

Learning about Saints

Complete this work before choosing your Saint name and submitting your Saint Name Form (link is at the end of this assignment)

Who Are The Saints?

Other than our local baseball team...

Most people use the word “saint” to refer to someone who is exceptionally good or “holy.” In the Catholic Church, however, a “saint” has a more specific meaning: someone who has led a life of “heroic virtue.”

This definition includes the four “cardinal” virtues: prudence, temperance, fortitude and justice; as well as the “theological” virtues: faith, hope and charity. A saint displays these qualities in a consistent and exceptional way.

The process for being named a saint in the Catholic Church is called “canonization,” the word “canon” meaning an authoritative list. Persons who are named “saints” are listed in the “canon” as saints and given a special day, called a “feast,” in the Catholic calendar.

This information was taken from this webpage, if you’d like to learn more:

<https://theconversation.com/who-becomes-a-saint-in-the-catholic-church-and-is-that-changing-81011>

“Famous” Saints

Even people who are not Catholic know the names of at least some saints, but what do you really know about these “famous” saints? Did you know that St. Patrick wasn’t born in Ireland? Or that we aren’t even sure if Saint Valentine was one person? For this assignment, choose **ONE** saint from the list below, and do some online research to learn more about them...

St. Thomas Becket St. Patrick Saint Teresa of Calcutta (Mother Teresa)

St. Nicholas St. Valentine St. Paul

American Saints

Many of these saints are lesser known, but they founded schools, hospitals, and missions that continue to have an impact today. For the second part of this assignment, follow this link, and read about at least **ONE** American saint:

<https://www.usccb.org/prayer-and-worship/prayers-and-devotions/saints/american-saints-and-blesseds>

Choosing a Saint Name for Confirmation

Taking a “Confirmation Name” is a long-standing tradition in the Catholic church. The saint you choose should have some significance to you. Do some more research to choose your saint name for Confirmation. Some possibilities include...

- One of the saints you just read about, if something inspired you
- The saint you’re already named for, if you have a saint as your first or middle name
- A saint who shares a name with a family member that means a lot to you
- A city that has significance to you that is named for a saint
- The patron saint of a hobby, sport, or career interest of yours

Important Note: You can also be Confirmed with your Baptismal name! If you make this choice, you will still submit some information about a saint that inspires you.

When you’re ready to choose your Confirmation name, use this link to complete the Saint Name Form, due May 1st: For **BLUE 2025/2026** students:

<https://forms.gle/nU2WTzp6VFB5WpkW8>