



Sacrament of Confirmation

Year One Saint Exploration Activity

The Year One Saint Exploration Activity is designed to introduce Confirmation Candidates to a few Saints who have already touched the Candidate's life. Learning more about the saint of a special grandparent, church leader, or the Candidate's own baptismal name will lead to a greater awareness and appreciation of the role that saints should play in all our lives.

Saint Terminology

Briefly explain the following words as they apply to Saints:

Beatification: _____

Canonization: _____

Miracle: _____

Personal Saint Exploration Activity

Many saints share the same first name (For example, there are several St. Gregory's, Catherine's, & Theresa's). Be specific as to which Saint you are referring (Ex: James the Greater, Theresa of Lisieux)

1) What is your baptismal name or middle name? _____

This name must be the name of a saint.

What Saint shares this name? _____

Why is he/she considered a saint? _____

2) When is your birthday? _____

Whose feast day is this? _____

Why is this individual recognized as a Saint? _____

3) Write the name of a Grandparent or Godparent: _____

What Saint shares this name? _____

Where was this Saint from (city, country): _____

When is his/her feast day? _____

4) What is your favorite sport, activity or hobby? _____

Who is the patron Saint of this activity? _____

Read a little about this saint and explain why this saint is associated with this particular activity.

5) Select one of the following individuals from the list provided, or another religious of your choosing, and answer the questions below to help you become more familiar with their particular saint.

Peter (St. Peter Chanel and Fr. Peter Rau)
Gregory (Archbishop Gregory of Atlanta)
Luis Rafel (Auxiliary Bishop Luis Rafel Zarama of At

Henry (Fr. Henry Atem)
John (Archbishop Emeritus John F. Donoghue)
Benedict (Pope Benedict XVI)

Whose saint have you chosen to learn more about and why? _____

In which city/state did this saint live? _____

What is so significant about this person's life that we have chosen to honor him/her as a saint? _____

Reflection Questions

Are Saints ordinary people? Please explain. _____

Why do we, as Catholics, honor ordinary men and women as Saints? _____

Name a person in your life or in the world today who you believe would be worthy of being canonized a "Saint?" Why are they extraordinary? _____
