

Possible Confirmation Saints for Young Men: Suggestions that may be helpful.

If you are into sports and athletics:

St. Sebastian, a Roman soldier who converted to Christianity is the patron saint of athletes. He was one of the soldiers who guarded the emperor, and used his influence to protect people who were persecuted for their faith. When the emperor learned that Sebastian was himself a Catholic, he had him shot with arrows. Sebastian did not die, and was nursed back to health by a good Christian woman. He then went to see the emperor to protest the treatment of Christians – and was clubbed to death!

If you care about the poor:

St. Anthony is not only the patron saint of lost objects, but also of the poor. A priest of the Franciscan order, Anthony was a friend to people who were unable to pay for their homes. In his homilies he preached against the greed of moneylenders and bankers who did nothing to help families who were homeless. The bankers got so angry that they invited Anthony to dinner and served him poisoned food! But when Anthony ate the poisoned dinner with no harm, some of them began to take him seriously and do more to protect families from homelessness.

If you love the environment or animals:

St. Francis of Assisi was a rich young man who gave up all his riches to serve God and the poor. Most people think he was a priest, but Francis never felt called to the priesthood. He was a deacon and leader of a community of brothers and priests who believed that all creation was God's gift to humanity. Among other things, Francis was said to have an uncanny way with animals. When a wolf was killing farm animals and threatening children in one town, Francis went there and spoke quietly and gently to the wolf. Soon the wolf left the town and stopped bothering the farmers there. Francis was also very good to people who were poor and sick.

If you feel you get in trouble for things you did not do:

St. Rocco is the patron saint of those who are accused of doing things they did not do! During a plague, Rocco helped so many sick people that he was asked to write special prayers asking God to heal the sick. At some point, he was imprisoned for a time. We don't know the exact charge, but we do know that other prisoners were amazed at Rocco's calm prayerfulness during the ordeal. He was eventually released and went back to helping the sick.

If you sometimes feel that things are hopeless:

St. Jude Thaddeus (called St. Jude) is the patron saint of hopeless cases. He was Jesus' cousin, one of the 12 Apostles, and wrote a letter which is found in the New

Testament. His letter urges Christians to live their faith and avoid false teachings. Because his name is like that of Judas Iscariot – the apostle who betrayed Jesus – St. Jude is sometimes confused for him. That's probably why he is patron saint of the hopeless cases. He preached the Gospel in many places before giving his life for Jesus.

If you are an Altar Boy:

St. Tarcisius was an Altar Boy who served Mass back in the days when the Roman Empire was persecuting Christians. For this reason, Tarcisius often served Mass in secret places – in caves or out of the way places. He once volunteered to take Holy Communion to some Christians who had been jailed. On his way, he had to protect the Hosts he was carrying from pagan boys who wanted desecrate (treat them disrespectfully). Because he would not let go of the Body of Christ, Tarcisius could not defend himself when the pagans began to beat him. He held the Hosts tightly until he was rescued and could give them to a priest, then died he peacefully.

If you feel your family doesn't understand you (or are really smart):

St. Thomas Aquinas' family did not want him to become a priest. In fact, they were so against it that they imprisoned him in their family castle so he could not get to the group of priests he wished to join. His parents even sent beautiful women into his room to try to change his mind about becoming a priest, but Thomas stood firm. He prayed for God's help, and his sisters eventually helped break him out so he could fulfill his dream of being a priest. Thomas not only became a priest, but a great theologian who taught at the University of Paris and wrote many good books about the faith. His books are still studied by serious students of philosophy and religion today.

If you sometimes have doubts about your faith:

St. Thomas the Apostle may be the saint for you. When the other apostles told Thomas that Jesus had risen from the dead, he doubted it was true. He said that he would not believe it unless he "put his fingers in the nail marks in Jesus's hands." A week later Jesus appeared to the apostles – and Thomas. When the Lord told Thomas to "put your finger in my hands", Thomas believed. After that he went all the way to India to tell people about Jesus.

If you are thinking about being a soldier or police officer:

St. Michael the Archangel is the Commander of God's Holy Angels. The Bible tells us that, when Lucifer – who used to be a good angel – rebelled against God, Michael led the good angels who drove the devil out of Heaven. He is an example and protector of all who defend what is right.

Possible Confirmation Saints for Young Women: Some Suggestions

If you care about the poor:

St. Theresa of Calcutta, called Mother Theresa, formed a community of sisters to care for the 'poorest of the poor.' St. Theresa would walk the streets of some of the poorest places on earth, looking for poor people to help. She found them shelter, fed them, and cared for them as best as she could. She often stayed at the side of those who were dying, to keep them company and pray for their soul.

If you feel left alone for doing the right thing:

St. Elizabeth Ann Seton was a widowed mother who was convinced that God wanted her to become a Catholic. Some of her friends got so mad at her that they stopped talking to her and left her very alone. But the more she prayed and thought about it, the more Elizabeth was convinced that God wanted her to enter the Church that was started by Jesus and believed that He was really present in the Eucharist. A highly intelligent and capable person, Elizabeth not only became a Catholic, but also began the first Catholic School, first Catholic Orphanage, and first community of Catholic nuns in the United States.

If you like to take charge:

St. Joan of Arc took charge when the king and generals of France were afraid to do so. When the English attacked her country and made her people suffer terribly, Joan heard messages from God, telling her to take charge of the French army. As you can imagine, the king and generals first thought she was crazy – but they soon learned that she knew what she was doing. With God's help, she led the French armies to victory until she was betrayed, falsely accused of all kinds of things, and burned to death! When news of this reached the pope, he ordered an investigation which ultimately concluded that Joan was inspired by God, misunderstood by her enemies, and truly a saint.

If everybody else usually drives you crazy:

St. Catherine of Sienna was the youngest of 25 children in her family! Her siblings drove her crazy by making noise when she prayed, so her Dad gave her a quiet place for prayer. She loved Jesus a great deal, and even had a dream in which she 'married' Him! Among the things that drove Catherine crazy were the many problems in the Church during her life. She organized gatherings at her home in which people would pray and discuss possible solutions to problems in the Church and the world. In time Catherine was so respected that governors, bishops, and even the pope would seek her advice.

If you care about immigrants:

St. Frances Cabrini (better known as Mother Cabrini) was an immigrant from Italy who spent most of her life caring for other immigrants. With the help of her religious sisters, Frances began 67 clinics and care centers for the many immigrants she found here. She even became a US citizen, and helped other immigrants to do so, too.

If people sometimes think you're crazy:

St. Elizabeth of Hungary was a young queen who did so much for the poor that the rest of the royal family thought she was insane! But her husband, King Louis, was happy to support her acts of charity. He even let her sell some of her royal jewels to feed the poor, and turn part of their castle into a hospital for the poor. When he died, the rest of the family threw her out of the castle, spreading rumors that she was truly insane. His soldiers wanted to make her queen again, but she did not want a war fought over her! So, she lived the rest of her life not as queen – but as a great helper of people who were poor and sick.

If you have (or need) lots of patience:

St. Therese of Lisieux – often called the Little Flower – really had lots of patience. She wanted to be a nun when she was a child, but had to wait patiently until she was old enough. When older nuns were rude to her, she patiently treated them with kindness. When she found messes made by other sisters, she cleaned them up without complaining. When the nun who sat near her in chapel made noise during silent meditation, Therese patiently put up with it. Her many acts of patience were a little gift she gave to God, and a reminder of how patient He is with us.

If you don't want to be told who to marry:

St. Lucy was young woman whose mother wanted her to marry a strong pagan man. But Lucy had made up her mind to give her life to Jesus. She took her mother to a holy place to pray, and when her mother was healed of an old ailment, she realized that Lucy was right. The two of them served Jesus by praying and doing good works for the poor. The pagan man who wanted to marry Lucy was furious and had her arrested for being a Christian. But she told him that “Jesus was her only spouse.”

If you really love music:

St. Cecilia, like St. Lucy, lived in those days when the Roman Empire was trying to wipe out the Church. She loved Jesus and worshipped him with songs of praise – to the point where she is the patron saint of music. Forced to marry a pagan man, Cecilia convinced him, his brother, and four hundred other people to become Christians before she was killed for her faith.