

## *Suggested Activity #1*

### **ABOUT YOUR NAME**

In the Book of Isaiah we read, “*I have called you by name: you are mine*”. Your name was spoken aloud on the day of your Baptism and it became part of your identity as God’s child and a member of the Catholic Church. A great deal of thought went into your parents’ choice in naming you. You may be named after a relative, a special family friend, or a Saint your parents greatly admire. Now that you have decided to become confirmed, you have the opportunity to think in a new way about your name and how it relates to your decision to be confirmed.

My baptismal name is (include your first, middle, and last):

My parents chose this name for me because:

My baptismal name includes a Saint’s name (check one)?  Yes  No

*You may need to research this name as some names are often variations of a Saint’s name*

If so, what is the name of your Patron Saint?

What are at least three interesting facts about your Patron Saint? Please answer this question on the back of this paper in a paragraph or two.

When is your birthday?

Is this the feast day of a Saint?  Yes  No

If yes, what Saint?

## SAINT RESEARCH

As Catholics, we believe that a Saint can intercede in prayer for us especially if we are struggling in a particular area that the Saint is known for. It is good and right to familiarize yourself with the many Saints and learn about their lives, not only in anticipation of your Confirmation, but throughout your life. You must fill this section out, even if you are planning to use your baptismal name. If you wish to use your baptismal name and it isn't the name of a Saint, please choose a Saint's name that is a variation of your baptismal name.

The name of the Saint I am researching is \_\_\_\_\_

This Saint's feast day is: \_\_\_\_\_

What special virtues (a virtue is a good habit that enables a person to act with moral excellence, according to God's will) did this Saint have?

How could you follow this Saint in your daily life today?

Summarize or list 5 key events in your Saint's life story. Please answer on the back of this paper in a paragraph or two.

*Some points to consider:*

- " Date of Birth, Date of Death and Date of Canonization of your Saint.*
- " Profession or vocation of your Saint.*
- " Reasons for sainthood.*
- " Personal qualities that others are called to model.*
- " A symbol of his or her life*

## *Suggested Activity #2*

### *Confirmation Sponsor Activities*

Being a sponsor is more than just holding an honorary title and showing up for a ceremony. The person chosen to be a sponsor accepts more than a casual interest in a person's spiritual life. The sponsor is the model and guide for the candidate in his/her preparation for and living out the Sacrament of Confirmation. Contact with the candidate is an important and effective way for the candidate to benefit from the sponsor's Christian example. Please complete two of the following activities and use the journal page for reflection.

*If distance is an issue, activities 1, 2, 5, and 6 lend themselves to exchanges via telephone or e-mail.*

1. **Attend Mass together.** Attend a Sunday Liturgy or a daily Mass together. Discuss the readings and homily and the significance and relevance they have in your lives as a Catholic. If the sponsor and candidate do not live in the same city, attend Mass on the same day in your respective locales and discuss as above.
2. **Discuss prayer.** Discuss types of prayer, favorite prayers, time of prayer, frequency of prayer, and type of prayer most often used. Discuss ways of improving your prayer life and develop a plan to do this. Candidates and sponsors should be praying for each other daily!
3. **Participate in a service project together.** Afterwards, discuss the service experience. Explain how you felt about the experience, including how it felt to work with your sponsor/candidate.
4. **Share a meal together.** Discuss the similarities of sharing a meal and sharing the Eucharist and the relevance to your life as a Catholic.
5. **Discuss the Holy Spirit.** Discuss who the Holy Spirit is, evidence of the Holy Spirit's work in your lives, and anticipation of the work of the Holy Spirit after reception of the Sacrament of Confirmation.
6. **Discuss a Confirmation Name.** Discuss why you choose your Saint name and what qualities you admire in your Saint. Ask your sponsor who their Confirmation Saint name was and why they choose that Saint.

## *Suggested Activity #3*

### *Confirmation Sponsor Journal Questions*

Why did you choose this activity?

How did you develop a closer relationship with your Sponsor that will encourage you on your lifelong faith journey?

Important details from this activity?

What positive impact will this activity have on preparing you for Confirmation?

What did you gain personally from this activity with your Sponsor?