

## Guidelines for Choosing Your Confirmation Saint

As you prepare to receive the Sacrament of Confirmation, you are asked to choose a Confirmation saint as your patron/patroness. At your Confirmation you will be confirmed using this name. You may choose your Baptismal name, select a name from the Bible, or a canonized saint of the Catholic Church. You can choose a saint of either gender. The saint you choose should reflect a devotion you have to the saint, virtues or gifts to which you aspire, or the patron saint of certain gifts that are dear to you.

### Resources for Choosing a Confirmation Saint

*Please spend time prayerfully learning about many saints and their lives before making your final choice.*

- There will be a Saint Retreat on January 23<sup>rd</sup> at 7pm. During this retreat, you will have the opportunity to learn about a variety of saints and have time to spend in prayer as you consider what you've learned.
- I have several saint books available to be checked out from my office at any time. Please contact me at [jjackson@smoy.org](mailto:jjackson@smoy.org) to check out a book. Your local library may have a selection as well.
- There are many videos about the saints available with our parish subscription to Formed - <https://watch.formed.org>
- Websites:  

<a href="http://www.ewtn.com">www.ewtn.com</a>	<a href="http://www.catholicsaints.info">www.catholicsaints.info</a>
<a href="http://www.vatican.va">www.vatican.va</a>	<a href="http://www.newadvent.org">www.newadvent.org</a>
<a href="http://www.catholic.org">www.catholic.org</a>	<a href="http://www.franciscanmedia.org/source/saint-of-the-day/">www.franciscanmedia.org/source/saint-of-the-day/</a>

## Guidelines for the Saint Report

Due Date: March 2, 2026

Once you have chosen your saint, you will need to write an essay explaining your choice. Your report should be at least one page single spaced, or two pages double spaced. Please use the following 5 paragraph format to construct your essay.

Introduction

Who is your Saint?

Why did you choose this Saint?

What qualities does this Saint have that you would like to emulate?

Conclusion

Some questions to consider that may help you as you write your report:

- When and where was your saint born? When and how did your saint die?
- What drew your saint to Jesus and the Church?
- Was your saint a priest, brother/friar, nun, or layperson?
- What sort of obstacles did your saint face?
- When is your saint's feast day?
- What miracles are attributed to your saint?
- Do you and your saint have any similarities?
- Is your saint the patron/patroness of something important to you?
- How can this saint help you live out your life as a confirmed Catholic?