

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". 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.

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 in the Roman Catholic Church by reading a book or doing online research. Saints 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 on how to overcome spiritual obstacles on Earth. If searching the internet be sure to search on "Catholic saints". A "Blessed", not yet canonized a 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 the one or two special stories told about those saints on your "short" list to help you find a spiritual connection. For example, St. Maximilian Kolbe 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. Francis, a spiritual leader who founded a religious order, led a simple life of poverty and greatly loved animals.
- Step 5: Take your list of two 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 the saint whose name you will be using as your Confirmation name. Ask this saint to intercede for you, to help you make the right moral choices, and overall to be a powerful spiritual guide the rest of your life.
- Step 8: Find, print out or buy pictures, holy cards, statues and books associated with your Confirmation's namesake. These visual reminders of your saint will help you reflect upon his or her unique virtues.

GUIDELINES FOR SAINT REPORT



Assignment: Write a report on the saint you have chosen.

Length & Typeface: Minimum of two pages, maximum of three pages. Single-spaced, 12 point font; should not be handwritten unless necessary.

Contents:

At the top of your report please include your full name, class day and time, catechist names.

Retype each of the following before answering.

1. The saint I chose to pray to and imitate in my preparation for Confirmation (be sure to use the saint's COMPLETE name.....ie. St. Francis *of Assisi*, there may be many saints with the same first name, so specify!) is:

2. Write a summary of your saint's life story. (minimum of five paragraphs of 4-6 sentences each)

- what point in history did this saint live?
- where did this saint live?
- what difficulties and struggles did this saint encounter?
- how did this saint follow Jesus in the way he or she lived?
- how did this saint become holy?
- how did this saint die?

3. Why did you choose this saint, why are they meaningful to you? (min. of 5 sentences)

4. What event in the life of this saint most impressed you? Why? (min. 6 sentences)

5. What special virtues did this saint have and how did she/he demonstrate this?
(min. 6 sentences)

6. How could you imitate this saint today? Be specific!
(min. 5 sentences)

7. When was this saint canonized or beatified by the Catholic Church? Does your saint have a feast day? If so, what is the date?

8. If your saint is a patron saint, what of?

FYI: Other Christian denominations also have saints but may not be recognized by the Catholic Church. When using the internet be sure the website you are using is Catholic. Below are several Catholic websites.

ROMAN CATHOLIC SAINT WEBSITES

- <http://www.catholic.org/saints/>
- <http://www.ewtn.com/saintsHoly/>
- <http://www.catholic.org/saints/>
- <http://www.catholic-saints-resource-center.com/catholic-saints.html>
- <http://churchyear.net/>

*******KEEP ONE COPY OF YOUR SAINT REPORT. You will need it during class and as a refresher prior to Confirmation Mass at which time you will probably be asked about your saint.**