



2017-2018 CONFIRMATION PROGRAM

SAINT REFLECTION

Due February 21, 2018

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.

Your Saint Reflection

Whatever name you decide -- your own name, the name of someone you look up to or a favorite saint -- explore how this holy person, this spiritual hero, this saint, offers you witness to walk more closely with Christ during the Confirmation preparation journey.

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 and 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)
- Explain why you selected this saint or person.
- Explain how the life of this saint can be a model of faith and commitment to you throughout your Confirmation journey.
- Write a genuine, reflective, original work – do not simply cut and paste information off the internet.
- Write a *personal reflection*, not an essay or biography of a saint. This is not academic; it's personal and spiritual.

Deadline: February 21, 2018

Turn in your reflection to your small group leader at your first Confirmation session. If you are unable to attend this session, you can either:

- Email your reflection in the body of the email to confirmation@trinity.org.
Subject line: Saint Reflection for [Your Name]
Do not attach documents in Word or other formats
- Mail to Holy Trinity, Attn: Confirmation - Saint Reflection, 3513 N St. NW, Washington, DC 20007
Please note: All reflections are due February 21, so allow extra time if you are sending it by mail.