

## **What is a patron saint?**

Patron saints are chosen as special protectors or guardians over areas of life. These areas can include occupations, illnesses, churches, countries, causes -- anything that is important to us. The earliest records show that people and churches were named after apostles and martyrs as early as the fourth century.

Patron saints are often chosen today because an interest, talent, or event in their lives overlaps with the special area. Angels can also be named as patron saints. A patron saint can help us when we follow the example of that saint's life and when we ask for that saint's intercessory prayers to God.

For example, Francis of Assisi loved nature and so he is patron of ecologists. Francis de Sales was a writer and so he is patron of journalists and writers. Clare of Assisi was named patron of television because one Christmas when she was too ill to leave her bed she saw and heard Christmas Mass -- even though it was taking place miles away.

**What to include in your paper about your Patron Saint:** (paper should be typed and should be one page or less, be sure to include your name too!)

1. Items to include in your saint paper would include their date of birth and death – if known.
2. What are they the Patron Saint of?
3. How did they die – were they a martyr?
4. Why did you choose this saint?
5. How can you live your life that would imitate your saint?