

A saint, and a suggestion, to make each day of October a mini-retreat



October is a month of saints. I'm a big fan of turning ordinary things into mini-retreats. So, to celebrate this mega-month to the full, I thought I'd put together a little October Saint Guide, which can serve as a bit of a self-guided saint retreat.

OCT 1: ST. THÉRÈSE OF LISIEUX Meditate on her quote: "It is such a folly to pass one's time fretting, instead of resting quietly on the heart of Jesus." In other words, leave it all to God and don't worry.

OCT 2: GUARDIAN ANGELS Pray the Guardian Angel prayer before starting your day. Bonus! Ask your loved ones' Guardian Angels to pray for them.

OCT 3: ST. MOTHER THEODORE GUERIN

She founded the Sisters of Providence at Saint-Mary-of-the-Woods in Indiana. Pray for the continued success of the work of all religious orders.

OCT 4: ST. FRANCIS OF ASSISI Go out of your way to care for the earth. Pick up trash around your neighborhood, avoid using disposable items, or turn off the lights at home.

OCT 5: ST. FAUSTINA KOWALSKA St. Faustina painted the image of Divine Mercy. Pray, "Jesus, I trust in You," three times.

OCT 6: ST. BRUNO He wrote commentaries on the Psalms. Look up the Psalms from the daily readings.

OCT 7: OUR LADY OF THE ROSARY Pray the Joyful Mysteries of the rosary.

OCT 8: ST. THAIS Thais worked as a prostitute before seeking mercy. Schedule a time to go to Confession.

OCT 9: ST. JOHN HENRY NEWMAN He converted to Catholicism at age 44. Pray for all those thinking of becoming Catholic.

OCT 10: ST. FRANCIS BORGIA Meditate on his quote: "We must make our way towards eternity, never regarding what men think of us, or of our actions, studying only to please God."

OCT 11: ST. POPE JOHN XXIII As pope, he made it a point to visit the sick, homeless, and imprisoned. Text, call, or write somebody you haven't talked to in a while.

OCT 12: BL. CARLO ACUTIS He created a website that listed Catholic miracles around the world. Read about a miracle on the internet.

OCT 13: ST. EDWARD THE CONFESSOR He was an English king known for his piety and good rule. Do a good deed for someone.

OCT 14: BL. MARIE POUSSEPIN She had many disappointments throughout her 90-year life. Meditate on a time you experienced disappointment and how God was present to you during that time.

OCT 15: ST. TERESA OF AVILA She was the inspiration for many saints

after her. Think of what you'd like to be patron saint of one day.

OCT 16: ST. GERARD MAJELLA He is the patron of expectant mothers. Pray for the unborn babies.

OCT 17: ST. IGNATIUS OF ANTIOCH He was a disciple of St. John the Apostle. Pray for or reach out to thank the people who have been mentors to you.

OCT 18: ST. LUKE His Gospel is considered the most Marian of the four. Read a passage from Luke's Gospel.

OCT 19: ST. JEAN DE BRÉBEUF, ST. ISAAC JORGUES, AND COMPANIONS These Jesuits are called the North American Martyrs. Pray for our country.

OCT 20: BL. OLEKSA ZARYCKYJ He was a Ukrainian priest who was arrested for his faith. Pray for peace in Ukraine and throughout the world.

OCT 21: ST. GASPAR He was an Italian priest who opened a night oratory where people could go to Adoration any time. Schedule a time to go to Adoration.

OCT 22: ST. POPE JOHN PAUL II Pray the Luminous Mysteries of the rosary. Bonus! Watch the 2005 movie "Pope John Paul II."

OCT 23: ST. PAUL TONG BUONG He was a Vietnamese martyr who was arrested and killed for his faith. Pray for those who are persecuted for their faith.

OCT 24: ST. ANTHONY MARY CLARET One of his quotes goes, "I will be kind to everybody, particularly to those whom I find troublesome." Go out of your way to practice kindness, especially to those you find troublesome.

OCT 25: ST. JOHN HOUGHTON He was killed for refusing to swear an oath to King Henry VIII. Pray for political peace.

OCT 26: ST. ALFRED THE GREAT He was a supporter of art. Look at the art at church at your next Mass.

OCT 27: ST. ODRAN OF IONA He was an Irish monk who traveled through Great Britain to preach. Attend Sun-day Mass the next time you're on vacation or traveling.

OCT 28: ST. JUDE THADDEUS We know St. Jude as the patron of hopeless causes. Pray for everyone who feels hopeless.

OCT 29: ST. NARCISSUS St. Narcissus was falsely accused of crimes he didn't commit. Use your words to say nice things about someone in your life.

OCT 30: ST. DOROTHY OF MONTAU She had many spiritual gifts. Take time to discern your spiritual gifts. Are you good at speaking? Listening? Caring? Working? How can you use those gifts for God?

OCT 31: EVE OF ALL SAINTS DAY Pick a favorite saint to be your patron for the next year.

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*Cause of
Our Joy*

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