Contents

Preface x

Introduction xiii

1. **Blessed Virgin Mary:** A Spiritual Mother for Us All **1**
2. **Zita of Lucca:** Diligence in Domestic Tasks **7**
3. **Gerard Majella:** Good Health in Pregnancy and Childbirth **13**
4. **Francis de Sales:** Living a Devout Life **19**
5. **Monica:** Mothering with Prayer **26**
6. **Joseph:** Answering God's Will in Our Daily Work **33**
7. **Sebastian:** Caring for Our Bodies through Physical Fitness **39**
8. **Francis of Assisi:** Renewal of Faith **45**
9. **Elizabeth of Portugal:** A Loving Marriage and Peaceful Family Relationships **51**
10. **John Bosco:** Total Dedication to the Education of Our Children **57**
11. **John Paul II:** Reverencing the Gift of Our Sexuality **63**
12. **Jerome**: A Love for and Devotion to Sacred Scripture **70**
13. **Margaret of Scotland:** Paving a Way to Heaven for Our Families **76**
14. **Benedict of Nursia:** Writing Our Rule of Life **82**
15. **Gianna Beretta Molla:** Respecting the Dignity of All Human Life **89**
16. **Alphonsus de Liguori:** Finding Peace in Christ **95**
17. **Maria Goretti:** Protection for Our Children **101**
18. **Théodore Guérin:** Trusting God in Following Our Vocations **107**

19. **Teresa of Avila:** Living Holiness in Our Humanity **113**

20. **André Bessette:** Seeking Kinship with the Communion of Saints **120**

21. **Jane Frances de Chantal:** Supporting Those Who Parent Alone **126**

22. **Matthew:** Serving as Good Stewards of Our Family Finances **133**

23. **Chiara "Luce" Badano:** Finding Grace in Our Challenges **140**

24. **Mary of the Cross MacKillop:** Fidelity to the Church and Her Teachings **146**

25. **Thomas More:** Finding Blessings in a Blended Family **152**

26. **Margaret Clitherow:** Ethical Practice of Our Occupations **158**

27. **Damien of Molokai:** Being the Touch of God for Others **164**

28. **Thérèse of Lisieux:** A Missionary's Heart **171**

29. **Louis Martin and Marie-Azélie Martin:** Appreciating Our Parents and Spiritual Mentors **177**

30. **Isidore of Seville:** Employing Technology to Inspire and Educate **184**

31. **Bernadette Soubirous:** Finding Healing in Our Faith **190**

32. **Elizabeth Ann Seton:** A Continual Spirit of Conversion **197**

33. **Anne and Joachim:** Loving and Respecting Our Grandparents and the Elderly **203**

34. **Rose Venerini:** Educating to Set Free **209**

35. **Dymphna:** Finding Relief for Those Suffering with Mental Health Issues **216**

36. **Frédéric Ozanam:** Serving Others with Compassion **223**

37. **John the Apostle:** Treasuring the Gift of Our Friendships **229**

38. **Catherine of Bologna:** Using Our Creative Gifts to Give Glory to God **235**

39. **Maximilian Kolbe:** Relief for Those Struggling with Addictions **241**

40. **Teresa Benedicta of the Cross:** Finding Hope in Our Crosses **247**

41. **John Mary Vianney:** Appreciating Our Clergy and Our Faith Family **253**

42. **Clare of Assisi:** Embracing a Simple Existence **260**

43. **Joan of Arc:** Courage in the Face of Adversity **266**

44. **Patrick:** A Heart for Evangelization **272**

45. **Katharine Drexel:** Fostering a Spirit of Tolerance **279**

46. **Anthony of Padua:** Speaking with Our Actions **286**

47. **Josephine Bakhita:** Freedom from Enslavement and an End to Human Trafficking **292**

48. **Ignatius of Loyola:** Living for the Greater Glory of God **298**

49. **Frances Xavier Cabrini:** Bearing Christ's Love to the Marginalized **304**

50. **Martha of Bethany:** Serving with Grace, Generosity, and Hospitality **310**

51. **Kateri Tekakwitha:** Seeing the True Beauty of God in Our Natural Surroundings **316**

52. **Teresa of Calcutta:** Seeing the Face of Christ in Those We Serve **322**

Index of Saint Names **328**

Index of Feast Days and Memorials **329**

Index of Patronages **331**

Index of Companions for Your Heart, Mind, Body, and Soul **333**