

Holy Family & St. Joseph the Worker Confirmation - **Saint Project**

What's in a name?

When you were born, your parents chose your name. They may have chosen your name in honor of a special person in their lives: a grandparent, aunt or uncle. They may have chosen your name for the meaning behind it. Perhaps they chose your name because they felt a close connection to a holy man or woman of our faith - one of the saints. Maybe they just really liked your name! Most likely, it was a combination of many factors.

Your name gives you an identity; it tells others who you are. Throughout our lives, we will identify ourselves with many names- the name of the mascot of our school, the name of the region of the country we live in, the title of the career we choose. At your Baptism, you were called by name, and christened to become a child of God. You entered into the Catholic community by name. Now it is your turn! As a part of your Confirmation preparation you are given the opportunity to choose the name of **a Saint with whose life and gifts you can identify**. At the Rite of Confirmation the Bishop will call you by the Saint name you have chosen.

The Saints are our spiritual guides, our companions on life's journey. Their Experiences show us the path we are to take in our own lives. The title of Saint tells us that the person lived a holy life, is in heaven, and is to be honored by the universal church.

Patron Saints are chosen as special protectors or guardians over areas of life. These areas can include occupations, illness, countries, sports, causes -- anything that is important to us. For example, Francis of Assisi loved nature and so he is patron saint of ecologists. Francis de Sales was a writer and so he is patron of journalists and writers.

REMEMBER: Do not choose a name just for the name itself-choose for the story behind the saint and how that saint can help you as you go forward in life.

Where should I begin to choose a Confirmation name?

There are a variety of books depicting the lives of the saints and a book is a good place to start! The following sites are great resources that I have found helpful:

<http://saints.sqpn.com/> - *A good site to begin looking for a Saint, other sites give more detailed information.*

<http://www.catholic.org/saints/> - *This site has very detailed information.*

<http://www.catholic-saints.info/> - *Very understandable stories about the Saints*

<http://www.americancatholic.org/Features/Saints/byname.aspx> - *Very understandable stories about the Saints*

Like everything you are doing, it is very important this is well thought out and researched. Please do not procrastinate on this. Take some time and do a good job on it.

If you have any questions, please feel free to email me at cwallin@sjwhf.org or call me at 507-388-3766

