

The Sacrament of Confirmation:

Picking a Saint Name

Names have always been an important part of our faith. God Himself said, “Do not fear, for I have redeemed you; I have called you by name: you are mine” (Isaiah 43:1).

A new name has often signified a drawing closer to God, as with Abram becoming Abraham (Genesis 17:5), Jacob becoming Israel (Genesis 35:10), and Simon becoming Peter (John 1:42). It has never been uncommon for priests and religious people to take a new name upon entering the religious life, and Popes take a new name as well—the choice of *Francis* by our current Holy Father sent a clear message as to the kind of Pope he would be.

Choosing a Confirmation name is an opportunity to choose a name that has special meaning to you, a name that will help you in your journey of faith. By choosing a saint’s name, you’re asking him or her to pray for you in a special way. Having a special connection to someone in Heaven is a big deal!

A bishop in a diocese of New York had this to say about choosing a saint name:

“Do NOT choose a name just because the person is popular or famous or because the name sounds good. The name you choose is for life! So, it should be after a person whom you really admire for their Christian life of goodness, charity and holiness, preferably a saint or a blessed. It’s not just about a name you like but a person whose whole life shows how a true friend of Jesus really lives.”

~ Bishop Edward Scharfenberger

The following is a list of online resources available for you to learn more about the saints!

<http://dowym.com/voices/quiz-which-saint-are-you-most-like/>

<http://catholicmom.com/2015/09/16/the-holy-name-of-mary/>

<http://saintsnamegenerator.com/>

<http://www.catholic.org/saints/stindex.php>

<http://www.roman-catholic-saints.com/>

<http://catholicexchange.com/saints-101-how-many-saints-are-there>

<http://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>

<http://thekennedyadventures.com/list-of-catholic-saints/>

<http://www.catholic-saints.info/saint-of-the-day/list-of-saints-names.htm>

So, what (or who) are saints?

The first thing to understand is why you are being asked to choose a saint. The saints aren't just dead people that you see in stained glass windows and on holy cards. The word *saint* comes from the Latin *sanctus* and literally means "holy." The Catholic Church believes that anyone can become a saint! Saints are those people whose lives are worth imitating and so much so that they are an example for us!

The Communion of Saints is:

- [The] communion of "holy persons" (sancti) in Christ who "died for all," so that what each one does or suffers in and for Christ bears fruit for all. (Catechism of the Catholic Church, 961)

Basically, all of these saints who came before you are part of your extended family. They are those wonderful relatives who are praying for you and rooting for you to get to Heaven.

Why should I choose a Confirmation saint?

For a moment, think about that one person in your life that you really look up to or admire. Then imagine that this person has been declared a saint and you could ask him or her to pray for you! Wouldn't that be great? Well, that's exactly what you get when you choose a Confirmation saint - someone to emulate for his holiness and someone to intercede for you in Heaven.

What does it mean when we say, "patron saint"?

Patron saints are chosen as special protectors or guardians over areas of life. These areas can include occupations, illnesses, churches, countries, causes -- anything that is important to us. Patron saints are often chosen today because an interest, talent, or event in their lives overlaps with the special area. For example, Francis of Assisi loved nature and so he is patron of ecologists. Francis de Sales was a writer and so he is patron of journalists and writers. Clare of Assisi was named patron of television because one Christmas when she was too ill to leave her bed she saw and heard Christmas Mass -- even though it was taking place miles away. Angels can also be named as patron saints. A patron saint can help us when we follow the example of that saint's life and when we ask for that saint's intercessory prayers to God.

What does it mean to intercede? Or intercessory?

To intercede means to intervene on behalf of another. So, when we say that a saint intercedes for us, it means that they intervene on behalf of us in prayer. We can ask for the intercessions of a saint with a specific patronage when we come across a particular issue. For example, when we lose something, we can ask for the intercessions from St. Anthony, who is the patron saint of lost things.

How do I pick a saint name for Confirmation?

First of all, don't treat this as a box to check off and pick St. Francis just because you have a vague idea about his life. The first thing you should do is *pray*. Ask the Holy Spirit for guidance in choosing a saint that will be best for you.

The second thing you should do is some *research*. Browse a library of patron saints online or get a good book of saints to read. You can get a comprehensive saint dictionary or a book of modern saints!

While you are reading about the saints ask yourself why you are drawn to some more than others. Is it because they were courageous in speaking about the Faith? Were they drawn to helping the poor? Did they have an occupation that you are interested in or have a family like yours?

As you start to narrow down the saints you are interested in, think again about the reasons to choose one. Is this someone I look up to and want to emulate? Is this someone who I want to spiritually "have my back"?

Once you have decided on your saint, see if there is a good book just about that particular saint so you can get to know him better. Start asking him for guidance and the courage to take your reception of the sacrament of Confirmation seriously.

As a part of your preparation to receive the Sacrament of Confirmation, you have the privilege and responsibility, just like your parents did when you were born, to choose a name.

† Your Confirmation name should reflect your closer identification as a member of the Catholic Christian community.

† The name you select can be associated with someone in your life, your parish, or your community whom you respect and admire. Many Confirmation candidates select a name from a parent or grandparent, honoring them for their example of love and holiness.

† Your Confirmation name should be the name of a saint.

† You can choose your baptismal name, or you can choose a completely new name.

† Your Confirmation name follows your middle name, i.e. "Annette Marie **Maria Goretti** Klanac"

† PRAY! Just as you should pray about any decision you have to make, ask the Holy Spirit to guide you as you choose a saint as your patron/patroness.

Tips for Finding and Knowing Your Saint Friend(s)

1. *Find a saint who intrigues you.* Is there a saint who sparks your curiosity or makes you uncomfortable? How about a patron saint of something you love? A saint with a goofy name or similar struggles as you? A saint you're resisting getting to know, or a saint you just don't "get"? Let these questions drive you deeper into who they are. They are perfect "conversation starters" for befriending the saints!
2. *Don't just collect saint names.* It's better to deeply know and love one or two saints than to superficially "know of" dozens. Pick the one or two saints who intrigue or inspire you and get to know them.
3. *Invest.* Start by reading their story online and intentionally invoking their intercession in prayer with a simple, "St. ____, pray for us." Go deeper by picking up a biography or, better yet, something they wrote. Try praying a novena for their intercession. Let their spirituality and service inspire you in your own life, perhaps by making an offering to merciful love like St. Therese, incorporating silence into your life like St. Joseph, using media for evangelization like St. Maximilian Kolbe, or striving to feel with the Church and lift up the poor in your community like St. Oscar Romero.
4. *Read about their early life.* Often times, seeing the saints when they were young is all it takes to collapse the distance between us because we see that, in many ways, we aren't that different. This can also give us insights into how to follow Christ as young people.
5. *Seek out their advice.* This is a great way to invite a saint into your life more intimately and vulnerably. As you pray for their intercession, you can look to their life for insight into your own and often to their writings to see what they really would have said in a given situation.
6. *The saints are already pursuing you.* They're humble and don't draw attention to themselves, but if you pay attention, you will begin to notice the saints are walking with you already!

Why Do Catholics Choose Confirmation Saints?

by *LIFE TEEN*

As we go through our sacramental preparation for Confirmation, Confirmation saints are chosen to be a person we want to be like, as well as someone who can pray for us from heaven.

Through the process of canonization, when someone is declared by the Church to be a saint, the Church is proclaiming that this member of the faithful practiced heroic virtue during their life on earth, 'the Church recognizes the power of the Spirit of holiness within her and sustains the hope of believers by proposing the saints to them as models and intercessors' (CCC 828).

To aspire to be like a saint is the same as trying to imitate an actor, musician, or athlete; a confirmation saint is someone cool who we want to be like!

You may have a famous actor, musician, or athlete that you really admire for their talent and skill. What many people don't realize is that there are good people to look up to within our Church, for us to try to be like as well. It is common for us to think that only adults are able to become saints, but that is wrong.

As a young teen in the early 4th century, Saint Agnes was martyred because she refused to denounce her faith. Saint Aloysius, a young Jesuit in the late 16th century, helped care for people who were sick with the plague, giving them care and love as they left this world. His close contact with the disease took his life soon thereafter. Both these young saints bear witness to having love of God as their first priority.

It is important to remember that as members of the Church, we are never been alone, as St. Paul said, 'We are surrounded by so great a cloud of witnesses' ([Hebrews 12:1](#)). These witnesses are the saints who continually intercede for us (CCC 956); in choosing a confirmation saint, we are choosing a special friend to intercede for us in heaven and after whom we can model our lives while here on earth.

You can't call up a famous person you want to be like and ask them for help, but your Confirmation saint is someone who you can talk to whenever you need them and they will always have your back!

EXAMPLES OF COMMON VIRTUES

Virtue: a particular moral excellence

- Acceptance
- Assertiveness
- Authenticity
- Beauty
- Caring
- Commitment
- Compassion
- Confidence
- Consideration
- Contentment
- Cooperation
- Courage
- Creativity
- Detachment
- Determination
- Dignity
- Encouragement
- Enthusiasm
- Ethical Excellence
- Fairness Faith
- Flexibility
- Forgiveness
- Friendliness
- Generosity
- Gentleness
- Graciousness
- Gratitude
- Helpfulness
- Honesty
- Honor
- Hope
- Humility
- Integrity
- Imaginative
- Joyfulness
- Justice
- Kindness
- Love
- Loyalty
- Moderation
- Modesty
- Optimistic
- Orderliness
- Passionate
- Patience
- Peace
- Perseverance
- Purposefulness
- Reliability
- Respect
- Responsibility
- Reverence
- Self-discipline
- Service
- Sincerity
- Tact
- Temperate
- Tenacious
- Thankfulness
- Tolerance
- Trust
- Truthfulness
- Understanding
- Unity
- Wisdom
- Wonder

Using this packet, answer the following questions:

- a. What is a virtue?**

- b. What (or who) is a Saint?**

- c. Why should you choose a Confirmation Saint name?**

- d. What does it mean when someone is a “patron saint”?**

- e. What does it mean to intercede?**

Saints Worksheet

Your Name: _____

Answer the questions below before researching Saints. Once you have answered the questions, pull out certain words that you can use when searching for Saints.

Example: "The virtue I most admire is courage." When looking for Saints, I might search for Saints who were courageous.

List 3 of your hobbies:

What is one thing that has helped you on your journey of faith? And why?

Who has helped you on your journey or faith? And why?

What virtues do you most admire in a person? Why? (*virtue*: a particular moral excellence; see examples of common virtues page)

When you hear the word Saint, what is the first thing that comes to mind?

1. What are your greatest passions?

2. What things in life do you find most interesting?

3. What do you think you will be when you grow up?

4. What are your God given talents/gifts?

Write down your passions, interests, potential job, and gifts/talents. Then, search for a saint with those words. What saints are patrons of your interests/passions? (For example, St. Cecilia is the patron saint of musicians, St. Francis of Assisi is the patron saint of animals, Our Lady of Guadalupe is the patroness of Mexico, etc.)

- a. Passion: _____ Saint: _____
- b. Passion: _____ Saint: _____
- c. Interest: _____ Saint: _____
- d. Interest: _____ Saint: _____
- e. Potential Job: _____ Saint: _____
- f. Potential Job: _____ Saint: _____
- g. Gift/Talent: _____ Saint: _____
- h. Gift/Talent: _____ Saint: _____

3. Which saints have a feast day that share your birthday?

- a. Birthday: _____ Saint: _____

Are there any saints you already know about and like? Why do you like them?

c. How did the Saint live out their faith?

d. What virtues did this Saint have?

e. Why do you admire this saint?

3. Saint Name: _____

a. Tell us a little about them:

b. Why did they become a Saint?

c. How did the Saint live out their faith?

d. What virtues did this Saint have?

e. Why do you admire this saint?

Saint Project Requirements

Final projects are due on Sunday, May 9, 2021

Time will be devoted to work on the projects during class on Sunday, April 11th. Tri-folds will be provided for each student as well as some crafting items (i.e., construction paper, glue, glitter, etc.). Students should come prepared to class on the 11th to work on their projects (with all information, photos, and other necessary items to complete the physical project). **Projects not completed on April 11th will need to be completed by students on their own time.** If students need things printed out, they can e-mail them to Mrs. Taylor at tlilly@stjamesconway.org

The following things **MUST** be included on the tri-fold (printed or typed); additional information can be added to the poster if students wish to include it:

- **Name of Saint**
- What the Saint is the **patron** or **patroness** of
 - (Example: St. Sebastian is the patron saint of athletes)
- **Birth date, death date, and feast day** [the day the saint is celebrated] (if you can't find exact dates, don't worry! Sometimes the dates are unknown-so just put "unknown")
- **Biography:** this should be brief but *should* include the important things pertaining to the life of your chosen saint. Don't just copy and paste from a website! Take the time to learn about your chosen saint.
- Include **5 interesting facts** about your saint (this should be different from the biography)
- **Compare your saint to a famous person or someone who reminds you of your Saint.**
 - This could be a family member, someone famous, or even a fictional character. The point of this is to realize that holiness and saintliness is in all of us (and it's what God is calling us to!).
 - Please include the name of this person, a picture of the person, and an explanation of why you are comparing that person to your chosen saint.
- **3 to 5 pictures** of your Saint-can be printed or drawn!
- **One real item** that represents your saint (something you can place next to your poster when we present them). Example: St. Sebastian is the patron saint of athletes, so you could bring in a basketball/football/soccer ball.
- A paragraph describing **why you chose your saint** (please include how your chosen saint inspires you).
- A **prayer** commonly attributed to the saint-if you can't find one, please find a prayer that you can associate with your saint.
- A paragraph describing **how you hope your Saint will help you throughout your life.**