



Information Sheet: The Miraculous Medal: A Gift from Heaven



A long time ago in France, there was a young girl named Catherine. She loved God and wanted to serve Him. Catherine joined a group of nuns called the Daughters of Charity, which had been founded by St Vincent de Paul. She lived with them in a convent in Paris.

One night, while Catherine was sleeping, she was awakened by an angel. The angel took her to the convent chapel, which was glowing with candlelight. There, she saw a beautiful lady.

The lady said, "I am the Blessed Virgin Mary." Mary asked Catherine to have a special medal made with a design she would show her. Mary said that this medal would help people remember to pray and to trust in God. She promised that it would bring many blessings and even miracles.

Catherine listened carefully and later told the priest at the convent, just as Mary had asked. At first, the priest didn't believe her. But later, when the medal was made, miracles began to happen! This became known as the Miraculous Medal. It is still worn today as a sign of faith and God's protection.

Catherine spent the rest of her life praying and quietly helping others. She never looked for praise or attention. She became a saint because of her humble and faithful heart.



Image by First Saturday

Around the edge are the words: "O Mary, conceived without sin, pray for us who have recourse to thee.", which means:

A cross above the **letter "M"** (for Mary), and **12 stars** surrounding it (representing the 12 apostles).



“ Mary, you were made special without sin. Please pray for us who ask for your help. ”



There is an **image of Mary** standing on a **globe**, with **rays of light** coming from her hands (showing the gifts and blessings Mary gives to the world).

This reminds us of Mary's role as the Mother of Jesus and our mother too.



St Vincent de Paul Society

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