



Cloud of Witnesses

FEAST OF ALL SAINTS: NOVEMBER 1ST



RESOURCE PACK FOR
POST-PRIMARY SCHOOLS
/ YOUTH GROUPS



- ASCEND YOUTH MINISTRY (DIOCESE OF WATERFORD & LISMORE) -

Index

*"It is God's Will that
the saints should be
our protectors and
our friends."
- St John Vianney -*



*Therefore, since we are
surrounded by such a
great cloud of
witnesses, let us throw
off everything that
hinders and the sin
that so easily entangles.
And let us run with
perseverance the race
marked out for us
Hebrews 12:1*

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CHECK OUT THE
CATECHISM OF THE
CATHOLIC CHURCH
SAYS ABOUT WHAT
THE SAINTS DO FOR US
CCC 2683

Cloud of Witnesses

SENIOR RE NON-EXAM: A1 / A2 / A3 / E1 / G2 / G3 / H1 / H3 JCRE: L0 1.5 / 1.6 / 1.8 / 2.2 / 2.3 / 2.8 / 2.9 / 3.1

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us Hebrews 12:1

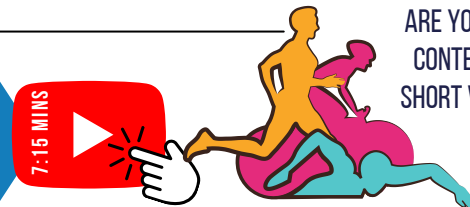
CAN YOU REMEMBER A TIME WHERE SOMEONE ELSE ENCOURAGED YOU TO KEEP GOING WHEN YOU FELT LIKE GIVING UP? OR MAYBE YOU ENCOURAGED SOMEONE ELSE TO NOT GIVE UP? WHAT WAS IT LIKE?





SAINTS CAN BE SEEN AS HEROES OF FAITH. HOW MANY SAINTS CAN YOU NAME IN ONE MINUTE?

WATCH FR MIKE SCHMITZ' VIDEO: "ALL SAINTS DAY PEP TALK" AND REFLECT ON THE QUESTIONS THAT FOLLOW:



ARE YOU FAMILIAR WITH IRONMAN CONTESTS? IF NOT, WATCH THIS SHORT VIDEO BEFORE LISTENING TO FR MIKE'S TALK!



What sports are involved in the Ironman contest?

What letter of St Paul does Fr Mike quote at the beginning? ☐ Corinthians ☐ Hebrews ☐ Timothy

Why do you think the entire town would turn out for the Ironman race each year?

Why did those who finished their triathlon go back to the finish line later?

Even though they could not run the race for the last finisher, what could they do for him?

Fr Mike compares this to the communion of saints in heaven. All the saints in heaven have already run their race and they can't run our races for us. However, what they can do is



Why do you think it is important to remember that we have a family in heaven? How can this help us in our daily lives?

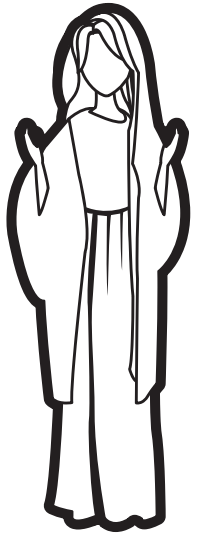
On 1st November each year, the Church celebrates the Feast of All Saints. Everyone in heaven is a saint, whether they have been officially recognised by the Church or not. Maybe you know someone who has passed away, someone who lived a life of heroic virtue, of service, of deep faith? Maybe they're already in heaven with God right now, praying for you!



CLOUD OF WITNESSES

MARK 12:28-34

Saints are all so different. Sometimes we can think of them only as cold statues, brightly lit stained glass windows or artistic paintings, and forget that they lived real lives with real struggles just like us. They had families and friends. They laughed and cried. They studied and faced exams. They lived and they loved. Some had to face enormous hardships in their families or from persecutors, some died a martyr's death, some never travelled far from home, some died young. Many didn't seem to achieve much in the eyes of the world. However, the one thing they all had in common was a deep desire to know, love and serve God in everything they did.



DISCUSS:

Sainthood is what we are all called to. What do you think makes it difficult for young people today to strive for sainthood?



Now Read Mark 12:28-34



In this Gospel Passage, Jesus is questioned by a scribe as to which is the greatest commandment of all? Jesus sums up the greatest commandment as loving God with all your heart, mind, soul and strength; and loving your neighbour as yourself. When we think about the lives of the saints, this is exactly what they did.

God was always in first place for them, whether they were single, married or in religious life, a missionary, a mom or dad, a king, a pauper, a doctor, a teacher, a grandparent, a widow, a young student, God was always number one. They never forgot service of others either, and now in heaven, they're still worshipping God and serving us continually!



MISSION:

REALLY TAKE SOME TIME TO CELEBRATE THE FEAST OF ALL SAINTS THIS YEAR. PRAY ABOUT FINDING A SAINT PROTECTOR FOR THIS YEAR AND WHEN YOU HAVE CHOSEN ONE (OR THEY HAVE CHOSEN YOU!) MAKE SURE YOU PRAY TO THEM, ASK FOR THEIR HELP AND GET TO KNOW THEM, DISCOVERING HOW THEY BECAME A SAINT IN THEIR DAILY LIVES.



PRAYER TIME:

Dear God, thank you for the example of the Saints. I desire to join in their company, worshipping you forever in Heaven. Please help me follow their footsteps, and yours, Jesus Christ. Please help me to conform myself to Your image, seeking Your will in all things, as the Saints did. Please help me to devote myself, and all that I do, to Your glory, and to the service of my neighbours. Amen.

Read more at: <https://www.praymorenovenas.com/prayer-saints-day>



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE COMMUNION OF SAINTS:



- [Litany \(of the Saints\) \(Matt Maher\)](#)
- [Hymn of Heaven \(Phil Wickham\)](#)
- [A Million Saints \(Meredith Andrews\)](#)
- [When it's all been said and done \(Robin Mark\)](#)
- [When the Saints \(Sara Groves\)](#)
- [All the Saints \(Farren & Skinner\)](#)
- [Your heart \(Chris Tomlin\)](#)
- [Litany of the Saints \(IEM Catholic Lyrics\)](#)

Click the links for the YouTube videos to listen to some suggestions!



[What is stopping you from becoming a saint? \(Fr Mike\)](#)



[The Do's and Don'ts of Devotion to the Saints \(Fr Mark Mary, CFR Ascension Presents\)](#)



[Living like Saints! \(Catholic Kids Media\)](#)

CHECK OUT THE
CATECHISM OF THE
CATHOLIC CHURCH
SAYS ABOUT
CANONISATION
CCC 828



"THE SAINTS DID NOT ALL
BEGIN WELL, BUT THEY
ENDED WELL."
ST JEAN VIANNEY

WHAT IS YOUR UNDERSTANDING OF HOW THE CHURCH DECLARES SOMEONE A SAINT?

It's important to remember that you do not **BECOME** a saint during the process of canonisation. You become a saint by how you lived your life. Canonisation **RECOGNISES** sainthood.

WATCH THE BUSTED HALO VIDEO: "HOW DOES THE CATHOLIC CHURCH DECLARE SOMEONE A SAINT?" AND ANSWER THE QUESTIONS THAT FOLLOW ON THE STEPS TO CANONISATION! (5:21 MINUTES)

HOW DOES THE
CATHOLIC CHURCH
DECLARE SOMEONE
A SAINT?



Explain the word **CANONISATION**.

When did an official process to canonisation get established originally?

Put the following steps in order (from 1 - 14):

- ___ Declared "Saint" by Pope at St Peter's Basilica in Rome
- ___ Someone asks the local bishop to begin the cause for canonisation.
- ___ Congregation for the Causes of Saints examines the cause
- ___ Formal review at local level with theologians and historians begins
- ___ Declared Blessed (and beatified often in local diocese)
- ___ The person involved has to die first!
- ___ 2nd Miracle verified
- ___ Declared "Venerable"
- ___ 1st Miracle verified and approved by Rome.
- ___ Cause is sent to Rome
- ___ Miracle worked through the intercession of the person
- ___ Medical experts and even skeptics invited to investigate miracle
- ___ Declared "Servant of God"

True or False?

A martyr (who died as a witness to the faith) can be canonised with only one miracle.

True ☐

False ☐

Pope John XXIII's canonisation came after two miracles being approved.

True ☐

False ☐

The Saint in heaven performs the miracle by themselves.

True ☐

False ☐

Solve the anagrams!
A miraculous cure must be:

• nationunseats

• salting

• biannualexpel

Recognising Saints!

Find all the words associated with the Canonisation Process in the word-search



I F W O E Z J T X N S C D D L H N S C B
 N D O M S L L K A E A W O E F C A B O E
 E S U A C G B I G N R S G I M R I J N A
 T S I S S A R A O Z I X F F P U G M G T
 X M Y I V O E N R M C U O I E H O E R I
 I H W V T L I A K E I D T R T C L D E F
 U E O S D S J T K Q N R N E H L O I G I
 Q C I D A L U P J Q W E A V T A E C A C
 M H I T E S E C O I D W V C S S H A T A
 G M I S A I N T H O O D R K L R T L I T
 C O T O W M T Y W S B L E S S E D E O I
 N U X S A M A J Y H K P S N J V H X N O
 I E S R H D O S P L T R W D L I E P U N
 B S T T T K A J A I M F O V M N A E C C
 P Y B S O N U O C I T N N W N U V R K G
 R O A K G M A T H R N K W Z D U E T S A
 S E P T B I S H O P Y T S P X O N T D O
 F F F E H G L O C A L E S I N G O C E R
 V I R T U O U S A C T I O N S B M G N M
 Y T I T C N A S C I O R E H V R P P M H



assist / beatification / bishop / blessed / canonisation / cause /
 congregation / customs / diocese / feast day / good works / heaven /
 heroic sanctity / historian / local / martyr / medical expert / middle ages /
 miracle / pope / recognise / saint / sainthood / servant of god / skeptic /
 theologian / universal church / venerable / verified / virtuous actions

QUICK FIRE QUIZ!

Choose at least ten of the words / phrases in the list above and work as a team to explain how they relate to the the canonisation process as quickly as you can. Who can explain the most words?



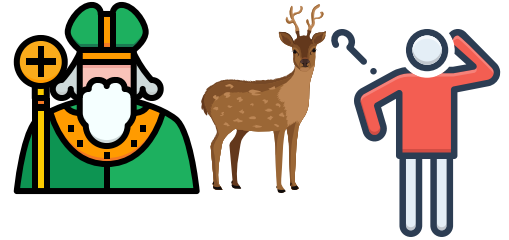


My Saint Protector

QUICK QUIZ

WHAT IS A SAINT PROTECTOR?

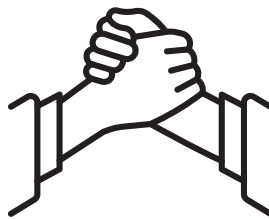
A Patron Saint is a saint to whose protection and intercession a person, a society, a church, or a place is dedicated. Individual people also like to pray to a saint protector, a Saint or blessed they have a personal relationship with and whose intercession and prayers they ask for.



- The patron saint of Ireland is St _____
- The patron saint of animals is St _____ of _____
- If you lose something, you can pray to St _____
- The patron saint of lost causes is St _____

YOU AND YOUR SAINT PROTECTOR

Did you know you can have a saint protector? Some people have a special relationship with a saint throughout their whole lives. It may be the saint whose name they share. It could be the patron saint of something they particularly love (e.g. Sebastian, patron of athletes). Some people choose a new saint each year to learn about, get to know and pray to.



HOW DO I CHOOSE A SAINT PROTECTOR?

There are lots of ways of doing this. Make sure you pray first before deciding or choosing!



- You can be inspired personally in prayer which saint to choose.
- You could ask a holy priest or religious person, or a person of deep faith to pray about this for you and suggest a name to you.
- You can use a patron saint generator on the internet like <https://saintsnamegenerator.com/>
- You can choose a saint from a list (pull a name out of a hat!)
- You could start with the saint whose name you share: your first name or confirmation name, or whose feast day is on your birthday or the day you were baptised!
- You could choose the patron saint of a particular past time you have, or career you'd like to do, or difficulty that you struggle with.

WHAT DO I DO WHEN I HAVE CHOSEN A SAINT PROTECTOR?

- Research their lives, their struggles, the way they achieved holiness.
- Pray to your saint each day - even if you just include, "St _____, pray for me!" at the end of your morning or night prayers.
- Find out their feast day and celebrate it!
- Pray a novena in the 9 days preceding their feast day for a special intention.
- Get an image of the saint: print it out or use it as a wallpaper on your phone.
- Research quotes by or about your saint.
- Watch some good videos about your saint. More than likely you'll find some YouTube content. Has a movie been made about them?
- Start using a hashtag with your saint's name to spread the word on Instagram.
- Remember - your protector saint is in heaven, looking out for you, rooting for you, cheering you on, loving you and assisting you in whatever way they can. Talk to them as a real friend.



CUT OUT THE NAMES BELOW FOR YOUR CLASS OR YOUTH GROUP AND
PICK A NAME FROM A HAT. REMEMBER TO PRAY FIRST FOR GUIDANCE!



St Francis of Assisi	St Thérèse of Lisieux	St John Paul II
St Maria Goretti	Bl. Carlo Acutis	St Philomena
St John Bosco	St Thomas More	Bl. Pier Giorgio Frassati
Bl. Chiara Luce Badano	St Augustine	St Francis Xavier
St Damian of Molokai	St Maximilian Kolbe	St Teresa of Avila
Bl. Chiara Corbella	St Francis de Sales	St Teresa Benedicta (of the Cross)
St Josephine Bakhita	St Paul the Apostle	Bl. Miguel Pro
St Philip Neri	Bl. José Sánchez del Rio	St Catherine of Siena
St Teresa of Calcutta	St Clare of Assisi	St Patrick
St Brigid of Ireland	St Declan	St Dominic Savio
St Anthony of Padua	Bl. Edmund Ignatius Rice	St Faustina
St Joseph	St Bernadette	St Peter



My Saint Protector

Stick image here

Name: _____

Date / year of birth: _____

Country: _____

Family details: _____

Death (year / age / how): _____

Patron Saint of: _____

Feast day: _____

Symbols / images / customs associated with my saint: _____

Quotes / mottos: _____

Particular love for / interest in: _____

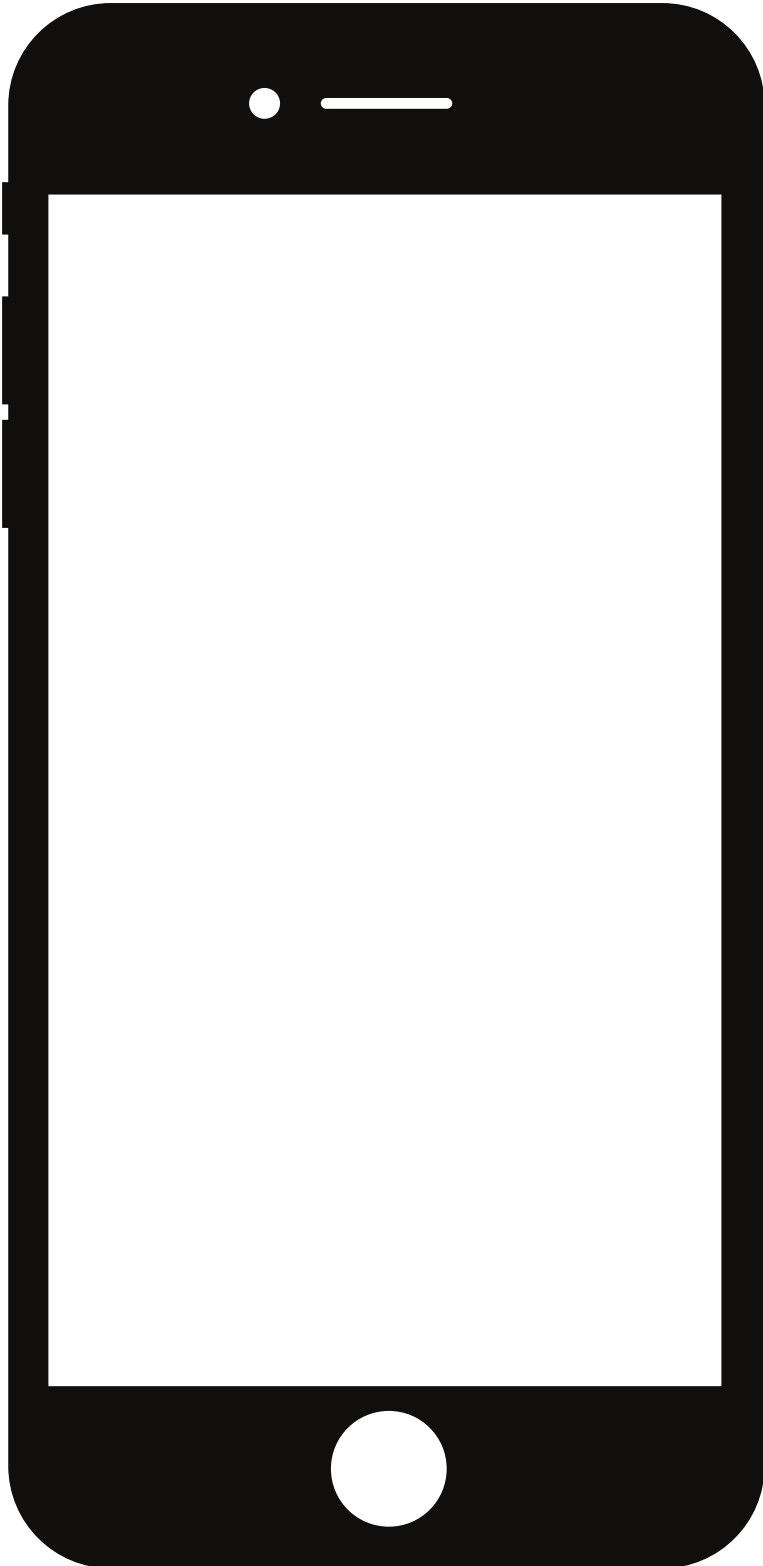
Something we have in common: _____

Hashtag that sums up their life: _____



Saintly Connections

IMAGINE THIS WAS YOUR SAINT PROTECTOR'S PHONE



WALLPAPER: Sketch what you think his / her phone wallpaper could be at a particular moment in their lives, and then explain why they might choose this image.

EMAILS / TEXTS: Imagine your Saint Protector just received two emails or texts. Using your knowledge of your saint, who do you think could be messaging him/her and what would the content of each message be?

PLAYLIST: Write down three song titles (with artists' names) that could be on your saint protector's playlist (they can be contemporary religious or chart songs). Why do you think your saint would listen to these tunes?



Why not write a letter to your Saint Protector? Maybe you could write about the challenges you face in your life, or the questions his / her story raised for you, or any aspect of his / her story that you found inspiring, or difficult to understand. The important thing is to respond personally and honestly - whatever form that takes for you!

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Let the Light Shine Through!



One sunny Sunday, a little boy went to visit his local church with his Mom. He asked question after question about the stained glass windows, because he was so fascinated by the images, and the way the coloured glass reflected striking beams of light on the floor. She explained who each saint depicted in each window was. A few days later in religion class, the teacher asked if anybody knew what a saint was. The excited boy, raising his hand, said "Oh, teacher, I do! A saint is someone that the light shines through!"



HOW WAS IT MADE? STAINED GLASS WINDOW | VICTORIA & ALBERT ROYAL MUSEUM

Watch the video to see how stained glass windows are made

TASK: CREATE A SKETCH OF A STAINED GLASS WINDOW THAT CELEBRATES THE LIFE AND LEGACY OF YOUR CHOSEN SAINT.



RESEARCH: CAN YOU VISIT A LOCAL CHURCH TO LOOK AT THE STAINED GLASS WINDOWS THERE?

- WHAT KIND OF IMAGES ARE DEPICTED?
- WHAT OTHER DETAILS CAN YOU SEE (E.G. DEDICATIONS)?
- HOW OLD ARE THESE WINDOWS?
- WHAT COLOURS ARE USED?



ROBERT BARRON ON BL. PIER GIORGIO FRASSATI (MUNDELEIN SEMINARY)

- WATCH THE VIDEO TO SEE HOW SYMBOLISM FROM A SAINT'S LIFE CAN BE INCORPORATED INTO A STAINED GLASS WINDOW



PLAN:

- WHAT DETAILS FROM THE LIFE OF YOUR CHOSEN SAINT WILL YOU INCLUDE IN YOUR DESIGN?
- HOW WILL YOU REPRESENT THOSE IMAGES?
- WHAT COLOURS WILL YOU USE?



CREATE AND DISPLAY:

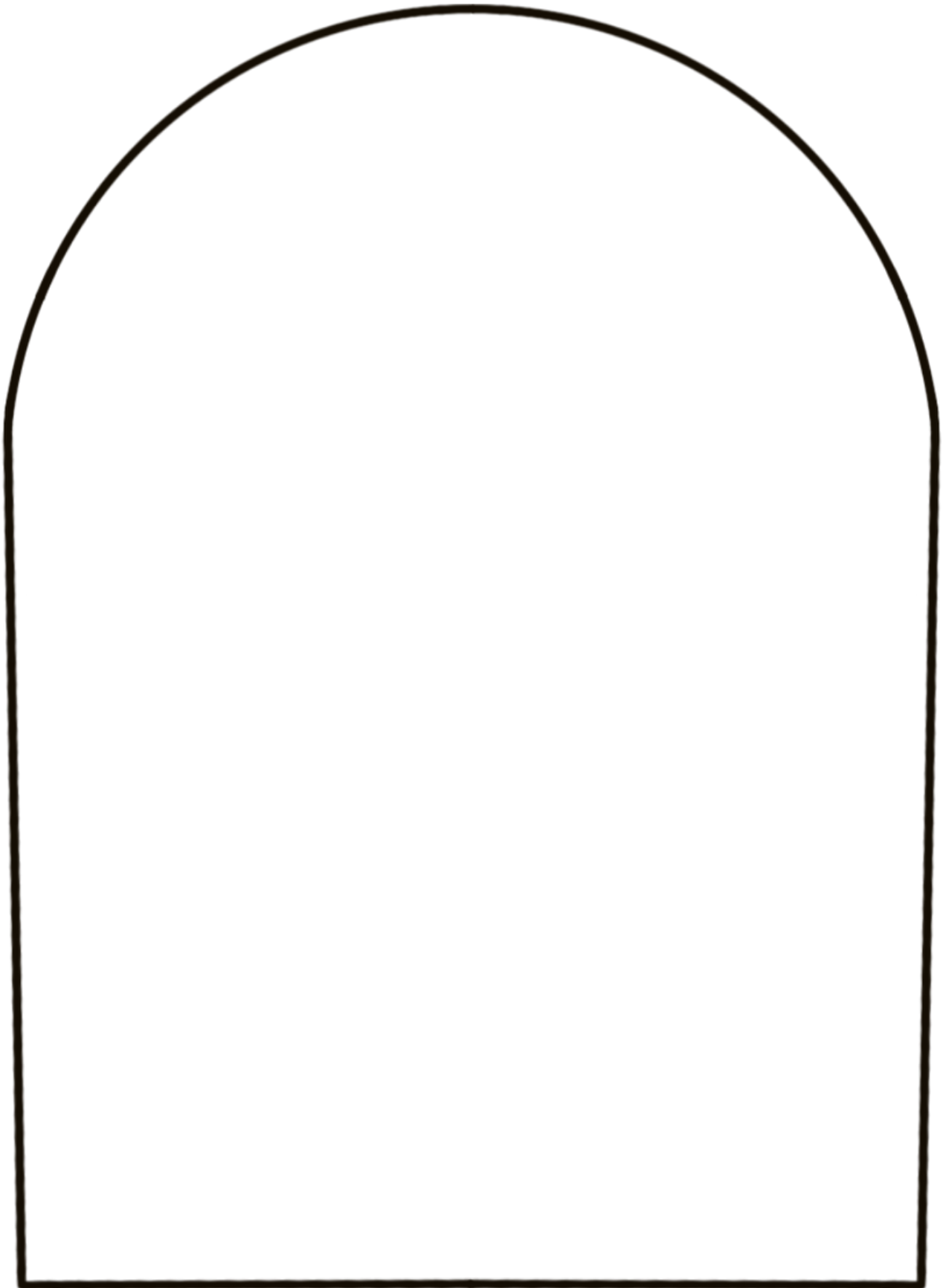
- GATHER YOUR IDEAS FOR SYMBOLS, AND DRAFT AN OUTLINE OF YOUR CHOSEN SAINT.
- YOU MIGHT CHOOSE TO PRINT AN IMAGE OF YOUR SAINT AND THE SYMBOLS TOO, AND STICK THESE TO YOUR A4 PAGE.
- CREATE YOUR FINAL STAINED GLASS WINDOW ON AN A4 SHEET.
- WHY NOT CREATE A FULL DISPLAY OF THESE IMAGES ALONG A CORRIDOR / IN A CLASSROOM / HALL, AND LET THE LIGHT SHINE THROUGH!



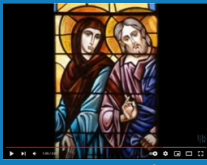
Let the Light Shine Through!



My Stained Glass
Window



Litany
(Matt Maher)



Litany of the Saints
(John Becker)



Litany of the Saints

THE LITANY OF THE SAINTS IS
ONE OF THE OLDEST CATHOLIC
PRAYERS STILL IN USE.
IT IS ALWAYS PRAYED / SUNG
AT ORDINATIONS AND AT THE
EASTER VIGIL.
IT IS OFTEN USED ON THE
FEAST OF ALL SAINTS.

Lord have mercy,
Christ hear us,

*Christ have mercy on us.
Christ graciously hear us.*

God the Father,
God the Son,
God the Holy Spirit,
Holy Trinity,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Holy Mary,
St. Michael,
St. Gabriel,
St. Raphael,
All you holy angels and archangels,
St. John the Baptist,
St. Joseph,
All you holy Patriarchs and prophets,
St. Peter,
St. Paul,
St. Andrew,
St. James,
St. John,
St. Mary Magdalen,
All you holy apostles and evangelists,
All you holy martyrs,

*pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.*

[Add your favourite saints]

pray for us.

Lord, be merciful,

graciously hear us, O Lord!

From all evil,
From all sin,
From anger and hatred,
Through your death and resurrection,

*O Lord, deliver us.
O Lord, deliver us.
O Lord, deliver us.
O Lord, deliver us.*

In the day of judgement,
That you would forgive us and all those we love,
That you would grant peace and unity to all,
That you would give rest to those who have died,
That you would lift up our minds to heavenly desires,
Son of God,

*O Lord, hear us.
O Lord, hear us.
O Lord, hear us.
O Lord, hear us.
O Lord, hear us.
O Lord, hear us.*

Lamb of God, who takes away the sins of the world,
Lamb of God, who takes away the sins of the world,
Lamb of God, who takes away the sins of the world,

*Spare us, O Lord.
Graciously hear us, O Lord.
Have mercy on us.*

Our Father...
Hail Mary...
Glory Be...

- **Mini-Litany of the Saints**
<https://cathfamily.org/the-mini-litany-of-saints/>
- **A full version is available from ETWN**
<https://www.ewtn.com/catholicism/devotions/litany-of-the-saints-250>

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Recognising Saints! Answer Sheet

"THE SAINTS DID NOT ALL
BEGIN WELL, BUT THEY
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ST JEAN VIANNEY

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HOW DOES THE
CATHOLIC CHURCH
DECLARE SOMEONE
A SAINT?

5:41 MINS

Explain the word **CANONISATION**. Being named a saint
by the Catholic Church

When did an official process to canonisation get established originally? The Middle Ages

Put the following steps in order (from 1 - 13):

- 13 Declared "Saint" by Pope at St Peter's Basilica in Rome
- 2 Someone asks the local bishop to begin the cause for canonisation.
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- 4 Formal review at local level with theologians and historians begins
- 11 Declared Blessed (and beatified often in local diocese)
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True ☒

False ☐

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The Saint in heaven performs the miracle by themselves.

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Solve the anagrams!
A miraculous cure must be:

• nationunseats
instantaneous



• salting
lasting

• biannualexpel
unexplainable



Resource Pack produced by Ascend: Waterford & Lismore Youth Ministry

Website: www.waterfordlismore.ie/youth-ministry
Email: youthministry@waterfordlismore.ie

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