



Roman Catholic Diocese of Peterborough



SAINT PROJECT

**Preparing for the Sacrament of Confirmation
during COVID-19**

SAINT PROJECT

For this project, candidates will select a Saint whose faith witness inspires them to live a life of greater faithfulness.

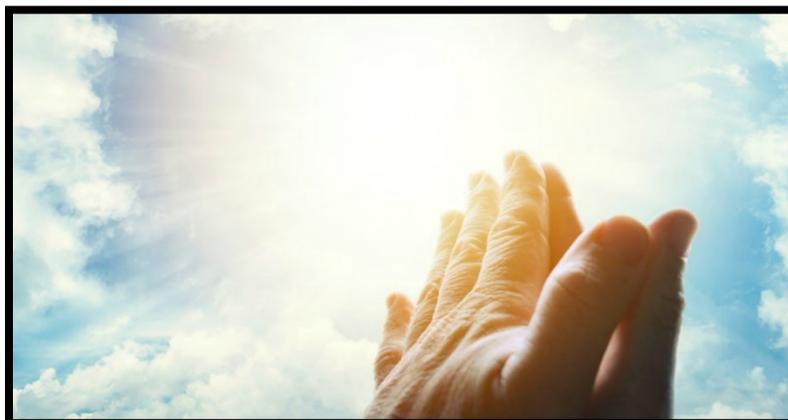
Candidates may select the name of this Saint as their Confirmation name or they may choose their Baptismal name. The Church prefers that the candidate chooses her/his baptismal name. The Confirmation name is the name by which the candidates will be presented at the Sacrament of Confirmation Mass.

For this project, choose a Saint you admire who will be your model and spiritual companion for the rest of your life. Choose one with qualities you admire. (i.e. courage in the face of difficulties, dedicated to a rich prayer life, helping the poor, etc.)

Choosing a Saint is a prayerful process. Ask God to inspire you in your prayers and reflections as you discern the name of a Saint for this project.

Here are a few guidelines and suggestions:

- 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.
- The Internet is an easy way to search for the life stories of Saints.
- Think about your interests. For example – if you are interested in music – look up the patron Saint of musicians.)
- 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.



MY SAINT PROJECT

My Name: _____

My Parish: _____

I chose Saint _____

Birthplace of the Saint: _____

Birthdate (if known): _____

When did the Saint live? _____ to _____

Tell us about the Saint. What is her/his life story?

What is the Saint known for?

Is he/she a patron/patroness Saint of any causes?

What virtues do you admire that this Saint practiced?

List the Saint's feast or memorial day on the liturgical calendar.

What colour vestments does the priest wear to celebrate Mass on the Saint's feast/memorial day? Why that particular colour?

What about this Saint inspires you to receive the Sacrament of Confirmation?

What about this Saint inspires you to be a better Catholic and how is this Saint a model for Christians today?

Why did you choose this Saint?

Is there a prayer or novena for the intercession of this Saint? Write the prayer out (if it is too long – write a paragraph or a phrase) and offer the prayer as your Saint accompanies you in life.

