

NOVEMBER

Missionary Saint of the Month



This month, we are inspired by:
Saint Frances Xavier Cabrini (Mother Cabrini)

Feast day:
November 13th

Patron saint of: Immigrants and Hospital Administrators

Loving God, You gave us Saint Frances Cabrini as a shining example of missionary love and courage. She trusted You even when things were hard and cared for those who felt alone and far from home. Help us, like Mother Cabrini, to be missionaries in our own lives—sharing kindness, praying for children around the world, and giving from our hearts. May we remember that no act of love is ever too small when done for You. 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 the biography of Saint Frances Cabrini (Have a map posted or globe available).
2. Read, or have read, the attached story of Saint Teresa. 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 Mother Cabrini to the work of the Missionary Childhood Association.





Saint Frances Xavier Cabrini

Mother Cabrini

"I will go anywhere and do anything in order to communicate the love of Jesus to those who do not know Him or have forgotten Him.

St. Frances Xavier Cabrini, lovingly known as Mother Cabrini, was born in 1850 in Italy. From the time she was a little girl, she dreamed of being a missionary. Mother Cabrini applied to enter a convent when she was a teenager, but because of her frail health she was turned away several times.

Finally, at age 27 (in 1877), she was allowed to profess her vows and became a nun with the Missionary Sisters of the Sacred Heart of Jesus, the community she herself founded. Pope Leo XIII asked her not to go to China, as she first hoped, but to the United States to care for Italian immigrants.

She arrived in New York in 1889 with just a few sisters and little money. Life was very difficult, but Mother Cabrini trusted in God. She founded schools, hospitals, and orphanages for immigrants and the poor. Over her lifetime, she started 67 institutions across the U.S. and beyond. She became the first American citizen to be canonized a saint in 1946.

Mother Cabrini is the Patron Saint of Immigrants and Hospital Administrators. Her missionary spirit continues to inspire us to help those most in need with love and courage.

Mother Cabrini was a true Missionary of the Church, sent to bring Christ's love to people in a new land. She reminds us that being a missionary means serving those who are hurting, forgotten, or far from home.



www.mothercabrini.org

FUN FACT!: She was so afraid of water that she didn't even want to get on a small boat as a child — but later, as a missionary, she crossed the ocean 23 times!

Members of the Missionary Childhood Association (MCA) can learn from her bravery. Like Mother Cabrini, children can make small sacrifices and offer prayers to support other children in mission countries. Even when you feel small or weak, God can do great things through you!



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Follow-up Activities:

Younger students:

1. Courage Challenge: Ask kids to write or draw one thing that feels hard or scary for them, then talk about how Mother Cabrini overcame her fears (like crossing the ocean so many times). Connect it to trusting God with courage.

Older students:

1. Fun Fact Timeline: Create a timeline of her life with simple pictures or drawings (boat, school, hospital, rosary) and let students fill it in to remember her journey.
2. Build a “Mission Hospital or School”: Using blocks, Legos, or recycled materials, have kids build a small model of a hospital, orphanage, or school—just like Mother Cabrini did. Connect it to how she cared for immigrants, and how MCA helps children today.
3. Prayer Chain for Immigrants: Make a paper chain with each link containing a short prayer or kind wish for children far from home. Display it in the classroom or parish as a reminder of Mother Cabrini’s patronage of immigrants.

Wrap Up: Mother Cabrini inspires MCA Members

Mother Cabrini inspires members of the Missionary Childhood Association (MCA) by showing that even when we feel small, weak, or afraid, God can do great things through us. She left everything behind to care for children, immigrants, and the poor, reminding us that being a missionary means loving and helping others wherever they are. Like Mother Cabrini, MCA members are called to pray, make sacrifices, and share what they have so that children everywhere may know God’s love. Her courage and trust in God encourage us to be young missionaries in our own schools, families, and neighborhoods.

