

BOOKLET TO PRINT

Saint Philip Howard

Life, prayer, novena and pilgrimage

Feast day: October 19

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IN BRIEF

Saint Philip Howard

Earl of Arundel who returned to the Catholic faith and died a prisoner in the Tower of London, one of the Forty Martyrs of England and Wales.

Feast day	October 19
Born	June 28, 1557, London, England
Died	October 19, 1595, Tower of London, England
Canonized	October 25, 1970, by Pope Paul VI
Era	16th century
Patron saint of	Diocese of Arundel and Brighton

In this booklet

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Prayer to Saint Philip Howard for Prisoners and Faithfulness

Novena to Saint Philip Howard

Arundel Cathedral, Shrine of Saint Philip Howard

Credits and sources

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LIFE

Saint Philip Howard

Saint Philip Howard, Earl of Arundel, was a great English nobleman of the sixteenth century and a cousin of Queen Elizabeth I. A carefree courtier in his youth, he was converted after witnessing the disputations of the Jesuit Edmund Campion in the Tower of London. He returned to the Catholic faith and spent the last ten years of his life in prison, where he died in 1595. Canonized by Pope Paul VI in 1970 as one of the Forty Martyrs of England and Wales, he is celebrated on October 19.

Who was Saint Philip Howard?

Philip Howard was born in London on June 28, 1557. He was the eldest son of Thomas Howard, fourth Duke of Norfolk, the most powerful nobleman in the kingdom, and of Mary FitzAlan, heiress of the Earls of Arundel. Baptized at the Palace of Whitehall, he received his name from his godfather, King Philip II of Spain, then the husband of Queen Mary Tudor.

His childhood was marked by the fall of his family. His father, accused of plotting against the queen, was arrested in 1569 and beheaded in 1572. Philip was married at fourteen to Anne Dacre, and then studied at Cambridge. Presented at court at about eighteen, he lived the brilliant and extravagant life of a royal favorite, neglecting his wife. In 1580 he inherited the title of Earl of Arundel.

Key dates

- **June 28, 1557**: Born in London.
- **1572**: Execution of his father, the Duke of Norfolk.
- **1580**: Becomes Earl of Arundel.

- **1581**: Attends Edmund Campion's disputations with Protestant theologians in the Tower of London.
- **1584**: Received into the Catholic Church.
- **April 25, 1585**: Arrested while trying to leave England and imprisoned in the Tower of London.
- **October 19, 1595**: Dies in captivity in the Tower.
- **1929**: Beatified by Pope Pius XI.
- **October 25, 1970**: Canonized by Pope Paul VI with the Forty Martyrs of England and Wales.

The conversion of a courtier

In 1581 the Jesuit Edmund Campion, arrested and tortured, was forced to debate publicly in the Tower of London against Protestant theologians. Philip Howard was in the audience, and he was deeply shaken by what he heard.

Little by little he changed his life. He was reconciled with his wife, Anne Dacre, who had herself drawn close to the Catholic faith, and he was finally received into the Church in 1584. For a man in his position, this was a dangerous choice: in Elizabethan England, practicing the Catholic faith could cost a man his fortune, his freedom and even his life.

Ten years in the Tower of London

In 1585 Philip tried to leave for the Continent without royal permission. Betrayed, he was arrested at sea off Littlehampton and imprisoned in the Tower of London. Charged with treason, he was condemned to death in 1589, yet he was never executed: the queen did not sign the order, and the prisoner lived for ten years not knowing what would become of him.

He devoted this time to prayer, fasting and writing. He translated into English a devotional work by the Carthusian Lanspergius, the *Epistle of Jesus Christ to the Faithful Soul*, which was published after his death.

He is known to have had a dog that carried messages to other prisoners, in particular to the Jesuit Robert Southwell, a poet and future martyr. The two men never met, but they supported each other in this way. On the wall of his cell he carved a Latin sentence that can still be read in the Tower of London: "The more affliction we endure for Christ in this world, the more glory we shall obtain with Christ in the next."

When he fell ill, he asked to see his wife again and his son, born after his arrest, whom he had never seen. He was told that this would be granted, together with the return of his estates, if he agreed to attend a Protestant service just once. He refused. According to the traditional account, he replied: "If my religion be the cause for which I suffer, sorry I am that I have but one life to lose." He died alone in his cell on October 19, 1595, at the age of thirty-eight.



The inscription carved by Philip Howard in the Tower of London.

Why is Saint Philip Howard the patron saint of the Diocese of Arundel and Brighton?

His family name is bound to Arundel, the castle town in West Sussex from which he took his title, and his remains now rest in its Catholic cathedral, which bears his name. When the Diocese of Arundel and Brighton was created in 1965, the cathedral became its mother church, and Saint Philip Howard is one of the diocese's patrons.

Beyond that local patronage, he is prayed to for prisoners, for married couples who find each other again after a time of distance, and for those who must choose between their conscience and their interests. He lost everything: the queen's favor, his freedom, his estates and the presence of his family. His holiness lies in a deep conversion followed by patient faithfulness in a captivity without end.

Symbols and how to recognize Saint Philip Howard in art

- **Elizabethan court dress**: a doublet and a white ruff, as in his portrait attributed to George Gower.
- **A dog** at his side, recalling the companion of his captivity.
- **The prison cell** of the Tower of London, sometimes with the Latin inscription on the wall.
- **The palm of martyrdom**, as one of the Forty Martyrs of England and Wales.

Where to pray to Saint Philip Howard

First buried in the Tower of London, then in 1624 in the Fitzalan Chapel at Arundel Castle, he has rested since 1971 in the Catholic cathedral of Arundel.

- **Arundel** (West Sussex): the Cathedral of Our Lady and Saint Philip Howard, where his shrine stands.
- **London**: the Tower of London, where his inscription can be seen in the Beauchamp Tower.

To pray with him, see the prayer to Saint Philip Howard and the novena to Saint Philip Howard.

PRAYER

Prayer to Saint Philip Howard for Prisoners and Faithfulness

Saint Philip Howard left, carved into the stone of his prison, a sentence that sums up his life as a captive. You will find it below with its source, followed by an original prayer to Saint Philip Howard by Saintspedia.

A word of Saint Philip Howard to meditate on

> *"Quanto plus afflictionis pro Christo in hoc saeculo, tanto plus gloriae cum Christo in futuro."*
> *"The more affliction we endure for Christ in this world, the more glory we shall obtain with Christ in the next."*

Source: inscription carved by Philip Howard on the wall of his cell in the Beauchamp Tower, Tower of London, during his captivity (1585-1595). It echoes Saint Paul: "The sufferings of this time are not worthy to be compared with the glory to come, that shall be revealed in us" (Romans 8:18, Douay-Rheims).

Prayer to Saint Philip Howard

Saint Philip Howard, you changed your life after hearing the witness of a prisoner: make me attentive to the witnesses God places on my path, and give me the courage to be converted.

You were reconciled with your wife after neglecting her: pray for wounded marriages. May they find the way of forgiveness and of faithfulness renewed.

You lived ten years in prison without knowing whether you would ever leave: support prisoners, the chronically ill and all who wait without seeing the end of their trial.

You preferred your conscience to your freedom and your possessions: help me to stay faithful to Christ when it costs. I entrust to you my intention: (name it in silence).

Obtain for me the faith, like yours, that suffering offered to Christ is never lost. Amen.

This prayer is an original text by Saintspedia, free to use for personal and community prayer.

When to pray this prayer

- **On October 19**, his feast day, the anniversary of his death in the Tower of London in 1595.
- **For prisoners** and for prison chaplains and volunteers.
- **For a marriage in difficulty**, or for spouses who are separated by distance or circumstance.
- **Before a decision of conscience**, when faithfulness may come at a price.

- **During a long illness or a long wait**, when the end of the trial cannot be seen.

Saint Philip Howard is especially honored in the Diocese of Arundel and Brighton, in the south of England, where his shrine in Arundel Cathedral welcomes pilgrims. Learn more on the page Saint Philip Howard, or pray for nine days with the novena to Saint Philip Howard.

NOVENA

Novena to Saint Philip Howard

This novena is an original composition by Saintspedia, inspired by the life of Saint Philip Howard, Earl of Arundel. It is not an official liturgical text. To end it on the eve of his feast, begin on October 10; it ends on October 18, the day before his feast on October 19. It can also be prayed at any time of year, for a prisoner, for a marriage or for a difficult choice of conscience.

Philip Howard's life moved from privilege to prison, from carelessness to faith, from distance to reconciliation. Each day of this novena follows one step of that road, from his birth in a powerful family to his death alone in the Tower of London.

His story speaks with particular force to English-speaking Catholics, as he is one of the Forty Martyrs of England and Wales, who kept the faith in a time of persecution. But anyone who has drifted from God, who has hurt someone close, or who is waiting for a trial to end can find in him a companion.

How to pray this novena

Each day, entrust your intention to God, read the meditation, say the prayer of the day, then an Our Father, a Hail Mary and a Glory Be. The suggested act helps you carry the prayer into your day. You can pray alone, as a couple or with a parish group. If you miss a day, simply continue the next day.

Day 1: Born to power

Philip was born into the most powerful family in England, with a king for godfather. He had everything the world could offer. Yet none of this made him happy or holy.

Prayer: Lord, keep me from placing my security in wealth, rank or success. Be my true treasure.

Today: Name one thing you rely on too much, and offer it to God.

Day 2: A wounded childhood

When Philip was a boy, his father was arrested and later beheaded. He grew up with that wound. God can work even through the sorrows of our childhood.

Prayer: Lord, heal the wounds of my past, and bless children who suffer because of the faults or misfortunes of adults.

Today: Pray for a child or young person going through a family crisis.

Day 3: A life of distraction

At court, Philip lived for pleasure and display, and neglected his young wife. Many lives drift slowly away from what matters most.

Prayer: Lord, open my eyes to what I am neglecting, and give me the grace to return to it.

Today: Give your full attention to someone you tend to overlook.

Day 4: The witness of a prisoner

In the Tower, Philip heard Edmund Campion, a tortured priest, defend his faith with courage. That witness began his conversion.

Prayer: Lord, thank you for the witnesses you have placed on my path. Make me, in turn, a witness for others.

Today: Read the life of a martyr or a witness of faith.

Day 5: Reconciled

Philip returned to his wife, Anne, and the two found each other again in the faith. Conversion often begins at home.

Prayer: Lord, bless all marriages, especially those that are wounded. Give spouses the grace of forgiveness and new beginnings.

Today: Ask forgiveness from someone close to you, or offer it.

Day 6: A costly choice

In 1584 Philip was received into the Catholic Church, knowing the danger. A year later he was arrested at sea and imprisoned.

Prayer: Lord, give courage to Christians who are persecuted for their faith in the world today.

Today: Pray for a country where Christians are persecuted.

Day 7: Ten years of waiting

Condemned to death but never executed, Philip lived ten years not knowing his fate. He filled that time with prayer, fasting and writing. Even his dog became a messenger of friendship between prisoners.

Prayer: Lord, support all who wait: prisoners, the sick, those who look for work. Turn their waiting into prayer.

Today: Write a letter or a message to someone who is alone or imprisoned, or support a prison ministry.

Day 8: Words carved in stone

On the wall of his cell, Philip carved: "The more affliction we endure for Christ in this world, the more glory we shall obtain with Christ in the next." He believed his suffering was not wasted.

Prayer: Lord, I offer you my trials, small and great. Unite them to your cross for the good of the world.

Today: Offer a difficulty of your day for someone who suffers more than you.

Day 9: Faithful to the end

Offered his family and freedom in exchange for attending a Protestant service once, Philip refused. He died alone in the Tower on October 19, 1595.

Prayer: Lord, I place in your hands the intention of this novena. Through the intercession of Saint Philip Howard, keep me faithful to you to the end. Amen.

Today: Make a small sacrifice to remain faithful to your conscience in something concrete.

Closing prayer

> *Saint Philip Howard, Earl of Arundel and martyr, at the end of these nine days I entrust to you the intention I have carried. You lost everything for Christ and found in Him your peace. Pray for prisoners and those who wait, for wounded marriages and for all who must choose between their conscience and their comfort. Obtain for me a faithful heart, patient in trials and full of hope. Amen.*

Read the life of Saint Philip Howard or the prayer to Saint Philip Howard.

PILGRIMAGE

Arundel Cathedral, Shrine of Saint Philip Howard

Arundel Cathedral, the Cathedral of Our Lady and Saint Philip Howard, in West Sussex in southern England, houses the shrine of Saint Philip Howard, Earl of Arundel, who died in 1595 in the Tower of London. Overlooking the little town and its famous castle, it is the seat of the Catholic Diocese of Arundel and Brighton, of which the saint is one of the patrons.

History of the site

The church was built in the 19th century in a Neo-Gothic style inspired by French Gothic, at the initiative of the Duke of Norfolk, a descendant of Philip Howard. It was first placed under the patronage of Our Lady and Saint Philip Neri. In 1965, with the creation of the Diocese of Arundel and Brighton, it became a cathedral.

Philip Howard's body had first been buried in the Tower of London, then transferred in 1624 to the Fitzalan Chapel, his family's funerary chapel within the grounds of Arundel Castle. In 1971, the year after his canonization, his remains were placed in a shrine in the cathedral, which then took the name Our Lady and Saint Philip Howard.



Arundel Cathedral, exterior view.

Visiting the cathedral

Inside, the tall Neo-Gothic nave leads toward the choir. The tomb of Saint Philip Howard is in a side chapel, where pilgrims come to pray. A statue of the saint shows him with his dog, the companion of his captivity. The cathedral is also known for a more recent tradition: every year, for the feast of Corpus Christi, a great carpet of flowers is laid out in the nave.

Praying on site

Before your visit, you can read the life of Saint Philip Howard. At his shrine, you can entrust prisoners, couples in difficulty or someone searching for faith, then say the prayer to Saint Philip Howard. These suggestions are offered by Saintspedia.



The nave of Arundel Cathedral, interior.

Other places connected with Saint Philip Howard

- **Arundel**: Arundel Castle and the Fitzalan Chapel, where he lay from 1624 to 1971.
- **London**: the Tower of London, where he was a prisoner from 1585 to 1595; his Latin inscription is visible in the Beauchamp Tower.
- **Littlehampton**: the coast where he was arrested in 1585 while trying to reach the Continent.

Practical information

Arundel is reachable by train from London. The cathedral is at the top of the town, a few minutes' walk from the castle. It is an active place of worship: visit quietly during services. Check the cathedral's official website for opening and

Mass times, as well as the dates of the Corpus Christi flower carpet, before you come.

Credits and sources

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