

# CONFIRMATION SAINT SELECTION & PAPER

## TIPS FOR HOW TO SELECT YOUR PATRON SAINT AND WRITE THE SAINT PAPER

It is a tradition in our diocese for Confirmation candidates to choose a Confirmation saint. This guide will help you to research various saints and give you the necessary tools to choose an appropriate saint. Upon selecting a patron saint, you will be asked to write a one page paper about the life of your chosen saint and why you decided upon that particular saint. *If you would prefer to do a three minute presentation instead of a paper, please discuss this with the lead Confirmation catechist in advance.*

### WHY DO WE CHOOSE A PATRON SAINT FOR CONFIRMATION?

Your name gives you an identity; it tells others who you are. When you were baptized, your parents choose your name. If you do not know your parents' reason for choosing your name, ask them about it. 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 Christ in your Catholic Faith.

The tradition of taking on a new name to show a new role can be traced back to the Old Testament. When Abram was called to lead his people to believe in the one true God, his name was changed from Abram to Abraham meaning "the father of many nations." Again in the New Testament we find Simon's name changed from Simon to Peter, meaning "Rock" because he was to become the rock upon which Jesus founded His Church. At Confirmation we deepen our commitment to the Church and our Faith. As a symbol of this change in our lives we choose for ourselves a 'new name.' We look to the saints to be models for our own lives, and we know that we are able to ask them to pray for us. Your Confirmation name should reflect the role, the NEW role you will undertake as a more mature Catholic.

### HOW TO SELECT A PATRON SAINT

In choosing a Confirmation patron saint, you need to think about who you are. The particular saint you select would represent the direction you feel your faith life is taking you, or would represent a strength or attribute you feel you need. It is important and necessary to learn something about the saint you choose.

Here are some ideas when trying to choose your Confirmation saint:

- Saint who shares your Baptismal name
- The Saint's feast day is celebrated on your birthday
- The Saint is a patron of something you are interested in (music, internet, travel, art, etc), a profession you want to have someday (lawyer, teacher, doctor, etc) or a health issue you deal with (headaches, heart ailments, epilepsy, etc)
- Someone whose life and/or attributes you admire or wish to have

### CONFIRMATION SAINT PAPER/PRESENTATION GUIDELINES

Once you have chosen your Confirmation patron Saint, you will need to complete a paper as follows:

#### ▪ **First Paragraph Introduction**

The introduction will be a brief biography of the Saint including information similar to the following:

- Where and when was the saint born?
- What miracles are attributed to this saint?
- What is he or she the patron saint of?
- What were the circumstances of the saint's death?
- What kinds of struggles did this saint have to endure?
- Why is this person a saint?
- What did your saint do for a living?

- **Second Paragraph**

Outline at least two characteristics of your saint that you admire.

- Were they brave?
- Did they stand up for their beliefs?
- Did they persevere in the face of danger?
- Did they serve the poor?
- Were they prayerful in their everyday lives?, etc.

- **Third paragraph**

Give at least 2-3 examples from your saint's life that illustrate the first characteristic you outlined in the second paragraph

- **Fourth Paragraph**

Give at least 2-3 examples from your Saint's life that illustrate the second characteristic you outlined in the second paragraph

- **Fifth Paragraph**

Connect your saint with your life.

- How could you imitate this saint today? Be specific!
- What qualities do you admire in your saint?
- Why did you pick this particular saint?
- What do you hope to gain by modeling yourself after this saint?
- How can this saint help you when you pray?
- How does this saint serve as a role model of the Catholic faith in your life?
- What characteristics of the saint do you want to emulate?
- How will this saint help you grow in your relationship with God?

- **Sixth Paragraph**

Think of your Confirmation saint as your personal cheerleader in heaven. Include a short prayer to your saint asking him or her to pray for you as you journey towards Confirmation. Pray this prayer often as you develop a lasting relationship with this saint.

## HELPFUL RESOURCES

- Catholic Online Saints and Angels: [www.catholic.org/saints](http://www.catholic.org/saints)
- The Patron Saints index: [www.catholic-forum.com/saints/indexsnt.htm](http://www.catholic-forum.com/saints/indexsnt.htm)
- [www.americancatholic.org/Features/Saints/patrons.asp](http://www.americancatholic.org/Features/Saints/patrons.asp)
- [www.scborromeo.org/patron\\_s.htm](http://www.scborromeo.org/patron_s.htm)
- [www.newadvent.org](http://www.newadvent.org)

**\*\* DO NOT JUST DO A GOOGLE SEARCH AND COPY & PASTE! \*\***

*Not all of the saints listed on the internet are Catholic saints, real people, or approved saints.*

**This paper is due by November 1<sup>st</sup> of Confirmation II (ninth grade school year)**

Please submit your paper to: [jsarkis@stpatricks.org](mailto:jsarkis@stpatricks.org)  
or print out a copy and hand it in to your Confirmation catechist