

Hayden Maestas

When I was younger, I was taken to church. I don't remember ever really wanting to get up out of bed to go to CCD and church. I've had friends who say they're catholic, most of my years at school have been spent at a catholic school. But I've never really had friends that are actually connected to their faith and take prayer seriously. I think that they have really helped me to leave my old friends behind who were not in any way helping me grow in my faith. Now I really enjoy doing things like going to the confession services and helping out in any way I can at mass.

My sponsor is my family-friend Mari. My mom and nana had been telling me to chose someone who I believed had a strong faith and would be a good example to me in the future and now, when I go through struggles. My mom has been doing devotionals with Mari and her other friend Alex. They started doing it for lent one year and they enjoyed it so much, they began to do it all year. I would go with my mom to their houses sometimes, and even when I didn't go, my mom would tell me about what they had helped her through. I knew that I wanted it to be one of them because I had seen them express their faith and I knew it was for the right reasons. I eventually chose Mari because, to be honest, she's my favorite of the two of them.

In today's world teens have a lot to worry about. I mean take one look at the news, and you'll see many examples of what I'm sure is on our mind at some point. Those are just the bigger things though. I feel like no one, meaning adults, don't ever really take into account that what you think are the "little things", actually mean a lot to us. On top of that, school is stressful, and I would say, at least me personally, on average I don't get more than six hours of sleep a night. This is why I chose Saint Demphna as my Saint; she is the patron saint of those struggling

with mental illnesses, including anxiety, who was martyred by her father at fifteen years old. I know she will be able to help me get through all of my burdens.