

When we think about saints, we may think of an exclusive group of people with certain attributes: noteworthy, pious, and dead. But **we all become saints** when we are baptized and join the Church.

The Church itself is also known as the “communion of saints,” which means **we are connected** to all the others in the Church—living and dead. And we are all called to live holy lives.

Certain saints are **lifted up as examples** for us when they are canonized. This doesn't mean they were perfect, but that their stories can help us to live lives full of life, passion, and holiness.

All Saints All Souls

**Follow the saints,
because those who follow
them will become saints.**

Pope St. Clement I

**May God protect me
from gloomy saints.**

Saint Teresa of Avila

**Saints have no moderation,
nor do poets, just exuberance.**

Anne Sexton

**The saints did not all
begin well, but they all
ended well.**

St. John Vianney

*What changes can you
make in your life to
grow in saintly holiness?*

Learn about some saints this week.
Here are just a few suggestions:

American saints

- Sts. Damien and Marianne of Moloka'i (Hawai'i)
- St. Théodore Guérin (Indiana)
- Kateri Tekakwitha (Native American, New York)

Three women who changed history

- St. Genevieve of Paris
- St. Catherine of Siena
- St. Teresa of Avila

Saints from around the world

- St. Josephine Bakhita (Sudan)
- St. John Bosco (Italy)
- St. Juan Diego (Mexico)
- St. Martin de Porres (Peru)
- St. Gonsalo Garcia (India)

New saints

- St. John Henry Newman, St. Oscar Romero, and St. Theresa of Calcutta

All Saints All Souls



Days of Hope

From Pope Francis' homily last year on All Saints and All Souls:

The first Christians depicted hope with an anchor, as though life were an anchor cast on Heaven's shores and all of us journeying to that shore, clinging to the anchor's rope. This is a beautiful image of hope: to have our hearts anchored there, where our beloved predecessors are, where the Saints are, where Jesus is, where God is. This is the hope that does not disappoint; today and tomorrow are days of hope.

From the very early years of the Church, Christians honored and prayed for the dead. We continue to look at death from the perspective of Christ's death and resurrection. Jesus has overcome death not only for himself, but also for all of us!

This week, reflect on and pray to those you have known who have died. You may wish to share your reflections with other members of your family.



Hope is a little like leaven that expands our souls. There are difficult moments in life, but with hope the soul goes forward and looks ahead to what awaits us. Today is a day of hope. Our brothers and sisters are in the presence of God and we shall also be there, through the pure grace of the Lord, if we walk along the way of Jesus....

All of us will experience sundown, all of us! Do we look at it with hope? Do we look with that joy at being welcomed by the Lord? This is a Christian thought that gives us hope. Today is a day of joy; however it is serene and tranquil joy, a peaceful joy. Let us think about the passing away of so many of our brothers and sisters who have preceded us, let us think about the evening of our life, when it will come. And let us think about our hearts and ask ourselves: "Where is my heart anchored?"

If it is not firmly anchored, let us anchor it beyond, on that shore, knowing that hope does not disappoint because the Lord Jesus does not disappoint.

