



Feast + Fast + Feria

Annual Patron Saint Draw

Holy Helpers to Befriend & Intercede for
Your Family in the Coming Year



Feast + Fast + Feria

This collection contains excerpts from
The Feast Fast Feria Companion, now in progress.

It is an offering of Feast + Fast + Feria,
a Barefoot Abbey ministry whose purpose is to aid
families as they grow in holiness and journey to
heaven by living out their Catholic faith each day through
the Liturgical Year.

For more resources to bring the Church Year to life
in your home, to join our monthly mentorship:
the Feast + Fast + Feria Collective, and to request
a FREE liturgical living consultation that fits all the
ages and stages of your specific family
visit us at

FeastFastFeria.com

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And another angel came, and stood before the altar, having a golden censer; and there was given to him much incense, that he should offer of the prayers of all saints upon the golden altar, which is before the throne of God. And the smoke of the incense of the prayers of the saints ascended up before God from the hand of the angel. — Revelation 8:3-4

One of our family's most anticipated traditions for Catholic New Year's Eve, the day before Advent begins, is the drawing of our new patron saints for the year. Everyone is excited to see which saints will choose us and to learn the stories of those with which we are less familiar. We're old fashioned and have just use folded paper strips with saint names written on then pulled them out of a baseball cap or bowl. For the next year we seek the intercession of these new faithful friends our go-in times of trouble and temptation.

We call this annual group of patrons our Family Holy Helpers, in remembrance of the 14 Holy Helper saints who were indispensable to the faithful of medieval times. And in similar fashion with our saints we create our own Litany of Holy Helpers that is included at the end of the family rosary.

To simplify all our prep for Catholic New Year's Eve I've gathered the saints from our calendar and put them in a printable form that can be cut and reused again and again. A couple styles of reminder posters for Advent display of our new Holy Helpers are also below along with some personal reminder cards that may be used as Bible bookmarks and laminated.

We hope that this tradition helps your family make friends with new saints in the coming years and that it becomes a favorite custom to kick off the new liturgical year in your home too!

“Praying for others is a sign of love; and the more love the saints in heaven have, the more they pray for those on earth who can be helped by their prayers. And the closer they are to God, the more effective their prayers are.” — St. Thomas Aquinas

Ad majorem Dei gloriam,



ST. EDMUND CAMPION	ST. EVE	ST. AELRED
ST. BIBIANA	ST. ANASTASIA	ST. HILARY OF POITIERS
ST. FRANCIS XAVIER	ST. STEPHEN	ST. PAUL, FIRST HERMIT
ST. PETER CHRYSOLOGUS	ST. JOHN THE BELOVED	ST. MARCELLUS
ST. BARBARA	THE HOLY INNOCENTS	ST. ANTHONY THE GREAT
ST. SABBAS	ST. THOMAS BECKET	ST. PRISCA
ST. NICHOLAS	ST. SABINAS	ST. CANUTE
ST. AMBROSE	POPE ST. SYLVESTER	ST. SEBASTIAN
ST. JUAN DIEGO	ST. GENEVIEVE	ST. FABIAN
OUR LADY OF LORETO	ST. ELIZABETH ANN SETON	ST. AGNES
POPE ST. DAMASUS I	ST. JOHN NEUMANN	ST. VINCENT OF SARAGOSSA
OUR LADY OF GUADALUPE	ST. GASPAR	ST. RAYMOND OF PENAFORT
ST. LUCY	ST. MELCHIOR	ST. MARIANNE COPE
ST. EUSEBIUS	ST. BALTHASAR	ST. TIMOTHY
ST. THOMAS THE APOSTLE	ST. ANDRÉ BESSETTE	ST. POLYCARP
ST. ADAM	ST. HYGINUS	ST. JOHN CHRYSOSTOM

ST. JOHN NOLASCO	ST. CYRIL OF ALEXANDRIA	ST. DAVID OF WALES
ST. FRANCIS DE SALES	ST. SCHOLASTICA	ST. KATHERINE DREXEL
ST. MARTINA	OUR LADY OF LOURDES	ST. CASIMIR
ST. JOHN BOSCO	7 HOLY SERVITE FOUNDERS	ST. FELICITY
ST. IGNATIUS OF ANTIOCH	ST. VALENTINE	ST. PERPETUA
ST. BRIGID	ST. CLAUDE DE LA COLOMBIÈRE	ST. COLLETTE
ST. SIMEON	ST. FAUSTINUS	ST. THOMAS AQUINAS
ST. ANNA	ST. JOVITA	ST. JOHN OF GOD
ST. BLAISE	ST. JULIANA OF NICOMEDIA	ST. FRANCES OF ROME
ST. ANDREW CORSINI	BL. JOHN OF FIESOLE	ST. GREGORY THE GREAT
ST. AGATHA	ST. JACINTA MARTO OF FATIMA	ST. MATILDA
ST. PAUL MIKI	ST. FRANCESCO MARTO	ST. LOUISE DE MARILLAC
ST. TITUS	ST. ROBERT SOUTHWELL	ST. PATRICK
ST. ROMUALD	ST. PETER DAMIAN	ST. CYRIL OF JERUSALEM
ST. JOSEPHINE BAKHITA	ST. MATTHIAS	ST. JOSEPH
ST. APOLLONIA	ST. GABRIEL OF SORROWS	ST. BENEDICT

ST. NICHOLAS OWEN	ST. FIDELIS	ST. FLORIAN
ST. CATHERINE OF SWEDEN	ST. MARK	POPE ST. PIUS V
ST. GABRIEL THE ARCHANGEL	ST. CLETUS	ST. STANISLAUS
ST. JOHN DAMASCENE	ST. MARCELLINUS	ST. GREGORY OF NAZIANZEN
ST. JOHN CAPISTRANO	ST. PETER CANISIUS	ST. DAMIEN OF MOLOKAI
MARY QUEEN OF APOSTLES	ST. TURIBIUS OF MOGROVEJO	ST. ANTONIUS
ST. FRANCIS OF PAOLA	ST. PAUL OF THE CROSS	ST. JOHN OF AVILA
ST. ISIDORE	ST. GIANNA BERETTA MOLLA	ST. PHILIP
ST. VINCENT FERRER	ST. PETER CHANEL	ST. JAMES
ST. GEMMA GALGANI	ST. LOUIS GRIGNION MONTFORT	ST. NEREUS
ST. LEO THE GREAT	ST. PETER OF VERONA	ST. ACHILLEUS
ST. JUSTIN MARTYR	ST. CATHERINE OF SIENA	ST. PANCRAS
ST. BERNADETTE	MARY, MOTHER OF THE CHURCH	OUR LADY OF FATIMA
ST. ANICETUS	ST. ATHANASIUS	ST. ROBERT BELLARMINE
ST. ANSELM OF CANTERBURY	ST. ALEXANDER	ST. JULIAN OF NORWICH
ST. GEORGE	ST. MONICA	BL. IMELDA LAMBERTINI

ST. BONIFACE OF TARSUS	ST. MARY MAGDALENE DE PAZZI	ST. BASIL THE GREAT
ST. JEAN-BAPTISTE DE LA SALLE	ST. JOAN OF ARC	ST. VITUS
ST. ISIDORE THE FARMER	ST. ANGELA MERICI	ST. MODESTUS
ST. SIMON STOCK	ST. MARCELLINUS	ST. CRESCETIA
ST. IGNATIUS OF ANTIOCH	ST. ERASMUS	ST. GREGORY BARBARIGO
ST. PASCHAL BAYLON	ST. CHARLES LWANGA	ST. EPHREM OF SYRIA
ST. VENANTIUS	ST. FRANCIS CARACCILOLO	ST. JULIANA FALCONIERI
POPE SAINT JOHN I	ST. BONIFACE OF GERMANY	ST. SILVERIUS
ST. PETER CELESTINE	ST. NORBERT	BL. MARGARET BALL
ST. BERNARDINE	ST. PRIMUS	ST. ALOYSIUS GONZAGA
ST. CHRISTOPHER MAGALLANES	ST. FELICIANUS	ST. PAULINUS OF NOLA
ST. RITA OF CASCIA	ST. COLUMBA	ST. ST. JOHN THE BAPTIST
POPE SAINT GREGORY VII	ST. MARGARET OF SCOTLAND	ST. WILLIAM
ST. PHILIP NERI	ST. BARNABAS	ST. JOSEMARÍA ESCRIVÁ
ST. BEDE THE VENERABLE	ST. JOHN OF FACUNDO	OUR LADY OF PERPETUAL HELP
ST. AUGUSTINE OF CANTERBURY	ST. ANTHONY OF PADUA	ST. PETER

ST. PAUL	ST. VERONICA	ST. LAWRENCE OF BRINDISI
ST. JUNÍPERO SERRA	ST. JOHN GAULBERT	ST. MARY MAGDALENE
ST. OLIVER PLUNKETT	ST. LOUIS MARTIN	ST. APOLLINARIS
ST. IRENAEUS	ST. ZELIE MARTIN	ST. CHRISTINA
BL. PIER GIORGIO FRASSATI	ST. ANACLETUS	ST. SHARBEL MAKHLOUF
ST. ANTHONY ZACCARIAH	ST. SILAS	ST. JAMES THE GREATER
ST. MARIA GORETTI	ST. BONAVENTURE	ST. CHRISTOPHER
ST. CYRIL	ST. KATERI TEKAKWITHA	ST. ANNE
ST. METHODIUS	ST. HENRY THE EXUBERANT	ST. PANTALEON
BL. PETER TO ROT	OUR LADY OF MOUNT CARMEL	ST. NAZARIUS
ST. ELIZABETH OF PORTUGAL	ST. ALEXIS	ST. CELSUS
ST. AUGUSTINE ZHAO RONG	MARTYRS OF COMPIÈGNE	ST. VICTOR I
SEVEN HOLY BROTHERS	ST. CAMILLUS DE LELLIS	ST. INNOCENT I
ST. RUFINA	ST. VINCENT DE PAUL	BL. STANLEY ROTHER
ST. SECUNDA	ST. JEROME EMILIANI	ST. MARTHA
POPE ST. PIUS I	ST. MARGARET OF ANTIOCH	ST. ABDON

ST. SENNEN	ST. SUSANNA	ST. JOSEPH CALASANZ
BL. SOLANUS CASEY	ST. CLARE	ST. AUGUSTINE
ST. IGNATIUS OF LOYOLA	ST. PONTIAN	ST. ROSE OF LIMA
ST. HOLY MACCABEES	ST. HIPPOLYTUS	ST. RAYMOND NONNATUS
OUR LADY QUEEN OF ANGELS	ST. MAXIMILIAN KOLBE	ST. GILES
ST. ALPHONSUS LIGUORI	ST. JOACHIM	THE HOLY 12 BROTHERS
ST. PETER JULIAN EYMARD	ST. HYACINTH	ST. STEPHEN, KING OF HUNGARY
ST. DOMINIC	ST. HELENA	POPE ST. PIUS X
OUR LADY OF THE SNOWS	ST. AGAPITUS	ST. ROSALIA
POPE SIXTUS II	ST. JOHN EUDES	BL. DINA BÉLANGER
ST. CAJETAN	ST. BERNARD OF CLAIRVAUX	ST. LAWRENCE JUSTINIAN
ST. JOHN VIANNEY	ST. JANE FRANCES DE CHANTAL	ST. TERESA OF CALCUTTA
ST. MARY MACKILLOP	ST. PHILIP BENIZI	ST. ELEUTHERIUS
ST. TERESA BENEDICTA	ST. BARTHOLOMEW	ST. CLOUD
ST. LAWRENCE	ST. LOUIS IX	ST. REGINA
ST. TIBURTIUS	ST. ZEPHYRINUS	ST. HADRIAN

ST. PETER CLAVER	ST. MAURICE	ST. FRANCIS OF ASSISI
ST. GORGONIUS	ST. LINUS	ST. FAUSTINA KOWALSKA
ST. NICHOLAS OF TOLENTINO	ST. PIO OF PIETRELCINA	BL. FRANCIS XAVIER SEELOS
ST. PROTUS	OUR LADY OF WALSINGHAM	ST. BRUNO
ST. EULOGIUS	OUR LADY OF RANSOM	BL. MARIE ROSE DUROCHER
OUR LADY OF SORROWS	ST. FINBARR	ST. OUR LADY OF THE ROSARY
ST. CORNELIUS	ST. CLEOPHAS	POPE ST. MARK
ST. CYPRIAN	BL. HERMAN THE CRIPPLE	ST. BRIDGET OF SWEDEN
ST. EUPHEMIA	ST. JUSTINA	ST. SERGIUS
HILDEGARD OF BINGEN	ST. COSMAS	ST. JOHN HENRY NEWMAN
JOSEPH OF CUPERTINO	ST. DAMIAN	ST. DENIS
ST. JANUARIUS	ST. WENCESLAUS	ST. JOHN LEONARDI
ST. EUSTACE	ST. LAWRENCE RUIZ	ST. FRANCIS BORGIA
ST. ANDREW KIM TAE-GON	ST. MICHAEL THE ARCHANGEL	POPE ST. JOHN XXIII
ST. MATTHEW	ST. REMIGIUS	OUR LADY OF THE PILLAR
ST. THOMAS OF VILLANOVA	ST. THÉRÈSE OF LISIEUX	ST. EDWARD THE CONFESSOR

POPE ST. CALLISTUS I	ST. DARIA	ST. DIDACUS
ST. TERESA OF ÁVILA	ST. CRISPIN	ST. JOSAPHAT
ST. GERARD	ST. CRISPINIAN	ST. ALBERT THE GREAT
ST. HEDWIG	ST. EVARISTUS	ST. GERTRUDE
ST. MARGARET MARY ALACOQUE	ST. SIMON	ST. AGNES OF ASSISI
ST. LUKE	ST. JUDE	ST. GREGORY THE WONDERWORKER
ST. PETER ALCANTARA	BL. CHIARA LUCE BADANO	ST. ROSE PHILIPPINE DUCHESNE
ST. JOHN DE BRÉBEUF	ST. MARTIN DE PORRES	ST. ELIZABETH OF HUNGARY
ST. ISAAC JOGUES	ST. CHARLES BORROMEO	ST. FELIX OF VALOIS
ST. JOHN CANTIUS	ST. ELIZABETH	ST. CECILIA
BL. KARL OF AUSTRIA	ST. ZACHARIAH	POPE ST. CLEMENT I
ST. URSULA	FOUR HOLY CROWNED MARTYRS	ST. COLUMBAN
ST. HILARION	ST. ANDREW AVELLINO	BL. MIGUEL AGUSTÍN PRO
ST. ANTHONY MARY CLARET	ST. MARTIN OF TOURS	ST. JOHN OF THE CROSS
ST. RAPHAEL THE ARCHANGEL	POPE ST. MARTIN I	ST. ANDREW DUNG-LAC
ST. CHRYSANTHUS	ST. FRANCES XAVIER CABRINI	ST. CATHERINE OF ALEXANDRIA

ST. SYLVESTER GOZZOLINI	OUR LADY OF THE MIRACULOUS MEDAL	ST. CATHERINE LABOURE
ST. SATURNINUS	ST. ANDREW THE APOSTLE	

Our Holy Helpers
ANNO DOMINI 2023

Our Family Litany
FOR THE YEAR

Our Holy Helpers
FOR THE YEAR

Our Family Litany
ANNO DOMINI 2023

_____, ORA PRO NOBIS. _____, ORA PRO NOBIS.

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_____, PRAY FOR US. _____, PRAY FOR US.

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MY PATRON SAINT
FOR THE YEAR IS

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