Saintly ABC's

A Catholic Pre-School Program
Letter Recognition & Printing Practice

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There is no certain way to use this program, as all children learn in their own unique way. I plan to use it with the Little Angel Readers when teaching my 5 year old. You can use it in whatever way suits you and your child best.

We sincerely hope that you enjoy using this Program to teach your child his ABC’s with God and His Saints.

God Bless you,
The Willson Family
A is for:

ANTHONY
ADAM
APPLE
ALLIGATOR
ACROBAT
ANT
ALPHABET
ANIMAL

A is for Saint ANTHONY, a Friar wise and kind;
He never had a penny, but he never seemed to mind;
He was very fond of reading, but the book he read the most
Was the book that tells of GOD, the Father, Son and Holy Ghost;
He was very fond of children, but the Child he loved the best
Was the little Infant JESUS, as He lay on Mary's breast;
And once when he was reading with the Gospel on a stand
Little JESUS stood upon it and caressed him with His hand.
Now that ANTHONY'S in Heaven, if you ever lose your toys,
I advise you to invoke him, for he's good to girls and boys.
Angel of God, my Guardian dear,
To whom God’s love, commits me here
    Ever this day, be at my side
To light and guard, To rule and guide.
    From sinful stain, oh keep me free
And in death’s sorrow, my helper be.
    Amen.
SAINT ANTHONY OF PADUA, Confessor—Feast Day, June 13th
B is for Saint BENEDICT, Hermit and Sage,
Whose rule has been kept by most Monks since his age.
Cyrilla, his Governess, took him from home
To learn how to read at a day-school in Rome,
Where he went to his lessons with satchel and pen
And rode back by the Tiber to supper again.
He loved contemplation so much that one day
He agreed with Cyrilla to run right away;
And for years in the mountains he fasted and prayed
Till the praise of the neighbors made Benedict afraid;
So he wandered and wandered, but stayed in the end
In a cave near Romanus the Monk, his good friend.
Before long many Monks gathered round him to pray,
And his Rule and his Monks are still mighty today.
DIVINE PRAISES
Blessed be God.
Blessed be His holy Name.
Blessed be Jesus Christ, true God and true man.
Blessed be the Name of Jesus
Blessed be His most Sacred Heart.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed by the great Mother of God, Mary most holy.
Blessed be her Holy and Immaculate Conception.
Blessed be the name of Mary, Virgin and Mother.
Blessed be Saint Joseph, her most chaste spouse.
Blessed be God in His Angels and in His Saints.
SAINT BENEDICT, Abbot- Feast Day, March 21st
is for Saint CHRISTOPHER, loved of the LORD,
Who lived all alone in a hut by a ford;
When travellers came there by night or by day,
He carried them over and showed them the way.
One night when the weather was wintry and wild,
He heard his name called by the voice of a child:
"O, CHRISTOPHER, carry me, carry me home:
O Christopher, Christopher, Christopher, come,"
The Saint was surprised when the crossing began
To find Him as heavy as any grown man;
And when they were over he found to his joy
It was CHRIST he had carried instead of a boy.
ACT OF CHARITY

O my God, I love Thee above all things, with my whole heart and soul, because Thou are all-good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured.
SAINT CHRISTOPHER, Martyr - Feast Day, July 25th
D is for Saint DOMINIC, Spanish by birth
Who shone like a star in all parts of the earth.
In France there were heretics called Albigenses
Who poisoned the Faith with their lying pretences,
And spread their ridiculous nonsense about;
But Saint DOMINIC went and soon hunted them out.
Then with Lawrence and Bertrand and Peter Cellani
He started his Order of Dominicani,
Or Domini Canes, the Dogs of the LORD,
Who go hunting for souls in the might of the Word.
The MASTER they follow in black and white coat
To catch men by the heart instead of the throat.
Our LADY much loved this dear Knight of the LORD,
And her Rosary served for his Buckler and Sword.
Dear God,
We offer Thee this day,
Our thoughts,
Our deeds,
And all we say.
SAINT DOMINIC, Confessor - Feast day, August 4th
E is for Saint Edmund; at Oxford one day
After school he went out in the meadows to play,
And a little white Figure stood by him and cried,
"Don't you know me, dear EDMUND, your friend and your guide?
I am with you by day, I am with you by night,
When you sleep, when you wake, when you read, when you write."
On his forehead four letters proclaimed the Good News, *
"This is JESUS of NAZARETH, King of the Jews."
EDMUND lived to be Primate of England, and died
On the throne Saint AUGUSTINE had once occupied.

* I.N.R.I.
Bless our friends,
Dear God,
We pray,
Bless us
As we work and play.
SAINT EDMUND, Bishop and Confessor -
Feast Day, November 16th
F is for:

FRANCIS
FAITH
FUN
FALL
FUZZY
FLOWER
FLIP
FUNNY

is for Saint FRANCIS of ASSISI, Poet and GOD’S Troubadour,
Martyr to his love for JESUS, truest lover of the poor.
Once he saw up in the trees a crowd of merry little birds,
So he preached a sermon to them, and they listened to his words:
“Praise the LORD, my little sisters, for the LORD your GOD is good;
In the Ark that NOE made He saved your fathers from the flood.”
Pleased because he called them “sisters,” all the birds spread out their wings
And flew down to Brother Francis, who could say such pretty things.
“Praise the LORD, my little sisters, for the LORD your GOD is good.
And He gives you trees for houses, streams for drink, and grain for food,”
Then they stretched their necks and bowed their heads until they touched the sod,
While he told them they must “study always to give praise to GOD.”
Lastly with the Cross he blessed them, and their faith the birds confessed,
Flying off in four battalions, North and South and East and West.
Out of all the lovely deeds that FRANCIS did at sweet Assisi
I have chosen only this, because its lesson is so easy:
“Praise the LORD, and love His creatures, birds and beasts as well as men.”
Sweet Saint FRANCIS of ASSISI, would that he were here again.
ACT OF FAITH

O my God, I believe that Thou art one God in Three Divine Persons, Father, Son and Holy Ghost; I believe that Thy Divine Son became man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all of the truths which Thy Holy Catholic Church teaches, because Thou hast revealed them, Who can neither deceive nor be deceived.
ST. FRANCIS, Confessor, Feast Day, 4th
is for GREGORY the GREAT, who walked about the town
Of Rome, and found the English slaves on sale for half-a-crown;
“Why have these boys blue eyes,” he asked, “when ours have eyes of brown?”
When he heard that they were Angles, and that Alla was their king,
He said, “In the land of Alla, Alleluia they shall sing;
For we’ll make the Angles Angels by the message that we’ll bring.”
Saint AUGUSTINE went to Angleland for Pope Saint GREGORY,
And converted our poor ancestors to Christianity;
And that is why both you and I are Christians, don’t you see?
Thy grace will help us
   Every day,
And guide each step
   Along our way.
ST. GREGORY THE GREAT, Pope and Confessor,
Feast Day, March 12th
H is for Saint HELEN, the Empress who sailed
To find the True Cross, on which JESUS was nailed.
When she set out from Rome she was eighty, but still
In strength of her faith she reached Calvary Hill;
Where at last, with much digging and delving, she found
Three crosses exactly alike in the ground.
To a woman in pain the three crosses were brought
To see by which cross her relief would be wrought;
In vain were the first and the second applied,
On which the two Robbers had been crucified;
But when the third touched her the woman was healed,
And Thus the True Cross of our LORD was revealed.
O my God, relying on thy Almighty power and infinite goodness and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.
SAINT HELENA, EMPRESS - Feast day, August 18th
I is for:

IGNATIUS
IGLOO
IGUANA
INDIAN
IDA
ILLINOIS
INK
INDIANA

for Ignatius, a brave Spanish Knight,
Who was wounded and had to retire from the fight;
He asked for a book that would answer his needs,
Some book about battles and chivalrous deeds,
But they gave him the Lives of the Saints, which he read
From beginning to end as he lay ill in bed;
And when he had finished, he vowed and he swore
That he'd follow the Saints and be worldly no more.
No longer a soldier, he rose from his bed
And enlisted an Army for JESUS instead.
For what Thy bounty
Brings today,
O Lord, our thanks,
To Thee, we pray.
SAINT IGNATIUS LOYOLA, Confessor - Feast Day, July 31st
for Saint Jerome, a learned old Priest,
Who left his own country to live in the East.
One day as he walked in the desert he saw
A lion that limped with a thorn in its paw;
So he pulled out the thorn, and the lion, content
With his doctor and friend, went wherever he went.
The birds loved him too; with the lion and them
He lived in the stable at sweet Bethlehem,
And there where our LORD and His Mother once trod
He translated the Bible that tells us of God.
JESUS, teach me how to pray,
Suffer not my thoughts to stray,
Send distractions far away,
   Sweet, holy Child!
Let me not be rude or wild,
Make me humble, meek and mild,
   Pure as angels undefiled,
   Sweet, holy Child!
ST. JEROME, Priest, Confessor and Doctor of the Church,
Feast Day, September 30th
K is for:

KATHERINE
KING
KITE
KIND
KEVIN
KINGDOM
KANGAROO
KITTEN

for Saint KATHERINE, Marytr, you see;
She was learned and lovely and good as could be;
She knew mathematics, and learnt how to speak
And to read and to write both in Latin and Greek.
She once had a vision that JESUS, her King,
Came and made her His Own with a gold wedding-ring.
Soon after this vision, King Maximin came
And offered her marriage, and riches, and fame:
"I'll make you my Empress, if you will deny
The name of CHRIST JESUS—if not, you shall die."
"I will die," she replied; and was tied to a wheel
That was all covered over with razors of steel;
But lightning destroyed it, so Maximin said,
"Take her out of the city and cut off her head."
“My God, I offer Thee this day,
All that I think, or do, or say;
Uniting all with what was done
On earth by Jesus Christ,
Thy Son.”
SAINT KATHERINE OF ALEXANDRIA, Martyr - Feast Day, November 25th
L is for SAINT LOUIS, a King without blame,
Who ruled over France as the ninth of his name.
When LOUIS was given the Crown made of Thorn
Which CHRIST on the Cross of His Passion had worn,
   He carried that Most Holy Crown in his hand
   From Sens into Paris, barefoot through the land;
   Then he got a small piece of the True Cross as well,
And built for these relics La Sainte Chapelle.
Now LOUIS fell ill, and they thought he was dead,
But he suddenly rose with new strength from his bed,
And resolving to fight the good fight for our LORD,
Put on his chain-armor, took helmet and sword,
And asked the Archbishop of Paris to bless
The Cross of Crusade that he sewed on his dress.
In the Crown of a King and the Habit and Cord
Of Saint FRANCIS he died, and was crowned by the LORD.
O dear Jesus!
I love You.
Do you really
Love me, too?
I wish to be
Your dear child:
Make me always
Meek and mild.
ST. LOUIS, King of France and Confessor, Feast Day, August 25th
M is for:

MARTIN
MARY
MASS
MONK
MARBLE
MEDAL
MERCY
MARK

M for Martin, in Mitre and Cope
(The Bishop of Tours, not Saint MARTIN the Pope);
His father, a soldier, disliked and despised
The True Faith, and prevented his being baptized
By making him serve in the army of Gaul,
Though he wasn’t that sort of soldier at all.
At Amiens one day, in the wind and the sleet,
He was stopped by a beggar who begged in the street;
He’d no money to give, so he made a great tear
In his cloak and gave part to the beggar to wear.
That night in a vision Saint MARTIN was shown
Our LORD as He reigns on His heavenly Throne;
He was wearing the piece that the beggar had worn!
For CHRIST takes what we give to the poor and forlorn.
Mother Mary,
Keep my soul
Pure from every sin,
So my little Lord will smile
When He enters in.
ST. MARTIN, Bishop and Confessor; Feast Day, November 11th
N is for:

NORBERT
NICKEL
NAIL
NUN
NIGHT
NOON
NUT
NUGGET

for SAINT NORBERT, a man of Cologne,
Who was friends with the Emperor then on the throne;
He lived the gay life of a courtier—I mean
He was not quite so good as he ought to have been
He was hunting one day, when a thunderbolt fell
And reminded this courtier of Judgment and Hell.
Resolving that he would be worldly no more,
He sold his possessions to give to the poor,
And set out like a sower to sow the good seed
In a land overgrown with heretical weed.
A number of people abandoned the world
To serve under the banner Saint NORBERT unfurled;
For our LADY designed him a habit of white
(Like the ANGELS) and showed him a meadow, the site
Where, in loving accord with our LADY’S intentions,
He built the first House of the Premonstratensians.
O Jesus dear! Before I rest
I thank Thee, and I pray
That Thou wouldst take away my sins
Committed through the day.

O Mary, Mother, Virgin dear!
Saint Joseph! Guardian blest.
My Angel! And my Patron Saints!
Care for me while I rest.
SAINT NORBERT, Bishop and Confessor: Feast Day, June 6th
O is for:

ODO
OCTOPUS
OCTOBER
OTTER
OSTRICH
ODOR
OAK
OATS

is ODO, son of Obbo, by his mother consecrated
To Saint MARTIN, for the Cloister to be strictly educated;
But his father took and placed him with the Count of Aquitaine,
Where he spent his time in hawking and in other sports profane;
But he suffered from bad headaches, which his father felt quite sure
Meant Saint MARTIN was offended, so he sent him off to Tours.
His vocation was undoubted, for his holiness increased,
So they sent him on to Paris to prepare to be a Priest.
At Paris, as he went to Mass one bitter winter’s day
He gave his warm fur mantle to a beggar by the way;
As he wasn’t rich enough to buy another in its stead
He soon became so frozen that he had to go to bed;
But when he snuggled in the sheets, all shivering with cold,
What should he find beneath them but a shining piece of gold!
ODO lived to be an Abbot, and was very, very strict
For the Cluniac Observance of the Rule of BENEDICT.
Bless us Mary,
Maiden Mild,
Bless us too,
Her tender Child!
ST. ODO, Abbot of Cluny, Confessor, Feast Day November 18th
is good SAINT PHILIP NERI, friend of all the friends of Rome;
He was eighteen when he chose the Holy City for his home;
There he lived the life of hermits, eating little else but bread,
In one tiny little room in which he never had a bed.

PHILIP had the gifts and graces of Saint PETER and Saint PAUL,
And the Romans turned to piety and penance at his call,
While the numberless young people who sought PHILIP for advice
Said his humble little room was like an earthly Paradise.

He longed to die for CHRIST, as in the Catacomb he prayed
At the grave in which the Martyr, Saint SEBASTIAN, was laid;
A Martyr's death is glorious, but PHILIP has the glory
Of founding a great Congregation, called the Oratory.

If I told you half the holy things that PHILIP did and said,
I should have to end the Alphabet with "P." instead of "Z."
Our prayer will help,
Our souls, to keep,
And Jesus’ love
Will guard our sleep.
ST. PHILIP NERI, Confessor, Feast Day May 26th
Q is for:

QUENTIN
QUEEN
QUACK
QUILT
QUIET
QUOTE
QUILL
QUAIL

for SAINT QUENTIN, who suffered in Gaul
Such tortures, I cannot describe them at all;
You see in the picture he carries two spits,
Which the torturers used when they pulled him to bits.
No threats could deter, and no promises win him;
He openly spoke of the faith that was in him,
And perished, commending his soul to the LORD,
Who has promised the Martyr eternal reward.
His body was found in the river by chance,
And his name is still borne by a City in France.
Oh my Queen,
Oh my Mother,
Remember I am thine own.
Keep me, guard me,
As thy property
and possession
SAINT QUENTIN, Martyr - Feast Day, October 31st
for SAINT RICHARD, who, so it is said,
Subsisted at Oxford on porridge and bread.
Saint EDMUND, the holy Archbishop, befriended
Young Richard de Wych, when his studies were ended;
And GOD worked a wonder—I think so at least—
When this excellent man was ordained as a Priest;
For the oil of anointing, the sign of GOD’S grace,
Burst out of the vessel all over his face.
As Bishop Saint RICHARD won every man’s love,
Being wise as the serpent and meek as the dove.
Having preached a crusade all along the South side
Of the country, at last, while at Dover, he died.
Though wicked King Harry long after pulled down
The Shrine of his body in Chichester town,
And took all the gold and the jewels, they say
The King left us his bones, and they lie there to-day;
So when you’re at Chichester, whisper a prayer
To Saint RICHARD, whose relics are, probably, there.
O Queen of the Holy Rosary,
O bless us as we pray,
And offer thee our roses
In garlands day by day,
While from our Father's garden,
With loving hearts and bold,
We gather to thine honor
Buds white and red and gold.
SAINT RICHARD, Bishop of Chichester, Confessor; Feast Day, April 3rd.
for SEBASTIAN bound to a tree,
And riddled with Arrows by Caesar’s decree;
When they loosed him he fell,
And they thought he was slain,
But he rose and appeared before Caesar again;
At length he was cruelly cudgeled to death,
Confessing his LORD with his very last breath.
A soldier who strove for no earthy renown,
Twice he fought a good fight,
And GOD gave him a Crown.
Heart of Jesus,
Meek and mild,
Hear oh, hear
Thy feeble child.
When the tempest
Most severe,
Heart of Jesus, hear!
ST. SEBASTIAN, Martyr: Feast Day, January 20th
This is a Martyr, SAINT THOMAS I mean,
The bravest Archbishop that ever was seen.
Saint THOMAS was Primate of England, and fought
For the rights of the Church which the King set at nought;
So they quarreled, these two, for a very long time,
Until Henry the Second committed this crime:
He threatened Saint THOMAS’S death, or at least
He said, "Who will get rid of this pestilent Priest?"
Fitz Urse and De Morville and Richard Le Breton
And William De Tracey, who heard the King threaten,
Rode off to the Abbey of CHRIST Church in Kent
And slew the good Priest the King called "pestilent,"
On the last day but two in the month of December
A date which all Englishmen used to remember,
Till Harry the Eighth, who had made himself Pope,
Broke Saint THOMAS’S statues in Mitre and Cope;
Yet still, where at Lambeth his empty niche stands,
Thames bargemen salute him with reverent hands.
Welcome sweet Jesus,
To my poor heart,
I know my Saviour,
My God Thou art,
Bid all temptation from me depart -
My God, my All,
O take my heart!
ST. THOMAS OF CANTERBURY, Bishop and Martyr, Feast Day, December 29th
is for URSULA the Virgin, whom GOD told to leave her home
With a company of Virgins on a pilgrimage to Rome;
They crossed the Alps barefooted into Italy from Gual
And visited the thresholds of Saint PETER and SAINT PAUL;
Then back again they started, but a band of cruel Huns
Made a company of Martyrs of that company of Nuns.
The last to die was URSULA, and lo! A wondrous grace
Shone round her as she went to meet her SAVIOUR face to face.
Perhaps some day you'll go and pay a visit to Cologne,
Where URSULA was martyred and her relics are still shown.
U is United,
One Shepherd, one Fold,
One Church and
One Saviour,
One truth we must hold.
SAINT URSULA, Martyr - Feast Day, October 21st
V is for: VICTOR

VASE

VAN

VIOLIN

VENUS

VICTORY

VINEGAR

VEHICLE

V is a Frenchman, SAINT VINCENT of PAUL,
Who served as a slave to the Turks first of all;
No Saint is impatient, wherever he be,
But probably VINCENT prayed hard to be free,
Till GOD had compassion on him in his pain
And brought him back safe to his country again.
There he founded an Order of Sisters: perhaps
You have seen them in London, with large flapping caps?
They look after the poor and the sick, all for love,
While Saint VINCENT prays for them in Heaven above.
Mary Mother, heaven's Queen,
Who keeps God's home,
So neat and clean.

Come to my heart and look about,
And clean it up and sweep it out,
And make it pure
and sweet and prim;
And fit oh Mother, fit for Him.
ST. VINCENT DE PAUL, Confessor, Feast Day, September 27th
W is for:

WILFRID
WAGON
WAVE
WATER
WINDOW
WATCH
WIND
WHALE

W's WILFRID, in Mitre and Cope,
Who appealed like a Catholic straight to the Pope,
And said when the people rebelled at his yoke
That Saint PETER knew better than North-Country folk.
In Yorkshire he raised a poor child from the dead
And give him safe back to his mother instead;
He taught them to fish down in Sussex, and then
He ordained them as Priests to be Fishers of Men.
His life was much better than your life, or mine,
And he died in the year seven hundred and nine.
Jesus dear, the day is over,
May I leave my labors right,
And, before I rest my body,
Come to bid Thee sweet good-night.

So good night, my loving Saviour
And dear Mother, Mary blest,
As I close my eyes in slumber,
May my heart near Your Hearts rest.
ST. WILFRID OF YORK, Bishop and Confessor, Feast Day October 12th
X is for:

XYSTUS
X-RAY
XYLOPHONE
XAVIER

for SAINT XYSTUS, a very old man,
Who was Pope when a great persecution began.
He had a young Deacon, Saint LAWRENCE, and they
Were both carried off to the Judges one day;
Some cowards to idols and sprites sacrificed,
But XYSTUS and LAWRENCE were faithful to CHRIST,
For though they were tortured they wouldn’t give in,
But chose rather to die than commit such a sin;
And so they were able their courage to keep,
And like the GOOD SHEPHERD both died for the Sheep.
O Jesus, Mary, Joseph, blest
I humbly kneel and pray
That you will look on me with love
And bless me all the day.

Oh keep me from the stain of sin
And pleasing in Thy sight.
And guard my footsteps till I seek
Thy blessing for the night.
ST. XYSTUS, Pope and Martyr, Feast Day, August 11th
Y is for:

YVES
YELLOW
YACK
YOKE
YODEL
YIPPEE
YORK
YOU

for a Lawyer, as good as pure gold

When Lawyers were not always good, we are told.

SAINT YVES as an Advocate at the Assize

Defended the weak and confounded the “wise.”

He looked upon wealth as a terrible curse,

Though you see in the picture he carries a purse;

But this means that he used what he had in good measure,

And is also a sign of his heavenly treasure;

For he never took money for services given,

Preferring to lay up his treasure in Heaven.

He died in the year thirteen hundred and three,

A priest and a lawyer as good as can be,

And still pleads for his clients in both these professions,

And Advocate still at the Heavenly Sessions.
Dear Angel ever at my side,
How loving must thou be,
To leave thy home in heaven
To guard a little child like me.

Then love me, love me Angel dear,
And I will love thee more,
And help me when my soul is
Cast upon the eternal shore.
SAINT YVES of Brittany, Confessor; Feast Day, May 19th
Z is for:

ZITA
ZEBRA
ZIPPER
ZEAL
ZINK
ZEALOUS
ZAP
ZOO

for SAINT ZITA, the good kitchen-maid;

She prayed and she prayed, and she prayed, and she prayed;

One morning she got so absorbed in her prayers,
She simply neglected her household affairs.

Too late she remembered 'twas bread-making day,
And she trembled to think what her mistress would say.

She flew to the oven, looked in it, and cried,
"Glory be the the LORD! The bread's ready inside!"

The Angels had kneaded it, raised it with yeast,
Made the fire, put the pans in the oven at least
I can only suppose that was how it was done,
For the bread was all baked by a quarter to one.
To pray like Saint ZITA, but not to be late,
Is the way to be good, and (if possible) great.
Now that I’ve learned my ABC’s,
From A right through to Z.
I pray dear Lord that you’ll help me
Use them for Thy glory.

© J.A.W. 2013
ST. ZITA, Virgin; Feast Day, April 27th
Sources used for this program:

An Alphabet of Saints by Robert Hugh Benson, Imprimatur 1912
With Jesus ~ Prayers and Instructions for Youthful Catholics, Imprimatur 1922
Jesus Teach Me To Pray, Imprimatur 1908
Coloring pictures done by our family members.