

SAINT REFLECTION

Due: January 25, 2017



History behind the Confirmation Name

The tradition of selecting a saint's name for Confirmation grew out of a pre-Vatican II practice that asked Confirmandi to select a Saint's name to be invoked during the Rite of Confirmation. Some of your parents and grandparents may have been required to do this. However, since Vatican II, this practice is no longer a requirement of the Rite of Confirmation. **The Church invites Candidates to keep the name given to them at Baptism or choose a Saint's name.**

The Saint Reflection

Whatever name you decide, your own name or that of a favorite saint, we ask that you explore how this holy person, this spiritual hero, this saint, offers you witness to walk more closely with Christ during the Confirmation preparation process.

If you'd like to focus on your own "given" name; find out if you were named after a beloved family member or favorite saint; or, research the roots of your name as a derivative of a Christian name. Otherwise find out more about a saint or spiritual hero.

Confirmation Name

You do not need to decide at this time whether you will be taking a saint's name or your "given" baptismal name. You must have your final decision on that by your Confirmation Conversation in May.

Guidelines for writing your Saint Reflection *(1 page maximum)*

- Provide a brief summary of their life. **(1 paragraph maximum)**
- Why did you select this saint?
- **How can the life of this saint be a model of faith and commitment to you throughout the Confirmation process?**
- Please – do your best to write a genuine, **reflective**, original work – not a cut and paste job off the internet.
- This should be a short personal reflection, this is not an essay or biography of a saint. This is not academic, its personal and spiritual.

How to Send:

- 1) **Preferred Method:** (non-HTS students) turn in to your small group leader at Confirmation session 2A(or B)
- 2) **non-preferred, but acceptable methods:**
 - Email** reflection in the body of the email to confirmation@trinity.org
Subject line: Saint Reflection for "Candidate Name"
Avoid Word attachments or other formats
 - **Drop off** in the RE Resource office/Upper School Cafeteria-open every Sunday
 - **Mail** to HT Attn: Confirmation- Saint Reflection