BOOKLET TO PRINT

Saint Pome

Life, prayer and novena

Feast day: June 27

IN BRIEF

Saint Pome

Virgin of Châlons in the 3rd century, sister of Saint Memmius, first bishop of Châlons.

Feast day	June 27
Born	3rd century
Died	3rd century (date unknown), Châlons (Marne), according to tradition
Canonized	immemorial cult
Era	3rd century

In this booklet

Life

Prayer to Saint Pome, Virgin of Châlons

Novena to Saint Pome

Credits and sources

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LIFE

Saint Pome

Saint Pome (Pomia) was a Christian virgin of Châlons, in Champagne, who lived in the 3rd century. Tradition makes her the sister of Saint Memmius, first bishop of Châlons, and his helper in proclaiming the Gospel. Her relics rest near her brother's tomb, in the church of Saint-Memmie, on the edge of Châlons-en-Champagne. Her feast day is June 27.

Who was Saint Pome?

Let us say it from the start: we know very little about Saint Pome. No early, detailed account of her life has come down to us. Her memory rests mainly on three things: a name, handed down by the tradition of the Church of Châlons; a family tie with Saint Memmius, the founder of that Church; and a cult, attested by the presence of her relics beside those of her brother. She is honored as a virgin, that is, as a woman who consecrated her life to God without marrying, in the service of the young Christian community. She is sometimes described as a nun, but in the 3rd century there were not yet any monasteries in Gaul: we should rather imagine a consecrated virgin living among the faithful.

Key dates in the life of Pome

- **3rd century**: She lives in Châlons, the ancient *Durocatalaunum*, a town of Roman Gaul on the Marne.
- **According to tradition**: As the sister of Saint Memmius, she helps him in evangelizing the region and in serving the first Christian community.
- **According to tradition**: She consecrates herself to God in virginity.
- **c. 300**: Death of her brother Memmius, buried outside the town, where the church of Saint-Memmie stands today.

- **Date unknown**: Death of Pome, whose remains are venerated near those of her brother.
- **1994**: Restoration of the reliquaries kept in the church of Saint-Memmie, including that of Saint Pome.

The bishop's sister

According to tradition, Memmius was the missionary who brought the Gospel to Châlons and became the first bishop of the town. The parish of Saint-Memmie presents Pome as her brother's "co-worker". In the early Churches, consecrated women had a real place: they prayed, welcomed the poor and the sick, supported catechumens, especially women, and gave by their lives a visible witness to the Gospel. This is probably how Pome's role should be understood, even though no precise detail has come down to us.

A cult united with that of Saint Memmius

The cult of Saint Pome has always been linked to that of her brother. Their memory is kept in the church of Saint-Memmie, the town next to Châlons that bears the bishop's name. There the faithful venerate the tomb of Memmius, with its 12th century tombstone, and reliquaries holding the remains of Saint Pome and of two of Memmius's successors, Donatian and Domitian. These reliquaries were restored in 1994. Pome appears in the calendar of saints on June 27.

What can we learn from Saint Pome?

Saint Pome is an almost hidden saint. We know of no speech, no miracle, no great event in her life. Yet her memory reminds us that the Gospel spread in Gaul through whole communities, where women and men, brothers and sisters, worked together. She can be prayed to by those who serve unseen, by

families where faith is shared between brothers and sisters, and by consecrated women. She also invites us to thank God for all those whose names are forgotten, but whose faithfulness bore fruit.

To pray with her, see the prayer to Saint Pome and the novena to Saint Pome.

Where to pray to Saint Pome

- **Church of Saint-Memmie** (Saint-Memmie, Marne): her relics are kept there, near her brother's tomb.
- **Châlons-en-Champagne** (Marne): the town whose first Christian community she served.

PRAYER

Prayer to Saint Pome, Virgin of Châlons

Saint Pome, a virgin of Châlons in the 3rd century, is honored as the sister and helper of Saint Memmius, the first bishop of the town. Prayer composed for Saintspedia, in the spirit of Church tradition. It is not an official liturgical text. It entrusts to her those who serve unseen, consecrated women and families.

Prayer to Saint Pome

Saint Pome,
virgin consecrated to the Lord,
you helped your brother Memmius
to bring the Gospel to Châlons.
Teach me to serve without noise,
with a heart wholly given to God.

Your name is almost all that remains of you,
yet your faithfulness bore fruit.
Keep me from seeking to be seen,
and give me the joy of working
for the Kingdom together with others.

Watch over consecrated women,
over brothers and sisters who share the faith,
and over the Church of Champagne.
Through Christ our Lord. Amen.

When to pray to Saint Pome

- On her feast day, June 27.
- For religious sisters and consecrated virgins.
- For harmony and faith between brothers and sisters in the same family.
- For those who serve the Church quietly.
- For the diocese of Châlons.

A short invocation

> *Saint Pome, hidden servant of the Gospel,*
> *pray for us. Amen.*

To prepare for her feast, you can pray the novena to Saint Pome from June 19 to 27, and read the life of Saint Pome.

NOVENA

Novena to Saint Pome

This novena is inspired by the figure of Saint Pome, a virgin of Châlons in the 3rd century and sister of Saint Memmius. Novena composed for Saintspedia, in the spirit of Church tradition. It is not an official liturgical text. To finish it on her feast day, June 27, begin on June 19. You can also pray it at any other time of the year.

How to pray this novena

Each day, begin with the Sign of the Cross and 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. End with: "Saint Pome, pray for us." The act suggested each day helps you live the novena concretely. We know very little about the life of Saint Pome: these meditations start from what tradition has kept.

Day 1: A woman in a pagan town

In the 3rd century, Châlons was a town of Roman Gaul where Christians were few. Pome lived her faith in a world that did not yet know Christ.

Prayer: Lord, give me the courage to live my faith where I am, even when it is not shared.

Act of the day: Make the Sign of the Cross before your meal, even when you are away from home.

Day 2: Brother and sister in faith

Tradition unites Pome with her brother Memmius. Together, they served the same Church.

Prayer: Lord, bless my brothers and sisters, and make affection and faith grow between us.

Act of the day: Call or write to a brother, a sister or someone close to you.

Day 3: A heart given to God

Pome is honored as a virgin: she chose to consecrate her whole life to Christ.

Prayer: Lord, may my heart belong first to you, whatever my state of life.

Act of the day: Pray for a religious sister or consecrated woman you know.

Day 4: Serving with others

She is called her brother's "co-worker". The Gospel is never carried alone: it is carried in community.

Prayer: Lord, teach me to work with others for your Kingdom, without jealousy or rivalry.

Act of the day: Offer your help to your parish or to a charity.

Day 5: The poor and the sick

In the first communities, consecrated women welcomed the poor, widows and the sick. That is where the charity of Christians could be seen.

Prayer: Lord, open my eyes to those who suffer near me.

Act of the day: Visit or call a sick or lonely person.

Day 6: A hidden life

We know almost nothing of Pome. Her life was hidden, like that of Jesus at Nazareth.

Prayer: Lord, help me to love humble tasks and to do them for you alone.

Act of the day: Do someone a service without telling anyone.

Day 7: Passing on the faith to women

In the early Church, consecrated women helped prepare other women for baptism. Pome probably accompanied women of Châlons toward Christ.

Prayer: Lord, bless the mothers, godmothers and catechists who pass on the faith.

Act of the day: Thank a woman who helped you grow in faith.

Day 8: Resting near her brother

Pome's relics are venerated near the tomb of Memmius. Those who served together remain united in the memory of the Church.

Prayer: Lord, unite in your peace those who loved each other on earth.

Act of the day: Pray for the departed members of your family.

Day 9: Faithfulness that bears fruit

Of Pome, there remains a name and a faithfulness. That is enough for the Church to have kept her in its prayer for centuries.

Prayer: Lord, through the intercession of Saint Pome, grant me the grace I ask in this novena, if it is your will, and keep me faithful to the end.

Act of the day: Attend Mass if you can, and entrust to God someone who serves unseen.

Closing prayer

Saint Pome,
virgin of Châlons and sister of Saint Memmius,
you served the Gospel quietly.
Present to the Lord the intention I have entrusted to you.
Teach me to love without seeking to be seen,
and watch over my family.
Through Christ our Lord. Amen.

You can also pray the prayer to Saint Pome at any time, and read the life of Saint Pome.

Credits and sources

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