

Faith & Freedom Family Kit

Celebrating 250 Years of Catholic America

This kit for Catholic kids and families explores the history of Catholicism in the United States alongside the 250th anniversary of the founding of America. Learn about American saints and holy people, see how Catholicism grew alongside America, and pray for our nation.

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Stars, Stripes, and Saints Matching Game

Meet the saints and holy people of America in this fun matching game. Discover the inspiring lives of American Catholics who helped shape our country and Church. Match each saint or holy person to their story.

How to Play:

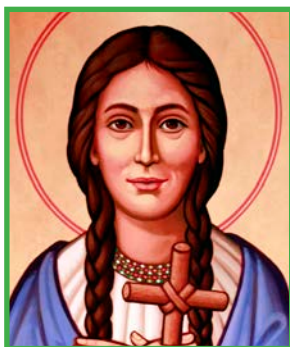
1. Print the cards on pages 2-4 on heavy stock paper, single sided.
2. Cut out the cards. Each card has either a name or a story.
3. Shuffle the cards.
4. Spread the cards face down on a table or playing surface.
5. Take turns flipping two cards at a time.
6. Try to find a set of matching cards: a name that matches a story.
7. If the cards match, keep them and take another turn. If not, flip them back and let the next player try.
8. Continue until all matches are found!
9. Players with the greatest number of matches are winners.

**St. Elizabeth
Ann Seton**



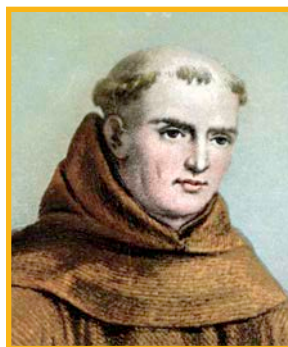
1774-1821

**St. Kateri
Tekakwitha**



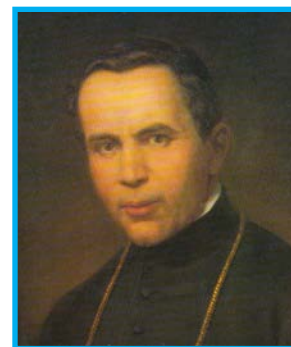
1656-1680

**St.
Junípero Serra**



1713-1784

**St.
John Neumann**



1811-1860

**St. Frances
Xavier Cabrini**



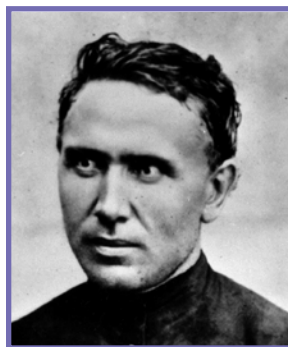
1850-1917

**St.
Katharine Drexel**



1858-1955

**St. Damien of
Molokai**



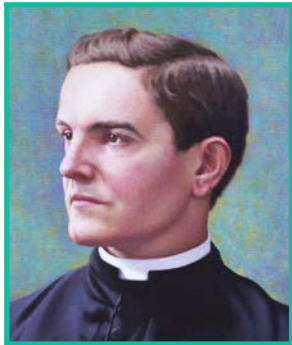
1840-1889

**St. Rose Philippine
Duchesne**



1769-1852

**Blessed
Michael McGivney**



1852-1890

**St. Mother
Theodore Guerin**



1798-1856

**Venerable
Pierre Toussaint**



1766-1853

**Blessed Carlos
Manuel Rodríguez**



1918-1963

**Venerable
Henriette Delille**



1813-1862

**Blessed
Stanley Rother**



1935-1981

**Venerable
Augustus Tolton**



1854-1897

**Blessed Miriam
Teresa Demjanovich**



1901-1927

She founded the first Catholic school in the United States and started the Sisters of Charity to help children and families.



She was the first Native American saint, called the "Lily of the Mohawks." She loved God and helped others through her faith.



This missionary priest in California taught people about God and started many missions to help communities grow.



He built Catholic schools in Philadelphia and cared for children's education, helping faith grow in the United States.



She helped immigrants in the United States and started schools and hospitals for people in need.



She used her money to help Native American and African American communities, opening schools for children.



He worked with people who had leprosy in Hawaii, showing courage and love for the sick and lonely.



She brought the Catholic faith to the western United States and taught children about God.



He started the Knights of Columbus to help Catholic families and people in need.



She founded schools and communities in Indiana to teach children and share God's love.



Born a slave, he became a kind and generous man who helped the poor in New York City.



As the first Puerto Rican layperson beatified by the Church, he helped people pray and celebrate Mass in a new way.



She founded the Sisters of the Holy Family to help enslaved and free Black people in New Orleans with faith and education.



As the first U.S.-born priest and martyr, he gave his life serving the poor in Guatemala.



As the first recognized African American priest in the United States, he worked to teach faith and help people in Illinois.



Born in New Jersey, she loved God and prayed and helped others as a teacher and friend.

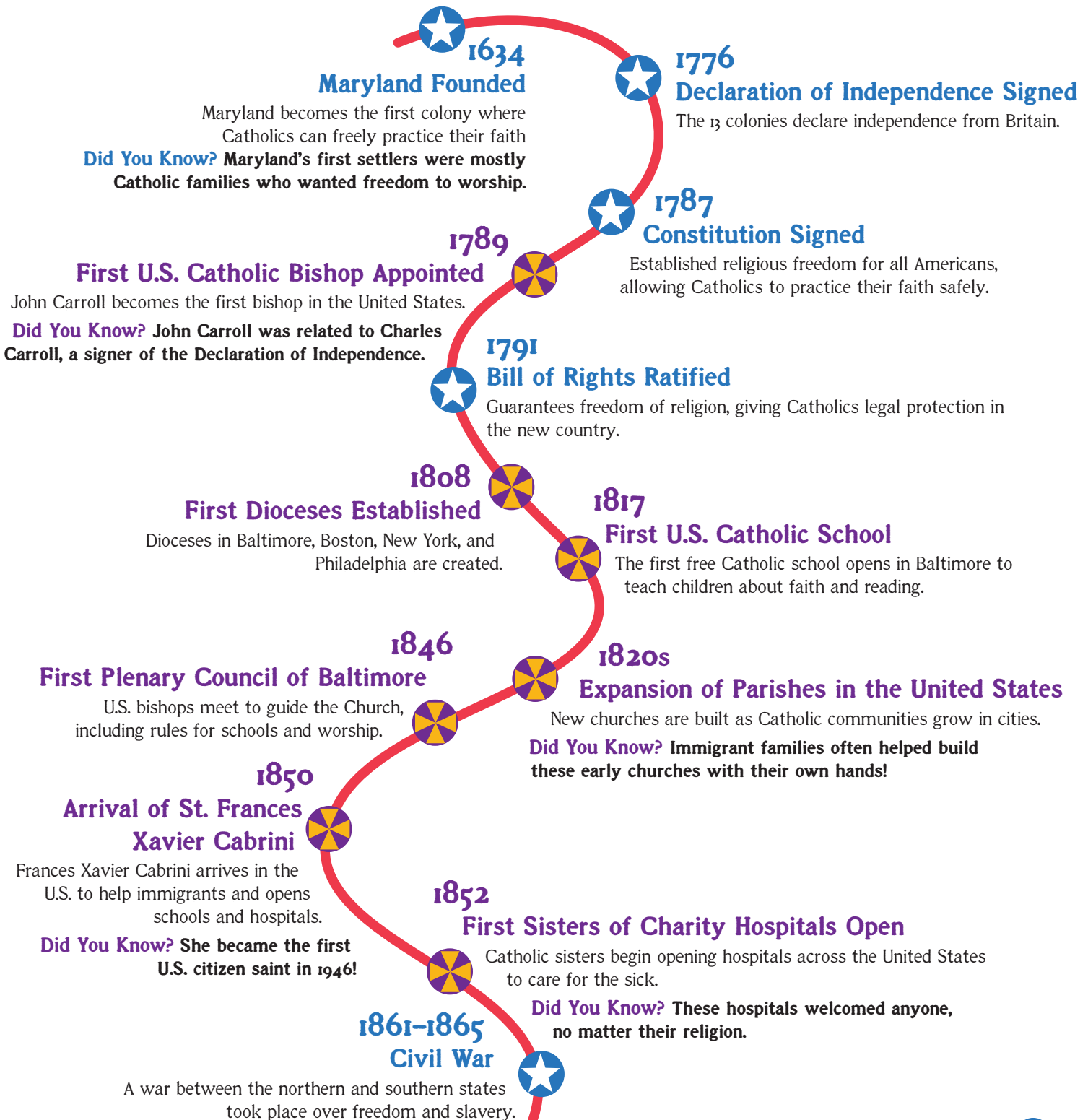


Our Catholic Story in America

Timeline of American Catholicism

Here are some ideas to use this timeline!

- Notice how Church events and U.S. history events happen around the same time.
- Talk about how faith and history are connected.
- Add events that are important to your family, parish, or school.





1860s Catholic Chaplains

Catholic priests and brothers serve as chaplains to soldiers, offering comfort and prayer.

Did You Know? Catholic chaplains sometimes carried portable altars to celebrate Mass on the battlefield.

1863



Emancipation Proclamation

Freed enslaved people; Catholic leaders and communities helped support freed people.



1870

Catholic Education Expands

More Catholic schools are built to serve immigrant children in cities.

1880s



Immigrant Communities Grow

Catholics from Ireland, Germany, Italy, and Poland arrive in large numbers.

Did You Know? Parishes often became centers for culture, language, and faith for immigrant families.

1890



Immigration Peaks

Millions of Catholic immigrants arrived, fueling the growth of parishes and schools.



1920s

National Catholic Welfare Conference Formed

Catholics organize to help people in need across the country.

Did You Know? This organization helped victims of natural disasters, poverty, and war.

1929



Great Depression Begins

During an economic crisis, Catholic charities helped families in need across the United States.



1964

Civil Rights Act Passed

Catholic parishes and leaders participated in civil rights movements to promote justice.



1965

Vatican II Reforms Reach U.S. Parishes

Mass can be said in English, and families participate more fully.

Did You Know? Before Vatican II, Mass was said in Latin, not English.



1970s

Catholic Social Teaching Expands

Catholics focus on helping the poor, immigrants, and workers.



2000s

Catholic Schools Modernize

Schools adapt to new learning while keeping faith central.



2026

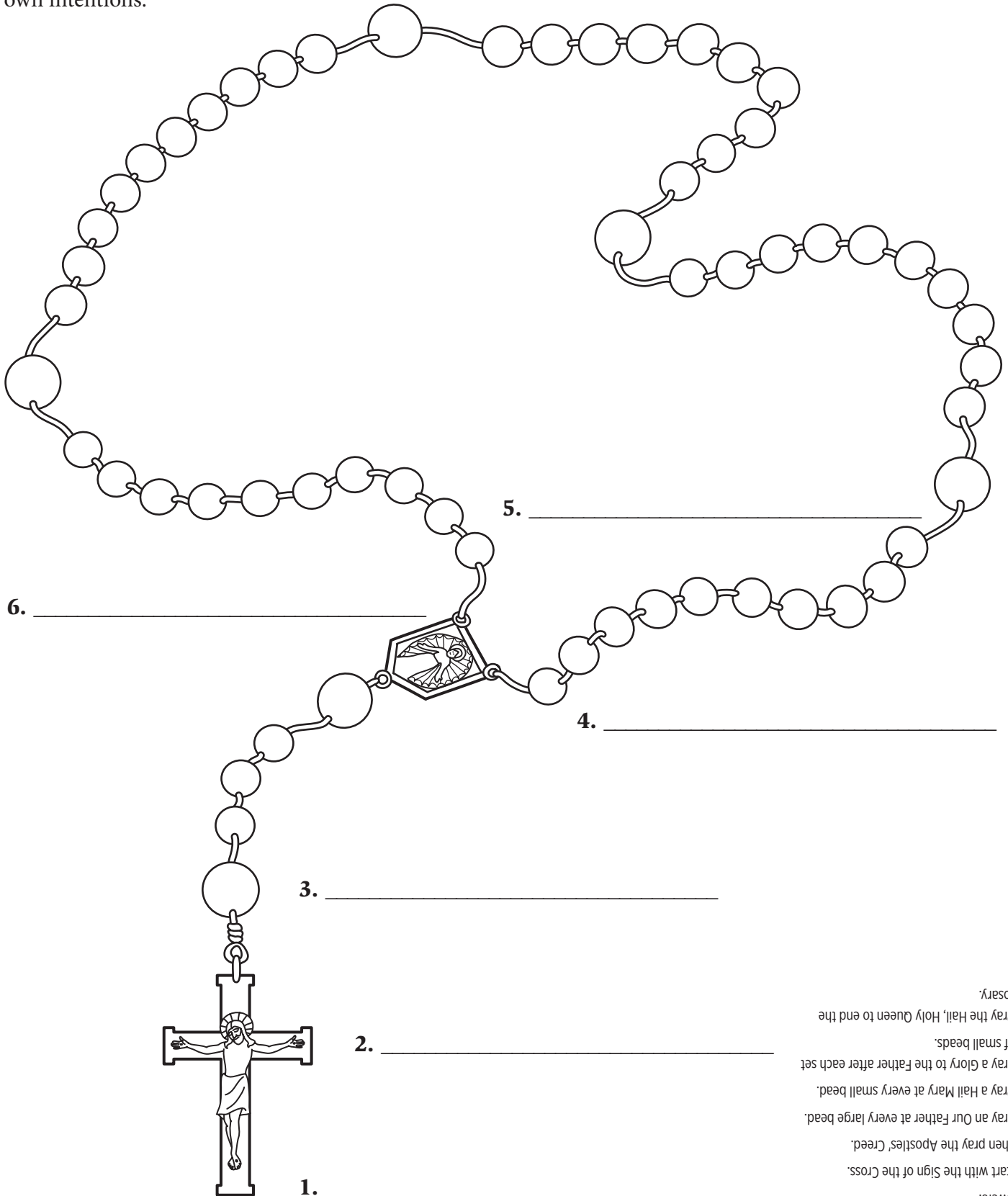
America's 250th Anniversary

Families celebrate faith, freedom, and contributions of Catholics to American history.

Did You Know? Catholics have helped shape schools, hospitals, and communities for over 250 years in the United States!

Partriotic Rosary

We can pray the rosary alone or with others. The rosary is usually prayed using a set of beads with a crucifix attached. Complete the activity by filling in the directions for praying the rosary. Decorate the beads in shades of red, white, and blue. As you pray the rosary, pray for our country's leaders, for peace, or for your family's own intentions.



1. Start with the Sign of the Cross.
2. Then pray the Apostles' Creed.
3. Pray an Our Father at every large bead.
4. Pray a Hall Mary at every small bead.
5. Pray a Glory to the Father after each set of small beads.
6. Pray the Hall, Holy Queen to end the rosary.

Answers:

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Prayer for Celebrating Freedom

Heavenly Father,

*Make me ever-mindful of the gift of freedom.
Deliver me from over-indulgence and greed.*

*May I come to know the satisfaction that comes with
temperance and restraint.*

Guard me from self-righteousness and rash judgments.

May I savor the insight that accompanies prudence and discretion.

Bolster me when I simply follow the crowd and ignore my best instincts.

May I discover the grace that attends fortitude and courage.

Help me overcome quests for vengeance or temptations towards violence.

May I cherish each opportunity to work for justice and mercy.

*Let our pursuit of happiness as a nation be grounded in virtue,
guided by your Spirit*

and grounded in the examples and teachings of your Son

and our Lord, Jesus Christ.

Amen.

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Prayer For Our Nation

God of Justice and Truth,
we ask your blessing on our nation.

Thank you for the freedoms we enjoy,
especially those we take for granted.

Thank you for the diversity of our people and enlarge
our capacity for tolerance and mutual respect.

As we celebrate our independence as a sovereign
nation, may we also celebrate our interdependence.

Make us mindful of the blessings of our rich
and abundant land.

May your gracious Spirit inspire us to work
together to meet the challenges of our times.

With all hope, faith, and trust in you,
we pray.

Amen.

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