



## Your 2022 Saint of the Year

Many religious orders have had a tradition of picking a saint to be their patron saint for the year. In fact, St. Faustina Kowalska writes about it in her diary:

*“Jesus likes to intervene in the smallest details of our life...There is a custom among us of drawing by lot, on New Year’s Day, special Patrons for ourselves for the whole year...” (Divine Mercy in My Soul, Notebook I: 360)*

Why might you want to get to know the saints? There are two main reasons. The first is that the Saints are examples of how to live like Jesus and be close to Him in our daily lives. And the second is that they are in Heaven with God and can pray for us (i.e. talk to Him) just as our friends on Earth do.

It isn’t over. Once you have received the name of your saint, get to know him or her. Read about their life. Read something they wrote. And talk to them: ask them to pray for you.

If you get a saint you’ve never heard of, the temptation is to (metaphorically) throw them back and pick another. This is a little rude (I don’t want to be friends with you!) – good places to find out more about your saint are online resources, [www.catholic.org/saints](http://www.catholic.org/saints), [www.franciscanmedia.org](http://www.franciscanmedia.org), FORMED.com, or books.

- <https://saintsnamegenerator.com/>
- Other ways to pick your saint...
  - Look for a saint book you have been meaning to read, and find out about them
  - Have a kid’s book on saints? Open a page and pick a saint
  - Pray on it in adoration
  - Love an inspiring saint quote? Learn more about that saint this year
  - Have a cause on your heart? Find out who is the patron saint of it
  - What saint has a feast day on your birthday, anniversary, etc.?
  - Is there a saint with your first or middle name? Or your another family member’s name?
  - Learn more about your confirmation saint?