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## CHAPTER 4

- How does this image suggest holiness?
- In what ways does the Church bring holiness into the world?

# How Is the Church Holy?



Go to the student site at  
[hs.osvcurriculum.com](https://hs.osvcurriculum.com)

## YOU WILL

- Explore what holiness is.
- Study what it means to say that God is holy.
- Understand where the holiness of the Church originates.
- Identify the times you've recognized holiness in someone else.
- Connect the holiness of Mary and the saints to the Church.
- Learn the Precepts of the Church and their role for growing in holiness.
- Discover the importance of personal holiness.
- Explore the spiritual practices of reconciliation, purification, and renewal.

## DEFINE

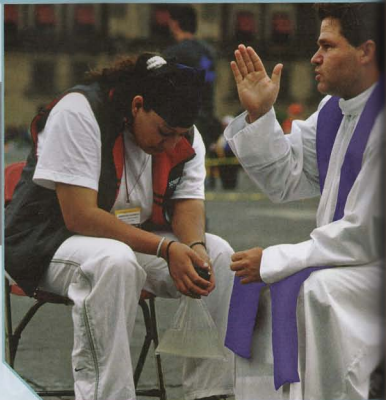
holiness	perpetual virginity
virtue	Assumption
sanctify	dogma
canonization	infallibility
intercessors	Precepts
patron saint	reparation
Immaculate Conception	



# WHAT DOES IT MEAN?

To be holy...

Saint Peter's First Letter gives advice on being holy.



"Therefore prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed.

Like obedient children, do not be conformed to the desires that you formerly had in ignorance.

Instead, as he who called you is holy, be holy yourselves in all your conduct; for it is written, "You shall be holy, for I am holy."

—1 Peter 1:13-16

# WHERE ARE YOU?

Check the answer that best matches where you are today.

*I know what holiness is.*

Quite a bit    Somewhat    Not at all

*I know what makes the Church holy.*

Quite a bit    Somewhat    Not at all

*I can recognize holy people and holy acts.*

Quite a bit    Somewhat    Not at all

*I know how to grow in personal holiness.*

Quite a bit    Somewhat    Not at all

*I need practical advice on this.*

Quite a bit    Somewhat    Not at all

# The Holiness of God

*How do people become holy?*

*Is holiness something anybody can achieve?*

*What does it mean to say that God is holy?*

**H**oliness is a spiritual trait to which we are all called. It is about how much effort we devote to our spiritual lives and how we connect with God and the Catholic Church. In fact, the root of the word holiness comes from the Old English word [hālig], meaning to seek wholeness. In other words, holiness is about our relationship with God. Recall from Genesis that we are made in the image and likeness of God. Holiness is about our openness to God's grace and our everyday commitment to following Jesus. We are called to holiness and the perfection of the **virtue** of charity.

Living a virtuous life is living a holy life. The theological virtues of faith, hope, and charity (love), make it possible to relate to God and grow in our understanding of being made in his image and likeness. Virtues are lasting attitudes, habits, or learned tendencies that lead us to make good actions and decisions. We gain moral virtues (prudence, justice, fortitude, and temperance) by cooperating with grace we receive from God and our efforts to follow Jesus. The theological virtues are gifts from the Lord.

Holiness, the fullness of Christian life, does not consist in carrying out extraordinary enterprises but in being united with Christ, in living his mysteries, in making our own his example, his thoughts, his behaviour. The measure of holiness stems from the stature that Christ achieves in us, in as much as with the power of the Holy Spirit, we model our whole life on his.

—Pope Benedict XVI  
General Audience, 13 April, 2011

## REFLECT

God asks us to recognize the holiness of each individual acquired by his grace through the Church.

- When have you recognized the holiness of others?
- When have you had the opportunity to grow in holiness?

**holiness** spiritual trait that seeks wholeness in our relationship with God through our cooperation with God's grace and our efforts to follow Jesus

As members of the Church, we have participated in many spiritual practices and religious experiences that can provide opportunities to grow in holiness. We go to confession. We observe Lenten fasting, abstinence, and almsgiving. We pray the Rosary and the Way of the Cross. We participate in acts of service to others. We pray when we wake up, eat meals, and go to

**virtue** the vigorous disposition to do what's good. Through God's grace and hard work, we acquire the moral virtues. God gives us the theological virtues.



## REFLECT

There are ways to develop our relationship with God and answer the call to holiness.

- How do you develop your relationship with God the Father—the source of all Creation and of all life?
- How do you develop your relationship with God the Son—the one who saved you from sin by dying on the Cross and raising from the dead, your Redeemer, teacher, and friend?
- How do you develop your relationship with God the Holy Spirit—the inspiration within you to know God and do good as an act of love?

sleep. We study Scripture and the teachings of the Church. We sit in awe of a sunset and contemplate the grandeur of God. But what is the most important gift that Jesus gave us to increase our holiness?

Jesus gives us himself in the Eucharist as the central spiritual practice in the Church. After the consecration, when the bread has been changed into the Body of Jesus, we no longer treat it like the ordinary bread it once was. The Eucharist is either consumed or reserved in a Tabernacle. The bread has been changed into the Body, Blood, the Soul and Divinity of Christ. We call this change Transubstantiation. It is now God the Son, wholly, entirely, and sacramentally present. Jesus is holy. When we receive Jesus in the Eucharist, we grow in holiness.

We believe in one, *holy*, catholic, and apostolic Church.

—Nicene Creed

Each time we are offered a share of God's own life—the grace we receive in the Sacraments, in prayer, through interaction with the holy Church—we have an opportunity to grow in holiness. How is the Church holy? The Church is holy because the Trinity is holy. Christ loved the Church and offered himself up to sanctify her. He joined himself to her, blessed her with holiness, and “endowed her with the gift of the Holy Spirit for the glory of God”<sup>34</sup> (CCC, 823). The Church is founded on the holiness of God the Son and is sanctified through, by, and with him so that she becomes sanctifying. “It is in her that ‘by the grace of God we acquire holiness’<sup>35</sup> (CCC, 824).

Holy, Holy, Holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.

—Roman Missal

God is transcendent and completely good. He is beyond all created things. No galaxy, star, planet, rock, ocean, living organism, energy, or anything else surpasses God because he is their Creator. A very deep conviction expressed throughout the Bible is that God, who created and sustains the world, is not like any created person or thing that must depend on others for survival. This sets God apart.

Know that the LORD is God.

It is he that made us, and we are his;  
we are his people.

—Psalm 100:3

The words for “holy” in ancient languages—*hagios* in Greek, *gadosh* in Hebrew, and *sanctus* in Latin—all refer to this special quality of God. God stands apart because of his majesty. He is holy. This is why Jesus ascended back to his Father and sent us the Holy Spirit at Pentecost. Because God transcends time and place, he is present to each of us wherever we are at any time. God also stands apart morally. People sin, but God's goodness is whole and complete, thus God is *holy*. God is good all the way through, forever and always.

## GO TO THE SOURCE

The Bible contains many examples of God's holiness.

Read: *Exodus 33:18–23, 34:29–35; Isaiah 6:1–8; and Daniel 7:9–10.*

- Make notes regarding how God's holiness is shown and the reaction each person had to it.



God is light and in him there is no darkness (see CCC 214, 257). He can show us the way. He can show us our mistakes, and he can draw us close. God's light is beautiful, and awakens our longing. We "thirst" for God (Psalm 42:2). In every human being there is a natural desire for truth and love, the human thirst for the deep and powerful goodness of God. People who are holy are those who are depending on God to satisfy this spiritual hunger. Holiness puts you on a path toward the perfection Jesus asks each of us to seek. "Be perfect, therefore, as your heavenly Father is perfect" (Matthew 5:48).

**Recall** Who said that holiness "is chiefly the work of the Holy Spirit who is poured forth into our hearts through Baptism?"

**Elaborate** Describe God's holiness.

### God Shares His Holiness with Us

Moses, Isaiah, and Daniel feared to be close to the divine holiness of God. Yet God reached out to each of them. God's grace closed the gap between the infinite and the finite. He called each one of these people forward—to a life of holiness.

Experiences of overwhelming awe as people encounter Christ's holiness are also described in the New Testament. One such incident took place when Jesus asked Simon Peter to take him in his boat on the Lake of Gennesaret. When they were a little way from shore, Jesus told Peter to lower his nets. The fisherman had worked hard all night and caught nothing, but he agreed to do as Jesus said. At the moment he lowered his nets, so many fish were caught that the nets began to break. Peter had to call his friends from another boat to help him haul in this great load of fish.

Peter's reaction to Jesus was much like Isaiah's reaction to the holiness of God. He felt unworthy to stand in his presence. He instantly fell to his knees, saying, "Go away from me, Lord, for I am a sinful man!" (Luke 5:8). Still Jesus reached out to him. He did not let Peter's

### REFLECT

God gives us the courage to act on faith.

- When have you been afraid and called on God for help?
- Why are we attracted to God's holiness?

sinfulness stand in the way. It was Jesus' intention that Peter should become a holy Apostle, dedicated to spreading the Gospel.

The New Testament contains many passages related to the holiness of Christ. In one incident, Jesus breathed the Holy Spirit upon the Apostles, and in another, the Spirit descended upon them at Pentecost and the holiness of God was given to the Church. The Church is the Temple of the Holy Spirit who was poured out in order to **sanctify**—that is, to make holy—all those whom Christ claimed for his own. This sanctifying work of the Holy Spirit continues in the Church through the Sacraments and the way the Spirit calls us to live holy lives.

The holiness of the Church arises from the mystery of Christ's love. By the grace of Baptism, through the Holy Eucharist, Sacrament of Penance and Reconciliation, and all the Sacraments, Catholics become holy with God. The Church is holy because Christ shares his own life with the Church. The Church remains holy because the Holy Spirit dwells in her.

**sanctify** to make holy or to consecrate

### DISCUSS

When have you seen the holiness of God reflected in the goodness of another human?

- What took place?
- What aspect of God's holiness was reflected? (For example, justice, mercy, compassion.)
- What do these experiences teach us about goodness itself?

## REFLECT

On the day of your Baptism you began to share in the holiness that belongs to the whole Church through the Sacraments.

- Find out as much as you can about the event of your Baptism. What was the date? Where did it take place? Who was present? If your family kept your baptismal candle, or a white garment, or a picture or other memento, take it out and look at it.
- Try to imagine that moment in your mind's eye; then write your reflection in a journal.

Our own holiness began with our Baptism. But our personal holiness is not something that happens all at once or once and for all. If we put our mind and heart into it, we can grow in holiness over a lifetime. The Sacraments, Scripture, Church teaching, service, and dedication to your Christian vocation and community help us become holy so we may live out the salvation won for us through the Paschal Mystery of Christ. Holiness is not followed out of obligation. The desire to follow the path to holiness is a

choice within us to desire truth, happiness, and goodness over sin. The desire for goodness is the Holy Spirit working within us.

The Son of God took on our human nature, so that we could share his divinity. Sharing in the divinity of Jesus is possible for each of us.

## GO TO THE SOURCE



**Jesus is walking when he encounters Matthew** and invites him to follow.

Read *Matthew 9:9-13*.

- How does Jesus reach out in this passage?
- What does Jesus' answer to the Pharisees mean for your relationship with God?

## SECTION 1 REVIEW

### QUICK REVIEW

- 1a. Identify** What is the holiness of the Church founded on?
- b. Analyze** What effects does God's holiness have on humans?
- 2a. Recount** Retell and explain an encounter between a person and God in the Old Testament.
- b. Explain** What was Saint Peter's reaction to Jesus' directions to throw out his fishing nets after a whole day of catching nothing?
- 3a. Link** Connect the events of Pentecost with the holiness of the Church.
- b. Explain** How do the Sacraments promote personal holiness?
- c. Summarize** Why is the Church holy?

**Pray** Compose a prayer praising God's holiness. Pray it this week during your daily prayers.

### SELF-ASSESS

Which statement best reflects where you are now?

- I'm confident enough about the material in this section to be able to explain it to someone else.
- I have a good grasp of the material in this section, but I could use more review.
- I'm lost. I need help catching up before moving on.

# By Way of the Cross

**W**e are the Church—the People of God, the community of believers and each of us grows in holiness over time. When we say each of us, we mean clergy, the bishops, the Pope, and all of us because we are all called to be Saints.

The Church, then, is “the holy People of God,”<sup>36</sup> and her members are called “saints.”<sup>37</sup>

—CCC, 823

The holiness of the Catholic Church is “real though imperfect”<sup>38</sup> and “in her members perfect holiness is something yet to be acquired” (CCC, 825). Holiness is a *gift* from God for each of us. But we must respond to God’s gift in order for it to increase. The call to holiness can be fulfilled equally in times of struggle, sickness, poverty, and persecution, as it can in times of abundance, fulfillment, affirmation, and strength.

Every person must walk unhesitatingly according to his own personal gifts and duties in the path of living faith, which arouses hope and works through charity.

—*Lumen Gentium*, 41

To summarize, we grow in holiness by imitating the founder of our Church, Jesus Christ, who loved us, laid down his life for us, and rose from the dead. Being open to imitating Jesus with each of our unique gifts is the first step to holiness. Let’s look closely at what it means to embrace the Cross.

The Fathers of the Church, gathered at the Second Vatican Council (1962–1965), said in *Lumen Gentium*, the “Dogmatic Constitution on the Church,” that when people follow the message of Christ, are

moved by the Holy Spirit, and obey the voice of the Father, good things happen.

The God who loves us does not exempt his People from the suffering due to Original Sin. In the path to holiness, Catholics embrace the Cross because within each cross of life there is also the promise of the Resurrection. What was true of Jesus is also true of his followers. From suffering, we can experience something positive, for example: academic success, reconciliation with friends or family, a community coming together to aid in a disaster. Each example occurred because difficulties were embraced. Therefore carrying a cross in hard times strengthens us in holiness. During hard times, our prayer intensifies. Our faith is tested. Our priorities become clearer. Our spiritual longings come to the surface. Our holiness grows by way of the Cross. We participate “in the saving work of Jesus” (CCC, 1521).

All Christians are given sanctifying grace through Baptism. This means we are dedicated, or consecrated—made sacred, to

Organizations such as Catholic Charities USA provide food services to millions of Americans.



## EXPLAIN

Here are a few statements we have made so far about holiness. Which of these have made you think the most? Explain.

- It is within the holiness of the Church that each of the faithful become holy.
- Our holiness began at Baptism.
- Holiness is a gift from God.
- Holiness is not something that happens all at once or once and for all.
- We grow in holiness by imitating our founder, Jesus Christ.
- Sometimes, holiness comes to flourish through suffering.

God. Many of us are consecrated to God as infants by our family, which the Church calls the “domestic Church.” The Church recognizes that God was first revealed to us by our parents and other family members. We are also consecrated to God by the Church community.

The holiness of the Church is not dependent on us. That holiness precedes us because it is a gift from the Triune God. Our individual sins can never take away the holiness of the Church. This is part of her mystery. She is filled with sinners yet remains the spotless Bride of Christ. Her holiness comes from the Holy Spirit, not the actions or inactions of people.

All members of the Church, including her ministers, must acknowledge that they are sinners.<sup>39</sup> In everyone, the weeds of sin will still be mixed with the good wheat of the Gospel until the end of time.<sup>40</sup> Hence the Church gathers sinners already caught up in Christ’s salvation but still on the way to holiness.

—CCC, 827

A right response to God’s gift, however, is necessary for each of us to grow in holiness. God’s grace enables us to make that response. He helps us to live in the holiness we have been given and to help it grow. We celebrate holiness when the Church declares members as saints. “By solemnly

## REFLECT

Through Baptism, we share in the priesthood of Christ, his prophetic and royal mission, and we share in the common priesthood of all members of the Body of Christ.

- The priesthood of Christ represents the sacramental and prayerful life that he made possible. In what ways do you develop your holiness through the priesthood of Christ?
- Christ as prophet represents all the ways Jesus spoke the truth about the injustices in the world. In what ways do you carry on the role of prophet?

proclaiming that they practiced heroic virtue and lived in fidelity to God’s grace, the Church recognizes the power of the Spirit of holiness within her and sustains the hope of believers by proposing the saints to them as models and intercessors.<sup>41</sup> Holiness is the source of the Church’s “apostolic activity and missionary zeal”<sup>42</sup> (CCC, 828).

The fullness of Christian life is the holiness we continually strive for and hope to reach. It is a way of life as faithful disciples of Jesus Christ. We pray and do the right things in order to find, develop, and express the holiness God has graced each of us with Baptism.

**Connect** How do we grow in holiness?

**Develop** How do our personal actions work with the Trinity to make good things happen?

## The Holiness of Saints

The Catholic Church holds up certain individuals as examples of faithful Christians. They are formally and officially identified as Saints through **canonization**—the official process in the Catholic Church for recognizing and affirming the sainthood of particular individuals. They are models of holiness; their example encourages us and they are **intercessors** for us. Through canonization, the Church determines that certain Christians who have gone before us are with God in Heaven and worthy of imitation. A **patron saint** is a canonized person asked to **intercede** for a particular place or people.

**canonization** “the solemn declaration by the Pope that a deceased member of the faithful may be proposed as a model and intercessor to the Christian faithful and venerated as a saint on the basis of the fact that the person lived a life of heroic virtue or remained faithful to God through martyrdom” (CCC, Glossary, p. 869)

**intercessors** someone who prays on behalf of someone else

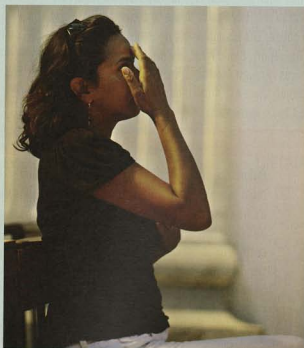
**patron saint** a canonized person asked to intercede to help or protect a particular place or group of people



# SIGN OF THE Cross

Christ laid down his life for us and we often commemorate that with the holy act of the Sign of the Cross. The *Catechism* points out that, "In Christ, Christians are blessed by God the Father 'with every spiritual blessing.'<sup>43</sup> This is why the Church imparts blessings by invoking the name of Jesus, usually while making the holy sign of the cross of Christ" (CCC, 1671). Making the Sign of the Cross is a blessing that means we are accepting the *life* of Christ as our very own.

According to the *Catholic Encyclopedia* online, tracing a small cross on the forehead may be the earliest form of the Sign of the Cross. It dates to Tertullian in the second century, who wrote that in everything they did—from putting on their shoes to lying down—"we mark our foreheads with the sign of the cross."



- Most often we make the Sign of the Cross by tracing a line with our right hand running vertically from our forehead to our heart. We complete the cross by touching our left and right shoulders.
- Often, too, we see bishops and priests bless people or objects with a motion in the air using the right hand. The thumb or index finger is used to make a small cross on a forehead or hands during Baptisms or the Sacrament of the Sick (blessings and anointing with oil).
- We, the baptized, also make the small cross just before the Gospel reading on our forehead, lips, and heart.

When we pray at the beginning of the day or at any time, we begin with the Sign of the Cross "in the name of the Father and of the Son and of the Holy Spirit. Amen" (CCC, 2157). We call on Christ's grace to allow us to live in the Holy Spirit as sons and daughters of the Father. The Sign of Christ's Cross prepares us and strengthens us to face the world with its temptations and challenges.

**When do you make the Sign of the Cross in your daily life?**

**What does making the Sign of the Cross say about your relationship with God?**

**What challenges are teenagers called to accept in order to make their community or their world a better place?**

**How would Christ's blessing, when he made his life our own, help teenagers overcome temptations or accept difficult challenges?**



# THE PROCESS OF Canonization

**A**ny member of the Body of Christ or a group recognized by the Church can advance the cause of canonization, the process through which a person is recognized as a Saint. The person or group advancing the cause is called the petitioner. They will work through a Church-approved postulator.

The postulator conducts a thorough investigation into the life of the person who has normally been deceased for at least five years. He or she is now called a Servant of God. This investigation will look at the holiness of the person and importance of the cause for the Church. The postulator will report the findings to the bishop where the Servant of God died.

When the Sacred Congregation determines that the Servant of God lived a life of heroic virtue, he or she is then called Venerable. It means the person always tried to grow in holiness. After one miracle has been found credible, the person is beatified and is now called blessed. After a second miracle is found credible, the Pope will make the final decision to canonize the person, meaning that person is publicly recognized as a Saint.

The cause for sainthood can be either recent, meaning there are eyewitnesses who knew this person, or ancient, meaning that there are only written sources. In any case, the postulator presents the written petition, including a biography of the Servant of God, an authentic copy of the published writings of the person, and in recent causes, a list of people who can witness to the virtues or martyrdom of the Servant of God.



After the report has been accepted, the bishop sends a report on the Servant of God to the Holy See in Rome to see if there are any obstacles to the cause. The bishop or his delegate examines the witnesses from the report. Blood relatives are the first witnesses followed by relatives through marriage, then friends and acquaintances. When there are miraculous healings, the person's doctors are called to be witnesses.

Before the end of the inquiry, the Servant of God's room in which he or she lived or died is inspected as well as other places, if any, where the person has been honored. A report is drawn up from this entire investigation and sent by secure means to the Sacred Congregation for the Causes of Saints. Separate inquiries are made of the miracles connected with the Servant of God.

Who is the Saint you feel closest to?

Research new Saints from the last five years. Choose one and write a brief biographical summary.

## GLOBAL PERSPECTIVES

In 2010, Pope Benedict XVI canonized six new saints for the universal Church, pointing out that they are great examples of Christians who knew the importance of praying ceaselessly. The six new saints were:

- Saint Mary MacKillop (1842–1901) from Australia
- Saint André Bessette (1845–1937) from Canada
- Saint Stanislo Soltyś (1433–1489) from Poland
- Saint Candida Maria de Jesus Cipitria y Barriola (1845–1912) from Spain
- Saint Giulia Salzano (1846–1929) from Italy
- Saint Camilla Battista da Varano (1458–1524) from Italy

Look up one of these saints and find out five facts about them.

- What about this person appeals to you most?



➔ Go to the student site at [hs.osvcurriculum.com](http://hs.osvcurriculum.com)

Lord, how I want to be in that number when the saints go marching in.

—American Gospel hymn

The number of Saints officially recognized by the Catholic Church is growing all the time as new Saints are canonized. But in the New Testament, Saint Paul refers to the entire community of the Church as saints (see 1 Corinthians 16:1) and Luke refers to them as “holy ones” (Acts 9:13, *New American Bible*). By calling the whole Christian community Saints, they are underlining the fact that the Church is holy because the most Holy God is her author; Christ, her bridegroom gave himself up to make her holy; and the Spirit of holiness gives her life. This calls and empowers each of us to be Saints—to be the people God made us to be.

Saints help the whole Catholic community to be holy. Here are two examples from those canonized.

### Saint Martin of Tours (c. 316–397)

Saint Martin of Tours is remembered for his many good deeds. He founded a monastery. He became the bishop of Tours, a diocese in what is now France. He was a wise and just leader for twenty-five years. He visited the people in his diocese, traveling by foot, boat, and donkey. He settled disputes and worked miracles. But the

story most often remembered of Saint Martin is from his early life.

Martin was a soldier in the Roman army. He became convinced that his commitment to Christ would not allow him to kill. He was imprisoned because of this. Later, however, he was set free. After his release, he met a naked beggar on the road. Drawing his sword, he cut his cloak in two and gave half to the beggar. That night he had a dream, in which he saw that the beggar was Christ.

Canonized people like Saint Martin inspire others to follow their conscience even if they are rejected by others. He also reminds people of the need for practical charity and compassion. Often holiness looks just like this. It is not planned out beforehand. The person behaves well spontaneously, from the heart.

### EXPLAIN

- When have examples of everyday holiness inspired you? Were they examples of compassion, following conscience, using God given gifts, listening to the voice of God within, or praising God? Explain.
- What helps you *listen to the voice of God within*? How can listening and responding to God’s voice be an act of holiness?
- When and how do you praise God?

## ANALYZE

- Read Saint Hildegard's poem carefully.
- Why is "sunlight streaming through a jewel" a good metaphor for God's relationship with each of us?
- How can writing poetry that praises God be an act of holiness?

### Saint Hildegard of Bingen 1098–1179

Saint Hildegard was a woman of faith and prayer who was also tremendously gifted as a musician, poet, natural scientist, and mystic who contemplated God in order to get closer to him. She was consulted by bishops, popes, and kings. She practiced medicine and wrote about the healing properties of herbs and other natural substances. She composed religious music and poetry and plays. She founded a thriving convent in the Rhineland (an area in Germany), and was the abbess there.

Saint Hildegard was declared a doctor of the Church in 2012. She is often remembered for how her music and poetry praised God and the Virgin Mary. Here is one of her poems:

### *Antiphon for the Virgin*

O resplendent jewel and unclouded brightness  
of the sunlight streaming through you—  
a fountain leaping from the Father's heart—  
his own and only Word  
through which he created  
the world's first matrix,  
which Eve threw into chaos:  
for you the Father  
fashioned this Word as man,  
so you are that luminous matrix  
through which the same Word  
breathed forth all virtues,  
as in the primal matrix  
it brought for all creatures.

Saints like Hildegard inspire women to let their gifts and talents show forth instead of hiding them because these gifts come from God for a special purpose. Hildegard was courageous, listened to the voice of God within her, did amazing things, and praised God every step of the way. Often enough, holiness looks just like this.

## SECTION 2 REVIEW

### QUICK REVIEW

- 1a. Discuss** How can a person grow in holiness?
  - b. Show** How can you be drawn to holiness in your everyday life?
  - c. Explain** How can holiness flourish while carrying the cross of suffering?
- 2a. Connect** How does the holiness of the Saints impact the Church?
  - b. Analyze** Why would Saint Paul refer to the entire Church community as saints?
- 3a. Summarize** What virtues did Saint Martin of Tours embody?
  - b. Explain** How was Saint Hildegard of Bingen remarkable for her time?

**Listen and Discuss** After reading this section, what do you think are the keys to finding or staying on the path of holiness?

**Pray** Compose a short prayer to God about holiness in your life.

### SELF-ASSESS

Which statement best reflects where you are now?

- I'm confident enough about the material in this section to be able to explain it to someone else.
- I have a good grasp of the material in this section, but I could use more review.
- I'm lost. I need help catching up before moving on.