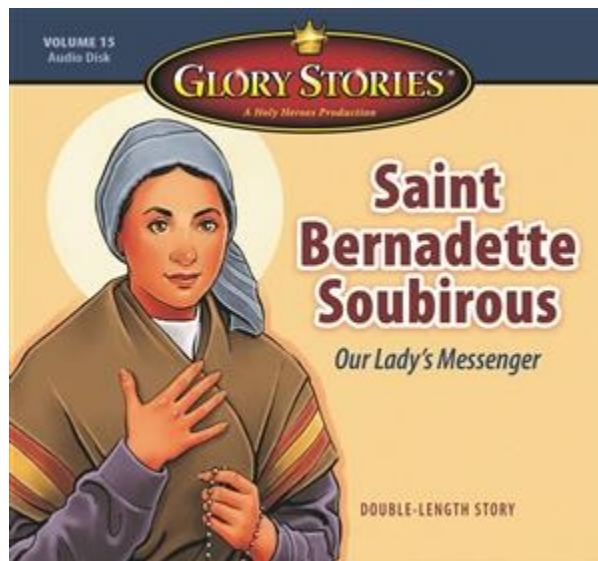




Glory Stories Vol. 15:

Saint Bernadette Soubirous “Our Lady’s Messenger”

EDUCATION GUIDE FOR PARENTS



Thank you for purchasing our Glory Story on St. Bernadette Soubirous!

We hope you enjoy listening to this CD as much as we had fun creating it!

Like many parents or teachers, you may be wondering how best to use your newly-acquired audio CD. Never fear!

Here are 7 ideas on how to use your new St. Bernadette Glory Story:

1. During Car Rides or Road Trips

"We love learning about saints, and my children ask me to play the glory stories over and over in the car!! They never get tired of hearing the stories!!" – Joanna from Friendswood, TX

Play the Glory Story while driving to your next field trip or event! Kids will stay interested in the story and characters (instead of the next pit-stop!)

2. In the Classroom

"It is great reinforcement for any reading you are doing on the Saints." – Mom of 5 from Albuquerque, NM

Supplement your CCD or religious education classes with Glory Stories! Play small sections of the Glory Story each class and pose a discussion question. Our suggested questions on page 3 suggest perfect stopping points in the CD to aid you in lesson planning!

3. Celebrating Feast Days

"When your grandson calls you and is jumping up and down with joy over a gift you know you found the perfect item" – Diane from San Diego, CA

Use the Glory Story as part of your feast day celebrations! We have lots of ideas in this guide...just keep reading! For ideas on décor, activities, and more, check out our "St. Bernadette" board on [Pinterest](#)!

How have you used our Glory Stories? Let us know at www.holyheroes.com!

4. Gifts for Birthdays or Receiving Sacraments

“A great gift for a first Holy Communion.” – Timothy from Washington, DC

Know someone named Bernadette? Is your grandchild receiving First Holy Communion soon? What better gift than a Glory Story to both further their religious education and let them know they are loved!

5. Parenting Tools

“Our whole family enjoys listening to the lovingly written & read stories. A great way to help us think like saints.” – Michelle from Larkspur, CO

Use the Glory Story to bring up important and relevant topics with your kids. Listening to the story can help start conversations about treating others with respect, telling the truth, and other virtues!

6. Donations to Parish or School Community

“I can't say enough on how great these CDs teach and entertain.” – Jennifer from Quincy, IL

Know people in your parish community who could use a Glory Story or two? Donate a copy to your parish library, Catholic school, or daycare!

7. Afternoon Down-Time or Bedtime

“A great way to use what would be wasted time; now we use it learning about God. Thank you!” – Homeschool Mom

Give momma a well-deserved break! Entertain the kids without having to turn on the TV! Kids will exercise their imagination, creativity, and listening skills while learning about their faith...it's a win-win! Or, pop in a Glory Story CD before bedtime to help kids wind down from the day.

How have you used our Glory Stories? Let us know at www.holyheroes.com!

Discussion Questions

Not sure how to talk about the story with your kids? We've created a list of discussion questions for you! Of course, feel free to adapt or omit these questions based on your child's age, maturity, interests, attention span, etc.

Listed next to each question is the appropriate track number on the audio CD. Use these questions track by track, or discuss everything at the end!

Note: St. Bernadette's Glory Story is a "double-length story," which means it runs about 56 minutes long, and does not pair with another saint's life (like many of our other Glory Stories).

Tracks 1 and 2 (includes intro, 3:08 run time)

- What is the difference between Patois and French? Why did it make going to school difficult for Bernadette? (Patois was the common language / dialect of the area, French was for the educated and well-to-do. French was spoken in the schools.)
- Where did the Soubirous family live? What was the nickname for their home? (They lived in the old town jail, which was one room...nicknamed "the dungeon")
- How many siblings did Bernadette have at the time when Mary appeared to her? (3 siblings were alive at the time)

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Track 3 (5:25 run time)

- How old was Bernadette when Mary appeared to her? (14)
- What signs did Bernadette see or hear that signaled that Mary was coming? (wind but no leaves moving...warm water, renewed energy, and glowing cloud are also acceptable)
- Notice how Bernadette goes from scared to peaceful. Has God ever helped you not be afraid or worry?

Track 4 (4:33 run time)

- What was Our Lady wearing? No looking at pictures yet! (white dress, blue sash, and yellow roses on her feet)
- Bernadette went to confession often...even the saints needed forgiveness! How often do you go to confession? Don't you feel great afterwards?
- Notice how Bernadette is always obedient to her parents, even when it would be easier to just go to the grotto. Talk about the 4th commandment. Why should we always obey our parents? Are there times when we shouldn't? Give examples.

Track 5 and 6 (to 1:30, 6:32 run time)

(note that brief, scary demon noises begin here...Mary does make them go away, but if your child is highly sensitive or has a very active imagination, skip to Track 7)

- Does the Blessed Mother speak Patois or French? (Patois). Why is this important?

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Track 6, 1:31 and 7 (8:34 run time)

- Bernadette is very brave...even when people are making fun of her, or the police are being mean, or there are scary voices in the grotto, she still goes to pray the Rosary. How can we act in a similar way? Let's make a resolution to live our faith boldly, no matter what other people say! Who knows, you may end up setting a good example for others, like Bernadette did to that doctor!
- Can you make a Sign of the Cross? Explain what each motion means. (talk about the Holy Trinity and the word Amen)

Track 8 and 9 (to 2:20, 7:05 run time)

- Read John 5 in its entirety. What is penance? Why should we offer up our sufferings to God?
- What commands did Mary give to Bernadette? (pray for the conversion of sinners, kiss the ground, drink from the spring, eat the plant)
- Even when Bernadette was confused, or Mary's commands didn't make sense in the moment, she was still obedient to the Blessed Mother. Have there been times when you or your family trusted God?
- Read the Beatitudes. Which one applies best to Bernadette at this point in the story?

Track 9 (2:21), 10, and 11 (to 0:47, 8:50 run time)

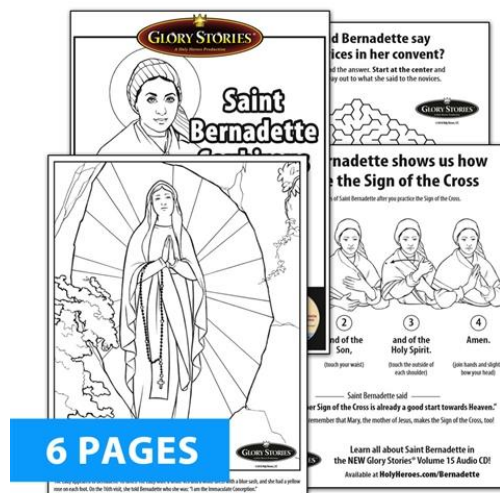
- What does "Immaculate Conception" mean? Explain in your own words. Older kids can look up the words from Pope Pius IX, as well as the Catechism of the Catholic Church.

How have you used our Glory Stories? Let us know at www.holyheroes.com!

- How did the Abbe's emotion's change after hearing Mary's title? (doubtful to joyful, angry to tearful, etc.). He was crying happy tears!
- The Rosary is such a powerful prayer; through it, we can meditate on the mysteries of Jesus' life, just like Mary did! Do you have a favorite set of mysteries? Have you ever prayed all four sets of mysteries in a row?

Track 11 (0:48) to end (includes sneak peek, 7:16 run time)

- Receiving the Holy Eucharist is such a gift, and Bernadette was so happy when she made her First Communion. How are we like Mary when we receive the Host? (Hint, we carry Jesus in our heart and body, same as Mary did after the Annunciation!).
- What was Bernadette's new name? (Sister Marie Bernard)
- How old was Bernadette when she went to heaven? (35)



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Definitions to Know

Is your child struggling with an unfamiliar word? Here are a few of the harder terms to understand (and suggested ways to explain them)!

- **Rosary** – An ancient devotion given to St. Dominic by Our Lady. Uses sets of beads to keep track of prayers.
- **Penance** – Offering up suffering to Jesus to help save sinners.
- **Patois** – The commoner’s dialect (in this case, of French).
- **Abbe** – The French name for a priest.
- **Grotto** – A cave or hole in the rock.
- **Immaculate Conception** – The doctrine that Our Lady was preserved from Original Sin by God from the time of her conception.

St. Bernadette was a master at making a reverent Sign of the Cross. She also longed for the day when she could receive Jesus in Holy Communion, and always sought to learn more about the Church’s teachings!

St. Bernadette’s story is a great way to introduce concepts like important Catholic prayers, the beauty of the Eucharist, and more! Check out these resources for your family!

[The Sign of the Cross by St. Francis de Sales](#)

[Inside the Sacraments: Complete Set \(includes 2 DVDs, 1 CD, and 1 missalette\)](#)

[FREE Holy Heroes Sunday Mass Prep \(Early Access available for purchase\)](#)

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Immaculate Mary (Lourdes Hymn)

From a traditional French tune

Sing this song with your kids in praise of Mary! Add instrumental accompaniment with piano, guitar, recorder, tambourines, drums, and more...have fun creating as a family or classroom!

Immaculate Mary, your praises we sing,
You reign now in Heaven with Jesus our King.
Ave, Ave, Ave Maria! Ave, Ave, Ave Maria!

In Heaven the Blessed your glory proclaim,
On earth we your children invoke your fair name.
Ave, Ave, Ave Maria! Ave, Ave, Ave Maria!

We pray for our mother, the Church upon earth
And bless, dearest Lady, the land of our birth.
Ave, Ave, Ave Maria! Ave, Ave, Ave Maria!

Activity Ideas

Help your kids retain the Glory Story through a fun activity! We recommend brainstorming some simple but fun ways your family or class can practice Bernadette's virtues.

Here are a few of our own! As always, adapt or create a project that is perfect for your kids!

- **Make a saint timeline!** Look up the important dates and years in Bernadette's life, and tie them to events in world history. You may be surprised at what you find! For example, did you know that in the same decade that Our Lady appeared to Bernadette, a major department store chain opened in New York, the American Civil War began, and Florence Nightingale took care of soldiers in Crimea? Print or cut out images that represent these moments, and line them up along a butcher paper to visualize the years!
- **Enjoy a French feast!** Cheese, baguette bread, quiche, and croissants are child-friendly foods, or perhaps macaroons, pastries, or crepes will suit the more adventurous! Moms, this is a perfect excuse to break out the wine and chocolate too. If you live near a French-inspired bakery, perhaps make a field trip out of it! It's always a good idea to learn more about the country a saint is from!
- **Make a diorama of the grotto where Our Lady appeared!** Your imagination is the limit...use a shoebox and craft supplies, gingerbread and sweets, or even real rocks and moss! This is a good activity to teach kids about safety around scissors and hot glue.
- **Make a pilgrimage to a Marian shrine near you!** It doesn't have to be one dedicated to Our Lady of Lourdes, though that is a plus! Pray the Rosary as a group (remember to make the Sign of the Cross!). Also encourage your kids to write letters to Jesus and bring them to Our Lady. Do they know someone in need of healing, whether physical, emotional, or of the soul? They can bring their intentions to the Blessed Mother!
- **Research the church's incorruptible saints** (good for older children or teens). Saint Bernadette is incorruptible, and you can still view her heaven-preserved body today! Discuss the beauty in these miracles, and how they can grow our faith in God.

How have you used our Glory Stories? Let us know at www.holyheroes.com!

Additional Resources

Need more ideas? Check out these cool books, websites, and more!

Books

The Song of Bernadette by Franz Werfel

Bernadette; Our Lady's Little Servant by Hertha Pauli (Vision Book series)

[Cloud of Witnesses](#) edited by Katie Warner

Movies:

The Song of Bernadette (1943) (a great family movie)

Bernadette – The Princess of Lourdes (CCC) (animated, good for children)

Lourdes (2000) (appropriate for parents and older teens)

Websites / Pilgrimage:

[Novena to Our Lady of Lourdes](#)

[Lourdes Sanctuaire \(Website of the Basilica at Lourdes\)](#)

[National Shrine Grotto of OLL](#)

This Glory Story pairs well with...

[Holy Heroes Spiritual Journal](#)

[Prayer Pillowcase: Saint Bernadette](#)

[Prayer Pillowcase: Circle of Friends – Sainly Sisters](#)

[St. Bernadette Tiny Saint Charm](#)

[St. Bernadette 6-page Coloring and Activity Page Download](#)

[Blessed Virgin Mary Prayer Card \(5 pack\)](#)

[The Holy Eucharist Prayer Card \(5 pack\)](#)

[The Rosary of St. John Paul II](#)

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