then birthing a daughter?! Colette must have been aware at a young age how important she was to her parents. She understood her holiness on earth and knew the value of interceding in prayer for couples struggling with similar situations. St. Colette is a proven miracle worker. Not only did she bring the newborn back to life while carrying the child under her veil, but it said that St. Colette prayed for a woman experiencing a risky childbirth. Both woman and baby were fine.

St. Colette came to the Poor Clares at a time of transition in which some religious orders were starting to have communal possessions. However, in her visions and through prayer, Colette came to believe that a very strict life of poverty was needed to best serve the Lord. She was a fervent follower of the Franciscan ways, and led many orders to change their approach to material belongings, uniting herself with



[Psalm 40:1-3 Rev. 15: 3](#)

Psalm 40:

"I waited patiently for the Lord;
He inclined to me and heard my cry.

He drew me up from the desolate pit, out of the miry bog,
And set my feet upon a rock, making my steps secure.

He put a new song in my mouth, a song of praise to our God."

Our choir director begins each practice with a prayer for St. Cecilia's intercession. We offer up our humble music-making with the saint who gave her life for Jesus, and is with Him in the heavenly paradise of song. We blend our voices, hoping for just a moment to experience the melody as it would be heard on high. The priest joins with us in prayer as he sings the Sanctus, the prayer of consecration over the bread and wine.

We can all connect through music, to each other and to God. St. Cecilia showed us the way, singing in her heart to the Lord as she was married to Valerian. She was reported to have heard heavenly music on this occasion, and eventually converted

both her husband and his brother. All three were martyred in Rome under the rule of Marcus Aurelius. The Romans attempted to behead Cecilia several times, but she did not die until she had received Holy Communion.

Great saints always make me glad that they were given special gifts of grace: courage, intelligence, kindness, love, and in this case, music. People without music in their lives seem to struggle heavily. There have been times in my life when I have been too tired for music, too weary with the world, and too busy with my job or children to appreciate the gifts that music can bring. Music is solace to the lonely, balm to the anxious, comfort to the grieving, and joy for all of us.

I recently discovered an interesting YouTube video of Bono and U2, singing a song they wrote that is titled, "40" for Psalm 40. At the end, Bono hangs a Rosary on his microphone and walks off the stage. I didn't know he had a love of the Psalms, and the fact that his bandmates supported him in this performance makes me proud of my Irish Catholic roots. -Erin

Reflect: Has it been awhile since you have been able to relax with music?

Reflect: Do you need to re-establish a deeper connection with your favorite song or band?

Act: Crank it up today! From country to zydeco, classical to reggae, you can find your groove. And the next time that you are making or listening to music, remember that those lovely sounds are part of the fabric of history, woven in song. May St. Cecilia smile down on us!

Rev. 15: 3

"And they sing the song of Moses, the servant of God, and the song of the Lamb,

saying,

'Great and wonderful are your deeds,

○ Lord God the Almighty!

Just and true are your ways,

○ King of the ages!



[Job 1:21](#)

"We live only for them." – St. Zelig Martin

I have been reflecting lately on the Lord's call for sainthood in each of our lives. Growing up I used to think that saints were only men and women religious who left the world completely to follow the Lord's call and it was very rare that I heard about saints who were not priests or religious. This causes me to think about the fact that maybe if we did hear more about the saints who lived every day, ordinary lives, then maybe we would be more convicted to live our every day ordinary lives while striving to be saints. St. Zelig Martin was a woman who lived an everyday, ordinary life, but with so much trust and hope in the Lord that it brought her to the ultimate level of Catholicism: sainthood.

Most people would know St. Zelig as the mother of St. Therese of Lisieux. St. Zelig was also the mother of eight other children. St. Zelig and her husband only lived for their children and their children were their entire happiness. This happiness also

came with a level of sadness. Within three years the Martins had lost four of their children. St. Zelig was quoted saying, "I haven't a penny's worth of courage." I cannot even imagine losing a child, but I think what happened after these losses is really what showed the true strength and ultimate sainthood of the two parents. These deaths did not deter or stop the parents' relationship with the Lord. Instead of turning away from the Lord during this time of hardship, the Martins clung to Him with all of their might.

St. Zelig's devotion and relationship with the Lord is something that we can all strive for. Even though she was living a life much like I am sure many women are living, she lived that life with great love and devotion to our Lord. This is a calling for all of us. Some of us are not going to travel the world, cure cancer, or fight injustices in our Lord, but we all have the opportunity to live a life full of love. Yes, there are going to be times of hardship and great sadness. There are going to be times where we haven't a penny's worth of courage left, but let's remember St. Zelig in these moments and ask for her intercession. Let's ask her to help us to keep going and to love the Lord even in our times of sadness.

The last message is mainly for mothers and future mothers reading today's study. St. Zelig bore one of the greatest women saints of our time. She gave St. Therese an environment of love and a place to grow in relationship with our Lord. This is something very key and important for parents. As parents you should strive for your children to be holier than you. As a parent your job is not only for you to be a saint, but also to help your children become saints who like St. Zelig and St. Therese changed the world with great love. *-MaryKatherine*

Reflect and Discuss: I challenge you to think and pray about this today. How are you called to be a saint in your everyday life? If you are a parent, how can you help your children become saints one day?



[John 19:27](#)

Even in today's society (maybe ESPECIALLY is a better word), it's a pretty big deal to be "the first," of something. People make a huge deal of being the first this, the first that, etc. It's also, in my (and I'm sure yours, dear reader) opinion, a pretty big deal to be canonized a saint. Saint Elizabeth Ann Seton is the first saint to have been canonized in the United States, double whammy!

St. Elizabeth was born two years before the American Revolutionary War, to a wealthy family in New York. She was a voracious reader, and loved to read everything from the Bible to novels. St. Elizabeth was married in 1774, to William Seton, and she was deeply in love with him. Their first year of marriage was bliss, she often wrote about how happy they were and how lucky she felt. This happiness was cut devastatingly short.

Within four years, William's father died and that left them with William's seven siblings, as well as the family business. Within a short period of time, Williams health and the business failed. He filed bankruptcy, and in a last-ditch effort, the family

moved to Italy where William had business contacts. Unfortunately, William died of Tuberculosis while in Italy, but this didn't cause Elizabeth to despair.

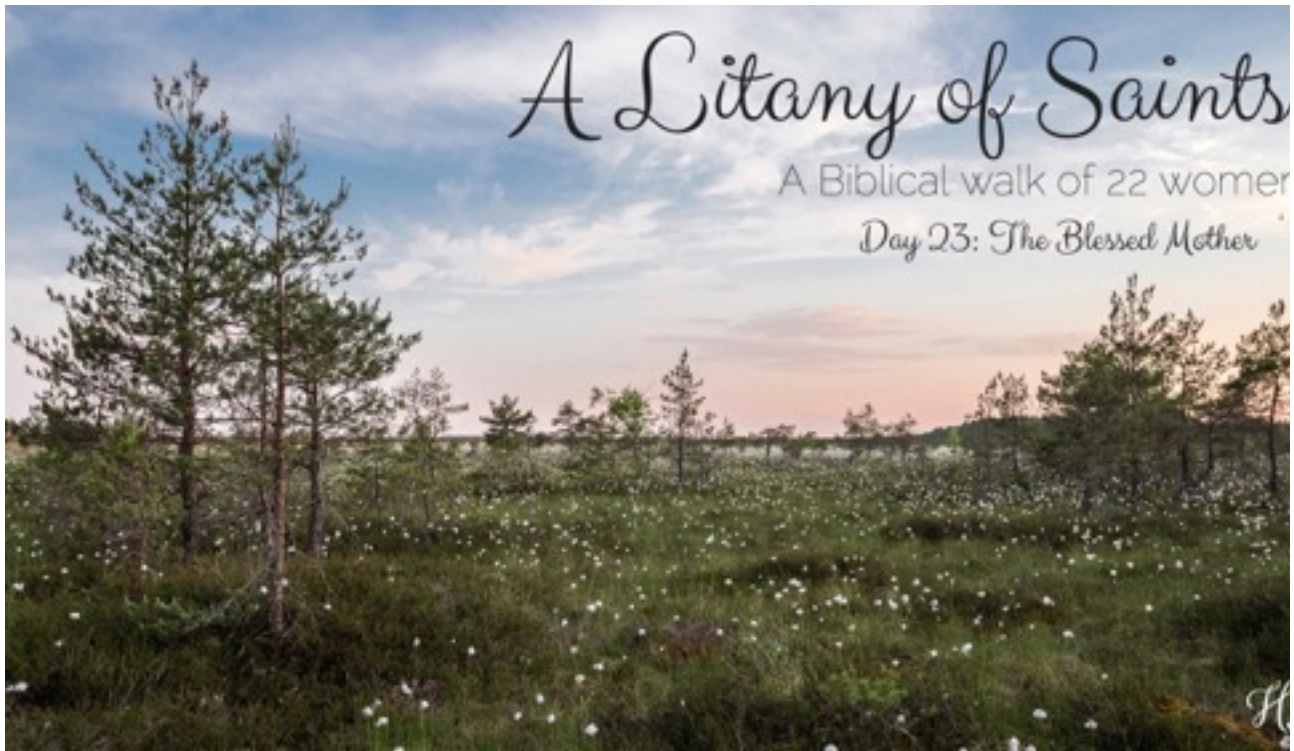
The many forced and abrupt separations from dear ones by death served to draw Elizabeth's heart to God. Elizabeth's deep concern for the spiritual welfare of her family and friends eventually led her into the Catholic Church. In Italy, Elizabeth captivated everyone by her kindness, patience, good sense, wit, and courtesy. During this time Elizabeth became interested in the Catholic Faith and, over a period of months, her Italian friends guided her in Catholic instruction.

Having lost her mother at an early age, Elizabeth felt great comfort in the idea that the Blessed Virgin was truly her mother. She asked the Blessed Virgin to guide her to the True Faith and officially joined the Catholic Church in 1805. Elizabeth truly felt what Christ meant, when He gave us mama Mary for our spiritual mother! My own mother and I have a really close relationship, but its like having a bonus mama in Mary.

Elizabeth moved back to the United States, and at the suggestion of the president of St. Mary's College in Baltimore, Maryland, Elizabeth started a school in that city. The school had originally been non-religious, but once news of her entrance to Catholicism spread, several girls were removed from her school. It was then that St. Elizabeth and two other women began plans for a Sisterhood. They established the first free Catholic school in America. St. Elizabeth took vows of poverty, chastity, and obedience and was known during that time as Mother Seton.

Although St Elizabeth came down with tuberculosis, she continued to guide her children. The Rule of the Sisterhood was formally ratified in 1812. It was based upon the Rule St. Vincent de Paul had written for his Daughters of Charity in France. By 1818, in addition to their first school, the sisters had established two orphanages and a third school. Today, six groups of sisters can trace their origins to Mother Seton's initial foundation.

For the last three years of her life, Elizabeth felt that God was getting ready to call her, and in her courage she felt joy rather than fright at the thought of death. She died in 1821 at the age of 46, only sixteen years after becoming a Catholic. She was



[Luke 11:27-28](#)

As I took on writing about our Blessed Mother, I immediately started to have doubts about my ability to write today's study. How in the world was I going to write about the Blessed Mother? What can I write about Her that has not already been said?

So let me start by saying, I am writing this with extreme humility because anything I say will never compare to the beauty and grace of our Mother. Mary, the Mother of God, the Spouse of the Holy Spirit, and the Gate of Heaven is our Mother as well and in every waking moment we should flee to Her open arms.

Luke 11:27-28 – It happened that as he was speaking, a woman in the crowd raised her voice and said, *'Blessed the womb that bore you and the breasts that fed you!'* But he replied, *'More blessed still are those who hear the word of God and keep it!'*

As I sat in mass this morning and listened to the Gospel, I was struck by the insensitivity of what Jesus said! How could He disregard His own mother like that? I am sure there are others out there who were feeling the same way when they heard

that Gospel. Thankfully, the priest who was performing mass explained the reading in his homily. He said that Mary did something that was even greater than bearing Jesus and feeding Him. She heard the word of God and she kept it with her constant yes to our Lord.

Continually in scripture we hear of Mary listening to the word of God. There are countless moments where she is listening or experiencing something and keeping it in her heart. We should imitate Mary in this practice. Mary heard the word of God and kept it. She did everything that was asked of her and because of this, she took part in the salvation of all of our souls.

When we listen to the word of God, we have the opportunity to be closer to Jesus by grace than Mary was to Jesus by blood. Obviously, Mary is closer than us to Jesus through grace, but think about it, we have the opportunity to be closer to Jesus through grace than Mary could have been through being His own mother!

This mass also happened to be a very special day for me because it was the day of my re-consecration to Jesus through Mary. I again, was giving myself to Jesus through Mary and couldn't be happier. Every time I re-consecrate myself I discover something new about my relationship with Mary and with our Lord. This time, one line spoke to me and remained with me for the entirety of my consecration.

On the twenty-first day I read, *"If we would go up to God, and be united with Him, we must use the same means He used to come down to us to be made Man and to impart His graces to us."*

This made so much sense to me! Why wouldn't we use the same means as God did? Through our relationship with Mary we can come closer to God and as women we need to look to Mary as our model of perfect grace and humility. Through Mary we will be closer in relationship to our Lord than we could ever do on our own.

-MaryKatherine

Reflect and Discuss: How can you strengthen your relationship with Jesus through Mary? Reflect on one

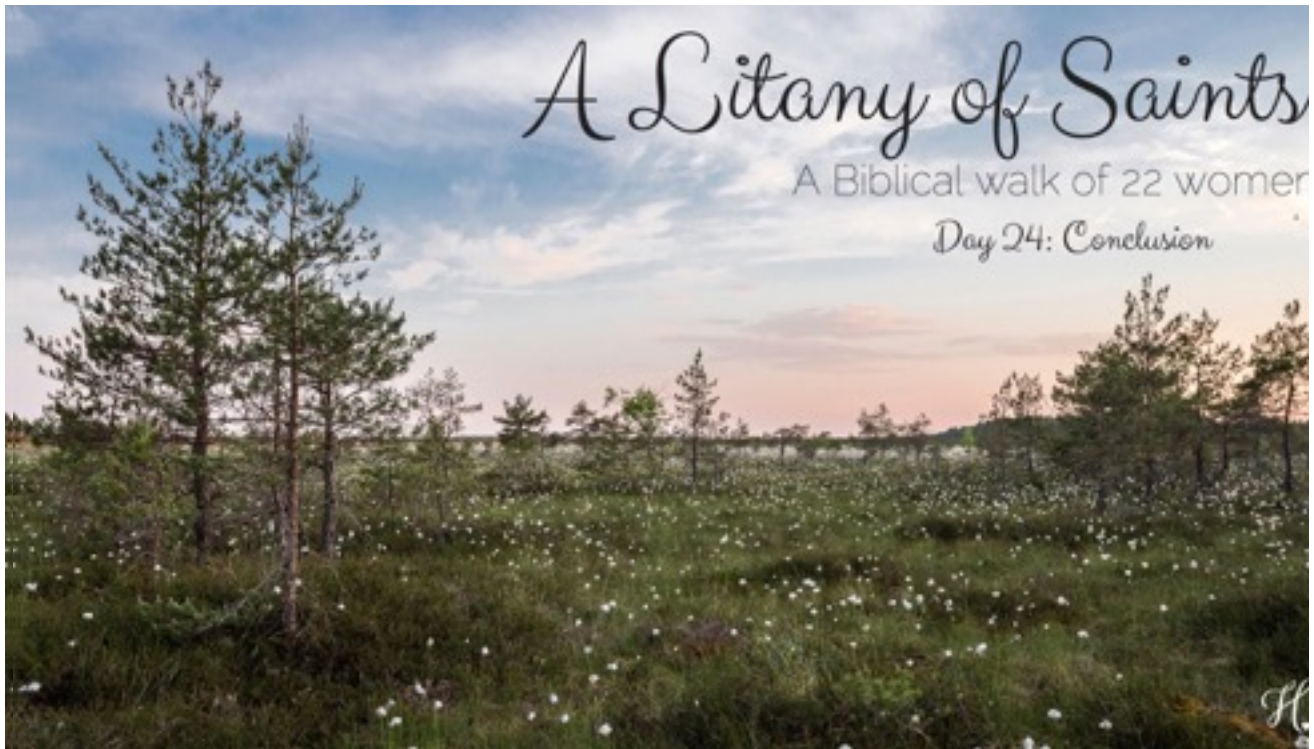
aspect of your life that you can give to our Blessed Mother completely. Allow Her to come into your

heart and pour Her grace and humility into those areas.

Act: Seriously consider consecrating your life to Jesus through Mary. Two great resources to do this are the Preparation for Total Consecration according to Saint Louis Marie de Montfort and 33 Days to

Morning Glory. Both of these resources will guide you through the consecration to Jesus through Mary.

Check out our consecration page for additional consecration resources



[Mark 9:24](#)

I am not sure exactly what heaven will be like, but I know that when we die and it comes time for God to judge us, he will not ask, 'How many good things have you done in your life?' rather he will ask, 'How much love did you put into what you did?' - St. Teresa of Calcutta

We've met, over the last 4 weeks, 22 different women saints celebrated in the Catholic Church. Like the Church today, these women are a varying bunch found in all stations of life. They are mothers, daughters, doctors, slaves, scholars, and nuns. They hail from across the globe, including France, Italy, Sudan, and Macedonia.

They are women who loved: first and foremost they loved God. It was through this love of God that they were then able to love their neighbors. Imagine how much love is present when it simply spills out onto neighbors.

This is how it is with the saints. The love of God spilling out onto the saints' families, persecutors, and fellow Christians! The women we have just met loved the unloved and brought hope to the hopeless.

All of this, for the love of God.

Faced with such beauty, such intense devotion I have to ask the question of myself. How much do I love God? I can only answer like the father of the paralytic in Mark, "Lord I believe; help my unbelief!"

Gloriously, mercifully, he does help. Oftentimes, this help comes from the saints.

For, as Thomas Aquinas says, *"The greater the charity of the Saints in their heavenly home, the more they intercede for those who are still on their journey and the more they can help them by their prayers; the more they are united with God, the more effective those prayers are. This is in accordance with Divine order, which makes higher things react upon lower things, like the brightness of the sun filling the atmosphere."*

It is my sincere hope, and everyone here at Heart of Mary Women's Fellowship joins me, that you met a friend this past month. A fellow lover of God that you can look up to and ask for help from. What a wondrous mercy that God has given us - a church that is not constrained by the bounds of this world!-Christine

Reflect: Is there a particular saint that stood out to you? Do you keep "running into" this saint? What appeals to you about this saint?

Reflect: The basis of all heroic virtue exemplified by the saints is love for God. Ask God to help you love Him more. Are there ways in your regular day-to-day life, that you can share the love of God? What might this look like (hint: the answer is rarely found in grand gestures)?

Act: Buy or borrow a book about the saint that seems to calling to you. Read the book prayerfully and get to know this saint.

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