

# Saint Reflection

“All of us must be saints in this world. Holiness is a duty for you and me. So let’s be saints and so give glory to the Father.”

--Blessed Mother Teresa

## History behind Choosing a Confirmation Name

The tradition of selecting a Saint’s name for Confirmation grew out of a pre-Vatican II practice that asked Confirmation candidates to select a Saint’s name to be invoked during the Rite of Confirmation. Since Vatican II, this practice is no longer a requirement of the Rite of Confirmation, but the tradition of choosing a Saint name has remained.

The Church strongly suggests that you use the name your parents gave to you at Baptism, because Confirmation is the fulfillment or completion of the Sacrament of Baptism. If your name has a Christian basis, we suggest that you study its meaning and learn about the lives of some of the great people who have shared your name throughout the history of Christianity. You might want to ask your parents why they gave you your name. In Confirmation, you recommit yourself to this name.

If your name does not have a Christian basis, you may want to pick the name of a Saint who represents the kind of Christian you desire to be. The Saints in Heaven are intercessors who pray with us and for us to God. They are companions on our journey. When you are in need, you may ask a friend to pray for you. Just as you ask for the intercession of your friend, you can also ask for the prayers of the Saints. The Saint you choose can be praying for you both as you prepare for Confirmation and throughout your life as you journey closer to God.

People pray to the Saints to help us for many different reasons. We ask St. Christopher to pray for our safety when we travel, St. Anthony to help us when something or someone is lost, St. Monica if we have trouble with unanswered prayers, St. Martin to pray for the sick, St. John Vianney to pray for us when we are failing. Which of the Saints would you ask to pray for you as you journey through life to live the life that God is asking of you?

## The Saint Reflection

Whatever name you decide on – your own name or that of a favorite Saint – we ask that you explore how this holy person serves as an example and witness as you walk more closely with Christ during the Confirmation preparation process. During your first year, we ask that you write a short (1 page) reflection on the life of your Saint. We ask that you pray with this Saint throughout the year. During the second year, you will have the opportunity to revisit this choice. You may choose to continue with the same Saint or you may have encountered a different Saint that you would like to choose. You will have a chance to revise or change your reflection, and there will be another small project to complete. Details on this project will be given during your Wednesday night classes. The reflections will be due on December 13/14, 2016

### GUIDELINES FOR WRITING YOUR SAINT REFLECTION

- Start with: For Confirmation I am taking/affirming the name.....
- Provide a brief un-plagiarized summary of his or her life. Cite your sources!
- What did this person do that made him/her worthy of Sainthood?
- Why did you select this Saint?
- How can the life of this Saint be a model of faith and commitment to you throughout the Confirmation process?

Here are some good Saint resources: [www.catholic.org/saints](http://www.catholic.org/saints)  
[www.vatican.va/news\\_services/liturgy/saints/index\\_saints\\_en.html](http://www.vatican.va/news_services/liturgy/saints/index_saints_en.html)  
<http://www.loyolapress.com/saints-stories-for-kids.htm?cld=115673>