

Saint Fidelis of  
Sigmaringen  
(Martyr)  
24 April

## About Saint Fidelis of Sigmaringen (1578 - 1622)

Saint Fidelis was born in Sigmaringen in Germany. His baptismal name was Mark. He joined the Capuchin Friars at the age of 35, and took the name Fidelis, which means "faithful". As a Capuchin friar he led a life of much penance and prayer. He was known for his charity and prayer, and when he became superior of the Capuchin friary, many people were converted to Catholicism as a result of his influence.

As a preacher who took a lot of care in preparing his homilies, he was ordered by the Congregation for the Propagation of the Faith to preach orthodox doctrine in the Grisons (part of Switzerland). He was murdered by a Calvinist mob for refusing to renounce the Catholic Faith at Seewis on 24 April 1622.

## What can we learn from Saint Fidelis' life?

Saint Fidelis was able to convert people to Catholicism because of his preaching, and because he was faithful and sincere in living out the Catholic faith. One of the challenges for both the clergy and the laity today is to be able to explain the Catholic faith to people in ways that they can understand the message. How wonderful it would be if each Catholic could convert someone to the faith by the way they lived their life. If we are serious and faithful about a cause, people know that we truly believe what we are saying. However, if we are just going through the motions, it does not take long for people to see through that – and especially so when it comes to the practice of the Catholic faith.

## Collect

O God, who were pleased to award  
the palm of martyrdom to Saint Fidelis  
as, burning with love for you, he propagated the faith,  
grant, we pray, through his intercession,  
that, grounded in charity,  
we may merit to know with him  
the power of the Resurrection of Christ.  
Who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

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Gospel Reading

John 17:20-26

Jesus raised his eyes to heaven and said:

'Holy Father,

I pray not only for these,

but for those also

who through their words will believe in me.

May they all be one.

Father, may they be one in us,

as you are in me and I am in you,

so that the world may believe it was you who sent me.

I have given them the glory you gave to me,

that they may be one as we are one.

With me in them and you in me,

may they be so completely one

that the world will realise that it was you who sent me

and that I have loved them as much as you loved me.

Father, I want those you have given me

to be with me where I am,

so that they may always see the glory you have given me

because you loved me before the foundation of the world.

Father, Righteous One,

the world has not known you,

but I have known you,

and these have known that you have sent me.

I have made your name known to them

and will continue to make it known,

so that the love with which you loved me may be in them,

**and so that I may be in them.'**

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### Antiphon

Unless a grain of wheat falls into the ground and dies,  
it remains just a grain of wheat;  
but if it dies, it produces much fruit, alleluia.

### A Hymn for Memorial of Saint Fidelis

Saint Fidelis, you did preach  
**Christ's Gospel in ways sincere,**  
converting people to Christ  
by the words which they did hear.  
Preaching always with great care  
words that came from heart and mind,  
teaching people to know Christ  
and in Him true peace to find.

Saint Fidelis, faithful were  
you to Christ throughout your life.  
Your teaching was orthodox  
even though this caused you strife.  
With Christ you were always One,  
He your model and your guide.  
You opposed the heretics  
until the day when you died.

O Christ, help us faithful be,  
like Saint Fidelis to you,  
by the manner of our life,  
and the things we say and do.  
May our witness to the faith  
many bring into your fold,  
that the Gospel be believed  
and for all be a stronghold.

Text: Chris deSilva and Alessio Loiacono  
Tune: 77.77D At the Lamb's High Feast we sing (CWBII  
#341)

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