

### **Saint Phoebe**

"I commend to you our sister Phoebe, a deaconess of the church at Cenchreae. Give her, in union with the Lord, a welcome worthy of saints, and help her with anything she needs: she has looked after a great many people, myself included." Romans 16:1-2

*Pray for those who give assistance to church leaders*

### **Saint Jeanne Jugan**

"Little sisters, take good care of the aged, for in them you are caring for Christ himself"  
"Love God very much; He is so good. Let us entrust ourselves to Him".

*Pray for all those who work in nursing homes and hospices.*

### **St Nicholas of Myra**

"There is still one thing you lack. Sell all that you own and distribute the money to the poor, and you will have treasure in heaven; then come, follow Me." Luke 18:22

*Pray for sailors, for the welfare of children, and for all who are in dire need of help*

### **St Damien of Molokai**

"Rejoice to be victims ready for the sacrifice, in union with our Heavenly Spouse, and upon the same Cross." "Nature may shudder, but grace will finally triumph." Words of Fr Pierre Coudrin, founder of St Damien's order

*Pray for those who suffer with leprosy and other skin diseases*

### **St Peregrine**

"If anyone hits you on the right cheek, offer him the other as well." Matthew 5:39b

Because St Philip Benizi did this, St Peregrine was converted.

*Pray for all those who seeking healing from cancer, for their families and for their doctors*

### **St Albert the Great**

"Because the divine truth lies beyond our reason we are not able by ourselves to discover it, unless it condescends to infuse itself, for as Augustine says, it is an inner teacher, without whom an external teacher labours aimlessly."

*Pray for all scientists*

### **St Francis of Paola**

"I most strongly urge you to work for the salvation of your souls with prudence and diligence. Death is certain, and life is short and vanishes like smoke.

Therefore you must fix your minds on the Passion of Our Lord Jesus Christ who came down from heaven to redeem us."

*Pray for the gift of true humility*

### **Bl Margaret of Castello**

"I did not understand why God let this happen to me. But now He has made it clear. Jesus was rejected even by His own people, and God is letting me be treated the same so that I can follow Our dear Lord more closely. I am not good enough to be so near to God." 'For my father and my mother have left me: but the Lord has taken me up' Ps 26:10

*Pray for the rejected and disabled*

### **Bl John Henry Newman**

"From the time that I became a Catholic, I have had no anxiety of heart whatever. I have been in perfect peace and contentment; I never have had one doubt. It was like coming into port after a rough sea; and my happiness on that score remains to this day without interruption."

*Pray for those on the journey home to the Catholic Church*

### **St Anselm of Canterbury**

"O God, let me know You and love You so that I may find joy in You; and if I cannot do so fully in this life, let me at least make some progress every day, until at last that knowledge, love and joy come to me in all their plenitude."

*Pray for all souls seeking true happiness*

### **Saint Guy of Anderlecht**

"Each one of you has received a special grace, so put yourselves at the service of others. If you are a helper, help as though every action was done at God's orders, so that in everything God may receive the glory" cf 1 Peter 4:10,11

*Pray for all sacristans*

### **Bl Herman the Cripple**

"Hail, Holy Queen, Mother of Mercy. Hail my life, my sweetness and my hope! To thee do we cry, poor banished children of Eve! To thee do we send up our sighs; mourning and weeping in this vale of tears!"

Hymn to Our Lady by Bl Herman

*Pray for all who help the disabled develop their gifts and talents*

**Saint Melania the Younger**

“And so I tell you this: use money, tainted as it is, to win you friends, and thus make sure that when it fails you, they will welcome you into the tents of eternity.” Luke 16: 9

*Pray that those who have riches may use them according to God’s holy will*

**Saint Fabian, pope**

“Do you love Me?”  
‘Yes, Lord,  
You know I love You.’  
“Feed My lambs.” John 21: 15

*Pray for those who are reluctant to say ‘Yes’ to the difficult tasks God is calling them to do*

**St Rafael Arnaiz Baron**

“It is a pity that David (the psalmist) didn’t know the Most Holy Virgin! What marvellous things he would have said about her! A heart as big as his would certainly have been full of love for Mary! Mary! If only I knew how to write!”

*Pray for those who have diabetes*

**St Padre Pio**

“The life of a Christian is nothing but a perpetual struggle against self; there is no flowering of the soul to the beauty of its perfection except at the price of pain.”

*Pray for those who bear the wounds of Jesus in our time*

**Bl Manuel Lozano Garrido**

“I remember how we intensely lived the Eucharist with him and that moment of thanks in which the world stopped. All of us stopped and I still remember that profound silence.” Juan Flores his friend

*Pray for all those with long term degenerative illnesses*

**Bl Isidore of St Joseph**  
(Belgium)

“Everything for the beauty of Heaven.”  
“Paradise, once gained, is gained for ever.”

*Pray for the grace to always think and act with a Heavenly perspective*

**Ven. Edel Quinn**

“What boundless trust we should have in God’s love! We can never love too much; let us give utterly and not count the cost. God will respond to our faith in Him.”

“To suffer for love of Our Lord is my very greatest joy.”  
“More than anything else I believe in the power of prayer.”

*Pray for the conversion of Africa*

**Bl John Henry Newman**

“God knows me and calls me by my name. God has created me to do Him some definite service; He has committed some work to me which He has not committed to another. I have my mission—I never may know it in this life, but I shall be told it in the next.”

*Pray for those seeking for truth and meaning in their lives*

**St Francis Anthony Fasani**

“The Virgin Mary is the door to paradise. He alone who is not arrogant or puffed up is able to enter through this door, for it is a narrow and humble one.”

*Pray for preachers of penance and workers of charity*

**Bl Contardo Ferrini**

“If on any particular day we do nothing more than give a little joy to a neighbor, that day will not be wasted. For we have succeeded in giving comfort to an immortal soul.”

*Pray for all those called to a life of study and for all university professors*

**St John Gaulbert**

“In his anger the master handed over the wicket servant to the torturers till he should pay all his debt. And this is how My Heavenly Father will deal with you unless you each forgive your brother from your heart.” Matt 18:34-35

*Pray for those who are having difficulty forgiving those who have hurt them badly*

**St Julia Billiard**

“I ought to die of shame to think I have not already died of gratitude to my good God.”  
“Oh, how good God is!”

*Pray for all those who have suffered trauma in their lives, especially young women*

### **St Rachel**

'God remembered Rachel; He heard her and opened her womb. She conceived and gave birth to a son, saying, 'God has taken away my shame.'  
Genesis 30:22-23

*Pray for all couples who are having difficulty conceiving*

### **St Josaphat**

'Lord, grant me the grace to shed my blood for the unity of the Church and on behalf of obedience to the Holy See.'

*Pray for the needs of all the Eastern Rite Churches who are in union with Rome*

### **Blessed John Duns Scotus**

"The Perfect Redeemer, must in some case have done the work of Redemption most perfectly; which would not be, unless there is some person at least, in whose regard the wrath of God was anticipated and not merely appeased."

*Pray for those called to illuminate the dogmas about Our Lady*

### **St Charles Borromeo**

"If we wish to make any progress in the service of God, we must begin each day with new eagerness. We must keep ourselves in the presence of God as much as possible and have no other end in all our actions but the Divine honour."

*Pray for dioceses needing reform*

### **Blessed Michael Rua**

'I got much more from observing Don Bosco, even in the humblest actions, than from studying a treatise on asceticism.' 'Nothing can be called small once it is contained in the Rule.'

*Pray for those appointed to lead after the death of a founder*

### **St Alphonsus Rodriguez**

'In the difficulties placed before me, why should I not act like a donkey? When he is mistreated—he says nothing. When he is forgotten—he says nothing. When he is despised—he says nothing... The true servant of God must do likewise.'

*Pray for all of those called to serve in humble occupations*

### **St Ignatius of Antioch**

"It becomes you to run in harmony with the mind of the bishop. For your honourable priests are attuned to the bishop, even as strings on a lyre... It is profitable for you to be in blameless unity, that you may also be partakers of God always."

*Pray for greater unity with your bishop and within your diocese*

### **Bl Jacinta of Fatima**

'The sins which bring most souls to hell are the sins of the flesh.' 'Certain fashions are going to be introduced which will offend Our Lord very much.' c.1920

*Pray that all women return to the values of true Christian modesty*

### **Saint Anthony Mary Claret**

"Another thing that spurs me on to preach ceaselessly is the thought of the multitude of souls which fall in the depths of hell... who die in mortal sin, condemned for ever and ever... Woe to me if I do not preach and warn them."

*Pray that souls hear preaching on death, judgement, heaven and hell more often*

### **Saint Wilfrid**

"I am confident that at the Holy See from which the rules of the sacred canons emanate and are diffused throughout all the churches of the world.. that I am sure to be given a just judgement.. I trust that I show absolute obedience to and full compliance with the laws of the Church—to whose justice I have hastened with full confidence. "

*Pray for all canon law supplicants*

### **St Joseph Cafasso**

"We are born to love, we live to love, and we die to love still more."  
"Seek what can result in the greater glory of God and the advantage of souls."

*Pray for all those in prison and for those who await their release.*

### **St Lawrence Brindisi**

"Consider! God is truly present to us when we speak to him in prayer, He truly listens even if we pray only with our hearts and minds. Not only is He present and hears us, indeed He willingly and with pleasure wishes to grant our requests."

*Ask for grace to grow in prayer*

### **St Sophia**

"It was not I who endowed you with breath and life. It is the Creator of the world who in His mercy will give you back breath and life, seeing that you despise your own existence for the sake of His laws." 2 Macc 7:22,23

*Pray for all who are called to prepare their children to live truly heroic Christian lives*

### **St Felix of Valois**

"The Spirit of the Lord has been given to me... He has sent me to proclaim liberty to captives, freedom to those in prison..." Isaiah 61:1-2

*Pray for all those enslaved, imprisoned and held hostage that they may be set free*

### **Saint Peter Damian**

"Drive out the roaring beasts from your domain; do not cease from protecting yourself daily by receiving the Flesh and Blood of the Lord. Let your secret foe see your lips reddened with the Blood of Christ. He will shudder, cower back, and flee."

*Pray for the leaders of holy reform in the Church*

### **Saint Hilary of Poitiers**

"To those who wish to stand in God's Grace, neither the guardianship of Saints nor the defence of Angels are wanting."

*Pray for all those called to publicly defend the Faith*

### **St John of Avila**

"If you are lacking tenderness in devotion, do not be troubled, for our service is measured only by love. Love does not consist in tender devotion but in a free offering and intention of the will to do what God and His Church want us to do, to suffer what He wills that we suffer, in order to please Him."

*Pray for all who need a true father in the spiritual life*

### **St Bridget of Sweden**

Jesus: "I willed for My sinless body to be wounded from the sole of My foot to the crown of My head for the sins of men, and hung on the Cross. It is now offered daily on the altar so that people might love Me more and call to mind My favours more frequently."

*Pray for the gift of devotion to the Passion of Jesus*

### **St Clement I of Rome**

"Let us fix our eyes on the Blood of Christ and understand how precious it is to His Father, because being shed for our salvation It won for the whole world the grace of repentance."

*Pray for the cardinal who will one day be chosen as our next Pope*

### **Bl Ignatius Falzon (Malta)**

'He who wills only what God wills is always happy, whatever may happen.'  
'God leaves no good desire unrewarded' 'By aridities and temptations God proved those who love Him.'

*Pray for all catechists, soldiers and seafarers*

### **St John of Vallombrosa**

"I have learned in this dark and long imprisonment that there is nothing better, nothing more holy, than solitude: in solitude I intend to go on learning Divine things and to try to rise higher."

*Pray for all who are caught in the snares of the occult*

### **Bl Mariam Thresia of India**

"I was called upon to share in the love of God the Father; so that I could take on the wounds of the crucified Christ; then inspired by the Divine Spirit to provide solace to the poor and the suffering, and a refuge to the dying."

*Pray for all modern mystics*

### **Blessed Maria Repetto**

"Beyond opening the door of her convent, she opened her heart to all, in order to give always and everything to God and to the poor, in serenity and joy." Bl Pope John Paul II

*Pray for the grace to imitate St Joseph in your daily duties*

### **Bl Susanna Cabioie of Japan**

"I believe that they are going to torture us. I am going away first. I hope with the help of God to remain faithful; I expect of you a like firmness. Recall that this life is short, and that eternity is very long."

*Pray for those who risk every thing to harbour missionaries*