

Holy Helpers

St. Carlo Acutis

The Saint in Sneakers

Jesus Is My Best Friend!



Catholic Sunday School



This book belongs to:

Meet St. Carlo Acutis!

Big smile

Jesus was his best friend!

Laptop

He loved computers!

Sneakers

Just like you!

Soccer ball

He loved to play!



St. Carlo Acutis (say **CAR-lo a-KOO-tis**) was a boy from Italy who loved soccer, video games, his dogs and computers. Most of all, he loved **Jesus**!

A saint in jeans and sneakers!

Follow Carlo!

Let's follow Carlo on his happy adventure with Jesus.



Story 1

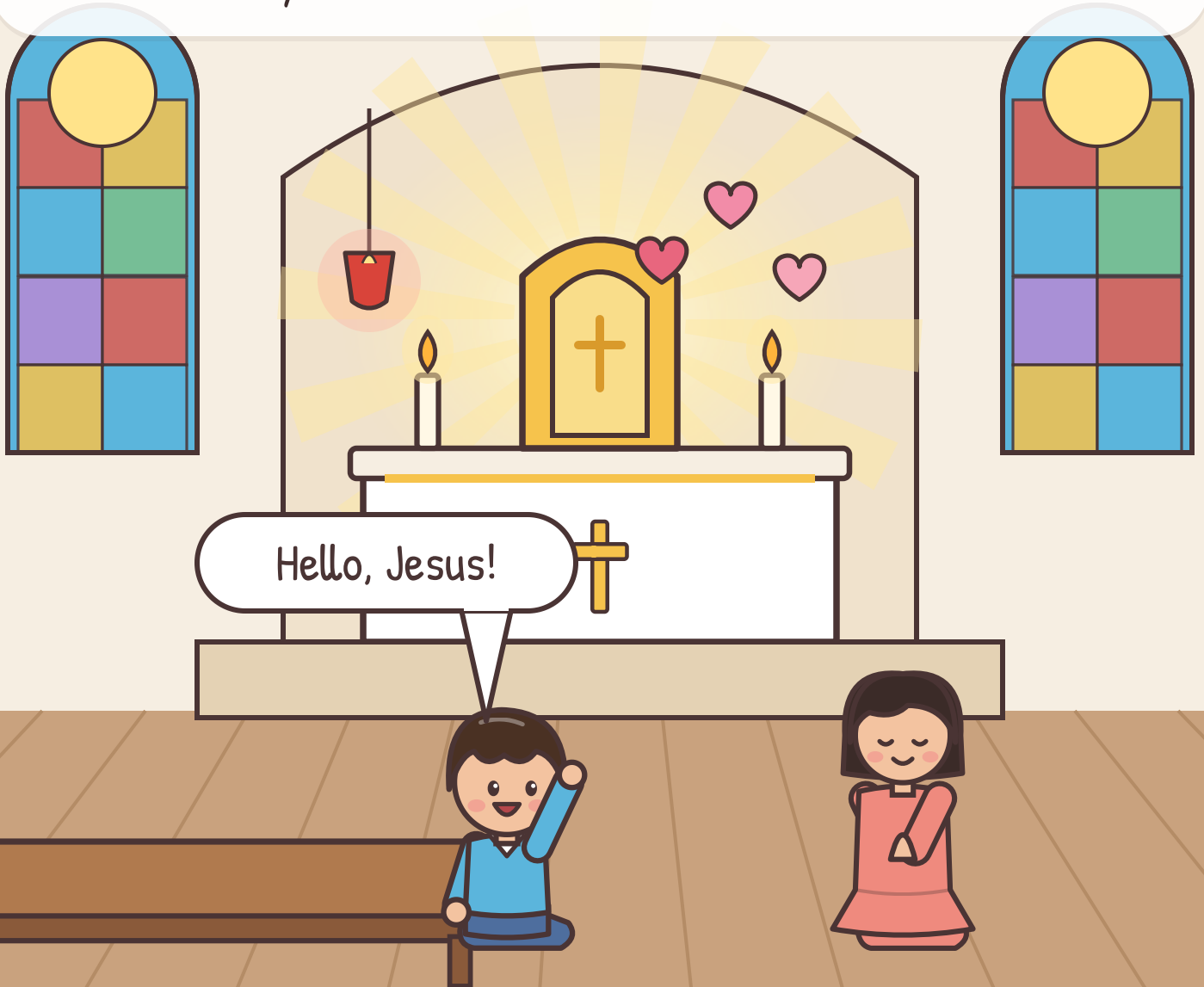
Hello, Jesus!

📍 Milan, Italy · 1990s

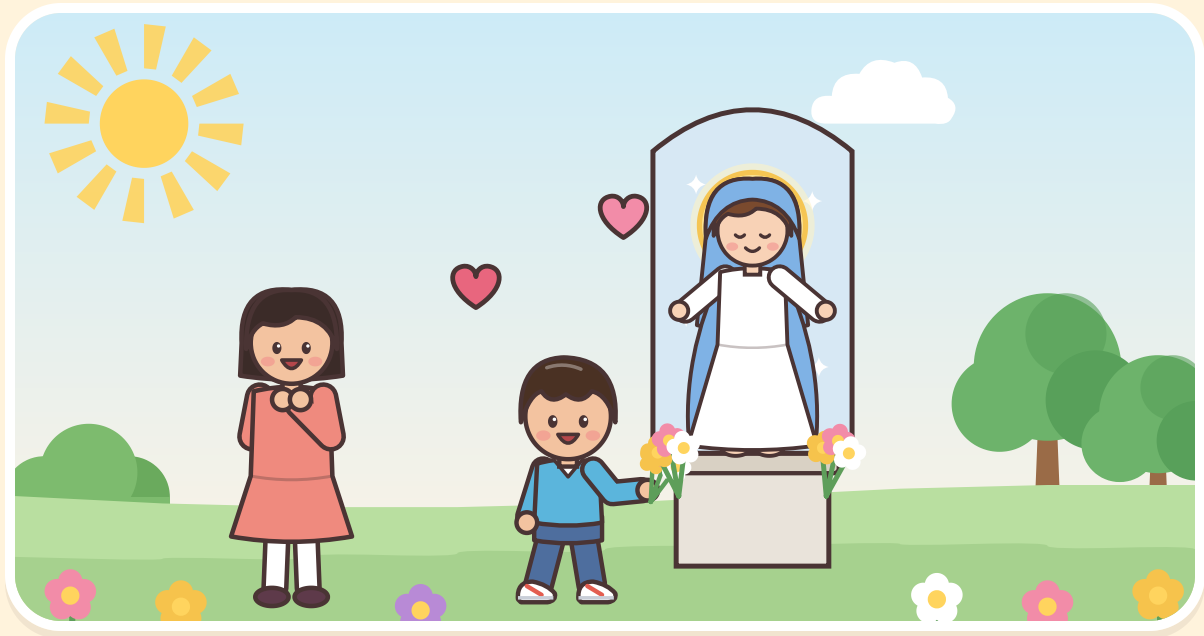


Carlo grew up in Milan, a big, busy city in Italy. When he was little, every time he passed a church, he tugged his mamma's hand. "Let's go in and say hello to Jesus!"

Inside, Carlo knelt down and waved at the golden tabernacle, where Jesus is. He knew that Jesus was really there, and that Jesus loved him SO much!



At the park, Carlo picked little flowers and gave them to Mother Mary. Even when he was small, Carlo's heart was full of love!



LET US PRAY

Hello, Jesus! Thank You for being my very best friend.

Story 2

My Highway to Heaven

📍 Perego, Italy · 1998

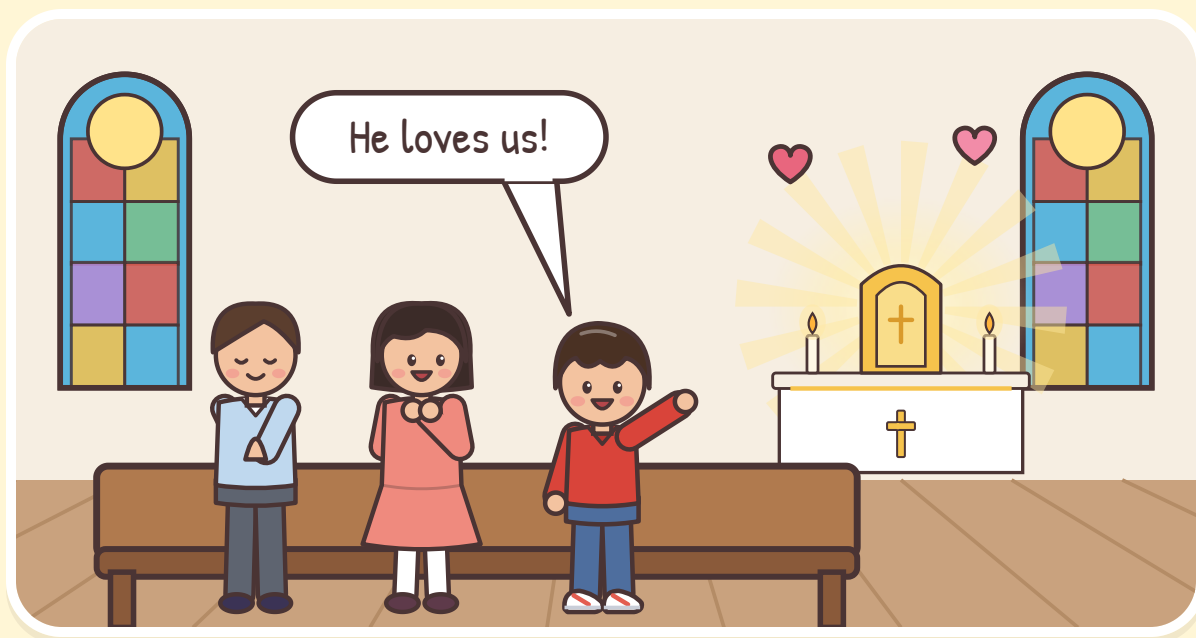


When Carlo was 7, he made his First Holy Communion in a little church on a hill. Carlo was SO happy! Jesus came to him in a very special way.

After that, Carlo went to Mass every day he could.
He said, "The Eucharist is my highway to Heaven!"
Being close to Jesus was the best road of all.



Carlo's mamma hadn't gone to church much. But Carlo asked so many questions about Jesus that she started learning too! Soon, the whole family prayed together.



LET US PRAY

Jesus, thank You for staying with us in the Holy Eucharist.

Story 3

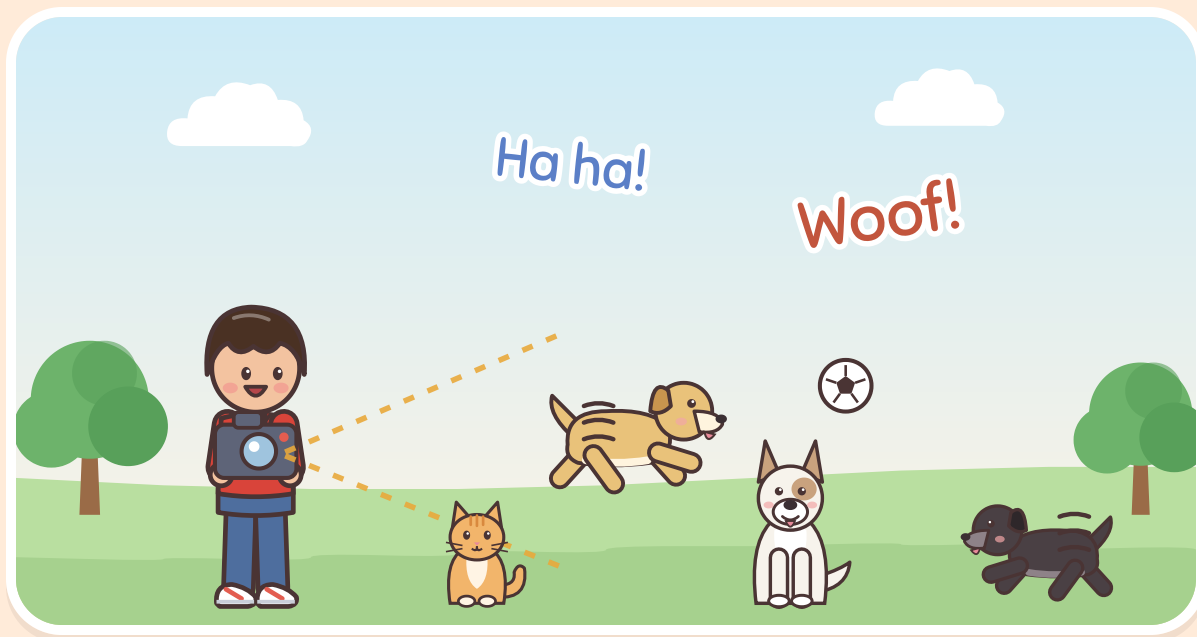
Carlo's Furry Friends

📍 Milan, Italy



Carlo loved animals! At home he had four dogs, two cats and even some goldfish. He fed them, walked them and gave them lots of cuddles.

Carlo made funny movies of his pets! He filmed them running, jumping and chasing balls. Then the whole family watched and giggled.



LET US PRAY

Thank You, God, for all the animals You made!

Story 4

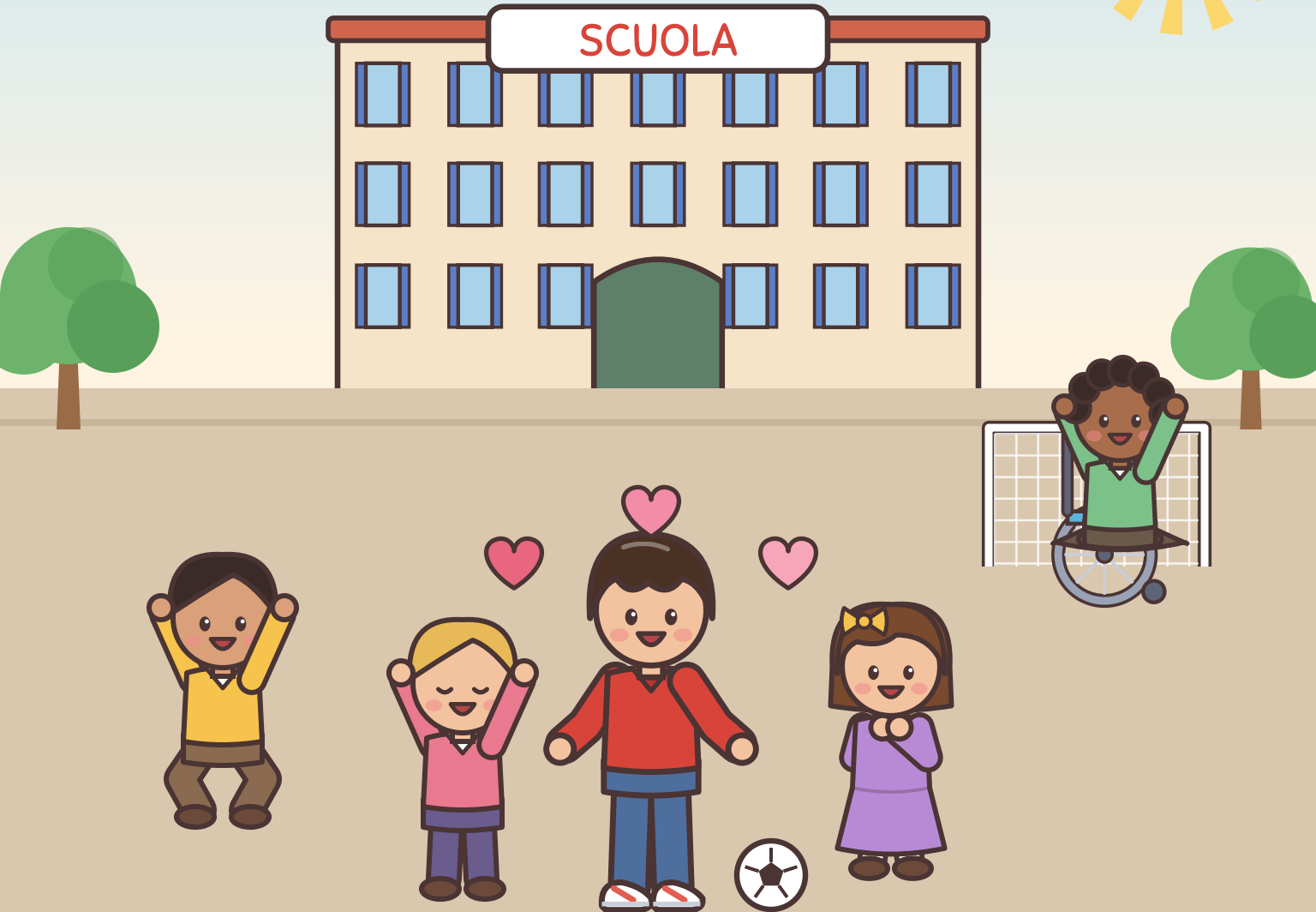
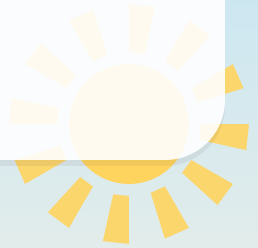
A Friend for Everyone

📍 Milan, Italy · at school

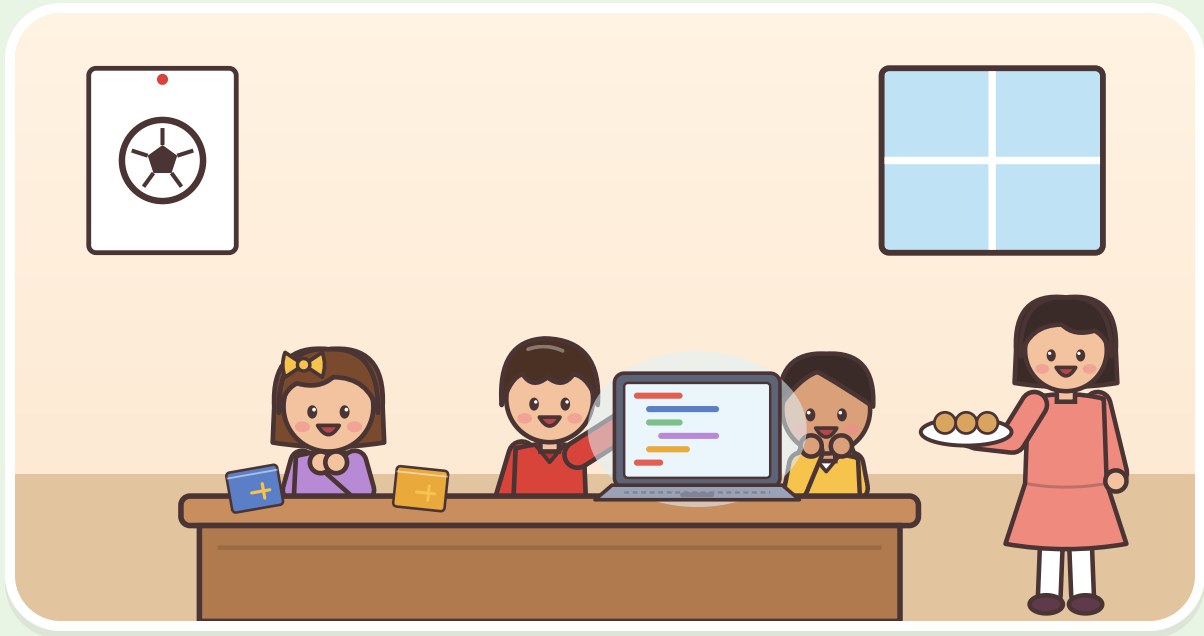


At school, Carlo had lots of friends. He always noticed kids who were sitting alone or being teased, and he went to be their friend.

"Come and play with us!" Carlo would say with his big smile. He stood up for kids who were teased, and he made sure nobody was left out.



Carlo invited friends home to do homework together.
Mamma brought snacks, and Carlo helped everyone
with the computer. With Carlo, everyone felt welcome!



LET US PRAY

Jesus, help me to notice friends who feel left out.

Story 5

Sleeping Bags and Sandwiches

📍 Milan, Italy

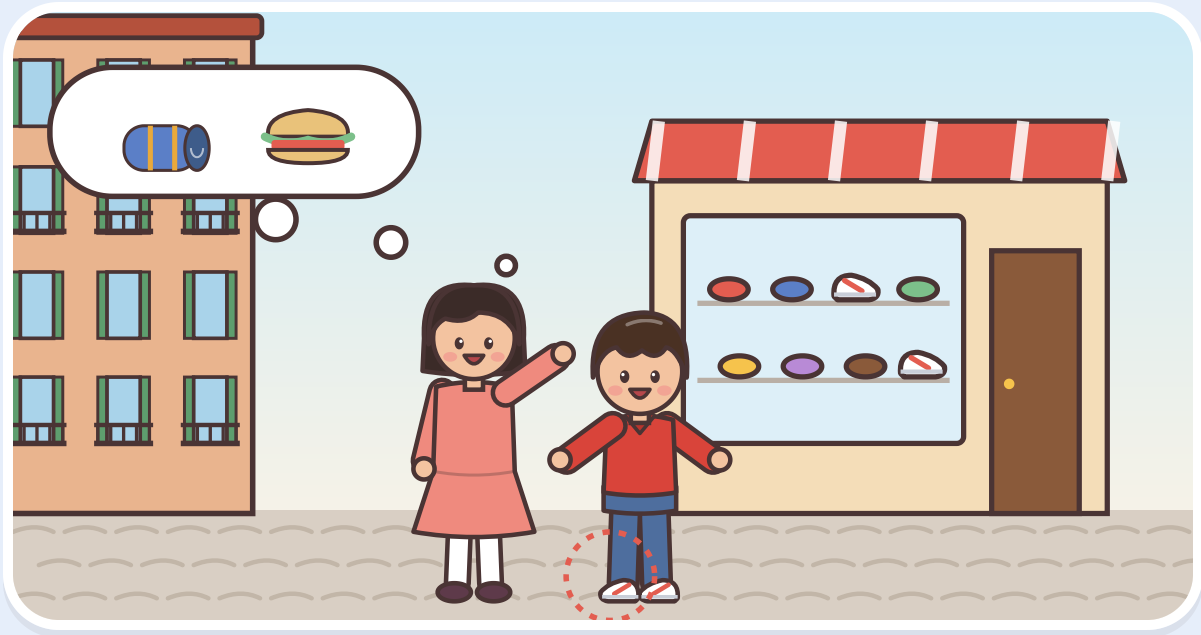


In the city, Carlo saw people who had no home. Some slept outside, even on cold nights. Carlo wanted to help them.

So Carlo saved up his pocket money and bought sleeping bags. He brought sandwiches and warm drinks, too. He always stopped to chat and smile.



Once, Mamma wanted to buy Carlo another pair of shoes. "But I already have a pair," said Carlo. "Let's use the money to help someone!"



LET US PRAY

Jesus, help me to share with people who need help.

Story 6

The Computer Whiz

📍 Milan, Italy · 2000s

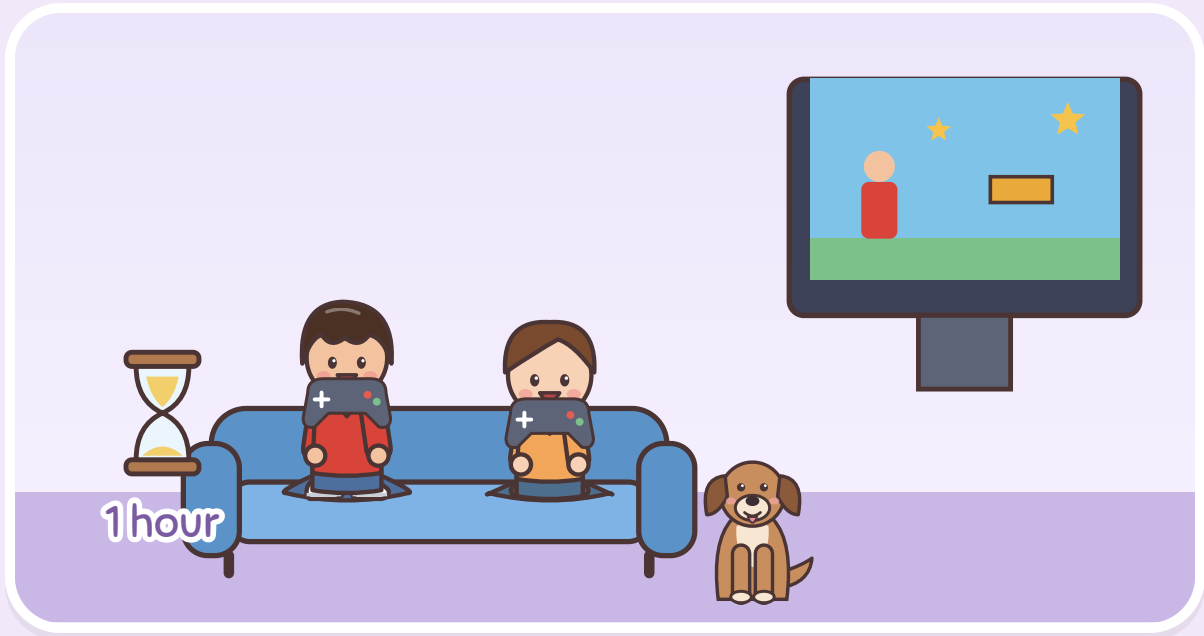


Carlo LOVED computers! He read big books about them and taught himself to write computer programs and build websites.

Then Carlo had a big idea! He made a website full of amazing true stories about Jesus in the Eucharist, from churches all around the world. People everywhere still visit it today!



Carlo loved video games, too. But he played for just one hour a week! He wanted plenty of time for Jesus, his family and his friends.



LET US PRAY

Jesus, help me to use my screens and games in good ways.

Story 7

A Saint in Sneakers

📍 Assisi and Rome, Italy



Carlo's favorite place was Assisi, the town of St. Francis. He loved its quiet hills, its churches and its singing birds.

When Carlo was 15, he got very sick. He stayed peaceful and offered everything to Jesus with love. Then Jesus welcomed him home to Heaven.



In 2025, Pope Leo made Carlo a saint! Thousands of young people came to celebrate, many in jeans and sneakers, just like Carlo.



LET US PRAY

St. Carlo, help me to stay close to Jesus every day!



A Prayer to St. Carlo Acutis

Let's pray it together!

St. Carlo, you loved Jesus with all your heart. You were a friend to everyone, you shared with people in need, and you used your computer to tell the world about God's love. Help me to stay close to Jesus, to be kind and generous, and to use my gifts to do good. **Amen.**

A little prayer for little ones

Carlo, Carlo, in sneakers you ran,
staying close to Jesus was your plan.
Help me share and help me pray,
and walk with Jesus every day! **Amen.**

Be Like Carlo!

Color in a ball each time you do it!



I can say hello to Jesus in church.



I can share with someone in need.



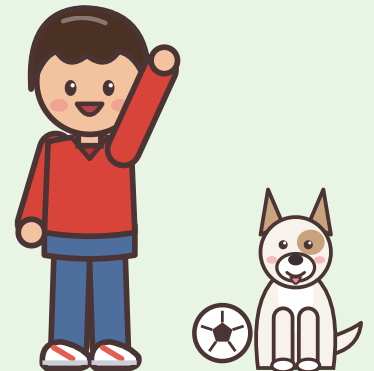
I can invite someone to play.



I can be gentle with animals.



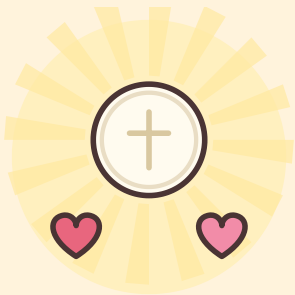
I can use screens to do good things!



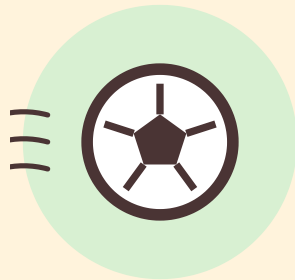
St. Carlo's Special Day



Every year on October 12, the Church celebrates St. Carlo Acutis, the friend of Jesus in sneakers. Here are some fun ways to celebrate!



Say hello to Jesus
in church



Play soccer with
friends



Share a treat



Give your pet a
hug

Color St. Carlo!



Be a friend of Jesus!

You can be a saint, too!



Carlo did everyday things with lots of love: playing, learning, sharing and praying. When you do that too, you are a lot like him, even in sneakers! Carlo is cheering you on!

Dear Jesus, thank You for St. Carlo. Help me to be Your friend every day. Amen.

For Grown-Ups

Where these stories come from: the memories of Carlo's family, friends and teachers, retold here simply and gently for young children.

1. **Hello, Jesus!** Carlo Acutis was born in London on May 3, 1991, to Italian parents, and grew up in Milan. As a small child he asked to go into churches to greet Jesus, and he picked flowers in the park for Our Lady.
2. **My Highway to Heaven.** He made his First Communion on June 16, 1998, aged seven, at the monastery of Bernaga in Perego, and from then on went to Mass daily and prayed the rosary. "The Eucharist is my highway to Heaven" is his best-known saying. His mother, Antonia Salzano, has said that his questions drew her back to the faith.
3. **Carlo's Furry Friends.** He loved animals; the family's pets included dogs, cats and goldfish, and he made short, funny films starring them.
4. **A Friend for Everyone.** Friends and teachers remember him defending classmates who were bullied, including students with disabilities, and looking out for children who were having a hard time at home. He befriended the family's helper, Rajesh, who later asked to become Catholic.
5. **Sleeping Bags and Sandwiches.** He used his savings to buy sleeping bags for people living on the streets of Milan and brought them food and hot drinks. His mother recalls that he did not want more than one pair of shoes.
6. **The Computer Whiz.** Largely self-taught in programming, he built websites for his parish and school, and, beginning at age eleven, an exhibition of the Eucharistic miracles of the world that has since traveled to thousands of parishes on five continents. He limited himself to about an hour of video games a week.
7. **A Saint in Sneakers.** He loved Assisi. Diagnosed with leukemia in October 2006, he offered his sufferings for the Pope and the Church, and died in Monza on October 12, 2006, aged fifteen. He rests in Assisi's Sanctuary of the Renunciation. Beatified in 2020, he was canonized by Pope Leo XIV on September 7, 2025, together with St. Pier Giorgio Frassati. His feast day is October 12.



St. Carlo Acutis,
pray for us!

Holy Helpers

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