

# HOW TO CREATE YOUR OWN LITANY OF SAINTS

1. To start, think of the holy figures you resonate with the most. Many people like to begin by calling in a title for Mary, Mother of God, that they feel drawn to.
2. Begin to list saints you feel connected with, like the saint you chose for your Confirmation name. You can also consider adding archangels, the patrons of your parish, or saints with special meanings to your family.
3. You might think about saints who serve as examples of freedom, choice, and support for those facing unwanted pregnancies: Brigid, Mary Magdalene, Mary, Hildegard, and Catherine of Siena.
4. Consider searching for saints who are patrons for specific issues you are experiencing, or even the patron saint of your career or profession.
5. Think of the activists or leaders who have passed on and influenced or inspired you. These people don't need to be Catholic or even religious — this is your litany to ask for the prayers of these people.
6. Consider including family and community members, as well.
7. You don't need to limit your litany to specific people. You can ask groups of people for their prayers, such as those who have passed on from your parish or those who faced an issue that resonates with you.
8. As you write out your litany, simply add “pray for us” after each saint and holy person you include.
9. Litanies can and should evolve over time to best serve your needs and spirituality in the moment. This is your personalized prayer for intercession.



A series of horizontal dashed lines spanning the width of the page, providing a guide for handwriting practice.

# LITANY OF THE GREEN MASS

Holy Mother of God, pray for us.

Our Lady of Guadalupe, pray for us.

Saint Mary Magdalene, pray for us.

Saint Catherine of Siena, pray for us.

Saints Augustine and Aquinas, pray for us.

Saints Perpetua and Felicity, pray for us.

Saint Brigid, pray for us.

Saint Hildegard of Bingen, pray for us.

All you holy men and women, pray for us.

Henriette DeLille, pray for us.

Augustus Tolton, Thea Bowman, pray for us.

Julia Greely Bottom, pray for us.

Pierre Toussaint, Mary Lange, pray for us.

Marsha P. Johnson, pray for us.

Archbishop Óscar Romero, pray for us.

Rosemary Radford Ruther, pray for us.

George Tiller, Fr. Mychal Judge, pray for us.

All you holy men and women, pray for us.

Shannon Lowney, Lee Ann Nichols, pray for us.

Robert Sanderson, Barnett Slepian, pray for us.

Garrett Swasey, David Gunn, pray for us.

Victims of anti-abortion violence, pray for us.

Ke'Arre Stewart, James Barrett, pray for us.

Jen Markovsky, John Britton, pray for us.

Rosie Jimenez, pray for us.

Those who have died from lack of access, pray for us.

All you holy men and women, pray for us.