



The Parish of Saint Catherine of Siena Religious Education

Choosing a Saint and Saint Report Due: March 29, 2026

A saint is chosen for Confirmation to serve as a patron (a friend who is not only in heaven but who will pray for them), and model for the Confirmation Candidate.

The tradition of taking on a new name reflects a new role in life. This is evident throughout the Scriptures, e.g. "Abram" was changed to "Abraham," which means "Father of Many Nations," and Simon was changed to "Peter," which means "Rock" because Jesus founded his Church upon him as the first pope. Choosing a Confirmation name, a person chooses a way of living their lives by looking to imitate the life of a saint.

The candidate should choose a saint, not simply because of their name, but more importantly because they are inspired by the unique manner in which the person lived the Christian life. Each saint is very unique and possessed unique qualities, gifts, or charisms that they used in God's service to become holy. Confirmation saints should inspire candidates by their example, and become their example for how to live the Christian life.

Each Confirmation candidate will complete a written report about the saint whose name they have chosen for Confirmation. The outline of topics shown below should be carefully followed when writing the Saint Report.

Suggested Outline of Saint Report:

- a) Personal qualities and gifts you admire of the saint.
- b) Important events in the saint's life that inspire you.
- c) What could be your personal connection with this particular saint?
- d) How is this saint a model of Christian life for you?
- e) How can you become more like your saint?

The factual information (topics a. and b.) should be carefully researched and compiled. The reflection parts (topics c., d. and e.) will describe how you relate to your chosen saint in a personal way. The approximate length of report should be about 1 ½ - 2 pages in length, single-spaced, and typed using a font size of 12.

Suggestions for searching for a Confirmation saint:

- Begin by finding saints who share your first, middle or sometimes last names. Read the stories of these saints and see if their lives attract you in some way.
- Think about your interests. For example – if you are interested in music or sports – look up the patron saint of musicians and athletes etc.
- Research the saint whose feast day is the same as your birthday.
- If the founder/foundress of a religious community in your area is canonized as a saint, research their life story and how they founded the religious order.
- Talk to your parents and sponsor about their choices and their patron saints.

INFORMATION ABOUT SAINTS

Here are a few suggested websites:

www.cin.org/saints.html

www.catholic.org/saints/

www.catholicsaints.info

[Biggest and Best List of Confirmation Saints \(for Guys and Girls\) - LifeTeen.com for Catholic Youth](#)