

CHOOSING A CONFIRMATION SAINT

Candidates will select a Saint whose faith inspires them to live a life of greater faithfulness. **Choose a Saint you admire, who will be your model and spiritual companion for the rest of your life.** Choose one with attributes you admire. (i.e. courage in the face of difficulties, dedicated to a rich prayer life, helping the poor, etc.)

Candidates may select the name of this Saint as their Confirmation name, or they may choose their Baptismal name, but they are still required to research a saint. When choosing a Confirmation name, consideration should be given to the Baptismal name. If the candidate's name is not a Saint's name he/she will be required to use their chosen Saint's name. The Confirmation name is the name by which the candidates will be presented to the Bishop at the Sacrament of Confirmation Mass.

Choosing a Saint is a prayerful process. Ask God to inspire you in your prayers and reflections as you discern the name of a Saint for your Confirmation.

Here are a few guidelines and suggestions to get you started:

- Begin by finding Saints who share your first, middle or last names. Read the stories of these Saints and see if their lives attract you in some way. The Internet is an easy way to search for the life stories of Saints.
- Think about your interests. For example – if you are interested in music – look up the patron Saint of musicians.)
- Think about important causes in your life. Look for a Saint with similar inclinations, for example, social justice, the environment, or helping the disadvantaged.
- Research the Saint whose feast day is the same as your birthday.
- The Founders and Foundresses of religious communities have fascinating stories, research one.
- Talk to your parents, grandparents, or sponsor about their chosen patron Saints.
- Were you once given a saint medal? Why was that saint chosen?
- Think about how a Saint inspires you to be a better Catholic, and how is this Saint a model for Christians today?
- Does a particular Saint have a prayer or novena that speaks to you? Research that Saint.