

# OCTOBER

## Missionary Saint of the Month

**This month, we are inspired by:**

St. Thérèse of Lisieux, also known as “The Little Flower.”

**Feast day:**

October 1st

**Patron saint of:**

Missionaries and Mission Work, France, Florists and Gardens, Aviation because her desire was to “fly” to Heaven and spread love everywhere.

Dear St. Thérèse, Little Flower of Jesus, you showed us how to love God in simple, everyday ways. Help us to do small things with great love—at school, at home, and with our friends.

Teach us to trust Jesus like you did, and to offer Him our prayers and little sacrifices for children all around the world.

May our hearts bloom with love, so that others may see God's joy through us.

Amen.

**Goal of this activity:**

To inspire in children a love for the saints and help them understand that we are all called to a life of holiness, inspired by those who came before us, and in whom we can trust to intercede on our behalf when we are struggling.

**Materials Needed:**

This lesson plan and saint biography, we encourage you print a picture of this saint to add to your classrooms “mission corner”. Depending on each month and the age of the students, other materials, such as coloring pencils, might be necessary.

**Remind the students:**

A saint is someone who loved God very much and tried to live like Jesus. Saints showed kindness, helped others, and shared God's love in special ways. They are now in Heaven with God, and we can look up to them as examples of how to live a holy and loving life.

We venerate saints, which means we show them special honor and respect—not because they are God, but because they followed God so closely. When we venerate saints, we thank God for their lives and ask them to pray for us. The official recognition of sainthood also allows us to venerate them.

**In the classroom:**

1. Prepare the children to listen to St. Thérèse of Lisieux's story. (Have a map posted or globe available).
2. Read, or have read, the attached story of St. Thérèse. Elaborate/abbreviate as necessary for time constraints or age level of listeners.

3. Present optional follow-up activities below. Any follow-up activity can be substituted.

4. Close the lesson with tying the life of St. Thérèse of Lisieux, to the work of the Missionary Childhood Association.





# St. Thérèse of Lisieux,

*"Remember that nothing is small in the eyes of God. Do all that you do with love."*

St. Thérèse of Lisieux was born in France in 1873. She was the youngest of nine children, though sadly some of her siblings died when they were very young. Thérèse was loved deeply by her family, and from the time she was little, she wanted to give her whole heart to Jesus.

When she was only 15 years old, she asked to join the Carmelite convent in Lisieux, France. The convent was a quiet place where sisters prayed, worked, and lived simply. Most people thought 15 was far too young, but Thérèse's faith was so strong that she was allowed to join.

Thérèse dreamed of being a great missionary who would travel far away to tell people about Jesus. But because of her health, she realized she would never be able to go on long journeys. At first she was sad, but then she discovered something very important: she could be a missionary without ever leaving her convent!

Thérèse believed that even the smallest actions—like smiling, helping others when she didn't feel like it, or offering her prayers—could be powerful if done with great love for God. She called this her "Little Way."



After she died at only 24 years old, people all over the world began to pray to her for help. Miracles started happening through her intercession. Many people reported being healed of serious illnesses after asking for her prayers. Others experienced peace, hope, or sudden answers to their prayers. One of her most famous promises was that she would "let fall a shower of roses" from Heaven—meaning she would send signs of God's love to people on earth. To this day, many people say they receive roses or smell the fragrance of flowers when St. Thérèse answers their prayers!

Because of her deep love for missions and the many miracles connected to her prayers, the Church declared her a Doctor of the Church and the Patron Saint of Missionaries.



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# Follow-up Activities:

## Grades K through 4:

- 1.** “Little Love Acts” Jar
  - Give each child a small jar or cup.
  - Ask them to draw or write tiny acts of love they can do (share a toy, say thank you, hug someone, help a friend).
  - Each day, they can pick one slip from the jar and try to do that act.
- 2.** Set up a small prayer space in your classroom with a picture of St. Teresa, candles, and quotes. Invite students to spend quiet time there writing prayers or reflecting on how they can be missionaries of love in their own lives.

## Grades 5 through 8:

- 1.** Reflection: “Little Way in My Life”
  - Ask students to think of three small things they do every day (helping a sibling, doing chores, praying, smiling at someone).
  - Have them write a short paragraph on how they can do each one with more love.
  - Invite volunteers to share one of their examples and discuss how small actions can make a big difference.
- 2.** Journaling Activity: “Love in Action”
  - Provide journals or notebooks.
  - Prompt children to write about a time they helped someone or did something kind.
  - Ask them to reflect: “How did it feel to do this? How might God have seen this act of love?”
  - Encourage them to plan one new small loving act to do each day for a week.
- 3.** Group Discussion & Prayer: “Missionaries of Love”
  - Talk about how St. Thérèse became a missionary through prayer and small acts of love.
  - Ask children to brainstorm ways they can be “missionaries of love” at school, home, or in their community.
  - Close with a short prayer:
  - “Lord, help us to see that no act is too small when it is done with love. Teach us to be missionaries of Your love in all we do.”

## Wrap Up: St. Thérèse of Lisieux inspires MCA Members

St. Thérèse of Lisieux shows us that even the smallest acts of love can make a big difference in the world. Her Little Way reminds Missionary Childhood Association members that they don’t need to travel far or do great deeds to be missionaries—prayers, kindness, and simple sacrifices offered with love can touch lives across the globe.

By following her example, MCA members learn to:

- Pray for children and missionaries around the world
- Share what they have, even in small ways
- See every action—no matter how tiny—as a way to show God’s love

Just as St. Thérèse became a “missionary of love” without leaving her convent, MCA members bring hope, faith, and love to children everywhere—proving that young hearts can truly change the world.

