

Spend Lent with the Saints

Here are forty holy men and women to accompany you during Lent. Let their lives inspire you to courage, service, surrender, and fidelity. They will help you, as you journey with your family and faith community, to grow with them in faith, hope, and love.

Ten Who Changed Church or Society

Catherine de Hueck Doherty, Servant of God

According to Catherine de Hueck, "Christianity" is a verb. Her conviction is rooted in the failure of Christians to act during the Russian Revolution when many of her relatives were killed.

How can I demonstrate my Christianity?

Saint Joseph Calasanz

Joseph Calasanz was shocked by the desperation and ignorance of the poor he encountered in Rome. He wrote, "I have found the definitive way to serve God" and opened the first free school in Europe.

What can I do to alleviate suffering?

Saint John Bosco



Saints often have the ability to imagine new ways of accomplishing everyday tasks. For example, rather than employ the customary "fear of punishment" to teach children, John Bosco used faith, reason, and loving kindness.

Today, may your prayer be to find unfamiliar ways to respond to familiar situations.

Saint Camillus de Lellis

Camillus' mother intentionally gave birth to her son in a stable in imitation of Jesus' birth. Camillus spent years fighting and gambling before finally repenting and establishing a ministry of the sick.

Parenting largely involves sowing the seeds of faith and leaving the rest to God. Do I trust God?

Saint Catherine of Siena

Despite being almost illiterate, Catherine of Siena was named a Doctor of the Church for her writings. How? She dictated them.

Everyone has some physical or intellectual challenge. Before you feel defeated by your particular limitation, remember Catherine and ask, "How can I work around this?"

Saint Angela Merici

Angela Merici began what would become a worldwide community of educators by offering religious instruction to poor children in her neighborhood.

It's easy to become overwhelmed by the innumerable needs of our families and the world. Instead, ask, "What can I do right here, right now?"

Saint Peter Claver, S.J.

Love is a verb; it must be demonstrated before it can truly be received by others. The Spanish missionary Peter Claver knew this and so ministered to people before ever mentioning the name of Jesus Christ.

How can I show my love for others today?

Saint Teresa of Ávila

Teresa faced many adversities while reforming her religious order. She always recognized God's active presence in her life, even when she faced difficulties. She responded to God's faithfulness and mysterious ways through her life of service and prayer.

Where do I see God?

Saint Pope John XXIII



By all accounts, John XXIII's greatest achievement was convening the Second Vatican Council. Yet he also performed innumerable small acts of kindness. For example, he regularly visited hospitals, prisons, and schools.

In God's eyes, great and small acts of love are equal. Which will I offer today?

Saint John of God

There are two kinds of people in the world: those who criticize a situation and those who do something about it. St. John, appalled by the conditions in a hospital where he was a patient, founded his own hospital.

Instead of complaining, ask, "What can I do about it?"