

8. **SAINT JUAN DIEGO** — Juan Diego is in this list not because of anything that he said or did, but because of what was said to him. In December of 1531, the blessed Mother appeared several times to this poor Aztec Indian in Mexico. His bishop was skeptical and asked for a sign. On December 11, Mary promised Juan that on the following day she would give him a sign that he could take to the bishop. The next day, his uncle became seriously ill and Saint Juan avoided meeting Mary as she had instructed him to do. Mary appeared to him and said, *“Listen and be sure, my dear son, that I will protect you; do not be frightened or grieve, or let your heart be dismayed however great the illness that you speak of. Am I not here? I, who am your Mother, and is not my help a refuge? Am I not of your kind? Do not be concerned about your uncle’s illness, for he is not going to die. Be assured, he is already well. Is there anything else you need?”* Instead of worrying, have you discussed your problems with Mary? Why not? Just as she did with Saint Juan Diego, she is waiting to help you.

9. **Pope Saint Leo the Great** — Attila the Hun was a ruthless and powerful warrior who conquered many lands, including Austria and Germany. In 452, he set his sights on Italy and proceeded to successfully conquer several cities and was heading toward Rome. Attila boasted that conquering Rome would be his greatest victory. Standing firm in the face of enormous odds, Pope Saint Leo the Great met Attila and his army near Mantua and convinced the tyrant to change his plans and turn back. Rome was spared. According to tradition, when Attila was asked why he backed down so easily, he noted that while the Holy Father spoke, he saw a vision of Saint Peter holding a sword in his hand. This frightened the ruthless Hun and caused him to change his plans.

10. **Saint Stephen Harding** — Born in England in the 11th century, Saint Stephen Harding was educated at the Sherborne Abbey and eventually became a monk at the Abbey of Molesme in Burgundy. Feeling that the Lord was calling him to found a monastery, he did just that. In 1098, along with twenty other monks, St. Stephen founded a monastery at Citeaux. They lived a simple life, in accordance with the Rule of Saint Benedict. Eventually, Saint Stephen was elected abbot. As the monks began to die off, they were not being replaced by novices and their numbers began to dwindle. Just as it seemed the monastery would be forced to close, guess who showed up at the door? Saint Bernard of Clairvaux, along with 30 companions who were looking to join a monastery! During the next 8 years, a dozen new houses had to be built in order to house the many new monks who joined the order. This story serves as a reminder that God does provide, although he operates according to His own schedule. Sometimes He allows us to walk in the darkness in order to strengthen our faith. God will never give up on us...don't make the mistake of giving up on Him!

*In addition to being inspired by their lives, these saints can help us in another important way. As residents of Heaven, they can intercede on our behalf and help us to obtain the graces we need to deal with our problems. They have all “been there, done that” and know what it’s like to experience difficulties. They also know what it’s like to live in eternal happiness and are more than willing to do what they can to ensure that we too experience that joy. Don’t make the mistake of facing your problems alone. Turn to your heavenly friends and ask for their help today!*

**Through their intercession Our Lord will be there for us!**

\*Excerpted from: [www.followingthetruth.com](http://www.followingthetruth.com)

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## Ten Saints Every Worrier Should Know



**Saint Dymphna**



**Saint Jude Thaddeus**



**Saint Rita of Casia**



**Saint Padre Pio**



**Saint Henry II**



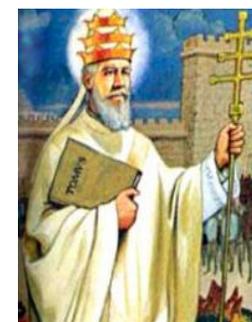
**Blessed Julian of Norwich**



**Saint Vincentia Lopez**



**Saint Juan Diego**



**Pope Saint Leo the Great**



**Saint Stephen Harding**

## TEN SAINTS EVERY WORRIER SHOULD KNOW

*\*Although we'd rather not admit it, many of us worry (or are tempted to worry) each day of our lives. One of the reasons that we worry is that we sometimes feel we are facing our problems alone. Once we meet others who are dealing with similar problems, we usually feel better. Even more comforting is when we encounter someone who has survived the issue that is troubling us. As Catholics, much can be gained by studying the lives of the saints. Far from living easy lives, these men and women have struggled with many of the same anxiety producing problems experienced by you and I. Furthermore, we know that they've ended up where we all want to go — Heaven! Are you anxious or worried? Do you have serious problems in your life? Here are ten saints that you should get to know. We can learn A LOT from their lives.*

1. **Saint Dymphna** — Many Catholics who are anxious are familiar with Saint Dymphna the patroness of those afflicted with nervous disorders and anxiety. She was born in Ireland (in the 7th century) to a pagan father and a Christian mother. When Dymphna's mother died, her distraught father traveled in vain searching for a new wife. Eventually he reached the unimaginable conclusion that he would take Dymphna as his wife! At the urging of a priest, she took flight and was ultimately located and murdered by her father. It's easy to see the kind of emotional stress that this young girl was under and equally understandable to see why she became known as the patron saint of those who suffer from anxiety. Many miracles are reported to have taken place at her shrine in Belgium, located near the place of her death.

2. **Saint Jude Thaddeus** — If there's one saint that Catholics turn to when all looks bleak, it's Saint Jude Thaddeus. One of the twelve Apostles, he is known as the patron of hopeless cases. Although many are aware of Saint Jude's reputation for providing assistance when all else fails, there is some confusion as to how he was chosen for that role. One of the most popular theories is that, due to the similarity of his name with that of fellow Apostle Judas, the faithful steered clear of devotion to him. As a result, devotion to him became something of a "lost cause". He is available and willing to intercede for our most desperate intentions.

3. **Saint Rita of Cascia** — Born in 1381 in Italy, Saint Rita is known as the patroness of impossible cases. She was married to a man with a violent temper who abused and mistreated her. After eighteen years of marriage, her husband was murdered. One day Rita overheard her two sons plotting to avenge the death of their father. Fearing the loss of their souls, she prayed that her sons would avoid taking revenge on their father's murderer. Suddenly, both of them took sick and died before any retaliation could take place. Although her prayers were answered in an unlikely manner, they were indeed answered and her sons were prevented from carrying out a grave offense.

4. **Saint Padre Pio** — With a motto such as "Pray, Hope and Don't Worry", it's easy to see why Saint Pio is included in this list. He was a firm believer in God's providence and understood that worry was useless. Any time we waste on worrying could be more productively spent in prayer. What should we pray for? One thing could be an increase in the theological virtue of hope, which allows us to believe that "all things work for the good" (Rom. 8:28) and that the problems of this life are temporary. One day, along with Saint Pio, it will be possible for us to live in the problem-free paradise known as Heaven!

5. **Saint Henry II** — While at Monte Cassino in 1021, Saint Henry II (emperor of the Holy Roman Empire) became ill. Tradition has it that Saint Benedict then cured him by prayer. How common are miraculous cures? Maybe more common than we realize! We're always quick to downplay God's involvement in our lives, often referring to favorable outcomes as "luck". It is reported that in 1997, a wife and husband were told that their twin girls would probably not be born alive. Today they are very healthy. We know that their survival was a miracle, the fruit of countless prayers, assisted by many medical doctors and nurses. We believe that the Lord worked through these physicians.

6. **Blessed Julian of Norwich** — Although not technically a saint, Blessed Julian of Norwich is greatly revered by many Catholics. Although very little is known about her life, she is famous for a quote that has provided consolation to many throughout the years. Those of us who tend to be anxious sometimes look at the waves crashing around us and fail to see the Lord's providence. Blessed Julian helps us to regain our focus and recall that God is ultimately in control. *"All shall be well, and all shall be well, and all manner of things shall be well."*

7. **Saint Vincentia Lopez** — Canonized in 1975, Saint Vincentia Lopez was the foundress of the Daughters of Mary Immaculate for Domestic Service, a religious congregation dedicated to ministering to working girls. In a letter to her mother, she wrote: "Come and stay with us, and your ills will certainly mend. Imagination plays a large part in them, and here there are so many distractions that you will have no time to think." I'm sure you've heard the expression, "an idle mind is the devil's workshop". One of the best ways to stop worrying is to keep busy. If worry motivates you to do something, then it can be productive. If, on the other hand, all you're doing is mulling over the bad things that could happen in your life, it's time to take Saint Vincentia's advice and get busy.