

Yearly Patron Saints (A Pal from Heaven)

On the eve of each New Year, we ask a particular “protector” saint to choose each of us for the coming year. He/she will have the responsibility of taking good care of us throughout the year, he/she will protect us, guide us on the right path, and reveal to us his/her particular charism.

To find out which saint has chosen us, we gather to pray, we call upon the Holy Spirit, and then we pass around a basket filled with the saint’s names. Then we share and rejoice together about the saint that has been given to us.

Seeing how much these saints take their commitment to heart is amazing, each one according to his/her own personality! Once more, we can marvel at the workings of Divine Providence, since, most of the time, this new companion has achieved wonderful things for his/her “protégé” before the end of the year. It is a blessing to be picked by a Saint, to have as an example, guide, and intercessor each year. Our heavenly ‘buddy’ can accompany us through the year with extra strength and support. Their intercession is their most exalted service to God’s plan. We can and should ask for them to intercede for us and for the whole world.

Saint Faustina in her Dairy (#360) writes in the New Year 1935 – “**There is a custom among us of drawing by lot, on New Year’s Day, special Patrons for ourselves for the whole year.** In the morning during meditation, there arose within me a secret desire that the Eucharistic Jesus be my special Patron for this year also, as in the past. But, hiding this desire from my Beloved, I spoke to Him about everything else but that. When we came to refectory for breakfast, we blessed ourselves and began drawing our patrons. When I approached the **holy cards on which the names of the patrons were written**, without hesitation I took one, but I didn’t read the name immediately as I wanted to mortify myself for a few minutes. Suddenly, I heard a voice in my soul: **I am your patron. Read.** I looked at once at the inscription and read, “Patron for the Year 1935 – the Most Blessed Eucharist.”

Application:

Attached are a few Saints names to get you started. Feel free to add your favorite Saints’ names to the list, as I did. You may wish to **make a copy** of the list before use, so you **have it for next year. Cut the names apart, place in container, then have each person draw a name.** One could also use **Holy Cards**. Remember to pray first. (for example: “Heavenly Father, please choose a Saint for us, for the upcoming year, to help us in our daily life and to grow ever closer to You.”)

Getting to know your yearly Patron is fun. Helping others to get to know their Saint is also a blessing for them and you. There are many websites and books about saints. I especially like “Voices of the Saints” by Bert Ghezzi. Even if there are reluctant family members and you doubt they will get to know their saint that year, their Patron will not neglect them. So please encourage each family member to participate! Christmas gatherings are a great time to give the gift of a Patron Saint to each of your loved ones! God bless you

Yearly Patron Saints

Newborn Baby Jesus

“Today when Jesus is born and by His birth brings immeasurable joy, love and peace, I call you, in a special way to say your ‘yes’ to Jesus. Open your hearts so that Jesus enters into them, comes to dwell in them and starts to work through you. Only in this way will you be able to comprehend the true beauty of God’s love, joy and peace.” Let the baby Jesus be your guide.

Mary, Queen of Peace

“I need you. You are important to me.” Pray for peace and Mary’s plans.

Saint Joseph, foster father of Jesus

“The angel of the Lord appeared to Joseph and said: Joseph, son of David, do not be afraid to take Mary as your wife; she will give birth to a son, and you will name him Jesus.” Pray for the gift of blessed fatherhood for the world’s families.

Saint John the Baptist

“He who has the bride is the bridegroom; the friend of the bridegroom who stands and hears him, rejoices greatly at the bridegroom’s voice; therefore this joy of mine is now full. He must increase, but I must decrease.” (Jn 3:30)

Pray for Jesus to be glorified in all men!

Saint John the Evangelist

“Long ago and far away, an ordinary man called John laid his head on the breast of Christ and listened to the heartbeats of the Lord. Who can venture to guess what that man felt as he heard the beat of the mighty heart?” C. Doherty

Pray for those who are in despair.

Saint Peter the Apostle

“Lord, you know everything, you know that I love you.” Pray for the Holy Father and the Vatican.

Saint Andrew (Apostle)

“Saint Andrew was the first convert among the apostles; he was especially in the Lord’s confidence; thrice is he described as introducing others to him; lastly he is little known in history, while the place of dignity the name of highest renown have been allotted to his brother Simon, whom he was the means of bringing to the knowledge of his Savior.”

J.H. Newman. Pray in thanksgiving for the quiet and humble of the world who do the work of the Lord without recognition.

Saint Michael the Archangel

“Satan is powerful and that’s why I’m asking for your prayers for those who are under his influence so they may be saved.” Pray for those who do evil.

Saint Veronica

“It is your Face, Lord, that I seek!” Comfort Jesus through adoration

Saint Paul

“I assure you, brother, the gospel I proclaimed to you is no mere human invention. I did not receive it from any man, nor was I schooled in it. It came by revelation from Jesus Christ.” (Gal 1:11) Pray for renewed zeal for the Gospel.

Saint Stephen (first martyr)

“I see an opening in the sky, and the Son of Man standing at God’s right hand.” Pray for those who witness to the Gospel through out the world.

Saint Bernadette of Lourdes

“You want to pray like a saint, I invite you to pray like a pauper.” Pray for those who are discouraged.

Saint Faustina (Apostle and Secretary of Jesus’ Mercy)

“You will accomplish great things if you abandon yourself entirely to my will. (Not as I wish but according to your will, O God.) Understand that these words, uttered in the depths of the heart, transport the soul instantly to the highest peaks of holiness.” (Jesus to St. Faustina) Pray for souls in their last hour.

Saint Thomas Beckett

“There are a great many bishops in the Church, but would to God we were the zealous teachers and pastors that we promised to be at our consecration, and still make profession of being.” (Thomas Beckett) Pray for Bishops.

Saint Francis of Assisi

“I know Jesus, poor and crucified, and that’s enough for me.” Pray that Jesus may be loved.

Saint Therese of the Infant Jesus (Lisieux)

“In order to be at peace in suffering all you need is to want what Jesus wants. Pray for those who are about to die.

Saint Margaret Mary (of Paray-le-Monial)

“I beseech you, take up your home in the Sacred Heart of Jesus.” Pray for those who do not want to go on living.

Saint Louis M. Grignion de Montfort

“The more the Holy Spirit finds Mary in a soul, the more he becomes active and empowered to produce Jesus Christ in that soul, and that soul in Jesus Christ.” Pray for Our Lady’s intentions.

Saint Maximilian Kolbe (Poland)

“What is essential is not to accomplish a great deal according to our own lights, but to be in the hands of the Immaculate Virgin.” Pray that Mary Immaculate may reign in our hearts.

Saint Mary Magdalene

“She had brought a pot of ointment. Standing weeping behind Jesus, she began to wash his feet with her tears. Then she wiped them with her hair, covered them with kisses and anointed them with ointment.” (Luke 7:37-38) Pray for the conversion of sinners

Saint Thomas Aquinas

“The Cross is my sure salvation. / The Cross it is that I honor evermore. / The Cross of Our Lord is with me. / The Cross is my refuge.” Pray for intellectuals and teachers.

Saint Catherine of Siena (Virgin and Doctor of the Church)

“Eternal Trinity, Godhead, mystery deep as the sea, you could give me no greater gift than the gift of yourself.” Pray for holy women in all states of life.

Saint Elizabeth (mother of John the Baptist)

“When your greeting sounded in my ears, the infant in my womb leaped for joy! Pray for all mothers, that they will welcome new life, and receive the Holy Spirit as Elizabeth did.

Saint Francis de Sales (Bishop and Doctor)

“Just as every sort of gem, cast in honey, becomes brighter and more sparkling, each according to its color, so each person becomes more acceptable and fitting in his own vocation when he sets his vocation in the context of devotion.”

Pray for an increase of good confessors.

Saint Frances Xavier Cabrini

“We can do nothing of ourselves, for we are poor and miserable, but if we have faith and trust in him who comforts us, then we can do all things.”

Pray for an increase in women religious.

Saint Gertrude

“I want my intimate friends to follow in my footsteps by displaying a deeper affection for their enemies than for their benefactors, because they will thus reap an incomparably greater reward.” (Jesus to Gertrude) Pray for enemies.

Saint John of the Cross

“Would that men might come at last to see that it is quite impossible to reach the thicket of the riches and wisdom of God except by first entering the thicket of much suffering, in such a way that the soul finds there its consolation and desire.” Pray for those who suffer, that they unite with Jesus and find joy.

Saint John Bosco

“The young are my greatest hope. But lots of young people look for happiness in the wrong place and lose their way.” Pray for young people.

Saint Elizabeth Ann Seton

“I offer myself to your Father by you, to yourself by your Father and you to the Holy Spirit who is the mutual love of both.” Pray for an increase in women religious

Saint Patrick of Ireland

“If I am worthy, I am ready also to give up my life, without hesitation and most willingly, for his name. I want to spend myself in that country (Ireland), even in death, if the Lord should grant me this favor.” Patrick’s Confessions

Pray for missionaries and evangelists

Saint Angela Merici January 27

“Mother of children, even if they have a thousand, carry each and every one fixed in their hearts, and because of the strength of their love they do not forget any of them. In fact, it seems that the more children they have the more their love and care for each one is increased.” Pray for mothers.

Saint Simon of Cyrene

“It is the Cross that bears you, not you who bear the Cross”(the Cure of Ars) Pray for the dying.

Saint Dominic Savio (Italy)

Just as you did it to one of the least of these who are members of my family, you did it to me” (Matthew 25:40) Pray that abortion ceases.

Saint Catherine of Genoa

“Dear children, I ask you to pray every day for the souls in Purgatory. In this way you too will acquire intercessors who will be able to help you in life” Pray for the souls in purgatory.

Saint John Vianney - The Cure of Ars

“There are some who weep because they do not love God! But I tell you, those people do love him!” Pray that priests may be holy.

Saint Vincent de Paul

“You have as much need to be compassionate as the poor person has need of your compassion.” Pray for compassion

Saint Anthony of Padua

“We spread the love of God by loving as he loves.” Pray for non-believers

St Lucy

If we do not know God, how can we love him? And if we do not love him, what use is our knowledge? Pray for the blind both physically and spiritually.

Saint Benedict

“This message of mine is for you, then, if you are ready to give up your own will, once and for all, and armed with the strong and noble weapons of obedience, to do battle for the true King, Christ the Lord.” Pray for vocations to the monastic religious life.

Saint Katharine Drexel

“to whom much is given much is expected” Pray for all the cast-offs of this world.

Saint Catherine Laboure

“My child, the Cross will be despised, thrown on the ground, and the Lord’s side will be opened again.” (Mary to St Catherine) Pray for the enemies of the Church

Saint Augustine

“Too late have I loved you, O Beauty so ancient and so new, too late have I loved you! You were with me, but I was not with you. Pray for the end of sexual immorality

Saint Rita “O loving Jesus, increase my patience according as my sufferings increase.”

Saint of the Impossible – Pray for marriages

Saint Alphonsus Liguori

“Let us awaken our faith to realize that this earth is not our true home but that we are merely here as pilgrims. Pray for the Church

Saint Columban

“Our perils are many, the struggle awaiting us is severe, and the enemy terrible; but the recompense is glorious, and the freedom of our will manifest.” Pray for true peace, which comes from God.

Saint (Padre) Pio

Pray, hope and don’t worry. Worry is useless. God is merciful and will hear your prayer... Prayer is the best weapon we have; it is the key to God’s heart. You must speak to Jesus not only with your lips but with your heart. In fact on certain occasions you should speak to Him only with your heart...” Pray for confessors.

Saint Rose of Lima

“Lord increase my sufferings, and with them increase Your love in my heart”. Pray for those suffering from anorexia and bulimia.

St Teresa of Avila (Doctor of the Church)

“I do not desire your life to pass by in words, but that you glorify God with deeds. Pray for more reverence at mass.

Saint Jose Maria Escriva

“Action is worth nothing without prayer: prayer grows in value with sacrifice.” Pray that the Holy Spirit would descend upon us.

Saint Bridget

“O my enemies, why do you so boldly commit such sins and do other things contrary to My will? Why have you neglected my passion? Why do you not attend in your hearts to how I “Stood” naked on the cross and cried out, full of wounds and clothed in blood? (Jesus to St Bridget) Pray for an end to abortion. Meditate on the Passion of Christ

Saint Juan Diego

“All those who sincerely ask my help in their work and in their sorrows will know my Mother’s Heart in this place. Here, I will see their tears; I will console them and they will be at peace.” (Blessed Mother to Juan) Pray for all those who live in poverty.

Saint Edith Stein

We don’t easily fathom why God does not seem to protect good people from the violence of evil people. Mysteriously, he seems to have a preference for martyrdom. As the psalm says, “Precious in the sight of the Lord is the death of his saints”

Pray for those who do evil.

Saint Monica

Ordinary humanity ought to make us feel that we have not done enough if we merely refrain from increasing and exacerbating ill feeling among people by our evil tongues. We ought to go further and try to use our tongues well so as to put an end to ill feeling. Pray for all peacemakers.

Saint Philomena (Virgin & Martyr)

“Am I now currying favor with human beings or God? Or am I seeking to please people? If I were still trying to please people, I would not be a slave of Christ. (Gal 1:10)

Pray for purity.

Saint Clare of Assisi

Look into the mirror daily, O queen and spouse of Jesus Christ. Always study your face in it, so that within and without you may adorn and clothe and gird yourself with all manner of virtue. “Pray for all of those in the media.

Saint Gianna Beretta Molla

Work and sacrifice yourself for the glory of God. Sow your little seeds tirelessly. Let us always work generously and humbly; let us try not to look immediately for the fruits of our labor. Pray for mothers considering abortion.

Saint Alphonsus Liguori

Contradictions, sickness, scruples, spiritual aridity, and all the inner and outward torments are the chisel with which God carves his statues for paradise. Pray for increased faith.

Saint Bernard of Clairvaux

Jesus is honey in the mouth, music in the ear and a shout of joy in the heart.

Pray for those with cancer

Saint Ignatius of Loyola

The saints were of the same frame as I. Why should I not do as they have done? Pray for soldiers.

Saint Peter Eymard

The Lord has different types of servants. Your duty is to attend continually to the Lord in the Blessed Sacrament. Pray for Perpetual Adoration throughout the world.

Saint Charles Borromeo

“Blessed are the meek, “Jesus said, “for they shall inherit the earth” (Mt 5:5) How beautiful are the feet of those who preach the gospel of peace. Pray for the conversion of sinners

The Holy Innocents

Theirs was a wordless profession of faith in Jesus. They died because they bore the likeness of the Christ child, and are crowned with life eternal. Pray for an end to abortion.

Saint Jude also called Thaddeus (Apostle)

Lord, how is it that you are about to manifest yourself to us and not to the world? Jesus said “If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our abode with him.” Pray for the awareness of sin and the keeping of the commandments.

Saint Gerard

Be courageous, do not be cast down. Trust in God and hope that he will grant you every grace. Do not rely on yourself, but rather on the Lord, and if you imagine that all is calm, then be assured that the enemy is quite near. Do not put too much confidence in peace, for in the midst of rest war may break out. Pray for expectant mothers.

Saint Bonaventure (Doctor of the Church)

“A constant fidelity in small things, is a great and heroic virtue” Pray for humility.

Saint Philip Neri

Cast yourself with confidence into the arms of God. And be very sure of this, that if he wants anything of you he will fit you for your work and give you strength to do it. Pray for all those who are at the Vatican/Rome

St Raphael (Archangel)

“...the holy angel of the Lord, Raphael, was sent to heal them both.” (Tobias 3:25)

“Be of good courage, your cure from God is at hand.” (Tobias 5:11-13)

Pray for those in most need of healing physically, mentally, emotionally, and spiritually.

Saint Helen

“O innocent Jesus, your Cross is my cross.” Pray for children who are abused.

St Bernardine of Siena

God has two arms-an arm of love and an arm of fear. With both arms he embraces the sinner who desires to return to him. If you want to be loved by him, love him and he will prosper you. And if you fear him, he will protect you from every danger.

Pray to repair for the sins against the Holy Name of Jesus

Saint Justin Martyr

“The greatest grace God can give someone is to send him a trial he cannot bear with his own powers-and then sustain him with his grace so he may endure to the end and be saved.” Pray for those suffering trials.

Saint Cecelia

“O Lord, let my heart and my body be undefiled, that I be not confounded” Pray for purity

Saint Barbara (Virgin & Martyr)

“The first angel blew his trumpet, and there followed hail and fire, mixed with blood, which fell on the earth; and a third of the earth was burnt up, and a third of the trees were burnt up and all green grass was burnt up.”(Rev 8:7) St Barbara protector against fire, lightning, and death from what falls from the sky, intercede for us and all those in the military. Pray that we may have a holy death with the reception of the sacraments of Penance and the Holy Eucharist. Pray for all those who are in danger of dying without the Sacraments.

Saint Raymond Nonnatus

Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear on another's burdens...Gal 6:1-2 Pray for those who are losing their immortal souls.

Saint Sylvester (Pope 314-335)

We ought, therefore, so to live that the days, hours, and moments of the year may form a crown made up of good works, which we may offer to God. Let us examine the sources of former omissions, failures, and transgressions and take measures to amend our actions in the future. Pray for peace to reign in the New Year-Feast day December 31st

Saint Jacob Gapp

Everything passes, only heaven remains. We will someday be together again and then there will be no separation. Pray for the zeal to teach the truth and combat error.

Saint Dominic

“God, be merciful to me, a sinner” (Lk 18:13)

Pray for the Pope, Bishops and priests and all Dominicans to powerfully preach the Word of God.

Saint Matthew the Apostle

“He saw a man, named Matthew, sitting at the tax collector’s office: and He said unto him, follow Me. And he arose, and followed Him. (Mt 9:9) Pray for those ‘called’ by the Lord to the priesthood and religious life to hear and answer His call.

Saint Jerome (Father and Doctor of the Church)

“Ignorance of Scripture is ignorance of Christ.” Pray for the increase and success of Bible studies.

Saint Joan of Arc

She asked me to fetch the cross from the church so that she could have it continually before her eyes until her death...In the flames until the end she continuously proclaimed and confessed aloud the name of Jesus. And she did not cease invoking the help of the saints in paradise. Moreover, as she bowed her head and breathed her last, as a sign of her fervent faith in God, she uttered the name of Jesus. Pray for a greater obedience to the will of God.

Saint Bernard of Clairvaux

It is folly and extreme madness always to be longing for things that cannot only never satisfy but cannot even blunt the appetite. However much you have of such things you still desire what you have not yet attained. You are always restlessly sighing after what is missing. Pray for those who are caught up in materialism.

Saint Gabriel Francis Possenti (of-Our-Lady-of-Sorrows)

Behold me at your feet, O my Lord, begging your mercy. What will you lose by granting me a deep love for you, a profound humility, a great purity of heart, mind and body, a brotherly charity, a sincere sorrow for having offended you, and the grace to offend you no more? What will you lose by enabling me to receive worthily your beloved Son in Holy Communion? By assisting me to act through love for you in all my thoughts, words, penances and prayers? By bestowing on me the favor of loving most tenderly the holy mother of your Son? By giving me the grace of final perseverance in my vocation and of dying a good and holy death? Pray for all sorrowful mothers who have lost children.

Saint Gemma

He is a burning fire. It burns but does not consume. On the contrary, it gives light and warmth and joy. The more it burns, the more happy and perfect it makes those encircled by its rays. And the more anxious do they become to be burning in his fire. Thus do I see the souls in God. Pray for greater union with God.

Saint James the Great (Apostle)

“Can you drink the cup that I shall drink, or be baptized with the baptism with which I shall be baptized?” Mk 10:38. Pray for God to raise up men and women with strength and courage to preach the Gospel.

Saint James the Less (Apostle)

“...everyone should be quick to hear, slow to speak, slow to wrath, for the wrath of man does not accomplish the righteousness of God.(James 1:19-21) Avoid such godless chatter, for it will lead people into more and more ungodliness, and their talk will eat its way like gangrene. (2Tim 2:16) Pray to have control of one’s tongue and for inner silence.

Saint Anne (Mother of the Virgin Mary)

Faith is the unshaken stance of the soul and is unmoved by any adversity. The believing person is not one who thinks God can do all things, but one who trusts that he will obtain everything. Pray for those who are not able to conceive.

Saint John Neumann

A person who is truly spiritual simply asks the Holy Spirit to inspire, guide, and direct him in the natural things of life and then goes about his business. Pray for the return of Forty Hours of Eucharistic Adoration and simplicity.

Saint Luke (Apostle)

And when He drew near and saw the city He wept over it, saying, “Would that even today you knew the things that make for peace! (Lk 19:41) Pray for the Holy Spirit to come into the world bringing God’s peace and mercy.

Saint Margaret of Cortona

“My daughter, one day I will place you among the Seraphs, among the virgins whose hearts are flaming with love for God.” Pray for the return of purity.

Saint Maria Goretti

You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.” Pray for the grace of forgiveness.

Saint Mark (Apostle)

Jesus summoned the crowd with his disciples and said to them: “Whoever wishes to come after me must deny himself, take up his cross and follow me.”(Mk 8:34) Pray for those who’s daily cross is unbearable; and the courage to unite their sufferings to Jesus’ for the salvation of souls.

Saint Mary of the Angels

O radiant Lily of Mary, come to dwell in my soul. However unworthy it be, never leave it again, O my good Jesus. O sun of Justice, come and dispel the darkness in which my soul is plunged. Pray for purity of heart, soul, mind and body.

Saint Nicholas

It is better to give than to receive. Pray for a generous heart.

Saint Pius X (Pope)

My advice is that you receive Holy Communion frequently-if you cannot do so daily-and unite yourself to the Savior. Make frequent visits to Him in the solitude and silence of His tabernacle. Then you will hear Him speak to you his invitation, full of love: Come to me, you who hunger, and I will refresh you. All you who have been burdened and weighted down-and I will give you comfort, peace and consolation.” (Mt:11:28-29)
Pray for a greater devotion to Jesus in the Blessed Sacrament

Saint Stanislaus Kostka

I shall reflect on myself and ask: “What have I done for Christ? What am I doing for Christ? What ought I do for Christ? Pray for parents to be open to the vocation God has chosen for their children.

Saint Theresa Margaret of the Sacred Heart

I desire to love you, O my God, with a love that is patient, with a love that abandons itself wholly to you, with a love that acts, and most important of all, with a love that perseveres. Pray for a deeper love of God.

Saint Thomas (Apostle)

The divinity cannot be seen by any mortal man. So Thomas saw man and confessed him to be God, saying, “My Lord, and my God.” “Blessed are they who have not seen and yet have believed” (Jn:20:29) Pray for atheists and those who do not believe in the Divinity of Jesus.

Saint Timothy

Command and teach these things. Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. Till I come, attend to the public reading of scripture, to preaching, to teaching. Do not neglect the gift you have.... Take your share of suffering as a good soldier of Christ Jesus. ...An athlete is not crowned unless he competes according to the rules. Pray for youth in leadership roles.

Saint Veronica Giuliani

Love makes the heart leap and dance. Love makes it exult and be festive. Love makes it sing and be silent as it pleases. Love grants it rest and enables it to act. Love possesses it and gives it everything. Love takes it over completely and dwells in it. Meditate on the Passion of Christ, praying for a greater union with Jesus crucified.

Saint Philip (Apostle)

“We have found the one Moses and the prophets wrote about,” Philip explained. “He is Jesus of Nazareth.” ... “Come and see.” Pray for unbelievers.