

# St. Edward the Confessor Grade 8 Confirmation Preparation

## Confirmation Name Project 2025-2026

### *Confirmation Name and Saint Essay – A Witness to Faith*

Saints are holy people who tried to follow Jesus with all their hearts. Saints were ordinary Christians, just like each of us, who relied on and followed the Holy Spirit. Saints have been men, women, and children; married and single; lay-persons and members of religious orders; from all parts of the world; from every age and from all walks of life. From Heaven, Saints continue to watch over and pray for the Church and for all of us. As Catholics, we remember and honor the Saints because they show us how we can follow Jesus. **We are ALL called to be Saints!**

One of the traditional practices in our Church at the time of Confirmation is choosing a name that will remind you of the commitment you will make at Confirmation. You have two options:

- Choose your Baptismal name (if your Baptismal name is of a recognized Saint of the Church). Learn about the Saints who share the name you were given at your Baptism. Using your Baptismal name for Confirmation highlights the connection between the Sacraments of Baptism and Confirmation.
- Study some of the Saints and their lives. Pick a Saint that is meaningful to you and choose his/her name for Confirmation. Choose a Saint who represents the type of Christian you wish to be.

It is important and necessary to learn something about the Saint you choose before you decide on that name. Pray to the Holy Spirit for guidance.

Honor your Saint through prayer and imitation. Ask this Saint to help you make the right moral choices. Ask this Saint to be your spiritual guide. Print out a picture associated with your chosen Saint to serve as a visual reminder of his or her unique virtues. Leave the picture where you can see it every day. Share what you've learned about your Saint with your parents and Sponsor.

Find a list of canonized Saints in the Roman Catholic Church by using the internet or library to help with your research.

**For this project, read the above carefully and thoughtfully answer the questions below:**

1. What is your Saint's name?
2. What century did your Saint live in? What was his/her year of birth and death?
3. What city and country did your Saint live in? Where was he/she born?
4. What was the Saint's family like?
5. What was your Saint's occupation?
6. When does the Catholic Church celebrate your Saint's feast day?
7. What is your Saint the patron of?
8. What contribution did your Saint make to the Church during his/her lifetime?
9. Why did you choose this Saint and how is he/she a good role model of faith for you?

**Answer one of the questions below:**

What virtue was exemplified by your Saint's life and how did your Saint demonstrate this virtue? What are "virtues?" Search it out on the internet!

**OR**

How did this Saint live out the Works of Mercy? You can choose one Work of Mercy. To learn about the Works of Mercy, click on a link below.

**The Spiritual Works of Mercy:**

<https://www.usccb.org/beliefs-and-teachings/how-we-teach/new-evangelization/jubilee-of-mercy/the-spiritual-works-of-mercy>

**The Corporal Works of Mercy:**

<https://www.usccb.org/beliefs-and-teachings/how-we-teach/new-evangelization/jubilee-of-mercy/the-corporal-works-of-mercy>

Your essay should be at least one page long.

**The project is to be typed and emailed as a PDF to [seconfirmation@stedwardconfessor.org](mailto:seconfirmation@stedwardconfessor.org)**

**Due date: *No later than* April 1, 2026. Please put your full name on each Project.**