

CHOOSING YOUR CONFIRMATION SAINT NAME

Names have always been an important part of our faith. God Himself said, ***“Do not fear, for I have redeemed you; I have called you by name: you are mine” (Isaiah 43:1).***

A new name has often signified a drawing closer to God, as with Abram becoming Abraham (Genesis 17:5), Jacob becoming Israel (Genesis 35:10), and Simon becoming Peter (John 1:42). It has never been uncommon for priests and religious people to take a new name upon entering the religious life, and Popes take a new name as well—the choice of *Francis* by our current Holy Father sent a clear message as to the kind of Pope he would be.

Choosing a Confirmation name is an opportunity to choose a name that has special meaning to you, a name that will help you in your journey of faith. By choosing a saint's name, you're asking him or her to pray for you in a special way. Having a special connection to someone in Heaven is a big deal!

So, what (or who) are saints?

The first thing to understand is why you are being asked to choose a saint. The saints aren't just dead people that you see in stained glass windows, holy cards, or as statues. The word ***saint*** comes from the Latin ***sanctus*** and literally means "***holy***." The Catholic Church believes that anyone can become a saint! Saints are those people whose lives are worth imitating and so much so that they are an example for us!

What does the term “the Communion of Saints” mean?

It refers to the communion of "holy persons" in Christ who "died for all". So that what each one does, or suffers in and for Christ, bears fruit for all. (Catechism of the Catholic Church, 961) Basically, all of these saints who came before you are part of your extended family. They are those wonderful relatives who are praying for you and rooting for you to get to Heaven.

Why should I choose a Confirmation saint?

For a moment, think about that one person in your life that you really look up to or admire. Then imagine that this person has been declared a saint and you could ask him or her to pray for you! Wouldn't that be great? Well, that's exactly what you get when you choose a Confirmation saint - someone to emulate for his holiness and someone to intercede for you in Heaven. By choosing a saint's name we are making a conscious choice of a life we admire enough that we want him/her to be an intercessor for us! What does it mean to intercede? Or intercessory?

To intercede means to intervene on behalf of another. So, when we say that a saint intercedes for us, it means that they intervene on behalf of us in prayer.

What does it mean when we say, “patron saint”?

Patron saints are chosen as special protectors or guardians over areas of life. These areas can include occupations, illnesses, churches, countries, causes -- anything that is important to us. We can ask for the intercessions of a saint with a specific patronage when we come across a particular issue. For example, when we lose something, we can ask for the intercessions from St. Anthony, who is the patron saint of lost things.

How do I pick a saint name for Confirmation?

First of all, don't treat this as a box to check off and pick St. Francis just because you have a vague idea about his life.

1. The first thing you should do is **pray**. Ask the Holy Spirit for guidance in choosing a saint that will be best for you.
2. The second thing you should do is some **research**. Browse a library of saints online or get a good book of saints to read.

While you are reading about the saints ask yourself why you are drawn to some more than others. Is it because they were courageous in speaking about the Faith? Were they drawn to helping the poor? Did they have an occupation that you are interested in or have a family like yours?

Is this someone I look up to and want to emulate? Is this someone who I want to spiritually "have my back"?

Once you have decided on your saint, continue researching so you can get to know him/her better. Start asking this saint for guidance and the courage to take your reception of the sacrament of Confirmation seriously.

As a part of your preparation to receive the Sacrament of Confirmation, you have the privilege and responsibility, just like your parents did when you were born, to choose a name.

Tips For Finding and Knowing Your Saint Friend(s):

1. *Find a saint who intrigues you.* Is there a saint who sparks your curiosity or makes you uncomfortable? How about a patron saint of something you love? A saint with a goofy name or similar struggles as you? A saint you're resisting getting to know, or a saint you just don't "get"? Let these questions drive you deeper into who they are. They are perfect "conversation starters" for befriending the saints!

2. *Don't just collect saint names.* It's better to deeply know and love one or two saints than to superficially "know of" dozens. Pick the one or two saints who intrigue or inspire you and get to know them.

3. *Invest.* Start by reading their story online and intentionally invoking their intercession in prayer with a simple, "St.____, pray for us." Go deeper by reading up a biography or something they wrote. Let their spirituality and service inspire you in your own life, perhaps by incorporating silence into your life like St. Joseph, using media for evangelization like St. Maximilian Kolbe, or striving to feel with the Church and lift up the poor in your community like St. Oscar Romero.

4. *Read about their early life.* Often times, seeing the saints when they were young is all it takes to collapse the distance between us because we see that, in many ways, we aren't that different. This can also give us insights into how to follow Christ as young people.

5. *Seek out their advice.* This is a great way to invite a saint into your life more intimately and vulnerably. As you pray for their intercession, you can look to their life for insight into your own and often to their writings to see what they really would have said in a given situation.

6. *The saints are already pursuing you.* They're humble and don't draw attention to themselves, but if you pay attention, you will begin to notice the saints are walking with you already!

EXAMPLES OF COMMON VIRTUES

VIRTUE - a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself!

- Acceptance
- Assertiveness
- Authenticity
- Beauty
- Caring
- Commitment
- Compassion
- Confidence
- Consideration
- Contentment
- Cooperation
- Courage
- Creativity
- Detachment
- Determination
- Dignity
- Encouragement
- Enthusiasm
- Ethical
- Excellence
- Fairness
- Faith
- Flexibility
- Forgiveness
- Friendliness
- Generosity
- Gentleness
- Graciousness
- Gratitude
- Helpfulness
- Honesty
- Honor
- Hope
- Humility
- Integrity
- Imaginative
- Joyfulness
- Justice
- Kindness
- Love
- Loyalty
- Moderation
- Modesty
- Optimistic
- Orderliness
- Passionate
- Patience
- Peace
- Perseverance
- Purposefulness
- Reliability
- Respect
- Responsibility
- Reverence
- Self-discipline
- Service
- Sincerity
- Tact
- Temperate
- Tenacious
- Thankfulness
- Tolerance
- Trust
- Truthfulness
- Understanding
- Unity
- Wisdom
- Wonder

**CONFIRMATION PREPARATION
CHOOSING YOUR SAINT NAME**

**NAME:
DATE:**

Using this packet, answer the following questions in the space provided:

1. What is a virtue?

2. What (or who) is a Saint?

3. Why should you choose a Confirmation Saint name?

Answer the questions below before researching Saints. Once you have answered the questions, pull out certain words that you can use when searching for Saints.

1. List 3 of your hobbies:

2. What virtues do you most admire in a person? Why?
Example: "The virtue I most admire is *courage*."
When looking for Saints, I might search for Saints who were *courageous*.

3. List 5 virtues that you find the most important/valuable in a person(refer to Virtues page).

Remember to use those words as you search for your saint!

Research saints online:

1. Go to catholicsaints.info

On home page,

1. scroll down to the bottom right and select language you want to use under "TRANSLATE".
2. find and research the various groups of "Patron Saints of..." or "Saints who were..."
3. you may also click under GROUPS (Beatified by...; Canonized by...; Popes of the Church...; Martyr Groups...; and Saints who were...) on the right side of the page.

2. After you have done some research, answer questions below to help you limit your choices:

a. Which saints have a feast day that share your birthday?

Your Birthday:

Saints:

b. Which saint(s) had similar hobbies like you? Describe briefly.

c. Which gift/talent of 2 saints impressed you the most? Describe each of them.

d. Which saints had an interesting early life that got your attention? Describe 2 of them.

Pray that the Holy Spirit guide you as you consider your choices of saints and make a final choice!

Student Name: _____
SAINT NAME _____

SAINT FEAST DAY _____

PATRON of _____

BORN on _____

LIVED at _____ as a child,

_____ as a youth

_____ as an adult

DIED on _____

OCCUPATION(s) included _____

HOW DID THIS SAINT DIE? _____

AN INTERESTING FACT ABOUT THIS SAINT is _____

QUALITIES OF THIS SAINT WHICH I ADMIRE MOST include: Why?

THIS SAINT IS IMPORTANT TO ME AND MY LIFE because (at least 3 sentences)

THIS SAINT IS IMPORTANT TO THE CHURCH because (at least 3 sentences)

BY IMITATING THE QUALITIES OF THIS SAINT, HOW CAN YOU BECOME A BETTER CHRISTIAN? (at least 3 sentences)

THIS FORM IS DUE ON OR BEFORE _____