Choosing a Confirmation Name (or Favorite Patron Saint)* - Summer Homework

*Note: Everyone must research a Saint for Confirmation. Whether you choose to use that Saint’s name as your Confirmation name is optional, but you are still required to explore the life of a saint and share what you learn with your group.

WHY/HOW DO I CHOOSE A CONFIRMATION SAINT?

Each candidate is required to select a Confirmation Name—the name of a Saint. Why? Because their example of holiness provides us with a way to understand that living our faith is possible. They give us something to work towards, show us how to use our gifts, and appreciate God’s grace. The name you choose will be placed on a nametag that you will wear the day of your Confirmation Mass. The Bishop will use this name when you are anointed with the chrism oil and sealed with the Holy Spirit! It is important to determine a Saint that you admire and with whom you are familiar. Take into consideration why it is they are a Saint and what ministry they did. Saints are often known as the patron saint of (almost anything), like the Patron Saint of athletes, nurses, soldiers, music, accountants, teenagers and many, many other things. Pick carefully and use wisdom in your search. Talk with your sponsor and/or parents about your choice.

So, what 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 and on holy cards. The Communion of Saints is: [The] communion of “holy persons” (sancti) 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?

Just for a minute think about someone that you look up to; someone that you really wish you could be like and then imagine that this person has been declared a saint and you could ask him 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 one 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.

Step One: Pray. Ask the Holy Spirit for guidance in choosing a saint that will be best for you.

Step Two: Research. Browse a library of patron saints online or get a good book of saints to read. You can get a comprehensive saint dictionary, a book of modern saints, or if you are really ambitious you can get the four volume Butler's Lives of the Saints (these are all available in the Faith Formation office). 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?

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"?

For now, you are just doing some light research and getting some ideas. Below you will list some possible saints that you may decide to use as your saint for Confirmation. Ask your parents what saint name they were Confirmed with and ask your sponsor too!

Please choose 3 possible Saint names (write them in the space below) and bring this to your first session. You will turn this paper in. In February your official saint assignment will be due. You can use one of the following three, or another. In other words, you are not going HAVE to use one of the following three.

1. ______________________________ 2. ______________________________ 3. ______________________________