

Saint Essay Assignment

Each candidate for Confirmation is asked to choose one saint – a woman or man canonized by the Church – to be their Confirmation patron. They will adopt that saint’s name as their Confirmation name. At the Confirmation Ceremony, the bishop may ask the candidate about the saint he or she has chosen. There is great value in this custom of choosing a saint and “walking with” that person throughout one’s journey toward this sacrament!

The due date for this assignment is listed on the Confirmation Program calendar. Candidates complete this assignment in Grade 9.

Essay guidelines

To support candidates’ reflection on their chosen saint, we ask that they compose a brief essay of around 300 words (one typed page). This essay should be typed. On the top of the first page, candidates should list their own name, their saint’s name, the date, and the phrase “Saint Essay”.

The essay should respond to a question: **Why have you chosen this saint as your Confirmation patron?** Candidates should please *not only* give details about the life of their chosen saint, though of course some details will be needed. The focus of the essay should be the candidate’s choice: again, *why* have you chosen this saint, from among the many you could choose?

As they respond to the main question of the essay, stated above, candidates should include the following information:

- How you first heard about the saint;
- What attracts you to the life of this saint;
- Years of the saint’s birth and death and some details about his or her life;
- The saint’s feast day and special cause or patronage;
- How you will call on this saint in the future.

How to choose a saint

Many websites give information about Catholic saints. Candidates might want to choose based on what the saint is a patron of (for example of artists, athletes, writers, the poor), based on the saint’s feast day, based on some detail of the saint’s life, based on the saint’s name, or some other reason. You can find information about many saints at on [the blog of the Life Teen website](#) (follow the link, or just do a Google search for “Life Teen Saints”) or on many other websites.

If you have questions about this assignment, please contact our office. Thank you.