



SAINT EXPLORATION FORM



Name: _____ Date: _____ Class: _____

Your name gives you identity; it tells others who you are. One of the traditional practices in the Church at the time of Confirmation is choosing a saint name to inspire us on our Christian journey.

This year, you will explore a few different saints who are connected to you in some way. Next year (8th grade), you will decide upon your Confirmation Name. Names of saints are chosen to serve as patrons and models for those being confirmed. Candidates should choose a patron saint's name, not because of the attractiveness of the name, but because of the attractiveness of the Christian life which that person led. It is important and necessary to learn something about a few saints before you decide. *Note: You must complete this activity even if you know which saint you will be choosing next year ☺*

Helpful Resources: Search online:

Catholic Online Saints and Angels: www.catholic.org/saints

American Catholic (search by name, date or patronage): www.americancatholic.org

- 1) What is your **baptismal name**? _____
- 2) What Saint shares your name? _____
- 3) When is that Saint's feast day? _____ his/her birthday? _____
- 4) Name something the Saint is known for? _____
- 5) Name a virtue this Saint displayed in his/her life: _____

- 6) When is your **birthday**? _____
- 7) What Saint has your birthday as his/her feast day? _____
- 8) When and where did he/she live? _____
- 9) Name something the Saint is known for: _____
- 10) Name a virtue this Saint displayed in his/her life: _____

11) What **country** do your ancestors come from (choose one)? _____

12) Who is the patron saint of that country? _____

13) Why is this saint the patron of that country? _____

14) When is the Saint's feast day? _____ his/her birthday? _____

15) Name a virtue this Saint displayed in his/her life: _____

16) Name one of your favorite activities or **hobbies**: _____

17) What Saint is the patron of it? _____

18) Why is this Saint the patron? _____

19) When is his/her feast day? _____ his/her birthday? _____

20) Name a virtue this Saint displayed in his/her life: _____

21) Name **another Saint** who interests you: _____

22) Why does this Saint interest you? _____

23) When and where did this Saint live? _____

24) When is his/her feast day? _____ his/her birthday? _____

25) Name a virtue this Saint displayed in his/her life: _____

If you cannot find a specific saint for your name, check to see if your name is a derivative of a saint's name, e.g., there is no Saint Ellen, but Ellen is derived from Helen. Saint Helen, the mother of Constantine the Great, found the True Cross and is the Patron Saint of archeologists.



Saint James School of Religion

Confirmation Requirement:

Stewardship (Spiritual and Corporal Works of Mercy)

Helping others is a foundational part of Catholic teaching. It is our obligation and our duty. We ask each Confirmation candidate to perform **10+ hours in Grade 7 and 10+ hours in Grade 8.**

Due to Covid-19 restrictions, we modified the stewardship hours to help the candidates fulfill the needed requirements. These are the requirements: **5+ Liturgical Hours** (Home, Parish and Diocese); **5+Service Hours** (Home, Parish and Community) Students may serve more than the 10 required hours for each grade.

Some ideas of Liturgical Hours:

- ✚ family pilgrimage by visiting holy places to pray,
- ✚ praying rosary at home or while driving for the intentions of others (spiritual works of mercy),
- ✚ going to confession,
- ✚ attending Holy Mass on Saturday (outside Sunday's obligation),
- ✚ participating a virtual retreat (when there is an opportunity)
- ✚ praying devotions like Divine Mercy chaplet at 3:00PM
- ✚ Making a visit in church for Eucharistic Adoration on Thursdays or anytime for 15mins/week
- ✚ Read the Sunday scripture readings at home before attending Holy Mass on Sunday

Some ideas of Services:

- ✚ seeking opportunities to do (spiritual and corporal works of mercy- at home, neighborhood and parish, if applicable)
- ✚ writing a letter to comfort a sick relative/friend
- ✚ connecting to a relative who maybe alone via phone call
- ✚ helping chores at home
- ✚ and any other services that involve either corporal or spiritual (home, parish or neighborhood, when applicable)

Below are the lists of the Works of Mercy

Corporal Works of Mercy	Spiritual Works of Mercy
* feed the hungry	instruct the ignorant
give water to the thirsty	Counsel the doubtful
clothe the naked	Admonish the sinners
shelter the homeless	Bear wrongs patiently
visit the sick	Forgive offenses
visit the imprisoned	Comfort the afflicted
bury the dead	Pray for the living and dead



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Confirmation Requirement: Stewardship Project Record Form

Please complete a Form for EACH Project. Please circle (Liturgical or Service)

Candidate's Name and Section (7A, 7B, 8A,8B,etc.): _____

Project Name or Description: (Who did it serve?) _____

Date/Time Spent:

What Corporal or Spiritual Work of Mercy inspired this service? _____

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Your reaction? (i.e How did it make you feel? Would you do it again? Did you learn anything about yourself and others?):

Signature of parent/guardian or person served as witness to the service hours earned:
