

Saint Elizabeth Ann Seton

Trust that grows into service

Ages about 7-11 | Video 6:46 | Group lesson about 25-35 minutes

Central truth Trust in Jesus can grow through questions, friendship, and practical service to others.

Learning goals Recall Elizabeth's family, Eucharistic faith, and educational service; explain helpful friendship; plan a small act of welcome.

Gather Video access, one handout per child, pencils or crayons, and a Bible.

Watch online [Open this video on Servus Dei](#)

Before watching | 2 minutes

Ask how a friend or teacher has helped you through a difficult change. Explain that Elizabeth was a mother who learned, prayed, and served.

Watch and notice

Notice hospitality from the Filicchi family, Elizabeth's questions about the Eucharist, and her school and Sisters of Charity. Her care reaches both family and community.

Talk together | 6-8 minutes

1. Who helped Elizabeth learn about Catholic faith?

The Filicchi family welcomed her in Italy and shared their faith. Friendship opened a space for questions.

2. What drew her especially toward Jesus?

The Eucharist deeply mattered to her. She sought and received Jesus in Communion as a Catholic.

3. How did her trust become service?

She taught children and formed the Sisters of Charity. She worked with others to meet educational and practical needs.

4. How can you welcome a learner or newcomer?

Invite participation, explain a routine patiently, or share materials. Respect everyone's family and religious background.

Then respond and pray Allow 6-8 minutes for a handout or the activity on page 2; finish with the closing prayer.

Lead the response

Saint Elizabeth Ann Seton

Short family lesson Watch the video, choose one recall question and one application question, then pray. About 12-18 minutes; the handout is optional.

Choose a handout

Draw & Tell Draw hospitality in the story and a welcoming action today; use spoken answers as needed.

Read & Write Recall hospitality and educational work, then design a specific welcome.

Adapt by readiness

Ages 7-8: draw a friendly greeting and one way to help a new child.

Ages 9-11: compare learning through questions with learning through a friend's lived example.

A welcome kit on paper | Optional 4 minutes

Draw a small welcome kit for a new learner: a kind greeting, a classroom map, and someone who can help. Choose one item you could really offer with adult guidance.

Look for understanding Look for one accurate detail and a practical welcome. Trust in God does not remove grief or the need for support.

Closing prayer Jesus, help us trust your care through change. Teach us to welcome, learn, and serve generously. Saint Elizabeth, pray for us. Amen.

At home Thank a teacher or helper. With an adult, choose one way your family can welcome someone.

Handout answer notes Friendship: hospitality and sharing Catholic faith. Service: education and charitable care. Welcome plans should be practical and respectful.

Teach with care

Preview her husband's illness and death and the loss of friends. Let children pass on personal grief questions. The video adds dialogue and emotional descriptions to a historical outline. Elizabeth founded her community and free school in Emmitsburg after work in Baltimore; avoid treating all settings as one event. Describe her as the first native-born U.S. citizen canonized, not the first saint ever to live in America. Respect other Christian traditions.

Words to explain Eucharist: Jesus truly present, Body, Blood, Soul, and Divinity. Sisters of Charity: the religious community Elizabeth founded. Providence: God's loving care.

Sources for the leader

Story source: [Servus Dei video and English transcript](#)

Shrine biography: [National Shrine: the life of Elizabeth Ann Seton](#)

A welcome that helps

Saint Elizabeth Ann Seton

Elizabeth received kindness and shared care through teaching.

Name _____

Adult helper Read aloud. Invite drawing, pointing, or spoken answers. Writing is optional.

1 Draw the hospitality or teaching shown in Elizabeth's story.



2 Draw a way you can welcome someone to learning or friendship.



Tell Who is being welcomed? What practical help can you offer?

Pray Jesus, help me trust you and welcome others with kindness. Amen.

At home Share your picture and one thing you learned about God or following Jesus.

Trust, friendship, education

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Remember Elizabeth's journey and the care she shared.

Name _____

1 Recall a friend

How did the Filicchi family help Elizabeth?

They helped by ...

2 Name her service

What did Elizabeth and her companions do for children?

They served children by ...

3 Plan welcome

What could you do to help a new learner feel included?

My welcome plan is ...

Pray Jesus, help me trust you and welcome others with kindness. Amen.

Go deeper How can someone help us find hope without pretending a loss does not hurt?