

SAINTS OF THE 5 KEY RELATIONSHIPS

FINDING DIVINE PURPOSE IN EVERY CONNECTION



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YOUNG CATHOLIC
PROFESSIONALS
Working in Witness for Christ™

INTRODUCTION:

The journey of a young professional is often framed by the pursuit of success, the climb of the corporate ladder, and the search for personal identity within a career. However, for the young Catholic professional, work is not merely a means of status. Rather, it is a profound means for sanctification. We are called to integrate our faith into every boardroom, workshop, and office, transforming our daily tasks into an offering to God. This integration is rarely a solitary endeavor. Throughout the history of the Church, the communion of saints has shown us that our path to holiness is paved through the relationships we cultivate. The saints show us that through friendships, mentorships, and marriages we can help guide another on our path to sainthood.

By looking at the lives of those who have gone before us, we find "blueprints" for holy living in a secular world. From the deep spiritual friendship of St. Francis and St. Clare to the marital partnership of St. Louis and St. Zélie Martin, the saints demonstrate that when we invite Christ into our professional and personal connections, the mundane becomes miraculous.





FRIENDSHIP: STS. FRANCIS & CLARE OF ASSISI

St. Francis of Assisi and St. Clare of Assisi are two greatly loved and venerated saints in the Catholic Church who were very close friends. They were spiritual brother and sister who served Christ's children and blessed the world together. Common interests brought them together: their strong Christian faith, love for God, desire to leave behind all of the world's standards to follow Christ, and commitment to live a profoundly Gospel-centered lifestyle. Francis did this by traveling throughout the world, preaching Gospel truths, converting sinners, and providing for the needs of the poor. Clare did this by living in silence and seclusion, doing manual labor, and praying for the church and world.

We learn from the witnesses of St. Francis and St. Clare that friendship is important, and it is especially important for young Catholic professionals. The world tells us that we are what we do, but as Christians, we know that what defines us is being children of God. Our professions are simply how we must utilize the gifts He has given us to serve His Church, not where we find our identities. As young professionals, we are also surrounded by people from varying walks of life with values that may or may not be the same as ours. On top of that, jobs are not easy to come by, so it can be especially difficult to secure a job with colleagues with compatible values. Thus, it is spiritually and mentally important to have faith-infused friendships to encourage and enlighten us on these journeys, just like Francis and Clare counseled each other in the improvement of their religious communities.

Francis and Clare gave each other a great deal of advice and encouragement for their lifestyles and the Franciscan order, the order that they founded. In a very similar manner, I devote every single day of my life to praying for my seminarian friends and their brother seminarians, for their vocations, faith journeys, spiritual lives, and acts of service. It certainly helps me, spiritually, mentally, and emotionally, to have Christ-centric friendships. We see in the lives of Sts. Francis and Clare that one of the tools God uses to bring us His children closer to Him and discern His Will is friendship. Friendship is one of the greatest blessings God has given us, one that we must not give up or take for granted.

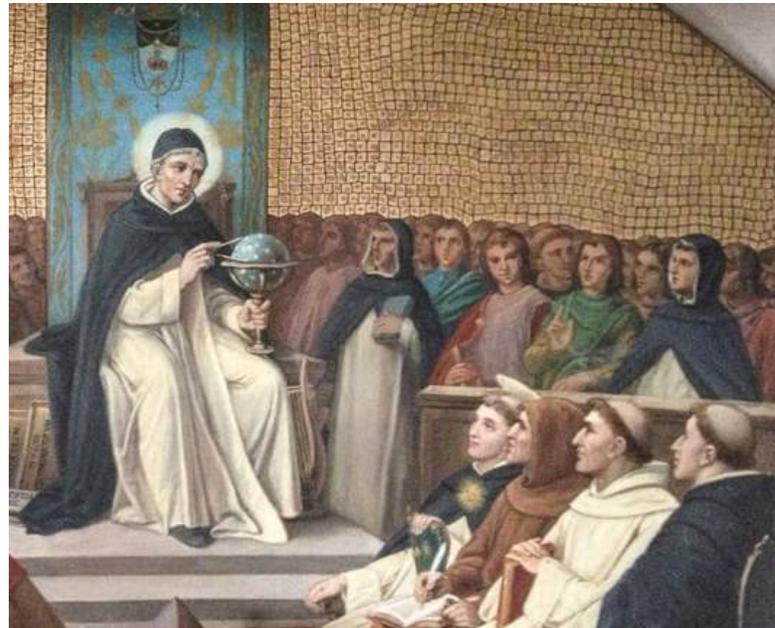
St. Francis and St. Clare, pray for us!

Contributed by Julie Vartain

MENTORSHIP: STS. ALBERT & THOMAS AQUINAS

St. Albert the Great and his student, St. Thomas Aquinas, stand as one of the most inspiring examples of mentorship. Albert, a Dominican friar known for his vast intellect and humility, recognized the quiet brilliance of the young Thomas, who was often misunderstood and mocked by his peers for his silence and contemplative nature. Where others saw simplicity, Albert saw depth. He encouraged Thomas to pursue truth boldly, guiding him not just in the pursuit of knowledge, but in the integration of faith and reason. Through Albert's mentorship, Thomas grew in confidence and virtue, ultimately becoming one of the Church's greatest theologians, whose writings continue to illuminate minds and hearts today.

Their relationship reminds us that mentorship is not about producing replicas of ourselves, but about forming others into the fullness of who God created them to be. St. Albert provided Thomas with not only academic instruction, but also spiritual guidance, modeling humility, patience, and love of truth. For young Catholic professionals, mentorship like this is invaluable. Whether in the workplace, parish, or community, having a mentor grounded in faith can help one discern God's will amidst the noise of ambition and worldly success.



A good mentor challenges us to grow, offers wisdom drawn from experience, and helps us see our work not merely as a career, but as a vocation, a means of sanctification and service to others.

Sts. Albert and Thomas teach us that mentorship is a sacred exchange of wisdom and trust, a relationship that shapes both the mind and the soul. For those seeking to grow in their faith and professional life, it is a reminder to seek out those who will not only guide our steps, but also inspire our hearts to pursue truth, beauty, and goodness in all that we do.

St. Albert the Great and St. Thomas Aquinas, pray for us!

Contributed by Natasha Lovely



CAREER CONNECTIONS: STS. LOUIS & ZÉLIE MARTIN

Saints Louis and Zélie Martin were both business owners and devout Catholics. Louis was a watchmaker, and Zélie owned her own lacemaking business. Before they met each other, they both felt called to religious life, but God had other plans. One day, they were walking past each other as strangers on a bridge, and Zélie heard the Holy Spirit whisper to her, “That is he whom I have prepared for you.” It was a little while later that God brought them together. When they were married, they raised a holy family together and continued pursuing excellence in their professions. Zélie’s lacemaking business ultimately became so successful that Louis closed his watchmaking business to work with his wife.

Their lace was some of the best in Alençon. Louis and Zélie’s Catholic faith certainly permeated the operations of their joint business, including the treatment of their employees. They always made sure employees were paid a just wage and even visited them when they were sick. The Martins’ chief concern was to better acquaint their workers with the love of God, hoping to do them some spiritual good in their time together. Even as successful business owners, Louis and Zélie’s vocation to marriage and family was their top priority. In fact, the driving force behind their success was the desire to provide for their five children. Their family account book also shows that generous amounts were set aside for missions and philanthropy, which Louis labeled as “God’s portion.”

Louis and Zélie show us by their story that excellence matters in our work because it glorifies God, and success and wealth must be rightly ordered.



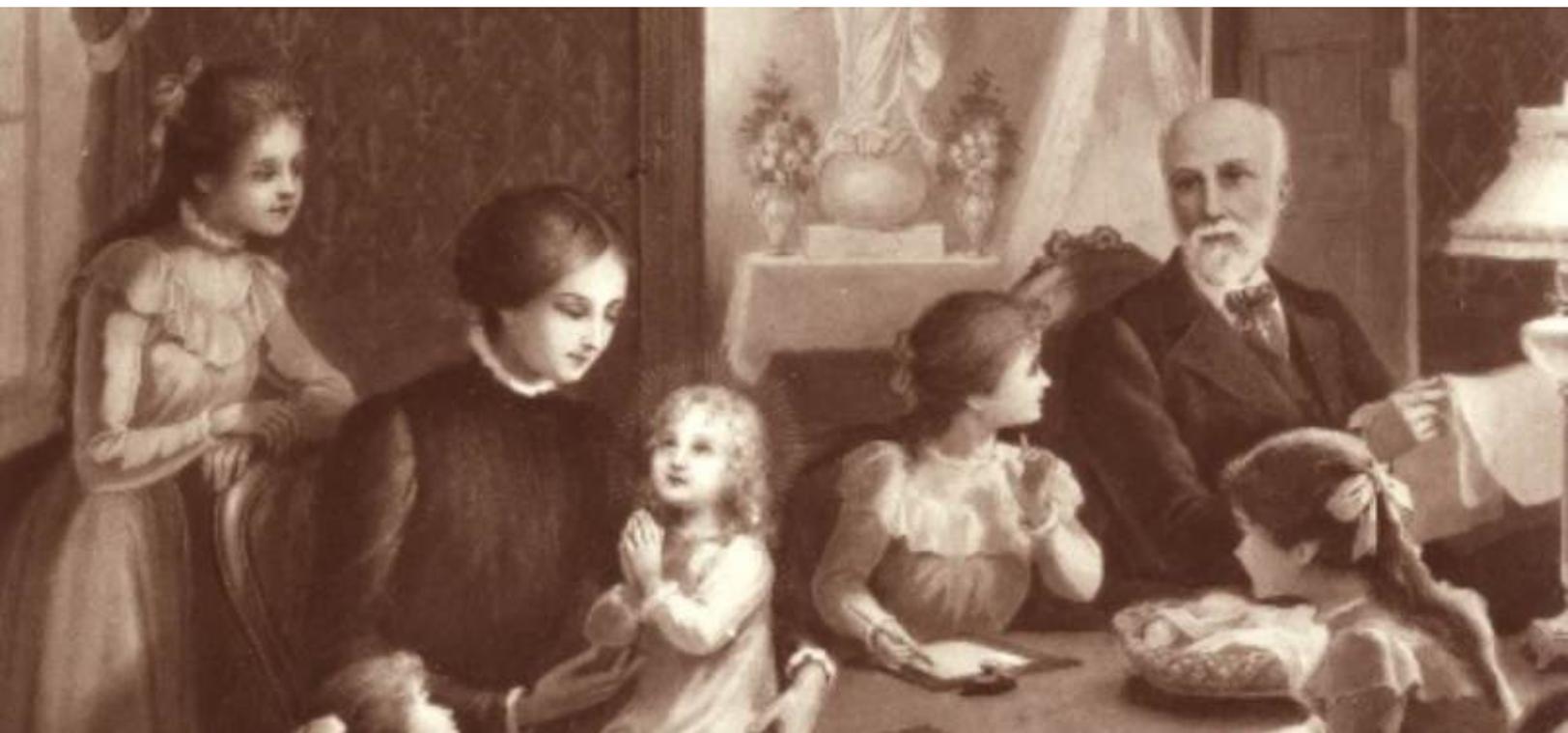
All work must be ordered to support the primary vocation, which is holiness, and all success that God blesses us with must be stewarded well. As young Catholic professionals, we are all called to holiness regardless of our current state of life (single, married, consecrated, etc.), and we know that God's number one desire is our sanctification.

There is no obligation to be passionate about our tasks every day, or to never feel burnt out or unsure of our paths. These challenges are normal parts of professional life, but to know that every season of our work can be used by God for our ultimate good brings peace to our souls and relieves pressure from our troubled minds.

Saints Louis and Zélie Martin teach us that career connections can be holy and successful. Let us strive to glorify God through our work, and be bold enough not to withhold our knowledge of Christ from anyone, including our career connections.

St. Louis and St. Zélie Martin, pray for us!

Contributed by Emma McClure





SPIRITUAL ACCOMPANIMENT: STS. TERESA OF AVILA & JOHN OF THE CROSS

St. Teresa of Avila and St. John of the Cross are profound examples of spiritual accompaniment in the Catholic Church. They shared a friendship deeply rooted in Christ and in the pursuit of holiness, truth, and charity. Together, they reformed the Carmelite Order at a time when the Carmelites were in dire need of reform from worldliness and superficiality, standing by one another through suffering and tribulation. Aiding one another in carrying out the will of God in their lives, Teresa, recognizing John's deep interior life and zeal for God, took him as a confessor and advisor.

Likewise, John found rest in the spiritual motherhood and accompaniment of Teresa, who encouraged his efforts in reforming the Carmelites despite the spite and misunderstanding he faced amongst his Carmelite brothers. Through their shared desire for God, sanctity, and a monastic life that honored the Rule of Carmel, they model how authentic, holy friendships can refresh and refine the soul, leading both persons closer to God.

For young Catholic professionals today, their friendship reminds us that our journey towards Heaven is not one God wants us to walk alone. While it may often feel like we stand alone in our faith, whether in the workforce, school, among family and friends, Christ reminds us that He is our true friend who will never leave us, but also created us for community and companionship.



Having a companion in the spiritual life, such as a spiritual director, mentor, or trusted friend, provides a space for honesty and vulnerability, while also offering accountability in the pursuit of virtue and holiness, guidance in decisions rooted in proper discernment, and encouragement on our path to sanctity. In the same way that Teresa and John guided one another and prompted each other toward deeper intimacy with Christ, spiritual accompaniment helps young professionals foster a place where faith and daily life coexist, where the pursuit of excellence and success is sought after with humility, where ambition and determination is aimed towards a greater good, and where we allow God to use us and make us instruments of His love.

St. Teresa Avila & St. John of Jesus

Contributed by Samantha Sandoval





VOCATIONAL CLARITY: STS. MARY & JOSEPH

The Holy Family lived such a simple life in Nazareth. Mary would have cooked meals for her family and Joseph would have crafted tables at work. What might have seemed so mundane was truly very beautiful. Mary and Joseph's marriage and their answer to the Father's call can serve as inspiration for all of us. No matter what vocation Our Lord is calling us to, we can all learn from the Blessed Virgin Mary and her most chaste spouse, Joseph.

Our professional lives can often feel like a whirlwind. There is always something to be doing. However, moments of silence are so important. Moments where we pause and notice the blessings around us. This can help to remain grounded and practice gratitude. In Luke 2:19, we are reminded of this, "Mary kept all these things and pondered them in her heart." There may also come a point in our lives when God unexpectedly calls us to take a different path. We may receive a call to change career paths or we may be promoted.

It is easy to stay where it is comfortable and familiar. When Jesus was just an infant, an angel appeared to Joseph and said, “Rise, take the child and his mother, flee to Egypt” (Matthew 2:13). Exhausted from travel, Joseph obeyed and changed course. Mary and Joseph’s obedience and perfect humility is something that we can all take inspiration from. We can live our own simple, beautiful lives in service for Christ.

By embracing humility in our daily work, we can approach tasks, no matter how small or large, with diligence and a spirit of service, much like Joseph in his workshop. The commitment to mindful presence and obedience that Mary displays serves as inspiration in our professional responsibilities. It is a reminder to stop and notice the beauty and purpose even in the ordinary, transforming our jobs into a place where we can truly serve. Mary and Joseph, pray for us!

Sts. Mary and Joseph, pray for us!

Contributed by Alison Simpson



CONCLUSION:

As we reflect on the witnesses of these great saints, we can see that our professional lives are inseparable from our spiritual lives. Whether it is through the courageous mentorship seen in St. Albert and St. Thomas, the quiet obedience of St. Mary and St. Joseph, or the reforming zeal of St. Teresa and St. John, we see that God uses our interactions and our professions to refine our souls. These holy men and women prove that excellence in our craft and devotion to the Faith are not mutually exclusive, but rather two sides of the same coin of vocation.



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5 Key Relationships!**

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