

I lift up my eyes
to the mountains -
where does my help
come from?



Feast Day: May 28

My help comes from
the Lord, the Maker of
heaven and earth.

Psalms 121:1-2

St. Bernard of Montjoux

St. Bernard of Montjoux joyfully welcomed and befriended villagers and travelers in the Alps mountains for over 40 years of his priesthood, serving the people and building schools and churches.

Along the Great and Little Bernard Pass (for which he was named), he built two hostels to welcome travelers from near and far. Run by the monks, it offered shelter and lodging, warmth, food, water, safety and if needed, medical attention.

The Alps were treacherous for travelers, who faced wild animals, robbers, getting lost, avalanches and freezing to death. St. Bernard spent much time hiking around this beautiful mountain range while searching for those who needed assistance or rescuing, often bringing big dogs to help him. Nurtured by the monks, the dogs were a large, hard-working and strong but gentle breed — the

St. Bernard's — named for St. Bernard of Montjoux!

With St. Bernard's passions for the outdoors and taking care of people, he became the patron saint of mountain climbers, hikers and skiers. Pray through his intercession to find God in the beauty of nature or when you need a little extra help along your own journey.

S	U	T	C	R	L	M	O	N	T	J	O	U	X	Alps
A	T	D	R	I	E	N	X	O	C	A	C	I	S	Bernard
O	H	T	T	S	U	P	R	K	O	P	M	R	K	Big dog
I	S	O	I	R	A	U	E	O	O	T	E	L	L	Hiker
L	S	S	J	U	O	O	S	A	N	K	T	E	B	Hostel
E	T	T	E	E	N	S	C	M	I	H	U	O	O	Monks
T	E	A	R	T	O	L	U	H	B	A	H	U	A	Montjoux
S	N	S	E	C	I	B	E	U	A	S	A	T	E	Mountains
O	S	U	M	O	N	K	S	X	H	C	S	D	J	Outdoors
H	D	T	N	H	P	G	R	R	U	G	U	O	G	Rescue
O	E	O	O	B	I	G	D	O	G	L	I	O	O	
G	A	J	M	O	U	N	T	A	I	N	S	R	E	
D	R	A	N	R	E	B	R	R	E	H	S	S	S	
E	E	A	A	L	P	S	A	G	T	M	O	E	M	

