

# Saint Abigail



Saint Abigail (also known as Saint Gobnait or Deborah), was born in Ireland around the 6th century. Her story is rich with Irish traditions and lore!



After fleeing her home to escape a family feud, an angel told Abigail she would find nine deer grazing in the place she was meant to spend her life. Abigail traveled until she found the deer in Ballyvourney, County Cork, now known as Saint Gobnet's Wood. Irish legend held bees in high esteem, as it was believed that the soul left the body in the form of a bee or butterfly. Abigail had an affinity for bees and became a beekeeper, using honey to treat the sick and heal wounds. She is credited for using her gift to save Ballyvourney from the plague. Abigail was also known for creating miracles where bees would rise from their hives to chase off evil.



Abigail's brother, Saint Abban, is believed to have worked alongside her to create a convent where Abigail served as the abbess, or leader of the community of nuns. Abigail ministered to the needy until she passed away. Even today, her soul leaving her body is represented, of course, by the flying bee!

# + Saint Abigail •

## • Activities • +

**Family Discussion:** Saint Abigail worked with her brother, Saint Abban, to set the foundation for a convent in which Abigail was the leader. What is something that your family has done together to help others? Was it something BIG, like creating a convent, or was it a smaller gesture, like helping a neighbor find their lost dog? Sometimes, even the smallest of gestures can make a BIG difference to those in need. How do you think your family's gesture of love made those you helped feel? How did helping others make your family feel?



**Family Activity:** Saint Abigail's love of bees provided her with a resource that helped many in need. What is something your family loves? Is it cooking? Gardening? Playing games? Think of something your family loves, and find a way to turn your own passion into something that can help others. For example, if it is cooking, perhaps you can make a dinner to bring to a neighbor who might not be able to provide a meal for their own family this week. If it is gardening, maybe you can plant flowers to bring to someone who is lonely right now to brighten their day. Or maybe you could do something as simple as sharing your family's joy with a loved one over the phone. Remember, no act of kindness is ever too small!



**Individual Activity:** Saint Abigail believed in Irish lore that held bees in high esteem. While bees aren't something that we typically place of high value, this can be a lesson that God provides great gifts in even the tiniest creations. Think of a time in your life when something small turned out to be a great gift. This could be a material possession that was given to you, like a stuffed animal that helped you feel safe during a scary time, or an experience, like a visit with a family member where you had a conversation that taught you new things. Draw a picture or write a story about this time and the lesson that God provided you through this gift. Maybe even write a thank you note to God for that gift! It's ok to ask a family member for help if you are having trouble thinking of something.