

HOLY AND...

What do athletic, musical, artistic, or literary talents have to do with holiness? Actually, every person has the ability to live a holy life. It takes a desire to use our talents to help others—to inspire, assist, or challenge them. In a famous Gospel passage, St. Paul tells us that we should run to win (1 Cor. 9:24). Train, sprint all-out, but stay in your lane so that the race is fair. In music, interpret the notes. Paint or sculpt so that others may see the world through your eyes.

March is Women’s History Month. This worksheet lists some notable Catholic women in various fields. Whether you are male or female, pick one that has something in common with you. Then write an essay on how to use that common characteristic in good and holy ways.

Catholic Women	Their Talents and Achievements
Sr. Thea Bowman	Religious sister. As a Franciscan Sister of Perpetual Adoration, she worked as a teacher, consultant for intercultural awareness (she was African-American), and motivational speaker. Her presentations combined singing, prayer, and story-telling.
Dorothy Day	Journalist. Dorothy Day did not become Catholic until adulthood. She and her second husband published <i>The Catholic Worker</i> to advocate for social change, and opened homeless shelters.
Sr. Mary Jean Dorcy	Artist. In the 1960’s, she became world renowned for artistic paper-cutting. She also published 26 books in her lifetime, most of them illustrated with her paper cuttings.
Anita Figueredo	Medical doctor. She founded a charity called Friends of the Poor and was involved in a group supporting Mother Teresa’s religious order. Born in Costa Rica, she received a papal medal for her charitable works.
Suzy Favor Hamilton	Track star. She was the first athlete, male or female, to win gold in the 1500 meter/1 mile NCAA outdoor championships four times. She has won 9 NCAA titles, 3 Big Ten championships, and 6 national championships; however, she has also experienced personal tragedy.
Helen Hayes	Actress. Her legendary acting career began on stage at age 5. She later became a television star and won an Emmy for best actress.
Dorothy Kilgallen	Reporter. In 1936, she flew in the Hindenburg, racing two male newsmen around the world. She was a star on a t.v. show called <i>What’s My Line</i> , and boldly pointed out inconsistencies in the Warren Commission Report on President John F. Kennedy’s assassination.
Tara Lipinski	Figure skater and actress. Tara is known for her devotion to St. Therese of Lisieux (the “Little Flower”). She became the youngest gold medalist ever in the winter Olympics at age 15. Since then, she has launched an acting career, including numerous t.v. appearances.
Clare Boothe Luce	Magazine editor and diplomat. She edited <i>Vanity Fair</i> magazine. She also served as a state congresswoman, ambassador to Italy, and member of the President’s Foreign Intelligence Board under President Ronald Reagan.
Christa McAuliffe	Teacher astronaut. This high school social studies teacher was chosen to join the space shuttle <i>Challenger</i> crew as the “teacher in space.” The shuttle exploded 73 seconds after liftoff. Christa’s motto lives on for teachers: “I touch the future; I teach.”)
Flannery O’Connor	Writer. Born in Savannah, Georgia, which is in the “Bible Belt,” she wrote about being Catholic in the South. Her two novels have religious themes. She also penned numerous short stories.
Margaret Chase Smith	Politician. She was the first woman ever placed in nomination for U.S. president by a major political party. At the Republic national convention in 1964, she came in second to Barry Goldwater.
Mary Lou Williams	Pianist and composer. In her stage act, she would play piano with her left hand and do crosswords or write music with her right hand. She wrote more than 350 musical compositions, including a jazz hymn—a whole new concept.