

Your Summer Homework:

# Choosing a Confirmation Saint

Due First day of Confirmation Year 2 class on September 16

## YOUR CONFIRMATION NAME

As a candidate for the celebration of the sacrament of Confirmation, you have two options concerning the choice of a Confirmation name. The name chosen would represent the direction you feel your faith life is taking, or would represent a saint whose Heroic Virtue embodies the strength or attributes you feel you need.

1. You may choose your present baptismal name (your regular first name). This shows the sacramental connection with the first and second part of your initiation into the Catholic Church-Baptism and First Eucharist. To stay with your baptismal name would demonstrate that you feel there has been a continual growth in your faith and you now wish to make this formal through Confirmation.
2. You may also choose the name of a person who inspires you or a saint's name. This would symbolize a new beginning in your faith life and a connection with that person or saint. This would be especially appropriate if you are now making a renewed commitment to your faith. Your commitment would be symbolized with the taking of a new name to show that you are in some ways a new person. This option of taking a new name is not to be used because you like the sound of the name, how it fits with your other names, or because it is the name of a nice friend or relative. In this case, the Bishop will say both your Baptismal Name and your Confirmation Saint name.

## CHOOSING A CONFIRMATION SAINT

A patron saint is chosen by each person preparing for Confirmation. Regardless of your choice of whether to take on a name or stick with your own (especially if you were already named after a Saint whom you now reaffirm), **everyone will pick a Confirmation saint to research.** It is important and necessary to know something about the person or saint before you decide on taking their name.

With the help of your Sponsor, you will choose a saint for your Confirmation. The Confirmation Saint you choose will be one you will need to become familiar with and ask for their prayers to help you prepare to fully receive the Holy Spirit on your Confirmation Day.

## HOW DO I CHOOSE A SAINT?

Begin by reading good biographies of saints, not just short descriptions of them. There are many good movies that faithfully depict the lives of the saints. [Good website to learn of saints and their attributes: <http://catholicsaints.info/>] After doing this you should select one saint or blessed whose spirituality or example you would like to follow knowing:

- That saint will become a particular friend on life's journey to Heaven.

- You may ask special intercessions from your patron in prayer.
- You should honor your patron saint by knowing his or her Feast Day and attending Mass is possible (Just like knowing the birthday of a good friend)
- You may choose a patron who is either a declared Saint or Blessed.

### INSTRUCTIONS

Choose a canonized or beatified Saint of the Catholic Church, it CANNOT be the Blessed Virgin Mary or another title given to Mary (e.g. Our Lady of Guadalupe) or Our Lord or a title given to Jesus (e.g. Divine Mercy, Holy Child). It can be a popular saint, one from the Bible (Old Testament saints count too!), or one more recently canonized a Saint or declared a Blessed.

Know the 5W's:

- Who, and if they changed their name, know also their birth name (e.g. Karol Woltyla for St. John Paul II)
- Where:
  - Where did they live and serve, and die
- When:
  - What time period/century did they live? Years of birth and death
- What:
  - What did they do that showed **Heroic Virtue**
- Why
  - What was the reason why they answered God's will or their primary motivation to follow their vocation (i.e. why they joined the Religious Life, the Priesthood, Marriage, became martyred)

After consulting with your sponsor, write a two-paragraph paper, with the first summarizing what you learned about the life of your saint and the second paragraph about why you chose him/her. Easy, right? This paper is due on the first day of Confirmation Year 2 in September.

### FROM THE CATECHISM:

The patron saint provides a model of charity; we are assured of his intercession. CCC 2156

The name one receives is a name for eternity. In the kingdom, the mysterious and unique character of each person marked with God's name will shine forth in splendor. "To him who conquers... I will give a white stone, with a new name written on the stone which no one knows except him who receives it" (Rev 2,17). "Then I looked, and lo, on Mount Zion stood the Lamb, and with him a hundred and forty-four thousand who had his name and his Father's name written on their foreheads" (Rev 14,1). CCC 2159

# List of suggested saints

Saints who I'm pretty sure were actually superheroes

St. Peter  
Bl. Miguel Pro  
St. Maximilian Kolbe  
St. Joseph Cupertino  
St. George Martyr  
St. Joan of Arc  
St. Padre Pio  
St. Louis IX  
St. George  
St. Simeon Stylites  
St. Quiteria  
St. Denis  
St. Margaret of Antioch  
St. Patrick  
Modern day saints  
St. John Paul II  
St. Gianna  
Bl. Chiara Badano  
St. Josemaria Escriva  
Bl. Mother Teresa  
St. Teresa Benedicta of the Cross  
St. Katharine Drexel  
St. Maria Faustina Kowalska  
St. John XXIII  
St. Pauline of the Suffering Heart of Jesus

St. Luigi Orione  
St. Andre Bessette  
St. Jaime Hilario Barbal  
St. Riccardo Pampuri  
St. Maria Bernard Butler  
St. Pius X  
St. Mary MacKillop

Doctors of the Church

St. Ambrose  
St. Jerome  
St. Gregory the Great  
St. Athanasius  
St. John Chrysostom  
St. Basil the Great  
St. Gregory of Nazianzus  
St. Thomas Aquinas  
St. Bonaventure  
St. Anselm of Canterbury  
St. Isidore of Seville  
St. Peter Chrysologus  
St. Leo I, the Great  
St. Peter Damian  
St. Bernard of Clairvaux  
St. Hilary of Poitiers  
St. Alphonsus Liguori  
St. Cyril of Jerusalem  
St. John of Damascus  
St. Cyril of Alexandria  
St. Bede the Venerable  
St. Ephrem the Syrian

St. Peter Canisius  
St. John of the Cross  
St. Robert Bellarmine  
St. Albert the Great  
St. Anthony of Padua  
St. Francis de Sales  
St. Lawrence of Brindisi  
St. Catherine of Siena  
St. Thérèse of Lisieux

Saints with a really cool conversion story

St. Ignatius of Loyola  
St. Francis of Assisi  
St. Mary Magdalene  
St. Paul  
St. Augustine of Hippo (also a doctor of the Church)  
St. Genesius  
St. Vladimir of Kiev  
St. Moses the Black  
St. Longinus  
Bl. Imelda Lambertini

Saints with names your bishop might have trouble pronouncing but have amazing stories

St. Kateri Tekakwitha

St. John Chrysostom  
St. Alphonsa  
Muttathupadathu  
St. Benedicta Hyon  
Kyongnyon  
St. Ceolwulf of  
Northumbria  
St. Quadragesimus  
Bl. Volodymyr Pryjma  
St. Zygmunt Gorazdowski

Saints who reached  
sanctity before the age  
of 25

St. José Sánchez del Rio  
St. Agnes  
St. Dominic Savio  
St. Tarcisius  
St. Maria Goretti  
Bl. Chiara Luce Badano  
St. Aquilina  
St. Gemma Galgani  
St. Lucy  
Bl. Pier Giorgio Frassati  
St. Charles Lwanga  
St. Perpetua  
St. Francisco Marto  
St. Jacinta Marto  
St. Philomena

St. Aloysius Gonzaga

Saints for specific  
intentions

For the universal Church  
and fathers – St. Joseph  
For those suffering  
nervous and mental  
afflictions – St. Dymphna  
For abuse victims – St.  
Monica  
For earaches – St. Polycarp  
For headaches – St. Teresa  
of Ávila (also a doctor of  
the Church)  
For toothaches – St.  
Apollonia  
For sore eyes – St. Clare of  
Assisi  
For those too sick to care  
for themselves – St. Roch  
For the poor – St.  
Lawrence  
For protection from fire –  
St. Agatha of Sicily  
For those who struggle  
with doubt – St. Thomas  
the Doubter  
For “hopeless causes” – St.  
Jude Thaddeus

For athletes – St. Sebastian  
For musicians – St. Cecilia  
For artists – St. Catherine  
of Bologna  
For students – St. John  
Bosco and St. Benedict  
For speakers and  
philosophers – St. Justin  
Martyr  
For travelers – St.  
Christopher  
For friendships – St. John  
the Evangelist  
For Christian mothers –  
St. Anne  
For adopted children – St.  
Thomas More  
For farmers and rural  
communities – St. Isidore  
the Farmer  
For bakers – St. Nicholas  
of Myra (“Santa Claus”)  
For fishermen – St.  
Andrew  
For hunters – St. Hubert  
For physicians – St. Luke  
For altar servers – St. John  
Berchmans

Credit to Rachel Penate from Life Teen

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