

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/>>