



Faith Matters

Simple reflections on our faith

by Marilyn Bergeron

Getting to Know the Saints

Who Are the Saints?

Do you have a favorite saint?

Most Catholics know about the saints, but how much do we really know about them? Who were they? How did they become saints? And what can they do for us today?

Saints are people who lived lives of great holiness and closeness to God. Some lived hundreds of years ago, like St. Stephen, the first Christian martyr. Others lived much more recently, like St. Carlo Acutis, a 15-year-old computer enthusiast who used his skills to catalogue Eucharistic miracles.

But saints weren't perfect people living perfect lives. Some came from difficult families and lived through abuse, addiction and other struggles. St. Augustine rejected the Christian faith of his mother, St. Monica, for many years before his conversion. She never stopped praying for him.

What did these very different people have in common? They loved God and their neighbour. They prayed. They struggled with weaknesses and hardships, just as we do,

but they allowed God's grace to lead them toward lives of holiness.

And remember, the canonized saints we know by name are not the only saints. The Church teaches that all those who are in Heaven are saints.

Our Friends in Heaven

So what can the saints do for us besides give us a good example? They can pray for us!

The saints are part of our heavenly family. Just as we might ask a friend here on earth to pray for us, we can ask the saints in Heaven to pray for us too.

Many Catholics have a favourite saint or turn to particular saints at different times in their lives. We might ask St. Jude to pray for us when a situation seems hopeless, St. Anthony when something is lost, or St. Joseph when we are worried about our family or work.

Their stories can also encourage us. The saints experienced struggles, disappointments, suffering and temptation.

Reading about how they kept turning back to God can help us do the same.

Get to Know Them!

Look for their stories! Check the book corner at your parish or your local library. A quick search online can also lead you to good Catholic websites about the saints. There are plenty of books about saints that are easy for adults and teenagers to read.

Choose a saint you don't know and learn something about his or her life. Ask your friends about their favorite saints. Share a saint's story with someone else.

You might even discover a new heavenly friend along the way. 🌸

Want to Get to Know the Saints?

Start Close to Home

The Catholic Information Centre (1-812 Pitt Street, Cornwall) has a wide selection of books and biographies about the saints in both English and French. Stop in and browse, you may discover a saint you've never met!

Meet a Saint Each Day

Vatican News: [Saint of the Day](#) | [Saint du jour](#)
Discover the saints remembered by the Church each day and read the stories of these great witnesses of Christian life.

Franciscan Media: [Saint of the Day](#)

A short daily biography and reflection introducing you to a different saint each day.

Nominis: [Saints et fêtes du jour](#)

A French-language resource for discovering the saints celebrated each day and learning more about their lives.

Looking for a Good Book?

For Adults:

[Daily Lessons from the Saints: 52 Weeks of Inspiration and Encouragement](#) by Fr. Brice Higginbotham — Short daily readings that introduce you to a different saint each week.

For Teens:

[Ablaze: Stories of Daring Teen Saints](#) by Colleen Swaim — Meet young saints who faced real struggles and followed Christ with courage.

For Kids:

[Stories of the Saints: Bold and Inspiring Tales of Adventure, Grace, and Courage](#) by Carey Wallace — Illustrated stories that introduce children to saints from throughout the centuries.

Meet a New Heavenly Friend Have a Saint Chosen for You



Visit [SaintPicker.com](#) to have a saint chosen at random. Then take some time to learn about their life, ask for their prayers and perhaps discover a new heavenly friend.