

## CHOOSING A SAINT NAME

Having a special saint is always a plus. This canonized saint becomes a role model for your Christian life. They can become a trusted friend and guide because, if chosen well, they share characteristics that you see or would like to strengthen in yourself. Whether you are an athlete (*St. Sebastian*), an actor/dancer (*St. Vitus*), love animals (*St. Francis of Assisi*) or hope to become a lawyer (*St. Thomas More*), our Catholic faith offers us thousands of people to whom we can turn in the Communion of Saints.

Now is a great time to start looking at the huge number of possible saints. Remember that some names are a derivative of a saint name, i.e. Katie is a form of St. Catherine or Nicole is the feminine form of St. Nicholas.

- If your first or middle name is connected to a saint, you may decide to use either of those names.
- You might want to choose an additional saint at Confirmation – even if you are already named after a saint. This is often true when you feel a close connection to a saint.

It is important to remember that some names have many saints who share that name. For example, one Catholic website lists 31 Saints named John! It is important that you know exactly which saint you are choosing.

### How to do this!

1. “Holy Spirit, grant us Your wisdom. Holy Mother, grant us your wisdom.”
2. Have a pen ready!
3. Go to the internet and use any of the following sites for your research!
  - CatholicSaints.info
  - <http://www.catholic.org/saint>
  - [www.catholic-saints.info](http://www.catholic-saints.info)
  - [www.catholic-pages.com/dir/saints.asp](http://www.catholic-pages.com/dir/saints.asp)
  - <https://epicpew.com/awesome-saint-names/> (Unique names)

Read about the many, many saints the Catholic Church has! We have thousands to choose from!

4. Complete the back of this form and return it by January 7 class.

# Confirmation Saint Form

Participant Name: \_\_\_\_\_

1. I chose Saint \_\_\_\_\_.
2. He/she was born in the year \_\_\_\_\_ or Date Unknown
3. He/she is the patron saint of \_\_\_\_\_. (Complete if a patron)
4. Does anyone you know share this name? If so, tell why this person is important in your life.

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5. Tell what about this saint drew you into choosing him/her: their name; their life story; circumstances of their death; he/she is a patron of something that interests me.

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6. What is the most interesting/important thing I learned about my saint?

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