



## **Becoming a New Creation: Choosing Confirmation Saints**

### **SAINT REPORT INSTRUCTIONS**

Confirmation candidates are required to choose a Confirmation Name. This name symbolizes the completion of their Baptism through Confirmation where they are called to be a **NEW CREATION** in Christ and through the Holy Spirit. In the Bible and the Early Church, a new name represented a new phase in one's life with a great devotion to God.

- Abram became Abraham (Genesis 17:5)
- Jacob became Israel (Genesis 35:10)
- Simon became Peter (Matthew 16:17-18)
- Saul became Paul (Acts 13:9).

Candidates may choose to use their Baptismal (first) name, or they may choose the name of the saint they wish to adopt as their patron (role model). The saint chosen is often one the candidate admires or has a devotion to and should be of the same gender as the candidate.

#### How to Choose a Saint's Name

During the Catholic sacrament of Confirmation, God the Holy Spirit comes upon you to bestow numerous spiritual gifts and "confirm" the faith given you in Baptism when Original Sin was wiped away. You choose a Confirmation name before Confirmation. This new name, imposed by the Bishop during Confirmation, becomes a part of your full name. It comes after your first and middle names and before the last name.

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.
2. Read about male saints if you're male and female saints if you're female. Generally speaking, you'll want to choose a name that matches your gender.
3. 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.
4. 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.
5. 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 Kobe gave up his life for another person's life in a 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.

6. Take your list of two saints to a family member, your prayer warriors, or your sponsor. Talk about the saints' lives with that person, and discuss what attracts you spiritually to these holy people.

7. 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.

8. 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. They have now become your patron saint.

9. Buy pictures, holy cards, medals, statues and books associated with your Confirmation's namesake. These visual reminders of your saint will help you reflect upon his or her unique

### Choosing a Confirmation Name

"I will give them an everlasting name." - Isaiah 56

What's in a name?

When you were born, your parents chose your name. They may have chosen your name in honor of a special person in their lives: a grandparent, aunt or uncle, or close friend. They may have chosen your name for the meaning behind it. Perhaps they chose your name because they felt a close connection to a holy man or woman of our faith- one of the saints. Maybe they just really liked your name! Most likely, it was a combination of many factors. (If you do not know why your parents chose the name they did for you, why not ask them about it?)

Your name gives you an identity; it tells others who you are. Throughout our lives, we will identify ourselves with many names- the name of the mascot of our school, the name of the region of the country we live in, the title of the career we choose.

However, there is a name above all names that, through our Baptism, we should strive to be known to the world by- and that name is Catholic Christian. At your Baptism, you were called by name, and christened to become a child of God. You entered into the Catholic community by name.

Now it is your turn!

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. Sue Terese ***Maria Goretti*** Smith
- 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.

REMEMBER: Do not choose a name just for the name itself-choose for the story behind the saint and how that saint can help you as you go forward in life.

### **Saint Report Instructions:**

When you have decided on a name, you must research and write a report on the Saint's name and the Saint you chose. Then TYPE up the Saint Report. The report should be at least three paragraphs. Those paragraphs should include:

- The first paragraph should include information about the Saint you chose, ie date of birth, place of birth and particular information about the family the Saint grew up in. Make sure you include the Saint's Feast Day.
- The second paragraph should include the Saint's qualities or virtues and how you will imitate and live out those qualities throughout your life.
- The third paragraph should tell how by imitating this Saint, you can become a better Christian.

Each paragraph should have no less than five sentences. The Saint Report must be typed or computer printed with a cover page that includes:

- The Saint's name in the title
- A picture or image of the Saint
- Your own name in the lower right corner

**Your Saint Report is due on FEBRUARY 9/10, 2025**

