

Saints of the United States

A Look at the Lives of America's Saints

A Free Resource for Grades 3-6



How to Use this Resource

In every chapter of our nation's story, the quiet footsteps of the saints have marked a path of courage, sacrifice, and deep love for God. From bustling cities to quiet missions, from schoolrooms to leper colonies, these holy men and women answered Christ's call with generous hearts—right here in the land we call home.

This resource introduces your children to eleven saints who lived, served, and prayed in the United States – along with Mary, the Immaculate Conception, Patroness of our country. As children read about each saint's life, they'll see how God uses ordinary people to do extraordinary things when they follow Him with trust.



How to Use This Resource

1. Read through the saint biographies together or independently. Each one is written to inspire and inform children, highlighting where the saint was born, where they served, and how they lived out their love for God.
2. After reading, turn to the **"Who Am I?"** activity at the end of the booklet. Children will use the clues to guess which saint is being talked about.
3. Check your answers using the answer key provided after the activity.

This printable is perfect for celebrating the 4th of July, All Saints' Day, or any time you want to honor the beautiful spiritual heritage of our country.

May these saints of the United States inspire your children to live their faith with joy, courage, and love.



Mary, the Immaculate Conception

Patroness of the United States

In 1846, the bishops of the United States chose the Blessed Virgin Mary, under her title of the Immaculate Conception, as the special patroness of our country. This title reminds us that Mary was preserved from original sin from the very moment of her conception—a grace given to her by God in view of her future role as the Mother of Jesus. Just a few years later, in 1854, the Church formally declared the dogma of the Immaculate Conception.

Mary's role as our heavenly mother and protector is especially dear to Catholic families in the United States. We turn to her in our joys and sorrows, asking her to pray for us and lead us closer to her Son.



St. Marianne Cope (1838–1918)

Born in Germany and raised in New York, Barbara Cope entered the Sisters of St. Francis and became a leader in health care, education, and service to the poor. She helped open the first hospital in Syracuse and welcomed all patients, no matter their background. When Hawaii called for volunteers to care for those with leprosy, she responded without fear.

Mother Marianne and her sisters traveled across the ocean to bring hope to those suffering on the island of Molokai. There, she built homes, schools, and a place of beauty and dignity for women and children. Known for her compassion and peace, she served for over thirty years. She was canonized in 2012 as a saint of joyful service and mercy.



St. Isaac Jogues (1607–1646)

Born in France, Isaac Jogues became a Jesuit missionary and traveled to New France (now Canada and northern U.S.) to bring the Gospel to Native Americans. He was captured by the Mohawk people and endured terrible suffering, including the loss of several fingers. After escaping and returning to France, he made the brave choice to go back. Isaac desired only to bring the love of

Christ to the people he served. He was eventually martyred. Canonized in 1930, he is one of the North American Martyrs, remembered for his courage, forgiveness, and devotion to missionary work.



St. Rose Philippine Duchesne (1769–1852)

Born in France, Rose Philippine Duchesne became a religious sister and dreamed of becoming a missionary. That dream came true when she traveled to the United States in 1818 and settled in Missouri. There, she opened the first free school for girls west of the Mississippi and helped establish Catholic education in the American frontier.

Later in life, she worked among the Potawatomi people, who called her the “Woman Who Prays Always.” Even though she was elderly and couldn’t speak their language, her love and prayerfulness touched their hearts. She was canonized in 1988 for her life of sacrifice, prayer, and trust in God’s providence.



St. Damien of Molokai (1840–1889)

Born in Belgium, Fr. Damien de Veuster became a missionary priest in Hawaii. He volunteered to live on the island of Molokai, where people with leprosy had been sent to live apart from society. He cared for their spiritual and physical needs, building churches, homes, and bringing hope where there was despair.

Fr. Damien eventually contracted the disease himself, but he never left his people. He saw Christ in their faces and gave his life completely for them. He died on Molokai and was canonized in 2009. He is remembered as a hero of compassion and a friend of the forgotten.



St. Junípero Serra (1713–1784)

Fr. Junípero Serra was born in Spain and became a Franciscan priest. He traveled to the New World to share the Gospel with Native peoples and helped found a chain of missions along the California coast. His life was filled with long travels, hard work, and deep devotion to prayer and penance.

Fr. Serra founded nine of the twenty-one California missions and baptized thousands of Native Americans. The Church honors his zeal for evangelization and his deep love for Christ. He was canonized in 2015.



St. Kateri Tekakwitha (1656–1680)

Born in what is now New York, Kateri was the daughter of a Mohawk father and a Christian Algonquin mother. After surviving smallpox, which left her face scarred and her eyesight weak, she converted to Catholicism at age 19. Facing rejection from her tribe, she fled to a Christian community in Canada.

Kateri lived a life of purity, prayer, and service. She was known for her gentleness and devotion to the Eucharist and the cross. She died at age 24 and was canonized in 2012 as the first Native American saint. Many call her the “Lily of the Mohawks.”



St. Frances Xavier Cabrini (1850–1917)

Born in Italy, Frances Cabrini dreamed of becoming a missionary to China, but Pope Leo XIII told her to go “not to the East, but to the West”—to America. She arrived in New York in 1889 and began working with poor Italian immigrants who needed schools, hospitals, and hope.

Mother Cabrini founded the Missionary Sisters of the Sacred Heart and opened dozens of institutions to serve the sick and the poor across the United States. She became a U.S. citizen and was the first American citizen to be declared a saint. She was canonized in 1946.



St. Katharine Drexel (1858–1955)

Born into a wealthy family in Philadelphia, Katharine Drexel gave up a life of comfort to serve African American and Native American communities. After meeting Pope Leo XIII, she founded the Sisters of the Blessed Sacrament to carry out this mission of love. St. Katharine used her inheritance to build schools, missions, and churches across the

country. She also founded Xavier University in New Orleans, the first Catholic university for African Americans. She was canonized in 2000 and is a shining example of Gospel generosity.



St. John Neumann (1811–1860)

Born in Bohemia (now the Czech Republic), John Neumann came to America to be a missionary priest. He served German-speaking immigrants and became the fourth bishop of Philadelphia. As bishop, he organized the first diocesan Catholic school system in the United States. He spoke many languages and was deeply devoted to the Blessed Sacrament. Known for his humility and energy, he visited parishes on horseback and helped grow the Church in a time of great expansion. He was canonized in 1977.



St. Elizabeth Ann Seton (1774–1821)

Born in New York, Elizabeth Ann Seton was raised in a prominent Protestant family. After the death of her husband, she became Catholic and faced many hardships. Trusting God, she started a religious community and opened the first free Catholic school for girls in the United States.

As a mother of five and spiritual mother to many, she is remembered as a pioneer of Catholic education. She was the first native-born American to be canonized, and her life shows how suffering, when united with faith, can bear great fruit.



St. Mother Théodore Guérin (1798–1856)

Born in France, Anne-Thérèse Guérin joined the Sisters of Providence and became known as Sister St. Théodore. In 1840, she led a small group of sisters to Indiana, where they faced the challenges of frontier life with deep trust in God. She founded schools, orphanages, and the Sisters of Providence of Saint Mary-of-the-Woods.

She also opened the first Catholic women's college in the U.S. Canonized in 2006, she is a model of perseverance, leadership, and faith in Divine Providence.

Who Am I?

Directions: Read the clue and write the name of the saint it describes.

I was born in New York and started the first free Catholic school for girls. I was also the first American-born saint.

Who Am I? _____

I cared for people with leprosy on a faraway island in Hawaii. I stayed even after I became sick myself.

Who Am I? _____

I was a wealthy woman who gave up my fortune to serve Native American and African American children.

Who Am I? _____

I was born in Italy and became the first U.S. citizen saint. I built hospitals and schools for immigrants across the country.

Who Am I? _____

I helped build the Catholic school system in America. I even rode horseback from parish to parish!

Who Am I? _____

Who Am I?

I went to Molokai after St. Damien and helped protect girls with leprosy, giving them beauty and dignity.

Who Am I? _____

I was a Native American who converted to Catholicism. I was known for my deep prayer life, even though I was rejected by my tribe.

Who Am I? _____

I was a missionary from France and was called the “Woman Who Prays Always” by Native Americans.

Who Am I? _____

I was a Jesuit priest who was captured and martyred while sharing Jesus with Native tribes in New York.

Who Am I? _____

I came from Spain and walked the California coast, founding missions to bring people to Jesus.

Who Am I? _____

I founded a Catholic women's college and multiple schools in Indiana, trusting in Divine Providence.

Who Am I? _____

Who Am I? Answer Key

1. St. Elizabeth Ann Seton
2. St. Damien of Molokai
3. St. Katharine Drexel
4. St. Frances Xavier Cabrini
5. St. John Neumann
6. St. Marianne Cope
7. St. Kateri Tekakwitha
8. St. Rose Philippine Duchesne
9. St. Isaac Jogues
10. St. Junípero Serra
11. St. Mother Théodore Guérin

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