

Instructions for earning Catholic Club Patron Saint Badges

These patches are designed for youth ages 5 to 15 who are participants in Behold Christ Catholic Clubs, i.e., Little Flowers Girls' Clubs, Blue Knights Boys' Club, Little Women Hospitality Clubs and Our Lady's Honor Guard. Although each of these clubs have their own specific award system in place, these badges are designed to widen the experience of the participants within a Catholic context. So, if one is working on pets, the patron saint associated with learning how to care for pets is St. Francis of Assisi. In this way, the youth learn to see the world around them in a Catholic context. This Catholic context is so very important to help us integrate our Catholic faith with every aspect of our lives. In this secular world, we tend to compartmentalize our daily lives into specific areas: work, play, prayer, etc. A Catholic world view means that each area of life is seen through a Catholic lens. God and faith are present everywhere. Sometimes, we just don't see it or realize it. The goal of these badges is to help youth practice seeing the world through Catholic eyes.

Each badge has five fairly simple tasks associated with it. The first item on the list is to learn about the saint and their connection with the subject of which they are patron. This first item is mandatory in earning the badge. Younger participants can then choose two more, so that three of the five items are required to earn the badge. Older children can do four or all five of the items to complete the badge. Of course, as with all the Behold Christ Clubs badges, the requirements are flexible and up to each individual parent or leader. The suggestions here are guidelines, rather than hard and fast rules on what must be done to earn the badge. Parents and leaders are also welcome to add other requirements they feel may be more effective in teaching the youth always in the context of a Catholic world view.

For more in-depth study in specific areas, check out Behold Publications major badges ranging from our Outdoors Adventures Badge, American Catholic History Badge, Family Evangelization Badge, Mother/Daughter Tea Badge and more. These major badges are designed for more prolonged study to be earned as a group over a period of time, whereas the Patron Saint Badges are easily earned in one or two sessions or within the family structure. It might be helpful for the club members to keep track of their work in a notebook, since many of the requirements require learning something and reporting on it. Younger children can fill the notebook with pictures, drawings, and stickers to reinforce the lesson.

Resources for the requirements are vast and varied. Saint biographies can be readily found on the internet or in saint biographical compendiums. We recommend NewAdvent.org for saint biographies, but many good sites are available.

Currently, there are twelve available Patron Saint badges. More will be added as they become available. If you have a suggestion for new patron saint badges, please send them to: joan@beholdpublications.com.



St. Thomas Aquinas, patron saint of scholars
Symbol: book

- 1) Find out about this saint and why he was chosen as patron saint for scholars. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 2) Read a non-fiction book about something you don't already know about. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 3) St. Thomas Aquinas was a Doctor of the Church. Find out what it means to be a Doctor of the Church and find at least five other Doctors of the Church, including at least one woman. Make a list of them, when they died, and their feast day dates.
- 4) Learning is a life-long adventure, not just something you do at school. Plan an educational field trip to a zoo, museum, or other educational destination. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 5) St. Thomas Aquinas was a member of the Order of Preachers, commonly called Dominicans. Research what that means and make a list of at least five other Dominican saints and the dates of their death and their feast day dates.

Signature of Leader or Parent

Date Completed



St. Joseph of Cupertino, patron saint of pilots and aviators
Symbol: wings

- 1) Find out about this saint and why he was chosen as patron saint for pilots and aviators. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 2) What makes flight possible? Find out how airplanes fly. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 3) Interview a pilot about his job and give a report—either verbal or written—of what you have learned to your parent or leader.
- 4) Find out about the history of flight beginning with Leonardo da Vinci to the Wright brothers and then to space exploration. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 5) Watch videos on flight (NOVA has some good ones) or visit an aviation or space-themed museum.

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St. Elizabeth of Hungary, patron saint of bakers

Symbol: bread and rose

- 1) Find out about this saint and why she was chosen as patron of bakers. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 2) Baking is different than cooking. Baking includes food that is baked in an oven. Breads are the most common food associated with baking. Find out what ingredients are used in several different kinds of bread. Research different types of grain and leavening agents used in different types of bread. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 3) Choose a bread recipe that uses yeast as a leavening agent and prepare it.
- 4) Choose a bread recipe that uses another leavening agent besides yeast and prepare it.
- 5) St. Elizabeth fed the poor with her baked goods. Make something special for someone in need and deliver it to them.

Signature of Leader or Parent

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St. Gabriel, the archangel, patron saint of telecommunications/media

Symbol: TV with cross

- 1) Find out about this saint and why he was chosen as patron for telecommunications and media. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 2) What is media? Make a list, beginning with the first recorded media to the common tools of communication that are used today.
- 3) Monitor your time on various media for one day. Make a chart how you spent your time. Did you spend too much time on various media entertainment? If so, how can you adjust your media use to be more productive?
- 4) How does the Church use media to evangelize? Watch an uplifting movie or TV show about a saint or other Catholic topic.
- 5) Write a commercial or print ad for your next Catholic Club gathering. What role does advertising play in media?

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St. Vincent de Paul, patron saint of charity
Symbol: three coins

- 1) Find out about this saint and why he was chosen the patron saint of charity. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 2) What religious orders did St. Vincent de Paul found or inspire? Make a list of at least three religious orders that include the word “charity” in their name. Also include the name of their founders and date of foundation in your list.
- 3) Raise money for a charity of your choosing. Some examples of good charities are: your local crisis pregnancy center, a religious order, St. Jude’s Children’s Hospital, Food for the Poor, and many others. Make sure that you investigate charities before giving money to them to make sure the money won’t be used to support something that may be against our Catholic faith.
- 4) Find at least three Bible verses where Jesus talks about serving the poor. Copy those verses on notecards you’ve decorated. Put them up in your room as a reminder.
- 5) Clean out your dressers and toy box. Fill up a bag of usable items to give to the poor. Challenge yourself to not only give items that are of no use, but ones that have value. Remember that when you give something to the least among us, you give to Christ.

Signature of Leader or Parent

Date Completed



St. Cecelia, patron saint of music
Symbol: piano

- 1) Find out about this saint and why she was chosen as patron saint for music. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 2) What your favorite song? What is your favorite type of music? Find out about five types of music other than the music you typically listen to. Listen to songs from those types of music.
- 3) Music has a way of making us feel differently depending on the music we hear. Of the five types of music you listened to above, how did each make you feel? Prepare to explain why you think music makes you feel a certain way.
- 4) Learn to play or sing a new song. Perform it for others.
- 5) Gregorian chant is a specifically Catholic form of music. Find out about the history of it and listen to it. What did you think?

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St. Martha, patron saint of cooks
Symbol: spoon crossed with a fork

- 1) Find out about this saint and why she was chosen as the patron saint of cooks. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 2) Cooking involves meal planning, shopping, food prep, and food presentation. Locate a food pyramid and record your diet for a day. Compare your daily diet with the food pyramid. Did you eat a correctly balanced diet? If not, how can you change your diet in order to eat more balanced?
- 3) With an adult, plan a meal, shop for it, and prepare it. Don't forget to use your food pyramid for good nutrition. While shopping, make sure you read food labels and compare prices.
- 4) Ask your mother, grandmother and others for their favorite recipes. Copy them and put them in your own cookbook.
- 5) Find a prayer for cooks. Copy it into your notebook or on a notecard and memorize it. Teach it to your family and say it with your prayers before meals.

Signature of Leader or Parent

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St. Joseph, patron saint of woodworkers
Symbol: carpenter's saw

- 1) Find out about this saint and why he was chosen as the patron saint of woodworkers (carpenters). Give a report—either verbal or written—of what you have learned to your parent or leader.
- 2) Look up what a carpenter does in today's society. Prepare to share your findings either in an oral or written report.
- 3) What tools do carpenters need for their trade? Make a poster with at least five different carpenter tools and their uses.
- 4) With a parent's help or permission, build something out of wood.
- 5) St. Joseph is the patron saint of several other things. Find at least three of those patronages and list why he is invoked as patronage.

Signature of Leader or Parent

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St. Camillus de Lellis, patron saint of first aid and health care workers
Symbol: red cross

- 1) Find out about this saint and why he was chosen as patron saint of first aid and health care workers. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 2) Learn what needs to be in a basic first aid kit and make sure that you have one in your home and in each of your vehicles. Assemble your own first aid kits if you don't already have them.
- 3) Make sure you have emergency numbers posted near your phone. Practice with a parent what you should do in case of emergency.
- 4) Learn basic first aid through a Red Cross course, Safe-Sitter course, or something similar.
- 5) Find a prayer for those who are sick and suffering. Copy the prayer in your notebook or on a notecard and memorize it. Say it daily for at least a week.

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St. Francis Xavier and St. Therese, patron saints of missions
Symbol: ship

- 1) Find out about one of these two saints and why they were chosen as patron saints of missions. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 2) Jesus said, "Go forth and make disciples of all nations." Locate this in the Bible and read what happened after this verse. How does this relate to being a missionary?
- 3) Make rosaries for missions. For a list of missions that request rosaries (as well as rosary making supplies), go to Our Lady's Rosary Makers (www.olrm.org)
- 4) Find a story of a missionary whose mission field was North America in centuries past. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 5) Missionaries don't have to go to far-off lands to "make disciples." Make a list of at least five ways you can be a missionary here and now. Plan on carrying out one of your ideas.

Signature of Leader or Parent

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St. Christopher, patron saint of travelers and transportation

Symbol: bridge over water

- 1) Find out about this saint and why he was chosen patron of travelers and transportation. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 2) Using maps (online or paper), plan a trip out of state to a relative or friend’s house. What is the best way to get there? How long will it take? How much will it cost? Give a report—either verbal or written—of what you have learned to your parent or leader.
- 3) Have you ever flown in an airplane? Make a list of what someone would want or need if they were flying to a distant city. What else would they need if they were flying to another country? Add those items to your list. What other factors need to be taken into account when flying?
- 4) Make a list of things you would need to pack for a week’s vacation at a hotel at the beach. What about a week camping in the mountains? Compare your lists.
- 5) Make a timeline of the development of modes of transportation from walking to flying.

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St. Francis of Assisi, patron saint of pets

Symbol: dog

- 1) Find out about the saint and why he was chosen patron saint of animals, including pets. Give a report—either verbal or written—of what you have learned to your parent or leader.
- 2) Make a list of daily, weekly, monthly, and yearly requirements of at least three different types of pets.
- 3) If you own a pet, take over his/her care for at least a week. Make sure they are fed, watered, handled properly, and receive any other care needed.
- 4) St. Francis loved nature because he knew that everything was created by God and was therefore good. Although animals do have souls, they are not eternal souls. We are required to treat them with respect given to all God’s creatures. Make a list of ten ways you can treat God’s creations with respect.
- 5) Some animals are not meant to be pets, but thrive better in the wild. Make a list of at least ten animals that do not make good pets with the reasons why they would not be good pets.

Signature of Leader or Parent

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St. Zita- Housekeeping

1. Find out about this saint and why she was chosen as patron of housekeeping. Give a report—either verbal or written—of what you have learned to your parent or leader.
2. What are chores you do around the house? Make a list of those chores, choose 2-3 that you can do every day without being reminded or asked to do.
3. Make a schedule of your day where there is wasted time or unused time. Fill it with one of the many tasks your parents do for you on a regular basis.
4. Bake a loaf of bread for St. Zita's Feast day and pass out the bread to those in need.
5. Add prayer to your chores. As you go about your daily chores try to add saying a prayer as you do it. The prayer any one that you wish it can be a Hail Mary as put your dirty clothes away or a novena/ rosary as you wash dishes.

Signature of Leader or Parent

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St. Pope John Paul II- Acting

1. Find out about this saint and why he was chosen as patron of acting. Give a report—either verbal or written—of what you have learned to your parent or leader.
2. Go see a local play that is being performed.
3. Write your own play. Include at least two characters.
4. Read the work of a famous playwright or play. There were liturgical plays that were primarily produced prior to the Renaissance period many of these still exist today.
5. Research some of the different styles of acting or methods of performing that have been used over the time.

Signature of Parent or Leader

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St. Fiacre- Gardening

1. Find out about this saint and why he was chosen as patron for this topic. Give a report—either verbal or written—of what you have learned to your parent or leader.
2. Research different types of gardens. Find one you are not familiar with and give a report on it to your parent or leader.
3. Research what a hermit is and the lifestyle of hermits. Make a list of five other saints who were hermits. Is there a hermitage in your area? Perhaps you can visit it to see what they are like today.
4. Plant your own small garden. Or help to plant a garden in your yard. Learn how to weed, water and harvest a garden.
5. How can you preserve food you've grown? Look into canning, dehydrating or freezing fresh food for preservation or participate in one of these ways to preserve food.

Signature of Parent or Leader

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St. Isadore- Computers/ Tech

1. Find out about this saint and why he was chosen as patron of Computers. Give a report—either verbal or written—of what you have learned to your parent or leader.
2. Make a list of the amount of time you spend on the computer can you substitute an hour of games for reading on a topic that interest you.
3. Find a topic you know nothing about and research it using the internet (with a parent's permission) and present it to your parents or leaders.
4. Computers are made of hardware and software. Make a list of the hardware on your computer as well as a list of programs on your computer.
5. What are some of the biggest companies in the computer and technology business? Research the history of one of these companies and present what you have found to your parents or leaders.

Signature of Parent or Leader

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Bl. Pier Giorgio Frassati—Hiking/Mountain Climbing

1. Find out about Bl. Pier Giorgio Frassati and why he was chosen for this topic. Give a verbal or written report to your parent or leader about what you have learned.
2. Make a list of items you would need for a 3-mile moderate hike.
3. Take a hike with your family or Behold Christ Club. Take special note of the beautiful nature about you. How does the nature around you help you feel connected with God?
4. Bl. Pier Giorgio loved the mountains. What other sports can you do on a mountain? Make a list and plan one of those activities.
5. Hiking has long been a way of making pilgrimages. Find some hiking pilgrimages near or far away and prepare to report on them, or, better yet, complete one yourself.

Signature of Parent or Leader

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St. Bernadette—Embroidery

1. Find out about St. Bernadette and why she may have been chosen for this topic. Hint: find out what she did after her visions and in what field she excelled as a nun.
2. Take note of how embroidery is used in a church or liturgical setting. What symbols do you find embroidered on vestments, linens, etc. Find out the liturgical names of those items that are embroidered. (i.e. chasuble, stole, purificator, etc.)
3. Make a list of different kinds of embroidery—crewel work, cross stitch, etc. and make a list of items you may need to complete a simple embroidery project for each of the different types of embroidery.
4. Learn three new embroidery stitches and practice them on some scrap fabric. You can use yarn, thread or embroidery floss or candle wicking.
5. Complete a simple project such as a Rosary pouch, picture or decorated napkin using what you've learned and practiced.

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St. Zelig Martin (to be canonized Fall, 2015)—Knitting and other needlework

1. Find out why St. Zelig Martin may have been chosen for this topic and be prepared to share verbally or in writing.
2. How did St. Zelig's handiwork help her family and the families of other women in their area in supporting their families? Look into skills and crafts that people can do from home to help their families. Make a list of them.
3. Choose one of these skills to learn about: knitting, tatting (lacemaking), crocheting, macramé, weaving, or any other skill that produces a cloth. Share what you have found out either verbally or in writing.
4. Learn two basic stitches or methods of whatever skill you chose.
5. Make a small project using your new skill.

Signature of Parent or Leader

Date Completed



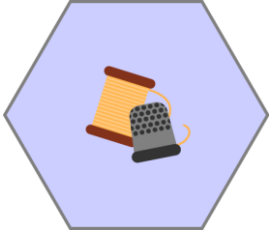
St. Gianna Molla – Pro-Life Work

1. Find out why this saint was chosen for this topic. Share what you found out either verbally or in writing.
2. Read one or more of these pro-life books and share how they show the dignity of every human life. *Angel in the Waters* by Regina Doman, *On the Night You Were Born* by Nancy Tillman, *Horton Hears a Who* by Dr. Seuss.
3. Gather as many baby pictures of family members as you can find, especially of parents and grandparents. Gather pictures of how they look now. Bring the pictures to your Behold Christ Clubs meeting and see if others can match up baby pictures with their adult counterparts. Even though we grow and develop throughout our lives, we all started as babies. Share what you learned about the value of life through this game.

4. Visit a nursing home or elderly neighbor and spend some time with them. What can you learn about and from the elderly. Share what you learned either verbally or in writing.
5. Attend a pro-life or pro-family rally, March for Life, or prayer vigil for life.

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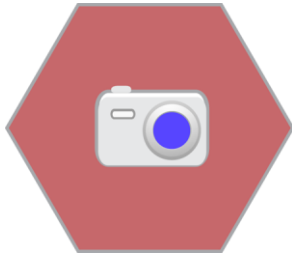


St. Ann- Sewing

1. Find out about this saint and why she was chosen as patron of sewing. Give a report—either verbal or written—of what you have learned to your parent or leader.
2. Learn about at least five different types of fabrics and what they are typically used for. For example: stretch knits for t-shirts, cotton for blouses or shirts, leather for jackets, etc.
3. Learn the different parts of a sewing machine and how they work. Learn how to wind a bobbin and sew two pieces of fabric together.
4. Try different stitches and sewing machine settings on different fabrics. Which ones work better with which fabrics?
5. Sew a simple item for yourself or for someone else, such as a pillow case, apron, or blanket.

Signature of Leader or Parent

Date Completed



St. Veronica-Photography

1. Find out about this saint and why she was chosen as patron of photography. Give a report—either verbal or written—of what you have learned, to your parent or leader.
2. Find out about the history of photography. When did it begin and how has it developed and changed over the years? Tell what you have found out to your parent or leader.
3. Photography requires light reflecting off images that the camera records. Find out the meanings of these words: exposure, aperture and f-stop. Why are they important in photography?
4. What makes a good photograph? Talk about composition, lighting and subject matter. Find photographs that you like that show each one of these settings: outdoors, portrait, group photo, nature close-up, still life.
5. Most photos are digital now a days. Pull a photo up in Photoshop or other image editing software. How can you alter the image digitally to make it better or different? Show a before and after of your photo.

Signature of Leader or Parent

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St. Albert the Great-Science

1. Find out about this saint and why he was chosen as patron of the sciences. Give an verbal or written report about what you have learned.
2. Science is a huge field of study. Find three of the sciences that you are interested in. Briefly describe what those three types of sciences are about.
3. Find out what the “scientific method” is and how scientists use it to formulate how the world works. Use the scientific method to conduct a small experiment in the field of your choice.
4. Find out about other great Catholic scientists besides St. Albert the Great. What contributions did they make to humankind?
5. Sometimes people say that our faith is contrary to the reason of science. Do you think this is correct? If not, why not. Give examples.

Signature of Leader or Parent

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St. Jacinta Marto-Dance

1. Find out about this saint and why she was chosen as patron of the sciences. Give an verbal or written report about what you have learned.
2. Find out about different types of dance—ballet, ballroom, swing, etc. What is different about each of the dances? Which do you like?
3. Find out about folk dances from at least three different countries, including Jacinta’s country: Portugal. What is similar about these dances? What is different?
4. Find out what it takes to train to be a professional dancer in three categories such as ballet, Irish dancer or tap dancer.
5. Learn a new folk dance, or other type of dance. Be prepared to perform the dance for someone or a group of people.

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St. Brendan-Boating

1. Find out about this saint and why he was chosen as patron of the watercraft. Give a verbal or written report about what you have learned.
2. Look into the history of boats and boating. How did the boats develop over the years? What were the societies that advanced ship building the most?
3. Find out about different types of boats. What makes each one float? Experiment with different materials (paper, cardboard, wood, clay, etc) to make a model boat. Which one worked the best? Why?
4. Learn the basics of a personal watercraft (kayak, canoe, rowboat, etc) and put it into practice. Don't forget to cover safety issues.
5. Missionaries used boats to reach people in all corners of the world to bring them the message of Christ. Look at the Acts of the Apostles and find all the times that St. Paul was shipwrecked bring the Gospel to others. See if you can trace St. Paul's journeys on a map.

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