



REGNUM CHRISTI

LEGIONARIES OF CHRIST



## St. Angela Merici

Feast Day: January 27

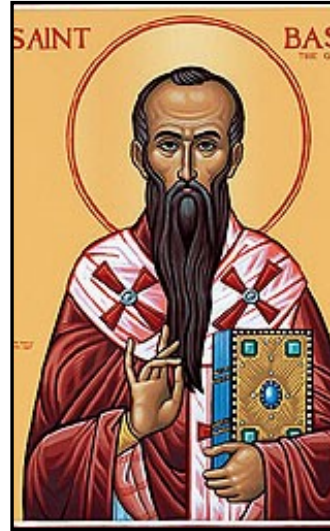
### Virtue: Self-Discipline

“Do now, do now, what you will wish to have done when your moment comes to die.”



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## St. Basil the Great

Feast Day: January 2

### Virtue: Devotion to Mary

“O sinner, be not discouraged, but have recourse to Mary in all your necessities. Call her to your assistance, for such is the divine Will that she should help in every kind of necessity.”



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## St. Bede the Venerable

Feast Day: May 25

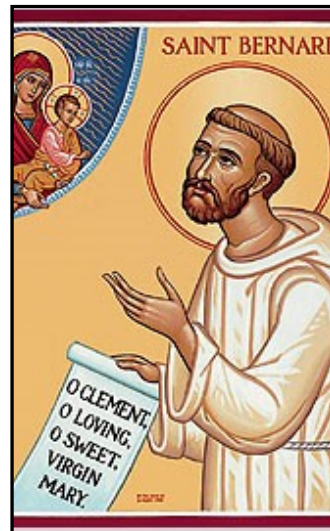
### Virtue: Love of Neighbor

"He alone loves the Creator perfectly who manifests a pure love for his neighbor."



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## St. Bernard of Clairvaux

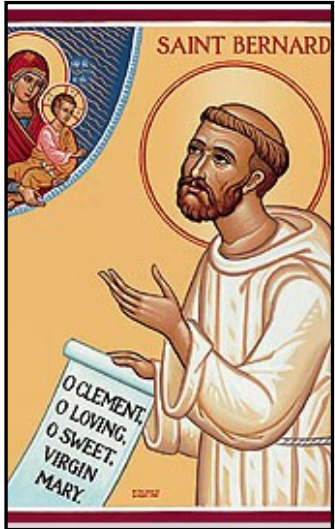
Feast Day: August 20

### Virtue: Self-Surrender

“Lord what wilt Thou have me do? Behold the true sign of a totally perfect soul: when one has reached the point of giving up his will so completely that he no longer seeks, expects or desires to do ought but that which God wills.”



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## St. Bernard of Clairvaux

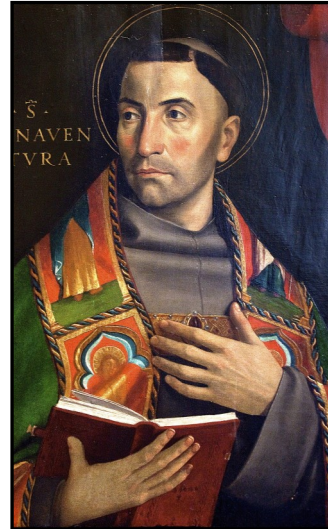
Feast Day: August 20

### Virtue: Humility

"Great graces cannot be obtained without humility. When you yourself experience humiliation, you should take it as a sure sign that some great grace is in store."



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## St. Bonaventure

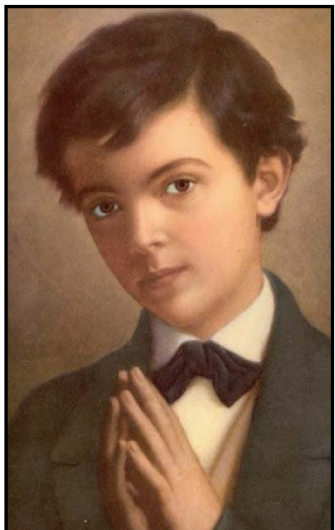
Feast Day: July 15

### Virtue: Christ-Centeredness

"In all your deeds and words you should look upon Jesus as your model. Do so whether you are walking or keeping silence, or speaking, whether you are alone or with others."



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## St. Dominic Savio

Feast Day: May 6

### Virtue: Purity of Intention

"I can't do big things.  
But I want all I do,  
even the smallest thing,  
to be for the greater glory of God."



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## St. Frances Xavier Cabrini

Feast Day: November 13

### Virtue: Zeal for Souls

"I will go anywhere and do anything in order to communicate the love of Jesus to those who do not know Him or have forgotten Him."





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## St. Ignatius of Loyola

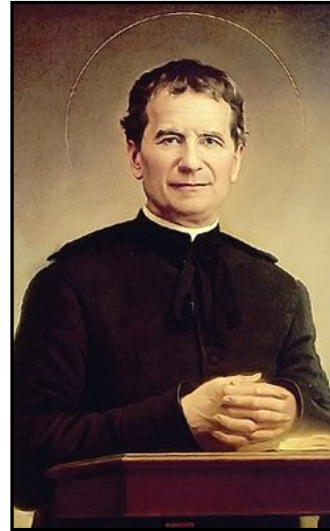
Feast Day: July 31

### Virtue: Detachment

“Realize that illness and other temporal setbacks often come to us from the hand of God our Lord, and are sent to help us know ourselves better, to free ourselves of the love of created things, and to reflect on the brevity of this life and, thus, to prepare ourselves for the life which is without end.”



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## St. John Bosco

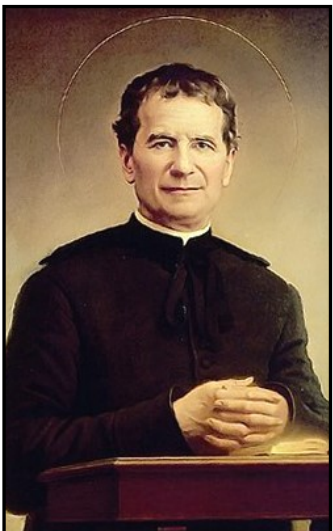
Feast Day: January 31

### Virtue: Detachment

“Be brave  
and try to detach your heart  
from worldly things.”



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## St. John Bosco

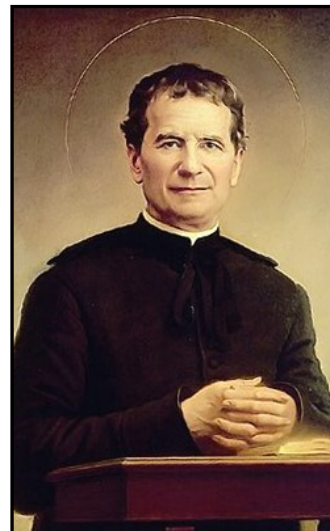
Feast Day: January 31

### Virtue: Obedience

“Be obedient  
and you will become a saint.”



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## St. John Bosco

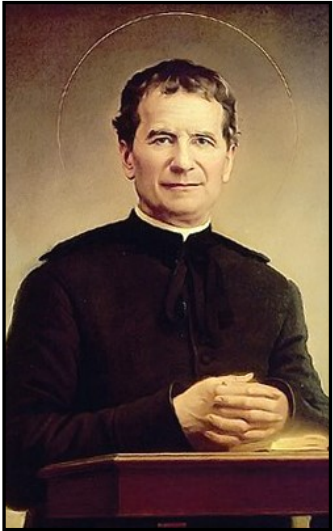
Feast Day: January 31

### Virtue: Fortitude

“Carry your cross on your back  
and take it as it comes, small or large,  
whether from friends or enemies  
and of whatever wood it be made.”



REGNUM CHRISTI  
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## St. John Bosco

Feast Day: January 31

**Virtue: Love for Christ in  
the Eucharist**

“Listen: there are two things  
the devil is deadly afraid of:  
fervent Communion and frequent  
visits to the Blessed Sacrament.”



REGNUM CHRISTI  
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## St. John Chrysostom

Feast Day: September 13

**Virtue: Authenticity**

“Belief and faith are proved by works,  
not by simply saying that one believes,  
but by real actions, which are kept up,  
and by a heart burning with love.”



REGNUM CHRISTI  
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## St. John of God

Feast Day: March 8

**Virtue: Love of the Poor**

“Love the poor tenderly,  
regarding them as your masters and  
yourselves as their servants.”



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## St. Mary MacKillop

Feast Day: August 8

**Virtue: Cheerfulness**

“Whatever troubles may be before you,  
accept them cheerfully, remembering  
whom you are trying to follow.”



REGNUM CHRISTI  
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## St. Mary MacKillop

Feast Day: August 8

### Virtue: Gratitude

“Gratitude is  
the memory of the heart.”



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## St. Paul of the Cross

Feast Day: October 19

### Virtue: Conformity to God's Will

“In uniting yourself to God's will, you take  
on new life and gather great courage, willingly  
embracing the cross and kissing His hand even  
when it chastises you, a hand that reaches out  
to you in love and has no other intention but  
your greater spiritual well-being.”



REGNUM CHRISTI  
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## St. Paul of the Cross

Feast Day: October 19

### Virtue: Love for the Cross

“The Cross is the way to Paradise, but  
only when it is borne willingly.”



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## St. Pope John Paul II

Feast Day: October 22

### Virtue: Courage

"Be not afraid!"





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## St. Pope John Paul II

Feast Day: October 22

### Virtue: Magnanimity

"Do no forget that true love  
sets no conditions;  
it does not calculate or complain,  
but simply loves."



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## St. Pope John Paul II

Feast Day: October 22

### Virtue: Hope

"I plead with you --  
never, ever give up on hope,  
never doubt, never tire,  
and never become discouraged."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Pope John Paul II

Feast Day: October 22

### Virtue: Love for the Mission

"The future is in your hearts and in  
your hands. God is entrusting to you  
the task, at once difficult and uplifting,  
of working with Him in the building  
of the civilization of love."



REGNUM CHRISTI  
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## St. Robert Bellarmine

Feast Day: September 17

### Virtue: Forbearance

"Peace and union are the most  
necessary of all things for men who  
live in common, and nothing serves so  
well to establish and maintain these as  
the forbearing charity whereby we put  
up with one another's defects."



REGNUM CHRISTI  
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## St. Robert Bellarmine

Feast Day: September 17

### Virtue: Universal Charity

“Charity is that with which  
no one is lost,  
and without which  
no one is saved.”



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## St. Robert Bellarmine

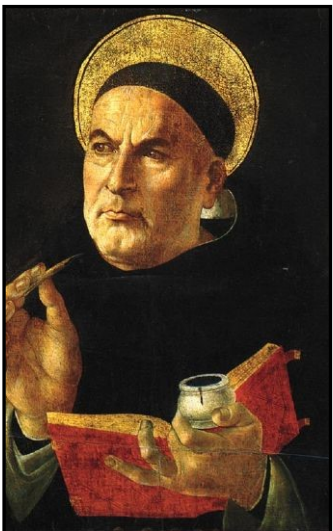
Feast Day: September 17

### Virtue: Charity

“The school of Christ is the school of charity.  
On the last day, when the general examination  
takes place, there will be no question at all  
on the text of Aristotle, the aphorisms of  
Hippocrates, or the paragraphs of Justinian.  
Charity will be the whole syllabus.”



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## St. Thomas Aquinas

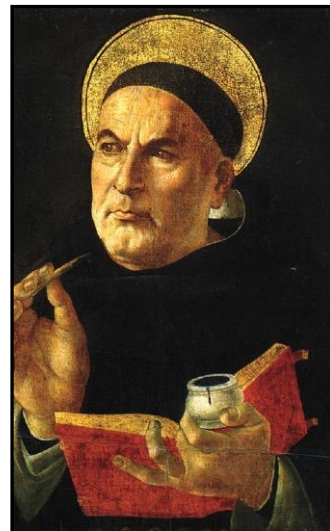
Feast Day: January 28

### Virtue: Spirit of an Apostle

“Better to illuminate than merely to  
shine, to deliver to others contemplated  
truths than merely to contemplate.”



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## St. Thomas Aquinas

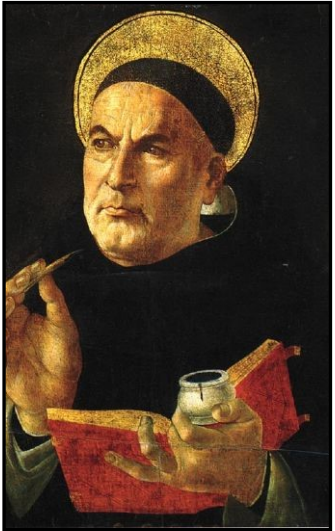
Feast Day: January 28

### Virtue: Friendship

“There is nothing on this earth more to  
be prized than true friendship.”



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## St. Thomas Aquinas

Feast Day: January 28

### Virtue: Wonder

“Wonder is  
the desire for knowledge.”



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## St. Vincent de Paul

Feast Day: September 27

### Virtue: Gentleness

“I have never succeeded when I have  
spoken with the faintest suspicion of  
hardness. One must be ever on one's  
guard not to embitter the heart, if one  
wishes to move the mind.”



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## St. Vincent Pallotti

Feast Day: January 22

### Virtue: Conquering Spirit

"Remember that the Christian life is one  
of action; not of speech and daydreams.  
Let there be few words and many deeds,  
and let them be done well."



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## St. Catherine of Siena

Feast Day: April 29

### Virtue: Apostolic Zeal

“Be who God meant you to be  
and you will set the world on fire.”





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## St. Catherine of Siena

Feast Day: April 29

### Virtue: Patience

“There is no sin nor wrong that gives man such a foretaste of Hell in this life as anger and impatience.”



REGNUM CHRISTI

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## St. Catherine of Siena

Feast Day: April 29

### Virtue: Humility

“From self-knowledge flows the stream of humility, which never seizes on mere report, nor takes offense at anything, but bears every insult, every loss of consolation, and every sorrow, from whatever direction they may come, patiently, with joy.”



REGNUM CHRISTI

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## St. Catherine of Siena

Feast Day: April 29

### Virtue: Courage

“Start being brave about everything.  
Drive out darkness and spread light.  
Don't look at your weaknesses.  
Realize instead that in Christ crucified  
you can do everything.”



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## St. Catherine of Siena

Feast Day: April 29

### Virtue: Faith

“It is only through shadows  
that one comes to know the light.”



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## St. Aloysius Gonzaga

Feast Day: June 21

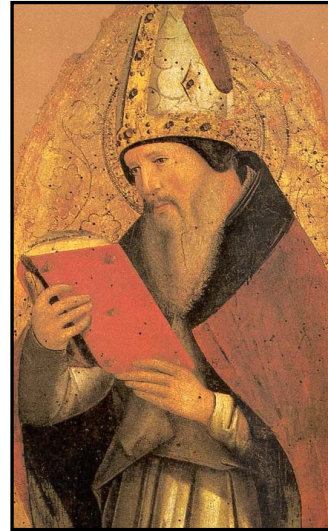
### Virtue: Simplicity

“It is better to be a child of God  
than king of the whole world.”



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## St. Augustine

Feast Day: August 28

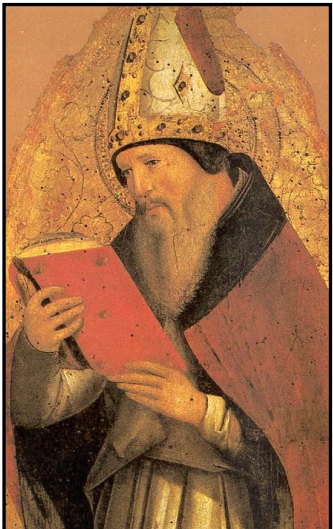
### Virtue: Gratitude

“God loves each of us  
as if there were only one of us.”



REGNUM CHRISTI

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## St. Augustine

Feast Day: August 28

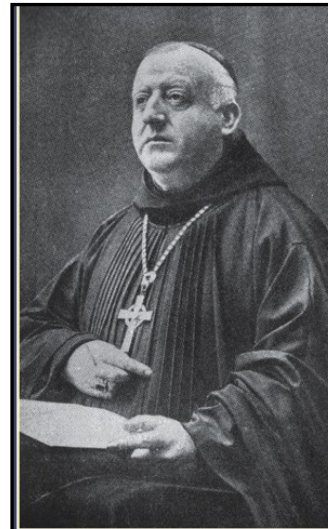
### Virtue: Love for Sacred Scripture

“If you believe what you like in  
the gospels, and reject what you don’t  
like, it is not the gospel you believe,  
but yourself.”



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## Blessed Columba Marmion, OSB

Feast Day: October 3

### Virtue: Confidence in God

“Nothing is more pleasing to God than  
unshaken faith and confidence in the midst of  
darkness. Make a great practice of acts of  
confidence even when you feel nothing. It is  
just in these moments of dryness and darkness  
that these acts are most meritorious.”



REGNUM CHRISTI  
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## St. Junipero Serra

Feast Day: July 1

### Virtue: Perseverance

¡Siempre Adelante!

“Always go forward  
and never turn back.”



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## St. Teresa of Calcutta

Feast Day: September 5

### Virtue: Detachment

“Let us take whatever God gives and  
give whatever he takes with a smile.  
That is holiness.”



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## St. Teresa of Calcutta

Feast Day: September 5

### Virtue: Devotion to Mary

“If you ever feel distressed during your  
day, call upon our Lady, just say this  
simple prayer: ‘Mary, Mother of Jesus,  
please be a mother to me now.’ I must  
admit, this prayer has never failed me.”



REGNUM CHRISTI  
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## St. Katherine Drexel

Feast Day: March 3

### Virtue: Joy

“If we wish to serve God and love our  
neighbor well, we must manifest our  
joy in the service we render to Him and  
them. Let us open wide our hearts.  
It is joy which invites us.  
Press forward and fear nothing.”





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## St. Elizabeth Ann Seton

Feast Day: January 4

### Virtue: Humility

“The gate of Heaven is very low;  
only the humble can enter it.”



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## St. Elizabeth Ann Seton

Feast Day: January 4

### Virtue: Trust

“Trust all, indeed, to Him  
-- put all in His hands.”



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## St. Francis of Assisi

Feast Day: October 4

### Virtue: Trust

“Lord, help me to live this day, quietly, easily.  
To lean upon Thy great strength, trustfully, restfully.  
To wait for the unfolding of Thy will,  
patiently, serenely.  
To meet others, peacefully, joyously.  
To face tomorrow, confidently, courageously.”



REGNUM CHRISTI  
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## St. Francis of Assisi

Feast Day: October 4

### Virtue: Cheerfulness

“A single sunbeam is enough  
to drive away many shadows.”



REGNUM CHRISTI

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## St. Francis Xavier

Feast Day: December 3

### Virtue: Hope

“In Thee, O Lord,  
have I put my hope.  
Let me never be confounded.”



REGNUM CHRISTI

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## St. Gianna Beretta Molla

Feast Day: April 28

### Virtue: Trust

“God's providence is in all things,  
it's always present.”



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## Pope St. Gregory the Great

Feast Day: September 3

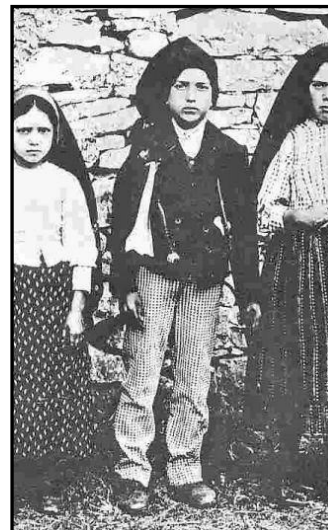
### Virtue: Works of Charity

“The proof of love is in the works.  
Where love exists, it works great things.  
But when it ceases to act,  
it ceases to exist.”



REGNUM CHRISTI

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## Blessed Francisco & Jacinta Marto

Feast Day: February 20

### Virtue: Speaking Well of Others

“Speak ill of no one  
and avoid the company of those who  
talk bad about their neighbors.”



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## St. Jane de Chantal

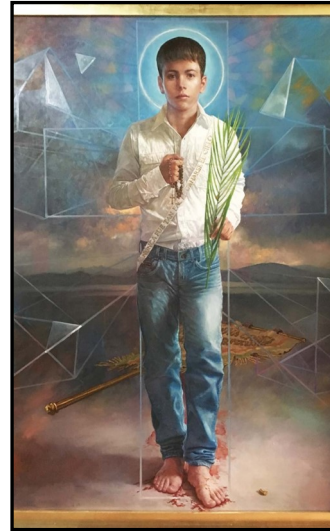
Feast Day: August 18

### Virtue: Love of Neighbor

“Cordial love of thy neighbor  
does not consist in feelings.  
This love flows not from a heart of flesh  
but from the heart of our will.”



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## St. José Luis Sánchez del Río

Feast Day: February 10

### Virtue: Courage in the Face of Persecution

“¡Viva Cristo Rey!  
¡Viva La Virgen de Guadalupe!”



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## St. Julian of Norwich

Feast Day: May 13

### Virtue: Perseverance

“He did not say:  
You will not be troubled -  
you will not be tempted -  
you will not be distressed.  
But He said: You will not be overcome.”



REGNUM CHRISTI  
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## St. Julie Billiart

Feast Day: April 8

### Virtue: Simplicity

“A simple soul is contented  
with everything and leaves all  
in the hands of God.”





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## St. Julie Billiart

Feast Day: April 8

### Virtue: Generosity

“No, I see no middle course. God wishes for all or nothing, that is to say, to refuse a little corner of your heart to Him is to do a great injury to His infinite love, especially in souls whom He calls to greater generosity.”



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## St. Kateri Tekakwitha

Feast Day: July 14

### Virtue: Love for the Cross

“Mother, look at this cross;  
oh how beautiful it is!  
It has been my whole happiness  
during my life, and I advise you also  
to make it yours.”



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## St. Catherine Labouré

Feast Day: November 28

### Virtue: Universal Charity

“One must see God  
in everyone.”



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## St. Margaret Mary Alacoque

Feast Day: October 16

### Virtue: Docility

“Go courageously to God,  
along the way He has traced out  
for you, steadfastly embracing the  
means He offers you.”



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## St. Marianne Cope

Feast Day: January 23

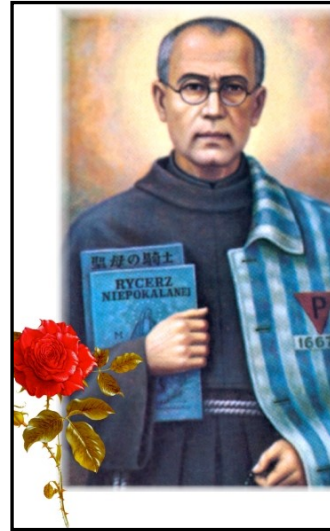
**Virtue: Cheerfulness**

“I do not think of reward.  
I am working for God  
and do so cheerfully.”



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## St. Maximillian Kolbe

Feast Day: August 14

**Virtue: Love for Christ in  
the Eucharist**

“If angels could be jealous of men,  
they would be so for one reason:  
Holy Communion.”



REGNUM CHRISTI

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## St. Maximillian Kolbe

Feast Day: August 14

**Virtue: Devotion to Mary**

“Never be afraid of loving  
the Blessed Virgin too much.  
You can never love her  
more than Jesus did.”



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## St. Maximillian Kolbe

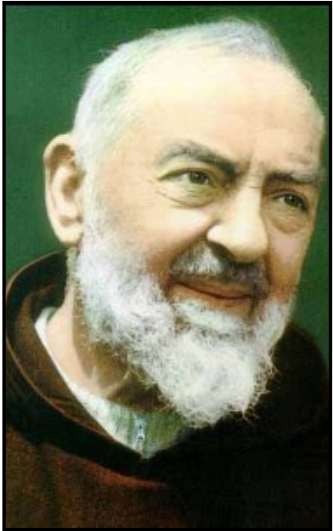
Feast Day: August 14

**Virtue: Poverty of Spirit**

“Life begins to make sense  
when we recognize and acknowledge  
God's infinite goodness and our  
absolute dependence on Him.”



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## St. Pio of Pietrelcina

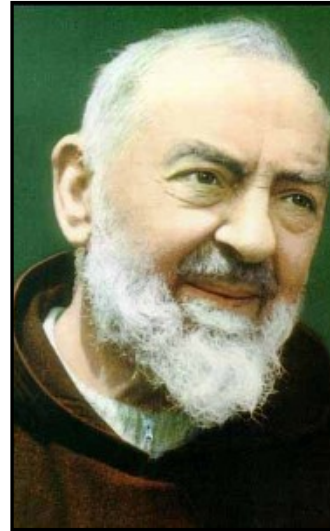
Feast Day: September 23

### Virtue: Hope

“I feel a great desire to abandon myself  
with greater trust to the Divine Mercy  
and to place my hope in God alone.”



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## St. Pio of Pietrelcina

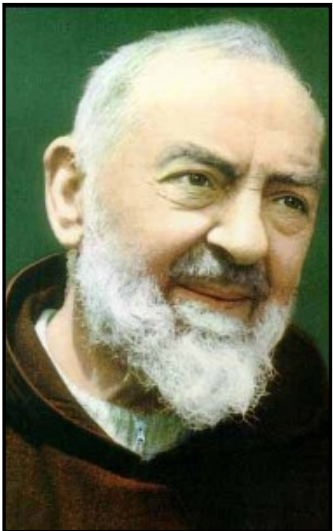
Feast Day: September 23

### Virtue: Constancy in Prayer

“Pray with perseverance,  
with faith,  
with calmness, and serenity.”



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## St. Pio of Pietrelcina

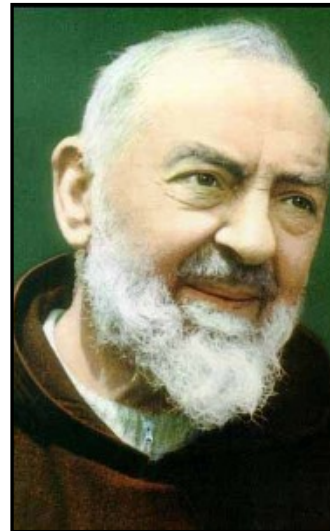
Feast Day: September 23

### Virtue: Long-suffering

“It is by means of trials  
that God binds to himself  
the souls he loves.”



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## St. Pio of Pietrelcina

Feast Day: September 23

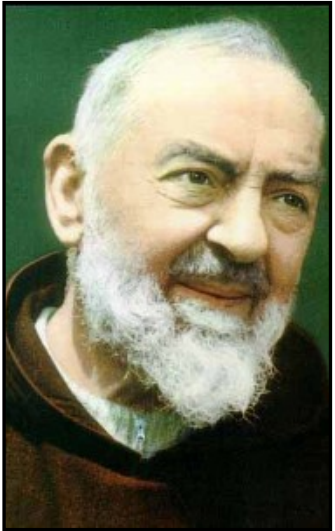
### Virtue: Joy

“Joy, with peace,  
is the sister of charity.  
Serve the Lord with laughter.”





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## St. Pio of Pietrelcina

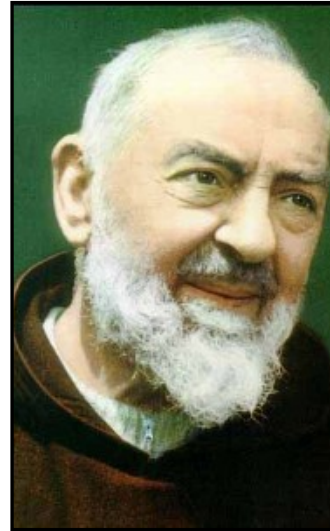
Feast Day: September 23

### Virtue: Devotion to Mary

“Love the Madonna  
and pray the rosary,  
for her rosary is the weapon against  
the evils of the world today.”



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## St. Pio of Pietrelcina

Feast Day: September 23

### Virtue: Purity of Intention

“Do everything for the love of God  
and His glory without looking at  
the outcome of the undertaking.  
Work is judged, not by its result,  
but by its intention.”



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## St. Peter of Alcantara

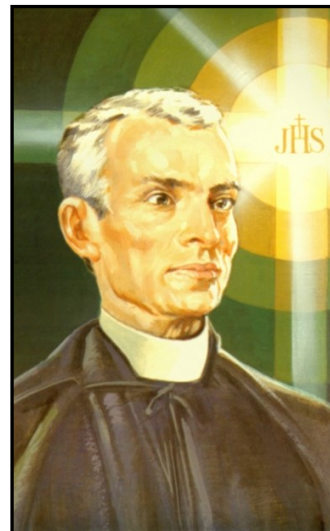
Feast Day: October 18

### Virtue: Self-Discipline

“Truly, matters in the world are  
in a bad state; but if you and I begin  
in earnest to reform ourselves,  
a really good beginning  
will have been made.”



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## St. Peter Julian Eymard

Feast Day: August 2

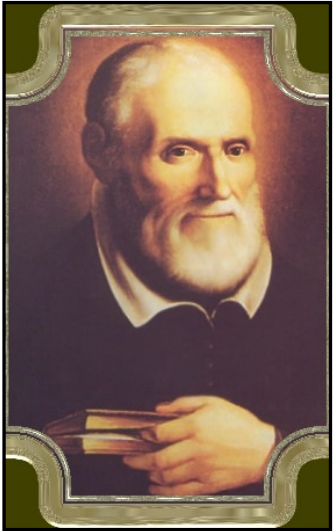
### Virtue: Purity

“The state of grace is nothing other than purity,  
and it gives heaven to those who clothe  
themselves in it. Holiness, therefore, is simply  
the state of grace purified, illuminated,  
beautified by the most perfect purity, exempt  
not only from mortal sin but also from the  
smallest faults; purity will make saints of you!  
Everything lies in this!”



REGNUM CHRISTI

LEGIONARIES OF CHRIST



## St. Philip Neri

Feast Day: May 26

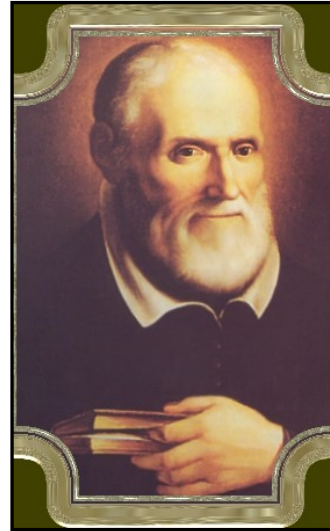
### Virtue: Detachment

“Give me ten truly detached men,  
and I will convert the world  
with them.”



REGNUM CHRISTI

LEGIONARIES OF CHRIST



## St. Philip Neri

Feast Day: May 26

### Virtue: Generosity

“Cast yourself into the arms of God  
and be very sure that if he wants  
anything of you, He will fit you for  
the work and give you strength.”



REGNUM CHRISTI

LEGIONARIES OF CHRIST



## St. Rose Venerini

Feast Day: May 7

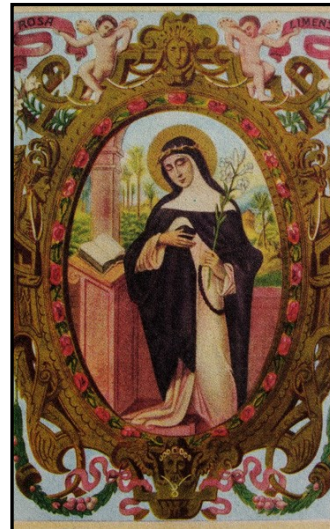
### Virtue: Docility

“I feel so nailed to the will of God  
that nothing else matters,  
neither death nor life.  
I want what He wants.”



REGNUM CHRISTI

LEGIONARIES OF CHRIST



## St. Rose of Lima

Feast Day: August 30

### Virtue: Love for the Cross

“Apart from the cross,  
there is no other ladder  
by which we may get to heaven.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Rose of Lima

Feast Day: August 30

### Virtue: Zeal for Souls

“Know that the greatest service  
that man can offer God  
is to help convert souls.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Rose of Lima

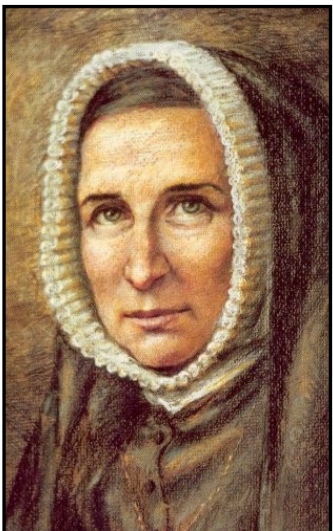
Feast Day: August 30

### Virtue: Love of Neighbor

“When we serve the poor and the sick,  
we serve Jesus. We must not fail to help  
our neighbors, because in them  
we serve Jesus.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Rose Phillipine Duchesne

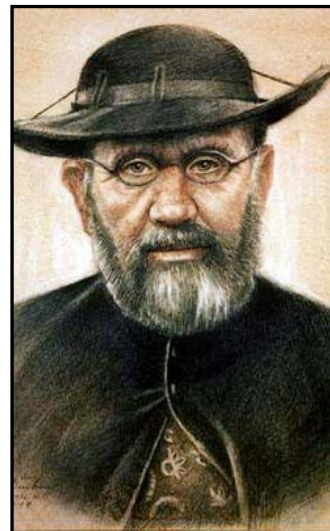
Feast Day: November 18

### Virtue: Forbearance

“Let's try not to be exacting with other people,  
but rather to pass over in silence those thousand  
little annoyances that tend to irritate us. For  
we know that no one is perfect in this life, and  
we must put up with the defects of others  
as they put up with ours.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Damien of Molokai

Feast Day: April 15

### Virtue: Zeal for Souls

“The Eucharist is the bread that gives strength.  
It is at once the most eloquent proof of  
His love and the most powerful means of  
fostering His love in us. He gives Himself every  
day so that our hearts as burning coals may  
set afire the hearts of the faithful.”





REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Anthony Mary Claret

Feast Day: October 24

### Virtue: Self-Denial

“The Christian who desires to follow Jesus carrying his cross must bear in mind that the name "Christian" means 'learner or imitator of Christ' and that if he wishes to bear that noble title worthily he must above all do as Christ charges us in the Gospel: We must oppose or deny ourselves, take up the cross, and follow him.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Teresa Benedicta of the Cross

Feast Day: August 9

### Virtue: Childlike Trust

“Lay all your cares about the future trustingly in God's hands, and let yourself be guided by the Lord just like a little child.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Teresa Benedicta of the Cross

Feast Day: August 9

### Virtue: Gratitude

“Living in a ‘Eucharistic’ way means coming out of oneself, out of the narrowness of one's life, & growing into the immensity of life in Christ.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Teresa Benedicta of the Cross

Feast Day: August 9

### Virtue: Love of the Cross

“One cannot desire freedom from the cross when one is especially chosen for the cross.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Teresa Benedicta of the Cross

Feast Day: August 9

### Virtue: Abandonment to God

“And when night comes, and you look back over the day and see how fragmentary everything has been, and how much you planned that has gone undone, and all the reasons you have to be embarrassed and ashamed: just take everything exactly as it is, put it in God’s hands and leave it with Him.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Faustina

Feast Day: October 5

### Virtue: Humility

“My likeness to Jesus  
must be through  
suffering and humility.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Faustina

Feast Day: October 5

### Virtue: Purity of Intention

“True love of God  
consists of  
carrying out God's will.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Faustina

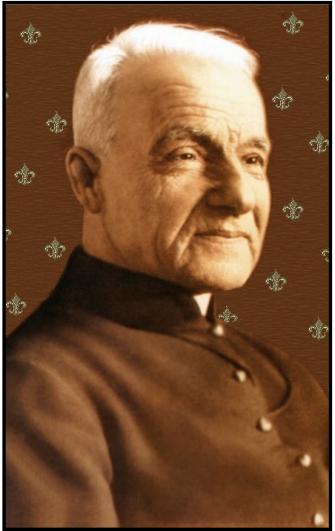
Feast Day: October 5

### Virtue: Perseverance

“In difficult moments I will fix my gaze upon the silent heart of Jesus, stretched upon the cross, and from the exploding flames of His merciful Heart, will flow down upon me power and strength to keep fighting.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Andre Bessette, C.S.C.

Feast Day: January 6

### Virtue: Humility

“It is with the smallest brushes  
that the Artist paints  
the best paintings.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Francis de Sales

Feast Day: January 24

### Virtue: Devotion to Duty

"Great occasions for serving God  
come seldom, but little ones  
surround us daily."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Francis de Sales

Feast Day: January 24

### Virtue: Joy

“Strive to see God in all things  
without exception,  
and consent to His will joyously.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Francis de Sales

Feast Day: January 24

### Virtue: Surrender

“Go to your confessor; open your heart to him;  
display to him all the recesses of your soul; take the  
advice that he will give you with the utmost humility  
and simplicity. For God, Who has an infinite love for  
obedience, frequently renders profitable the counsels  
we take from others, but especially from those who  
are the guides of our souls.”





REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Francis de Sales

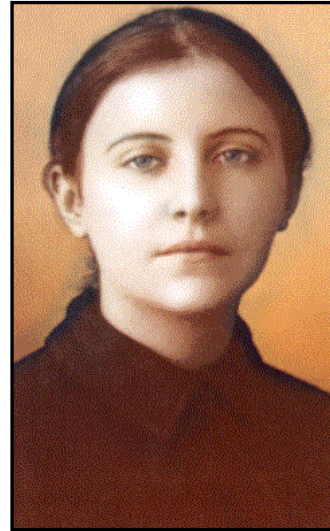
Feast Day: January 24

### Virtue: Amiability

“The highest degree of meekness consists in seeing, serving, honoring, and treating amiably, on occasion, those who are not to our taste, and who show themselves unfriendly, ungrateful, and troublesome to us.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Gemma Galgani

Feast Day: April 11

### Virtue: Self-Forgetfulness

“If you really want to love Jesus, first learn to suffer, because suffering teaches you to love.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. John Vianney

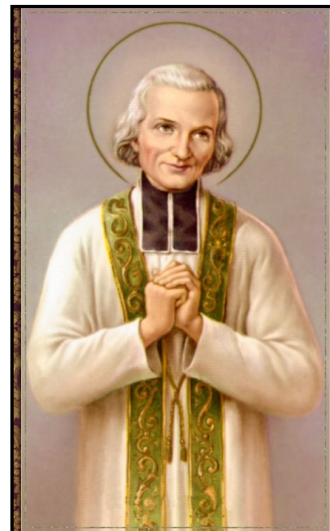
Feast Day: August 4

### Virtue: Humility

“Humility is to the various virtues what the chain is in a rosary. Take away the chain and the beads are scattered; remove humility, and all virtues vanish.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. John Vianney

Feast Day: August 4

### Virtue: Charity in Speech

“If something uncharitable is said in your presence, either speak in favor of the absent, or withdraw, or if possible, stop the conversation.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. John Vianney

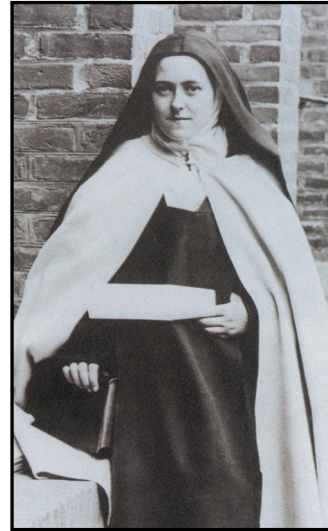
Feast Day: August 4

### Virtue: Obedience

“The virtue of obedience makes the will supple... It inspires the courage with which to fulfill the most difficult tasks.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Therese of Lisieux

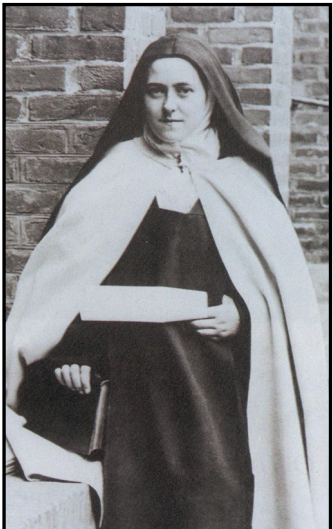
Feast Day: October 1

### Virtue: Cheerfulness

“Even when you are alone be cheerful, remembering always that you are in the sight of the angels.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Therese of Lisieux

Feast Day: October 1

### Virtue: Humility

“Then, let us take our place humbly amongst the imperfect, deeming ourselves little souls whom the good God must sustain at each moment.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Therese of Lisieux

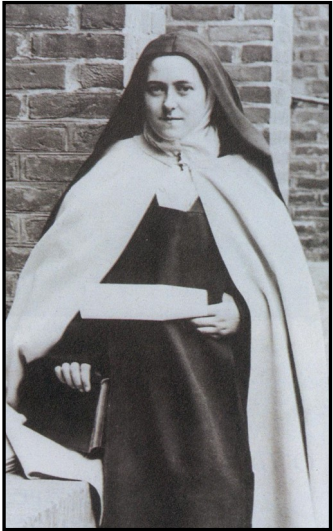
Feast Day: October 1

### Virtue: Humility

“To draw near to Jesus we must be so little. . .  
Oh! How few souls aspire to be little and unknown.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Therese of Lisieux

Feast Day: October 1

### Virtue: Charity

“Without love, deeds --  
even the most ‘brilliant’ --  
count as nothing.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Thomas More

Feast Day: June 22

### Virtue: Devotion to Duty

“The ordinary acts we practice  
every day at home  
are of more importance to the soul  
than their simplicity might suggest.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Ambrose

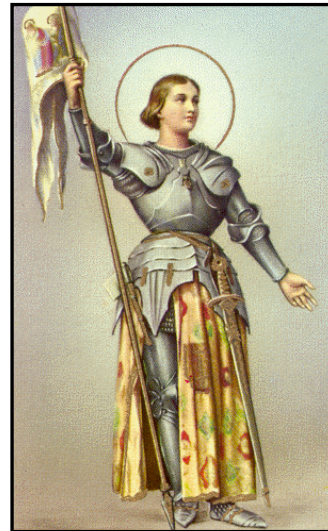
Feast Day: December 7

### Virtue: Prudence in Speech

"Bind up thy words that they run not riot,  
and grow wanton, and gather up sins for  
themselves in too much talking. Let them  
be rather confined, and held back within  
their own banks. An overflowing river  
quickly gathers mud."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Joan of Arc

Feast Day: May 30

### Virtue: Courage

“Go forward bravely.  
Fear nothing.  
Trust in God; all will be well.”





REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Agnes of Rome

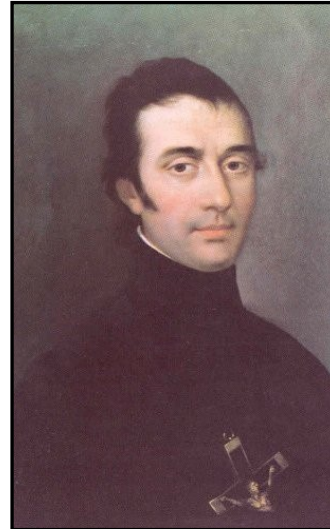
Feast Day: January 21

### Virtue: Purity

"Christ made my soul beautiful  
with the jewels of grace and virtue.  
I belong to Him  
whom the angels serve."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Eugene de Mazenod

Feast Day: May 21

Virtue: Love for Christ in the Eucharist

"I wish I could pass my life at the  
foot of the holy tabernacles in  
which our adorable Savior dwells."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Alphonsus Ligouri

Feast Day: August 1

### Virtue: Confidence in God

"Acquire the habit of speaking to God as if you were  
alone with Him, familiarly and with confidence and  
love, as to the dearest and most loving of friends.  
Speak to Him often of your business, your plans,  
your troubles, your fears - of everything that  
concerns you. Converse with Him confidently and  
frankly; for God is not wont to speak to a soul that  
does not speak to Him."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Anthony of Padua

Feast Day: June 13

### Virtue: Humility

"The spirit of humility is sweeter  
than honey, and those who  
nourish themselves with this  
honey produce sweet fruit."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Bernadette

Feast Day: April 16

### Virtue: Devotion to Mary

“In the evening when you go to sleep,  
hold your beads, doze off reciting them.  
Do like those babies who go to sleep  
mumbling ‘Mama, Mama!’”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Bernadette

Feast Day: April 16

### Virtue: Spirit of Sacrifice

“One who loves does not notice  
her trials or perhaps more  
accurately, she is able to  
love them.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Clare of Assisi

Feast Day: August 11

### Virtue: Vigilance

"Pray & always be vigilant."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Claude de la Colombiere

Feast Day: February 15

### Virtue: Spirit of Sacrifice

“Holiness is something  
so great and precious  
that one cannot pay too much for it.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Jerome

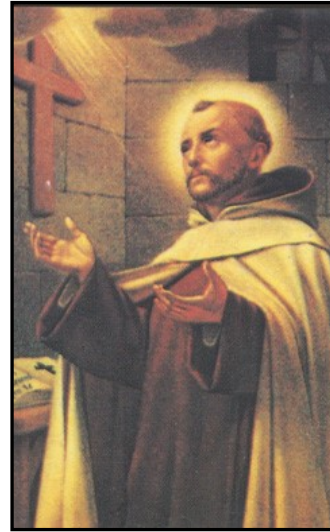
Feast Day: September 30

### Virtue: Perseverance

"It is our part to seek,  
His to grant what we ask;  
ours to make a beginning,  
His to bring it to completion;  
ours to offer what we can,  
His to finish what we cannot."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. John of the Cross

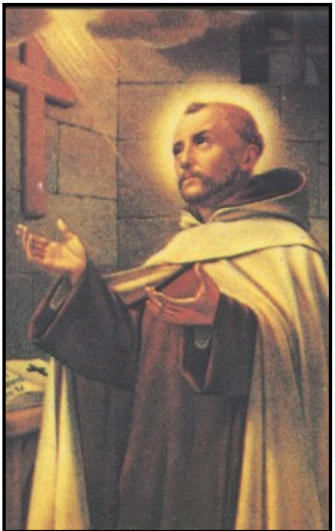
Feast Day: December 14

### Virtue: Self-Control

"Speak little and do not meddle  
in other's matters about which  
you are not asked."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. John of the Cross

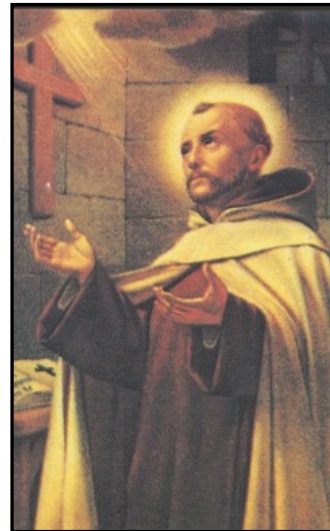
Feast Day: December 14

### Virtue: Charity

"Where there is no love,  
put love --  
and you will find love."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. John of the Cross

Feast Day: December 14

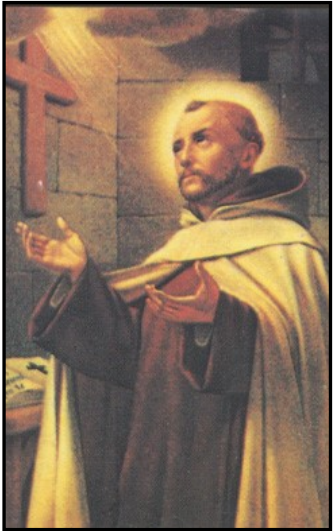
### Virtue: Purity of Intention

"God desires from you the least degree  
of purity of conscience more than all  
the works you can perform."





REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. John of the Cross

Feast Day: December 14

### Virtue: Perseverance

“Though the path is plain and smooth for men of good will, he who walks it will not travel far, and will do so only with difficulty, if he does not have good feet: that is, courage and a persevering spirit.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Josemaría Escrivá

Feast Day: June 26

### Virtue: Optimism

“Be happy.  
What you need is not an easy life,  
but a heart which is in love.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Josemaría Escrivá

Feast Day: June 26

### Virtue: Faithfulness in Little Things

“Do not neglect your spiritual reading.  
Reading has made many Saints.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Josemaría Escrivá

Feast Day: June 26

### Virtue: Devotion to Mary

“Love our Lady and she will  
obtain abundant grace to help you  
conquer in your daily struggle.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Cecilia

Feast Day: November 22

### Virtue: Militancy

“Arise, soldiers of Christ,  
throw away the works of darkness  
and put on the armor of light.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Elizabeth of Hungary

Feast Day: November 17

### Virtue: Detachment

“How could I bear a crown of  
gold when the Lord bears a crown  
of thorns? And bears it for me!”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Stanislaus Kostka

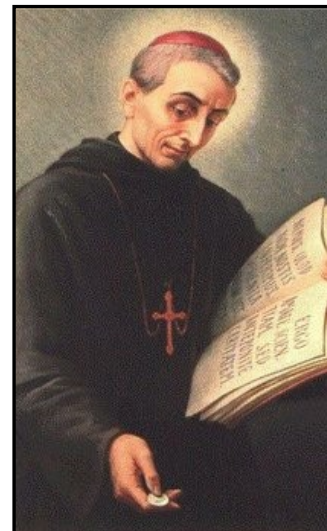
Feast Day: November 13

### Virtue: Devotion to Duty

“I shall reflect on myself and ask:  
“What have I done for Christ?  
What am I doing for Christ?  
What ought I do for Christ?”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Thomas of Villanova

Feast Day: September 22

### Virtue: Humility

“Humility is the mother of many virtues  
because from it obedience, fear, reverence,  
patience, modesty, meekness and peace are  
born. He who is humble easily obeys every-  
one, fears to offend anyone, is at peace with  
everyone, is kind with all.”



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Teresa of Avila

Feast Day: October 15

### Virtue: Patience

"Patience attains all that it  
strives for. He who has God,  
finds he lacks nothing:  
God alone suffices."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Teresa of Avila

Feast Day: October 15

### Virtue: Perseverance

"The only way to fail  
is to stop."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Teresa of Avila

Feast Day: October 15

### Virtue: Cheerfulness

"God deliver me  
from sullen saints."



REGNUM CHRISTI  
LEGIONARIES OF CHRIST



## St. Teresa of Avila

Feast Day: October 15

### Virtue: Love of the Cross

"The lukewarm do not  
embrace the cross --  
they merely drag it along."