



My Saint/Confirmation Name - Sharing the Story of Your Saint

The tradition of taking on a new name to show a new rule can be traced back to the Old Testament. When Abram was called to lead his people to believe in the one God, his name was changed from Abram to Abraham, "Father of many nations" (Genesis 17: 5). Again, in the New Testament, we find Simon's name changed to Peter, meaning "rock", because he was to become the rock upon which Jesus founded his Church (Matthew 16:18). Now that you are about to be confirmed, it is time to choose the name you will take as a sign of your growth in faith. A name identifies you in a unique way, not just your physical self, but who you are as a person. One of the traditional practices in the Church at the time of Confirmation is choosing a name that will remind you of this sacrament. Your prayerful reflection will help you determine that name. You might want to recommit yourself to your

Baptismal name since it expresses the relationship that exists between these two sacraments, especially after you reflect on its meaning and discover some of the people who shared your name in Christian history. You might want to choose the name of a saint who represents the type of Christian you wish to be. It is important to learn as much as you can about your patron saint. After all, you are asking this saint to be your friend and advocate for the rest of your life. Whether you decide to stay with your Baptismal name or pick a new name, take the time to research and explore the root meaning of the name, for as Scripture says "God calls each of us by name." If you choose your Baptismal name, that is the saint you will write your report on.

- **Step 1:** Find a list of Canonized saints of the Roman Catholic Church that are people who have lived holy lives and are now in heaven as members of the Church Triumphant. Their life stories provide examples for others of how to overcome spiritual obstacles on Earth. If searching the internet be sure to search on "Catholic saints". A "Blessed", not yet canonized Saint, may be used.
- **Step 2:** Pray to the Holy Spirit, and ask Him for help in finding a Saint whose life you'd like to imitate. This saint will be bonded with you spiritually, and in essence becomes your heavenly patron who intercedes for you before God.
- **Step 3:** Narrow your selection to two saints. One of them will be your new Confirmation name. Think about the specific virtues those saints exhibited, such as patience, perfection, diligence, humility, mortification, meekness, obedience, prayer, charity or simplicity. Find a virtue that connects with you.
- **Step 4:** Consider one or two special stories about those two and use them to help you find a spiritual connection. For example, St. Maximilian Kobe gave up his life for another person's life in a German concentration camp during World War II, and so showed the virtue of selflessness. St. Maria Goretti was stabbed 14 times as she refused to give up her chastity to an older man.



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Then as she lay dying, she forgave her abuser because she wanted him to find peace and see her in Heaven. She showed the great virtue of Forgiveness.

- **Step 5:** Take your list of 2 saints to a family member or friend who is a practicing Catholic. Talk about the saints' lives with that person, and discuss what attracts you spiritually to these holy people.
- **Step 6:** Select your confirmation name and inform your family and friends. Get used to it by saying it over and over again in your mind. Practice writing it as part of your full name.
- **Step 7:** Before you are Confirmed, pray to this saint to intercede for you, to help you make the right moral choices, and overall to be a powerful spiritual guide for the rest of your life. These visual reminders of your saint will help you reflect upon his or her unique virtues.

Reports are due to your Catechist by Friday, February 16th!

Include the following topics in your report:

- Who is the Saint? (When and where did he or she live, family life, education, job, etc.)
- What have you learned about this Saint through your research (e.g. How did they become a Saint?)
- Why did you select this Saint to represent your faith journey?
- How is this person a good role model for you to follow as a confirmed Catholic?
- Make sure you describe which Saint you have picked to be your Confirmation Saint (in case you write about two saints, we need to know which one is the one you have definitely picked).

Please type out your 1 page report and add the following information at the top

Candidate's (student) Name

Confirmation Saint Name

This Saint's Feast Day is

There are numerous online resources for learning about the lives of Saints. Here are a few:

<http://www.americancatholic.org/>

<http://www.catholic.org/saints/>

<http://www.ewtn.com/saintsholy>

<https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>