

Due Date: Sunday/Monday, January 11/12, 2026

Our Lady of Mt. Carmel Parish
Sacramental Preparation
Confirmation 2025-2026

Saint Name Report

Your Confirmation Name will reflect your desire to grow in your relationship with God, and to use the power of the Holy Spirit to be a disciple of Jesus and a witness to his Good News. You are asked to choose the name of a Saint (someone you aspire to be like). You are asked to do research on the Saint whose name you choose and write a typed report about them.

A Saint is a person who led a holy life for the glory of God and who now enjoys eternal life with God in Heaven. When choosing a Confirmation name, you should choose a Saint you admire for the way he or she led their life and the things they did that brought them to holiness. Many times in researching the Saints, you will find a Saint that in some way you can identify with. The following activity may help you make a wise choice for your Confirmation name. Information on saints can be found in local libraries or on the web at www.catholic.org or <https://faith.nd.edu/saint/>. We also have some resources here at the parish.

Report Guidelines:

- Write a report about the Saint you have chosen to use for your Confirmation name.
- Must be typed.
- Must be at least 3 paragraphs. Please include a few historical facts as well as the qualities of the Saint you admire. More importantly include how the information you learned from your research will help you grow in your relationship with God.
- Turn this packet **and** your Saint report in by January 11 or 12, 2026.

Candidate Name: _____

Chosen Confirmation Saint:

Parent/s Signature: _____

Getting Started...

We will complete this during our Large Group Gathering in November. If you are absent, you will need to complete this independently.

Research Saints you're interested in. List several Saints below that you might choose as a Confirmation name. Think about the reasons you have for choosing these names.
List several facts about three Saint's name you are considering.

St. _____ has qualities and a story I admire because:

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Now Reflect & Pray...

Take some time to pray for guidance when selecting your Confirmation Saint. This Saint is one of many, who you can ask to pray and intercede for you throughout your life.

Finally, begin writing...

The following questions should help you in writing your report:

- What gifts of the Holy Spirit does your Saint exhibit?
- Was there a specific time when your Saint decided they wanted to live for Christ?
- What joys did they experience? What sufferings did they endure?
- How did people know they were Saints?
- How did your Saint imitate Jesus?
- Does your Saint have a weakness? If so, what did they do to correct it?
- What strengths were exhibited by your Saint? How did he or she live their faith day by day?
- What is your Saint the patron of.....music, sports, animals, etc?
- What did your Saint accomplish in their lifetime?
- How does learning about this Saint help you grow in your relationship with God?
- **What meaning does this Saint name have for me?**