



## SAINT REPORT

*Choosing a Confirmation name is a meaningful step in your faith journey.*

**What is a Confirmation Name?** It's a name you choose (*usually taken from a saint whose life inspires you*) to symbolize your new or deepened commitment to the Catholic faith. You do not have to choose a new Confirmation name: Keeping your baptismal name is a preferred option that highlights the unity between Baptism and Confirmation, especially if it's a Christian name. However, if your baptismal name isn't a Christian name, or if you wish to honor a specific saint as a spiritual patron and model for your faith journey, you can should select a new, Christian name. Here are some suggestions to help you choose:

- 1) **Pray.** Start with prayer. Ask the Holy Spirit for guidance to choose a saint who will be a true lifelong patron.
- 2) **Research.** Learn about the saint's life, virtues, and Christian witness to see if they are a good spiritual model for you.

*You might consider:*

- A saint whose feast day is on your birthday
- Patron of your interests (e.g., St. Cecilia for musicians, St. Thomas Aquinas for students)
- Patron of career or vocation (e.g., St. Luke for doctors; St. Lawrence & St. Martha for cooks)
- Saint known for a virtue you want to grow in (e.g., St. Thérèse of Lisieux for simplicity and love)

*Resources:*

- St. James Faith Formation Library—we have many books about saints that can be checked out.
- Google "Roman Catholic Saints" to find Catholic websites that give brief biographies of each saint.
- CatholicSaints.info
- Franciscan Media Saints Calendar

*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!*

### **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 in **Times New Roman 12pt font**. The report must include the following:

- 1) **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.
- 2) **Paragraph 1:** A **brief story written in your own words** of what you have learned about the saint (including when and where they lived, family life, job, what your saint did that was remarkable or inspiring, the virtues they demonstrated, etc.). Plagiarizing from your resource will result in the report having to be re-done.
- 3) **Paragraph 2:** Explanation of the **reasons why you have selected this saint** and **how is this person a good role model for you** to follow as a confirmed Catholic?
- 4) **Paragraph 3:** Ideas of **how you will develop your devotion and relationship with this saint.**
- 5) **After paragraph 3 or on next page:** 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.***