

St Anne

In Christian tradition, Anne is the mother of Mary and so she is Jesus' grandmother. She is honoured by Catholics for this special role. There is no mention of Anne in the Bible but non-biblical sources from early Christian sources claim that Anne and her husband, Joachim were childless for many years before the angel Gabriel appeared to them both separately and told them that they would have a child who must be dedicated to God.

St Anne must have shown great devotion to God to listen to this promise. How can we show this devotion to God as a form?

St Anne must have shown great gentleness in raising her daughter and her grandson, knowing that they had an important part to play in God's plan. How do we show gentleness in our lives?



St Martha

St Martha, along with her siblings Mary and Lazarus, was a close friend of Jesus. The most famous story associated with her is found in Luke 10

³⁸ As Jesus and his disciples went on their way, he came to a village where a woman named Martha welcomed him in her home. ³⁹ She had a sister named Mary, who sat down at the feet of the Lord and listened to his teaching. ⁴⁰ Martha was upset over all the work she had to do, so she came and said, “Lord, don't you care that my sister has left me to do all the work by myself? Tell her to come and help me!”

⁴¹ The Lord answered her, “Martha, Martha! You are worried and troubled over so many things, ⁴² but just one is needed. Mary has chosen the right thing, and it will not be taken away from her.”

Do we sometimes, like Martha, find ourselves doing things which distract us from Jesus? How can we re-focus our lives on God?

Martha was trying to do everything right-she was trying to be the best person she could be, even though she knew she sometimes fell short. How do we show this excellence in our own lives?



Ruth

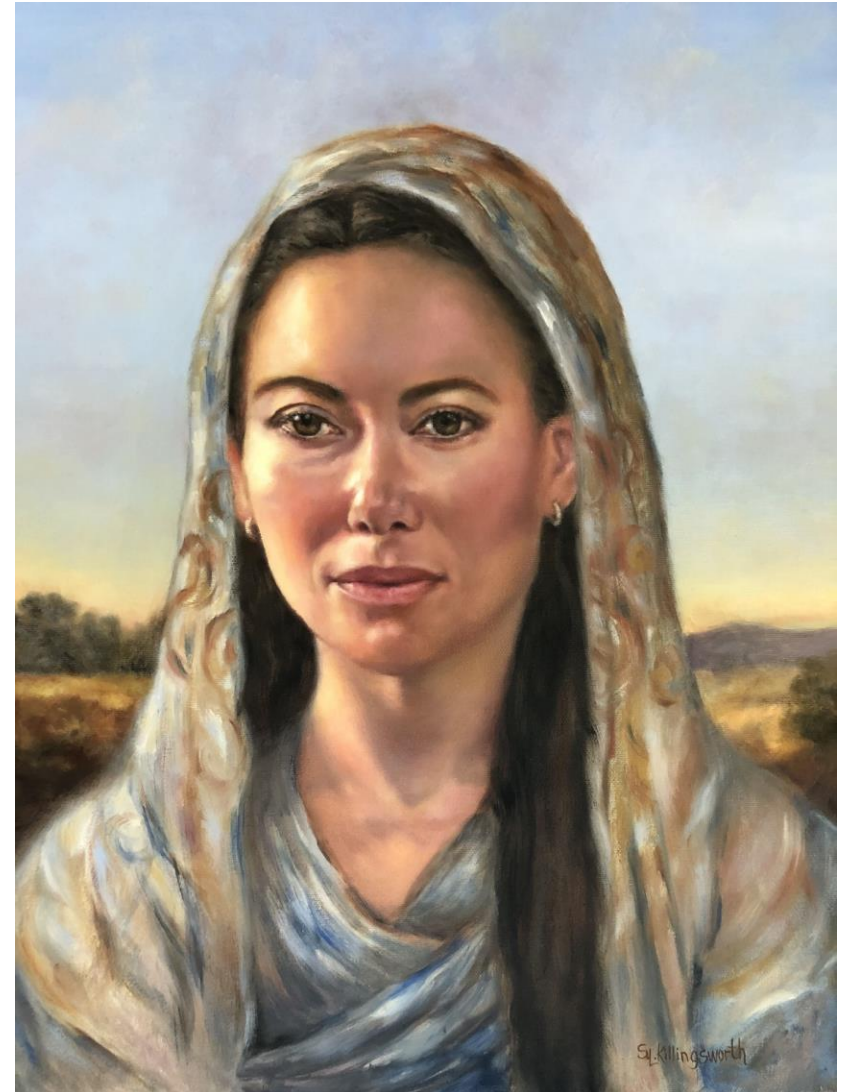
The story of Ruth is found in the Old Testament. She lived at a time when women were not able to support themselves—if you didn't have a father, son or husband your life could be very hard.

Ruth was not Jewish, but married into a Jewish family. Her husband dies, leaving her with no children. Her mother-in-law, Naomi, urges Ruth to return to her own family who can look after her. Ruth refuses to leave Naomi on her own, saying 'Where you go, I will go; where you lodge, I will lodge; your people shall be my people, and your God my God. Where you die, I will die—there will I be buried' (Ruth 1:16-18)

Ruth eventually gets re-married to a wealthy landowner and has a son. This means that Ruth and Naomi know they will be well-looked after into old age.

Do we keep our faith in God when times are tough?

Ruth stayed with Naomi when she could have returned to the comfort of her own family. She knew that Naomi needed her. Are we good companions like Ruth?

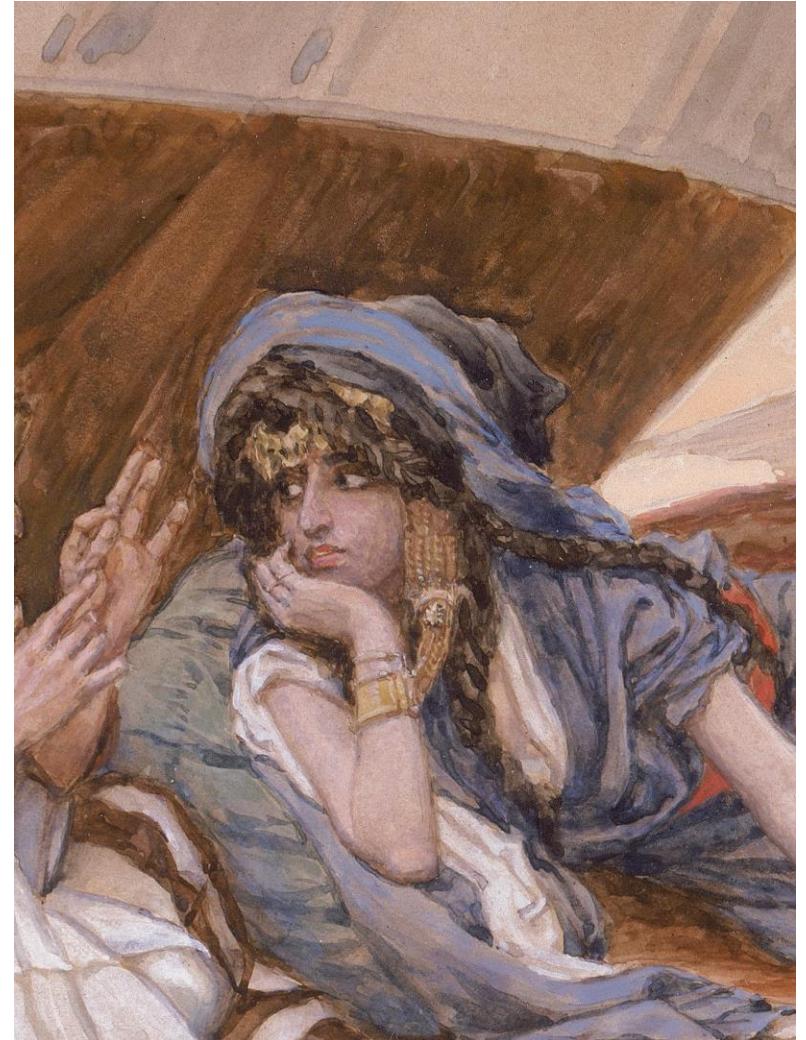


Sarah

Sarah was the wife of Abraham. She thought she could not have children but, when she was very old, God promised that she would have a son. Sarah didn't believe this at first and laughed at God! But she trusted in God's plan and gave birth to a son, Isaac.

Do we always trust in the plans God has for us?

We can understand why Sarah, an old woman, laughed at God when He said she would have a son. And yet, she still had faith that the child she had hoped for would come. What do we hope for? How do we show that hope to others?



St Theresa of Kolkata

St Theresa of Kolkata (also known as Mother Teresa) was a Catholic nun and missionary. She is famous for her charitable works and helping the poor, hungry and sick people of India. She founded the Missionaries of Charity, who ran over 500 missions worldwide. She was canonised as a Saint by the Catholic church in 2016.

Do we always help those in need, or do we sometimes walk by?

St Theresa of Kolkata saw the importance of every single person, even the very poorest in society. She treated each person with dignity. Do we treat every person with dignity, even those who we think do not deserve it?



Judith

Judith was a wealthy woman who lived simply. In the first half of the 1st millennium BC, an Assyrian king, Nebuchadnezzar, wanted to conquer Israel. Judith, went to Nebuchadnezzar's general, Holofernes. Holofernes used to drink wine. When he was drunk, Judith cut off his head and saved Israel.

Judith showed great bravery on behalf of her people. She knew that she needed to stand up for others even though it put her in danger.

Judith knew that, if Nebuchadnezzar had conquered Israel, the people would have been treated unjustly. When do we step in to ensure people are treated with justice?

