



## Confirmation Saint Packet

### The Sacrament of Confirmation: Picking a 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!

A bishop in a diocese of New York had this to say about choosing a saint name:

*“Do **NOT** choose a name just because the person is popular or famous or because the name sounds good. The name you choose is for life! So, it should be after a person whom you really admire for their Christian life of goodness, charity and holiness, preferably a saint or a blessed. It's not just about a name you like but a person whose whole life shows how a true friend of Jesus really lives.”*

~ Bishop Edward

## **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.

## **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. The first thing you should do is **pray**. Ask the Holy Spirit for guidance in choosing a saint that will be best for you.

The second thing you should do is some **research**. Browse a library of patron saints online or get a good book of saints to read. You can get a comprehensive saint dictionary or a book of modern saints!

As you start to narrow down the saints you are interested in, think again about the reasons to choose one. Is this someone I look up to and want to emulate? Is this someone who I want to spiritually "have my back"?

## **Why Do Catholics Choose Confirmation Saints? by LIFE TEEN**

As we go through our sacramental preparation for Confirmation, Confirmation saints are chosen to be a person we want to be like, as well as someone who can pray for us from heaven.

Through the process of canonization, when someone is declared by the Church to be a saint, the Church is proclaiming that this member of the faithful practiced heroic virtue during their life on earth, 'the Church recognizes the power of the Spirit of holiness within her and sustains the hope of believers by proposing the saints to them as models and intercessors' (CCC 828).

To aspire to be like a saint is the same as trying to imitate an actor, musician, or athlete; a confirmation saint is someone who we want to be like!

You may have a famous actor, musician, or athlete that you really admire for their talent and skill. What many people don't realize is that there are good people to look up to within our Church, for us to try to be like as well. It is common for us to think that only adults are able to become saints, but that is wrong. As a young teen in the early 4th century, Saint Agnes was martyred because she refused to renounce her faith. Saint Aloysius, a young Jesuit in the late 16th century, helped care for people who were sick with the plague, giving them care and love as they left this world. His close contact with the disease took his life soon thereafter. Both these young saints bear witness to having love of God as their first priority.

It is important to remember that as members of the Church, we are never been alone, as St. Paul said, 'We are surrounded by so great a cloud of witnesses' ( Hebrews 12:1 ). These witnesses are the saints who continually intercede for us (CCC 956); in choosing a confirmation saint, we are choosing a special friend to intercede for us in heaven and after whom we can model our lives while here on earth.

You can't call up a famous person you want to be like and ask them for help, but your Confirmation saint is someone who you can talk to whenever you need them and they will always have your back!

**Scan QR Code below to research and discover Saints!**



## Saint Report Guidelines

**Final reports are due on Sunday, January 21st, 2024**

The following things **MUST** be included on the Saint Report (printed or typed)

- **Name of Saint**
- What the Saint is the **patron** or **patroness** of
  - o (Example: St. Sebastian is the patron saint of athletes)
- **Birth date, death date, and feast day** [the day the saint is celebrated] *(if you can't find exact dates, don't worry! Sometimes the dates are unknown-so just put "unknown")*
- **Biography:** this should be brief but should include the important things pertaining to the life of your chosen saint. *Don't just copy and paste from a website! Take the time to learn about your chosen saint.*
- Include **5 interesting facts** about your saint *(this should be different from the biography)*
- **Compare** your saint to a famous person or someone who reminds you of your Saint.
  - o This could be a family member, someone famous, or even a fictional character. The point of this is to realize that holiness and saintliness is in all of us *(and it's what God is calling us to!)*.
  - o Please include the name of this person and an explanation of why you are comparing that person to your chosen saint.
- A paragraph describing **why you chose your saint** *(please include how your chosen saint inspires you)*.
- A **prayer** commonly attributed to the saint-if you can't find one, please find a prayer that you can associate with your saint.
- A paragraph describing **how** you hope your Saint will help you throughout your life.

*\* Additional information can be added to the report if students wish to include it \**

**Should you have any questions, please contact Jerry Torres.**

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