

## Family “Saint” Activity

Those who are preparing for Confirmation are permitted to choose their “Confirmation name”. This is the name that the Archbishop will use when he confirms the candidate, and this name will also be entered into the permanent records of the parish. Candidates are encouraged to use their baptismal name (showing the connection between Baptism and Confirmation) or they may choose the name of a saint that they admire.

Researching saints should be a long-term activity, not something crammed in at the last moment. This sort of research would be perfect as a family project, allowing family members to discuss the merits of those who have gone before us.

There are a number of ways that families can research the lives of the saints together. Here is one suggestion:

- Print out this sheet of [patron saints](#) (this list isn’t comprehensive, but it could give you a good start!)
- Share the list with your teen, asking them to highlight 10 or so that intrigue them.
- Highlight an additional 5 which intrigue you
- Ask your teen to use one of the website below to print off some information about each of the highlighted saints.
  - o [www.catholic.org/saints/](http://www.catholic.org/saints/)
  - o <http://info.franciscanmedia.org/>
  - o <https://catholicsaints.info/>
- Each week, post the information about one of the saints in the kitchen (perhaps on the refrigerator). At dinner time of one of the nights during the week, encourage conversation about the week’s saint and let everyone in the family participate. Talk about what struck you about the life of the saint and about how you think that saint would live their life if they were alive today.
- Occasionally, ask your teen which saint to whom they feel especially close.
- At the end of the process, help your teen pick the saint who they want to pray for them in a very special way.