

Confirmation SAINT Reflection Paper

Two points *about WHY* Saints are important, and this is part of Confirmation.

(1) Remember that, as Catholics, we believe in the Communion of Saints. We believe that the saints in heaven are examples for our life, intercede for us, and can help us to be strong disciples of Christ.

(2) Remember all the stories in the Bible when a person's name is changed?
It always signifies a NEW relationship with God.

You are symbolically committing to a deeper desire for holiness by choosing to
ADD your chosen saint's holy influence into your spiritual identity.

Not sure where to start thinking about saints you might like and want to model your life after?

This website is a great starting place from a nearby parish – St. Mary Immaculate in Plainfield – as it gives a brief bio of MANY saints: <https://smip.org/wp-content/uploads/2018/09/About-the-Saints-of-our-Church-Info-for-Saint-Report.pdf>

Other Good websites for research:

- www.catholic.org – alphabetical list, day of the month list, popular saints
- www.catholic-saints.info – patron of occupations and hobbies; A-Z list of saints
- www.catholicsaints.info – Saints of cities, states, countries, military, medical issues, family life
- www.franciscanmedia.org/saints - Saint of the day calendar

*If you are choosing a saint name partially because it is the name of someone you admire here on earth – the report should include your reason for choosing, for example, your grandmother's name. **However, the report MUST be based on the qualities of the saint's life.** You can then include in your report how the person you admire here on earth lives out the qualities and faith of the saint's guidance you are choosing to follow. (Note: you might want to look back on your DASH 2 "All About Me/my Name" report as some of you talked about who you wanted to choose there.)*

The purpose of this paper is to explain WHY you chose your specific saint.
It is NOT to copy and type lots of biographical information.

TYPED letter DUE to your catechist/leader on: January 26, 2020

NOTE: If you write a report and happen to change your mind, you can redo the report.

You can also EMAIL the reflection to Ms. Julie: JHDRE@stanneparish.org

The back of this page tells you WHAT to write/research.

Your report should be, TYPED, in font size 12 of a normal font (Calibri, Times New Roman, Arial); **single space or 1.5 space; 1 – 2 pages in length.**

Remember to put your First & Last Name on the First page and answer fully the questions in complete sentences. *Make sure to state the references that you used to research this saint. Italicize any writing that is not your own (*taken from a website or book.*)*

HEADER of paper should be your chosen Saint's FULL name
(i.e. St. Elizabeth of Hungry)

✿ **1st Point: BIO on your Saint:** Include any and all biographical/historical information you feel is important. Make sure to include

- Where they lived/what they did
- Their feast day
- What MIRACLES they did
- Maybe include how they died

✿ **2nd point:** Of what are they the **PATRON SAINT**? Why did they receive this title?
How does this apply to you and what you want to do in your future?

✿ **3rd point:** Given all you just shared, what are some **QUALITIES** that you admire about this saint?

Basically, why did you choose this Saint? (Remember, if you choose the name Elizabeth because it is your Grandma's or sponsor's name, please share that here. BUT, you HAVE to talk about the person (saint) in heaven you are calling upon to help guide you.)

What qualities of theirs do you want in your own life? **What did your saint accomplish in their lifetime that you admire?** i.e.

- What did they do when things got tough?
- How do you see the Holy Spirit working in them through the amazing things they accomplished?
- What did they do that is "cool" (to you) that helps you know it is good to be holy, follow God, and make good choices?

✿ **Final section:** Share what you can about the saint's prayer life. Include your own personal 'prayer' to them asking them to intercede for what you need help with to grow strong in your faith as you journey towards Confirmation.