



SAINT REPORT

CHOOSING YOUR SAINT

In the Roman Catholic Church, the sacrament of Confirmation is a sacrament of initiation. Once you have received the sacrament of Confirmation (traditionally, this is administered at around sixteen years of age), you are considered an adult by the Church. One aspect of receiving Confirmation is that you are asked to choose a saint for your Confirmation name. This new name signifies your change in status—you are now fully initiated into the Catholic faith. Further, the saint whose name you choose becomes a patron saint in your new endeavor to grow in the life of faith as an adult. You can pick a saint you really wish to be like. (To choose a saint's name for your Confirmation requires some careful thought and research.)

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 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.

This how-to will give you some ideas while searching for your Confirmation name:

- First of all, don't treat this as a box to check off and pick St. Francis 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. Saints are as unique and diverse as the rest of humanity. Although there are far more saints in heaven than there are canonized (official) saints, each canonized saint has a specific and individual path to sainthood which is intended to be an example to the rest of the Church. Read about the lives of the saints; we have many books in the Faith Formation library that can be checked out. We also have a list on our website, (www.stjameshighland.org, click on Faith Formation, then Confirmation Documents), which shows patron saints by month, in case you want to choose a saint whose feast day is on your birthday. You can also look online (make sure to google, "Roman Catholic Saints") to find websites that give brief biographies of each saint (www.americancatholic.org/; www.catholic.org/saints/; www.ewtn.com/saintsholy) are a few acceptable resources. Does any saint's life story particularly appeal to or inspire you? This could be your Confirmation saint.
- No matter who you choose, remember to pray to your Confirmation saint often as you navigate your new life as an adult in the Church!

NOTES: (1) It is common, although not absolutely necessary, to choose a Confirmation saint of the same gender as your own. (2) The Baptismal name you were given, if a saint's name, may be chosen.

COMPLETING YOUR REPORT

After you have selected the saint you would like to be named after (and who will continue to pray for you), type a one page report about the saint's life. The report must include the following:

- A **Cover Page**, featuring a picture of your saint or other meaningful artwork; saint's name & feast day (designate the specific person (e.g. Thomas the Apostle or Thomas Aquinas); if a patron saint, of what; date canonized; your name should be at the bottom right corner.
- A **brief story** of what you have learned about the saint *written in your own words* (including when and where he/she lived, family life, job, what your saint did that was remarkable or inspiring, the virtues he/she demonstrated, etc.).
- An **explanation of the reasons why** you have selected this saint.
- **How is this person a good role model** for you to follow as a confirmed Catholic?
- Ideas of **how you will develop your devotion and relationship** with this saint.
- Include the **resources from which you obtained your information** (website, book, etc.).

Turn in your saint report to the Faith Formation office when you come to class by the established deadline.