

Choosing a Saint. What about that name change?

DASH 2 students begin the year with a parent/teen project: “Who Am I.” It is a conversation reflecting on your identity (name, meanings of it, Saints connected to it, and Baptism.) You researched your baptismal name in case you really like the Saint you might be named after! *This is your starting point to get to a BIGGER decision – choosing a Saint for Confirmation – when you get into **DASH 3 (8th grade)**.*



Spiritually, why do we choose a saint for Confirmation?

In short: a name change is connected to a lifestyle change to holiness and faith/trust in God. In the Old Testament God changed Abram to Abraham; Saria to Sarah; Jacob to Israel; Peter to Cephas; Saul to Paul. When God/Jesus gave a name change, it also equated to a new mission in life.

As you choose this saint name, you are choosing a name to help in your new mission in life to live and defend the Catholic faith.

Things to know

~ If your baptismal name **IS** a saint name, you may choose to keep this as your Confirmation name. However, *the choice is present to choose a new patron saint who will specially guide you in your spiritual life.*

~ ****If your baptismal name, or middle name is NOT** a saint name, then our Bishop of Joliet **requires that you do choose a canonized Catholic saint.** (Blessed and Venerable holy persons are not currently approved.)

- **Whether you must choose or want to choose what’s the reason?** To choose a saintly “role model” to aspire to be like and to seek their intercession.
- Some of you *may* want to choose a name because it is a family tradition, or you want to honor someone you love. As long as the name is a Catholic Saint, and **you can speak to the life of the Saint** and *why you want their influence in your life*, choosing that Saint is fine.
- You will be writing a research paper about this saint for Confirmation.

Not sure where to start?

1. Check out: <http://dowym.com/voices/quiz-which-saint-are-you-most-like/> just for fun!
2. This video, [How to Choose a Confirmation Saint](#) from Maggie Craig, was played at the last session for DASH 2 students in 21-22 year. **It might help to listen to it again.**
3. You will be asked to listen to [Bishop Barron talk](#) about the importance of a Confirmation saint before you start your paper, so you can listen to it here first.
4. TALK with your sponsor. TALK to your parents. TALK to others you trust who know you and know saints. (Yes, you can email Ms. Julie or chat with anyone else here at St. Anne too!)
- 5a. Consider a quality you need in life, or something you are currently struggling with, and find a saint who is the patron of that so you can call upon that strength to help you grow with, or overcome, that difficulty. **Examples?** In the past students struggling with mental health choose St. Dymphna, someone who struggled with seeing the positive things in life, chose St. Marie Amadine.
- 5b. Consider what you want to do and be in life and look for saints who are patron of that!
- 5c. Check out different saints and their life stories. There are MANY saints with the same name. Each has something beautiful to offer. Which person's life witness most inspires you?
6. SET up time to come to the RE office. We have binders full of info about saints and books too!

NOTE: You must choose a Saint (St.) who is fully canonized (doesn't say Bl – blessed, or Ven – venerable before their name.) **And, ANY saint works for any person no matter the gender of the saint and your gender.**

Good websites for browsing & research:

- <https://mycatholic.life/saints/> search by first name, great picture and bio
- <https://www.catholic.org/saints/> – alphabetical list, day of the month list, popular saints
- <http://www.catholic-saints.info/patron-saints/> – patron of occupations and hobbies
- <https://catholicsaints.info/> - Category listing