

# **Holy Rosary's Saint Project + Confirmation Name**

**Due December 2, 2023**



## **Why do Catholics choose a Confirmation Saint?**

Confirmation saints are chosen to be a person we want to be like, as well as someone who can pray for us from heaven. To aspire to be like a saint is the same as trying to imitate an actor, musician, or athlete; a confirmation saint is someone cool who we want to be like! It is important to remember that as members of the Church, we are never alone, as the Letter to the Hebrews says, “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!

## **Why Do Catholics Choose a Confirmation Name?**

Scripturally, a name is not only what a person is called, but also who the person is — a special meaning of that person. In Semitic thought, the name conveyed the truth of the person. God was YHWH (“I AM”) Jesus was Yeshua, Joshua (“One who saves”).

Your first name(s) — is the name chosen by your parents when you were born and announced at your Baptism. Your last name — this is the name that was chosen before you were born. This is your family name and is part of your legal name, unless you choose to change it legally.

Everyone will select a Confirmation saint. They should inspire you, and/or they exhibit qualities in their life that you admire or share yourself. It may be one of your namesakes given to you by your parents, or it may be someone new. You have the option, if you choose someone new, of having that be your Confirmation name — adding it after your first name when the bishop

anoints you with the Sacred Chrism in place of your middle name. In the Scriptures and in Christian history, changing your name signaled a change in your vocation or even your identity.

## **How do I select a Confirmation Saint?**

- 1) **Pray:** You're asking a saint to be a part of your life forever. Take some time to think and pray about a few things: What kind of role model are you looking for? What qualities do they have that you want? What kind of person are you hoping to become? Choose a saint that you can identify with. Pick a few different saints and then spend time in prayer and ask all of them to pray for you. You might find that one begins to stick out more than others.
- 2) **Research:** After you've taken time to pray about it, do some reading. There are plenty of books and websites out there that will give you information on saints. The Church has a saint for almost anything you can think of. You can start with the resources listed below:
  - Websites:  
<https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>  
<https://www.catholic.org/saints/popular.php>
- 3) **Ask:** Talk to your parents, pastor, friends, or siblings about their Confirmation saints. Why did they pick them? Do they have a special devotion to a saint? Who would they pick for you? Asking those who know you best can help you find a saint you can really rely on for your whole life.

## **Requirements for Saint Project**

**Due Date: December 2, 2023**

**submitted to:** [Evangelization@Holyrosaryseattle.org](mailto:Evangelization@Holyrosaryseattle.org) or bring to the retreat.

### **A candidate can either:**

1. Type a research paper (2 pages; double spaced – your own work/words)

**OR**

2. Create a PowerPoint presentation (Minimum of 10 slides)

### **The following information must be included:**

- The Saint's basic biographical information. (Birth and death dates, where they lived, family information etc.)
- How the Saint modeled Christ's love in his or her lifetime. (How did they become a saint? What is he or she remembered for?)
- Why YOU are choosing this Saint as your patron. (How does their life inspire you to grow closer to Christ?)