

CHOOSING YOUR PATRON SAINT

WHO ARE THE SAINTS?

Saint: A name given, in the New Testament to Christians (Colossians 1,2) but early on restricted to those who were eminent for holiness. In the strict sense, saints are those who distinguish themselves by heroic virtue during life. The Church honors them as saints either by her ordinary universal teaching authority or by a solemn definition called canonization. The Church's official recognition of sanctity implies that the persons are now in heavenly glory, that they may be publicly invoked everywhere and that their virtues during life or martyr's death are a witness and example to the Christian faithful. (Fr. John Hardon, *Pocket Catholic Dictionary*)

HOW DO I CHOOSE A SAINT?

- A patron saint is chosen by each person preparing for Confirmation
- Begin by reading good biographies of saints, not just short biographies of saints or short descriptions of them
- You might also wish to view a movie that faithfully depicts the lives of the saints (<http://saints.sqpn.com/>)
- The patron saint provides a model of charity and we are assured of his intercession so check out what the Catholic Catechism has to say about Saints (CCC2156)

IN PREPARATION AND ON CONFIRMATION DAY:

- The Bishop will address you individually according to your saint's name (e.g. 'John Bosco, be sealed with the gift of the Holy Spirit')
- Consider this choice carefully, prayer will help you determine, with the help of the Holy Spirit, the special task God has planned for you in history
- Reflect on how this holy person offers you witness to walk more closely with Christ
- Discover if you were named after a beloved family member who also selected this saint
- Research your given name to see if it is a Christian name and where the roots of your name came from
- Resources: (start here): <http://americancatholic.org>; <http://www.catholic.org/saints>; http://www.vatican.va/news_services/liturgy/saints/index_saints_en.html

WRITING YOUR SAINT REFLECTION PAPER: (one page minimum)

- **Begin your paper:** *For Confirmation I am taking/affirming the name . . .*
- **Summarize the life of your saint**
- **What made them worthy of sainthood?**
- **Why were you drawn to select this saint?**