



Confirmation Patron Saint Reflection

Dear Confirmation Candidates and Parents,

One of the beautiful traditions in the Roman Catholic Church is the Communion of Saints, in which the Saints and all of our beloved departed remain close to us through the Body of Christ and continue to intercede on our behalf. While passing, St. Dominic said to his brothers, "Do not weep, for I shall be more useful to you after my death and I shall help you then more effectively than during my life." The Saints are using their time in Heaven to help us get there, too!

As we continue our journey with Christ, we invite all of our candidates to prayerfully choose their Confirmation Patron Saint. This is a saint that you personally feel inspired by, and look up to as a role model for Christian discipleship. If you so desire, you can adopt their name as your "Confirmation Name." As is tradition in the Roman Catholic Church, Confirmation candidates have the opportunity to either keep their baptismal name, or to take the name of a saint as their own Confirmation name. For detailed information about the history of this tradition and how we continue it today, please refer to the second page. Even if you decide to keep your baptismal name as your Confirmation name, we still ask you to select a Patron Saint and complete the essay.

As you select your Confirmation name and Patron Saint, we encourage you to do so with an open and prayerful heart. This isn't just another paper with a deadline; this is an opportunity to invite a holy man or woman of God to pray for you, to guide you, and to inspire you throughout the rest of your life. Many believers have personally witnessed the saints working in their own lives. Indeed; some have received roses from St. Therese of Lisieux, while others testify to the powerful intercession of St. Joseph. While selecting a Patron Saint has less to do with receiving personal favors from Heaven than it does with your moral and spiritual maturation, we could all use a heavenly friend lending a hand every once in a while!

Please, complete your Confirmation Patron Saint Reflection and deliver it to the St. Patrick Ministry Office no later than Monday, December 5th.

If you have any questions about the essay or how to research your saint, feel free to call or e-mail! We are more than happy to help!

In Peace,

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Choosing a Confirmation Name & Saint

Throughout Scripture, we see numerous examples of people who had their names changed for one reason or another. Abram to Abraham, Jacob to Israel, Simon to Peter, Saul to Paul. Why would God change their names? Were their old names not good enough? Whenever we see someone's name change in Scripture, we also see that they receive a new identity. They become a new person. God gives them a mission for their life. You, too, can choose a new Confirmation name as a sign of your Christian mission.

On the other hand, you may choose to re-take your baptismal name as your Confirmation name. When you were baptized, the priest (or deacon) asked your parents, "What name do you give this child?" This name became your Christian identity. Indeed, we read in Isaiah 43:1, "I have called you by name, you are mine." Naming you in the Church gave you a new identity and, through the waters of Baptism, you became a new person – a child of God. In the sacrament of Confirmation, the Bishop asks for your name. At this moment, he is recalling your baptismal name as a sign of your Christian identity.

If you choose to take a new Confirmation name, it must be the name of a saint in the Roman Catholic Church. This saint would then become your "Patron Saint," a saint whom you wish to emulate in your life and who will watch over you at all times. We do this because the saints are models of holiness. They have lived a life worthy of heaven and are now with God forever. When you choose a patron saint, you adopt their name and ask them to pray for you during our own faith journey.

So the big question... HOW do you pick a patron saint? Well, here's a special formula:

1. Pray

You're asking a saint to be a part of your life *forever*. Take some time to think and pray about a few things. What kind of role model are you looking for? What qualities do they have that you want? What kind of person are you hoping to become? Choose a saint that you can identify with. Pick a few different saints and then spend time in prayer and ask all of them to pray for you. You might find that one begins to stick out more than others.

2. Research

After you've taken time to pray about it, do some reading. There are plenty of books and websites out there that will give you information on saints. The Church has a saint for almost anything you can think of. That being said...don't just pick a saint because they can levitate or bi-locate or read people's thoughts. Asking St. Padre Pio to pray for you to gain the ability to bi-locate isn't the point. Choose someone you feel like you can identify with that has the qualities of holiness you desire. For example, Saint Maximilian Kolbe gave up his life to save another prisoner in the Auschwitz concentration camp. Perhaps, you would like to emulate his heroism and selflessness!

3. Ask

Talk to your parents, youth minister, pastor, or siblings about their Confirmation saints. Why did they pick them? Do they have a special devotion to a saint? Who would they pick for you? Asking those who know you best can help you find a saint you can really rely on for your whole life.

Confirmation Patron Saint Reflection Guidelines:

For your Confirmation Patron Saint Reflection, please prepare a typed 2 page essay on your Patron Saint (12 pt., Roman Numeral, Double-Spaced, 1" margins). If you have chosen to keep your Baptismal Name, we still invite you to choose a Patron Saint who can guide you on your journey toward Christ.

In your essay, please include the following information:

- The Saint's basic biographical information (birth and death dates, where they lived, family information, etc.)
- How the Saint modeled Christ's love in his or her lifetime (What made him or her a saint? What is he or she remembered for?)
- Why YOU are choosing this Saint as your patron (How does their life inspire you to grow closer to Christ?)

Please, return your essay to Michael Bannon by Monday, December 5th. You can hand it in during a Confirmation session or mail it to the Ministry Office at:

St. Patrick Church
Attn: Meg McDonough
991 S. Waukegan Rd.,
Lake Forest, IL 60045

-OR-

You can e-mail it in an attached Word Document to
MMcDonough@StPatrick-LakeForest.org

Suggested Saints

(There are thousands, so don't limit yourself to only this list!)

- St. Mary, Mother of God
- St. Joseph
- St. Agnes
- St. Agatha
- St. Andre Bessette
- St. Anselm
- St. Augustine
- St. Benedict
- St. Bernadette Soubirous
- St. Brigid
- St. Catherine of Siena
- St. Cecilia
- St. Charles Borromeo
- St. Charles Lwanga
- St. Clare of Assisi
- St. Dominic
- St. Edith Stein
- St. Elizabeth Ann Seton
- St. Elizabeth of Hungary
- St. Felicity
- St. Frances Xavier Cabrini
- St. Francis de Sales
- St. Francis of Assisi
- St. Gemma Galgani
- St. Gregory
- St. Hedwig
- St. Isaac Jogues
- St. Jerome
- St. Joan of Arc
- St. John XXIII
- St. John of the Cross
- St. John the Baptist
- St. John Vianney
- St. John the Evangelist
- St. John Paul II
- St. Juan Diego
- St. Katharine Drexel
- St. Louis Mary de Montfort
- St. Lucy
- St. Maria Gorretti
- St. Mark
- St. Martin de Porres
- St. Mary Magdalene
- St. Maximillian Kolbe
- St. Monica
- St. Mother Theodora Guerin
- St. Nicholas
- St. Norbert
- St. Oliver Plunkett
- St. Oswald
- St. Patrick
- St. Paul
- St. Paul Miki
- St. Perpetua
- St. Peter
- St. Philip Neri
- St. Philomena
- St. Polycarp
- St. Robert Bellarmine
- St. Rose of Lima
- St. Scholastica
- St. Sebastian
- St. Stephen
- St. Teresa of Avila
- St. Therese of Lisieux
- St. Thomas Aquinas
- St. Thomas Becket
- St. Thomas More
- St. Vincent de Paul
- St. Vincent Ferrer
- St. Wenceslaus
- Blessed Kateri Tekakwitha
- Blessed Teresa of Calcutta