

YOUR CONFIRMATION NAME

BY THE MOST REVEREND JOHN C. NIENSTEDT

All of us need heroes! Whether it is in the area of athletics, or science, or politics, or even parenting (maybe especially parenting), all of us need role models that we can look up to and emulate.

As I was growing up, I frequently experienced attacks of asthma that would induce a bronchitis and put me in bed for a week or so. My parents did not allow us, kids, to watch television, so I read books. Most frequently I read books on the lives of the saints. They became my heroes.

The late Archbishop Fulton J. Sheen once said, "the Church's job is to make saints, and she is at her best when she gives them to us." Many people today, living amidst the secularism, materialism and hedonism of our times, question whether it's really possible to live a virtuous and holy life. Some think that Jesus holds up for us a theoretically high ideal which none of us can attain. But after reading the lives of the saints and the flesh-and-blood circumstances in which they lived and died, you cannot fail but know that the ideals to which Jesus calls us are real and attainable. They are because others, like ourselves, have been there and done it!

It is my wish that each Confirmation candidate will choose the name of a real, legitimate saint who is well known to that individual. It may be the saint of one's baptismal designation, or the saint's name your parents or grandparents carry, or a saint whose life you have read and whose example you wish to follow. But the name you choose should link you with the communion of saints in heaven with whom we worship God, the Father, every time we participate in the Mass.

Attached is a list of the most commonly known saints who are celebrated in the Roman Calendar. Other saints are found in Our [Sunday Visitor's Encyclopedia of Saints](#), revised by Matthew, Margaret and Stephen Bunson in 2003. A copy of this is in my office.

Most internet websites provide incorrect or inadequate information about the saints. The Vatican does provide a more authoritative website at www.vatican.va and is a wonderful resource for learning about the saints.

Choosing a name for Confirmation is an important step in this process. I ask each candidate to review the choices and choose a saint in whom he or she can place their confidence not just for today, but for many years to come.

God bless you!

<u>NAME OF SAINTS</u> <small>(FEMALE ITALICIZED)</small>	<u>FEAST DATE</u>	<u>CLASSIFICATION OF THE SAINT</u>
Achilleus	May 12	with Nereus
<i>Agatha</i>	<i>February 5</i>	<i>martyr</i>
<i>Agnes</i>	<i>January 21</i>	<i>virgin and martyr</i>
Albert (the Great)	November 15	doctor of the Church
Aloysius Gonzaga	June 21	scholar, patron of youth
Alphonsus Marie Liguori	August 1	bishop, doctor
Ambrose	December 7	father of the Church, doctor
<i>Anastasia</i>	<i>December 25</i>	<i>martyr</i>
Andrew Dung Lac	November 24	priest, martyr
Andrew Kim Taegon	September 20	priest, martyr
Andrew	November 30	apostle, martyr
<i>Angela Merici</i>	<i>January 27</i>	<i>foundress of Ursulines, mystic</i>
<i>Anne</i>	<i>July 26</i>	<i>mother of Mary, patron of widows</i>
Anselem	April 21	bishop, doctor
Ansgar	February 3	missionary, archbishop
Anthony	January 17	hermit, monk
Anthony Mary Claret	October 24	founder of Claretians
Anthony of Padua	June 13	doctor
Apollinaris (of Hierpolis)	January 8	bishop, writer, apologist
Athanasius	May 2	bishop, doctor
Augustine (of Hippo)	August 28	doctor, Father of the Church
Barnabas	June 11	apostle, martyr
Bartholomew (Nathanael)	August 24	apostle, martyr
Basil the Great	January 2	bishop, doctor
Benedict	July 11	monastic founder

<i>Bernadette</i>	<i>April 16</i>	had visions of the Lady of Lourdes- not in Roman Calendar
Bernard (of Clairvaux)	August 20	abbot and doctor
Bernadine of Siena	May 20	preacher, missionary
Blaise	February 3	bishop, martyr, physician
Bonaventure	July 15	theologian, bishop, doctor
Boniface	June 5	bishop, missionary
Brendan	May 16	monastic founder, patron of sailors
<i>Bridget of Sweden</i>	<i>July 23</i>	<i>wife, foundress</i>
Bruno	October 6	priest, hermit
Cajetan	August 7	priest, founder
Callistus I	October 14	pope, martyr
<i>Catherine of Siena</i>	<i>April 29</i>	<i>doctor, mystic, papal adviser, patroness of the dying</i>
<i>Cecilia</i>	<i>November 22</i>	<i>virgin and martyr, patroness of music</i>
Charles Borromeo	November 4	bishop
Charles Lwanga	June 3	martyr of Uganda-with companions
Christopher	July 25	martyr, patron of travelers-not in Calendar
<i>Clare</i>	<i>August 11</i>	<i>virgin, foundress, mystic</i>
Clement I	November 23	pope, martyr
<i>Clotilde</i>	<i>June 3</i>	Queen of the Franks, converted her husband not on Calendar
Cornelius	September 16	pope – with Cyprian
Cyprian	September 16	pope- with Cornelius
Cosmas	September 26	martyr, with Damian
Cyril of Alexandria	June 27	bishop, doctor
Cyril of Jerusalem	March 18	doctor, bishop
Damasus I	December 11	Pope

Denis	October 9	martyr - with companions
Dionysius		
Dominic	August 8	priest, founder of Order of Preachers
<i>Edith Stein</i>	<i>August 9</i>	<i>philosopher, writer, convert from Judaism- Canonized 1998</i>
Eligius (Eloi)	December 1	bishop, founder, patron of metal smiths — not on Calendar
<i>Elizabeth</i>	<i>November 5</i>	<i>cousin of Mary, mother of John the Baptist</i>
<i>Elizabeth Ann Seton</i>	<i>January 4</i>	<i>religious</i>
<i>Elizabeth of Portugal</i>	<i>July 4</i>	<i>religious</i>
<i>Elizabeth of Hungary</i>	<i>November 17</i>	<i>religious</i>
Ephraem	June 9	doctor, deacon
Eusebius of Vercelli	August 2	bishop, martyr
Fabian	January 20	pope, martyr
<i>Felicity</i>	<i>March 7</i>	<i>martyr-with Perpetua</i>
Fidelis (of Sigmaringen)	April 24	priest and martyr
<i>Frances of Rome</i>	<i>March 9</i>	<i>religious, co patroness of Benedictine Oblates</i>
Francis Xavier	December 3	priest, patron of foreign missions
Francis de Sales	January 24	bishop, doctor
Francis of Assisi	October 4	religious
Francis of Paola	April 2	hermit, patron of seafarers
Gabriel the Archangel	September 29	patron of modern telecommunications
<i>Genevieve (Genovfa)</i>	<i>January 3</i>	<i>religious — not in Roman Calendar</i>
George	April 23	martyr
<i>Gertrude (the Great)</i>	<i>November 16</i>	<i>virgin</i>
<i>Gianna Beretta Molla</i>		<i>wife, physician, died giving birth — Canonized — 2004</i>
Gregory the Great	September 3	pope, doctor

Gregory VII	September 3	pope
<i>Hedwig</i>	<i>October 16</i>	<i>religious, widow</i>
Henry	July 13	co-patron of the Benedictine Oblates
Hermano Pedro de San Jose De Betancurt		physician, founder — canonized 2002
Hilary (of Poitiers)	January 13	bishop, doctor
Hippolytus	August 13	priest and martyr — with Pontian
Ignatius (of Loyola)	July 31	priest, founder of the Jesuits
Ignatius (of Antioch)	October 17	bishop, martyr
Irenaeus	June 28	bishop, martyr
Isaac Jogues	October 19	priest and martyr
Isidore (the Fanner)	May 10	farmer, husband
Isidore (of Seville)	April 4	bishop and doctor
James the Greater	July 25	apostle
James the Lesser	May 3	apostle — with Philip
<i>Jane Frances de Chantal</i>	<i>August 18</i>	<i>religious, foundress</i>
Januarius	September 19	bishop, martyr
Jerome	September 30	priest and doctor
Jerome Emiliarni	February 8	patron saint of orphanages and abandoned children
Joachim	July 26	father of Mary
<i>Joan of Arc (Jeanne La Pucelle)</i>	<i>May 30</i>	<i>not in Roman Calendar</i>
John	December 27	apostle, evangelist
John Baptist de la Salle	April 7	priest, educator, founder
John Bosco	January 31	priest, founder of the Salesians
John Cantius (Kanty)	May 31	priest, patron of Poland and Lithuania
John Chrysostom	September 13	bishop and doctor

John de Brebeuf	October 19	martyr – with companions
John Eudes	August 19	priest, founder of devotion to the Sacred Heart
John Fisher	June 22	bishop and martyr
John Leonardi	October 9	priest, founder
John the Baptist	June 24	precursor of the Messiah, martyr (August 29)
John Vianney	August 4	priest
Joseph	March 19	husband of Mary, patron of workers (May 1)
<i>Josephine Bakhita</i>	<i>February 8</i>	<i>religious, kidnapped and sold into slavery- canonized 2000</i>
Juan Diego	December 9	had visions of the Lady of Guadalupe – canonized 2002
Justin Martyr	June 1	martyr, philosopher, apologist
Jude (or Thaddeus)	October 28	apostle, patron of lost causes
<i>Katharine Drexel</i>	<i>March 3</i>	<i>religious, foundress of schools – canonized 2000</i>
Lawrence	August 10	deacon, martyr
Lawrence of Brindisi	July 21	priest, doctor
Lawrence Ruiz	September 29	martyr – with companions – canonized 1987
Leo the Great	November 10	pope, doctor
Louis Mary de Montfort	April 28	priest, devotion to Mary and the rosary
Louis Baba	August 25	martyr
<i>Lucy (of Syracuse)</i>	<i>December 13</i>	<i>virgin, martyr</i>
Luke	October 18	apostle, evangelist, patron of doctors
Malachy O'More	November 3	abbot, bishop
Marcellin Joseph Benoit Champagnat	June 6	priest, founder of the Society of Mary canonized 1999
Marcellinus	June 2	martyr – with Peter

<i>Margaret Mary Alacoque</i>	<i>October 16</i>	<i>virgin, martyr, leader of devotions to the Sacred Heart</i>
<i>Marguerite Bourgeoys</i>	<i>January 19</i>	<i>religious, foundress – canonized 1982</i>
<i>Margaret of Scotland</i>	<i>November 16</i>	<i>virgin, model of charity</i>
<i>Maria Josefa of the Heart of Jesus</i>	<i>March 20</i>	<i>religious, co foundress – canonized 2000</i>
<i>Sancho de Guerra</i>		
<i>Maria Goretti</i>	<i>July 6</i>	<i>virgin, martyr</i>
<i>Marie Marguerite d'Youville</i>	<i>April 11</i>	<i>religious, foundress of Sisters of Charity – canonized 1990</i>
Mark	April 25	apostle, evangelist
<i>Martha</i>	<i>July 29</i>	<i>sister to Sts. Lazarus and Mary at Bethany, Patroness of cooks</i>
Martin de Porres	November 3	religious, founder of orphanage, ministered to Slaves
Martin of Tours	November 11	bishop, founder
<i>Mary Faustina Kowalski</i>	<i>October 5</i>	<i>religious, visionary of the Divine Mercy – canonized 2000</i>
<i>Mary Magdalene</i>	<i>July 22</i>	<i>apostle to the apostles</i>
<i>Mary, Mother of God</i>	<i>January 1</i>	<i>Mother of Jesus – has many feast days</i>
Matthew, apostle	September 21	apostle, evangelist
Matthias, apostle	May 14	apostle (replaced Judas Iscariot)
Maximillian Maria Kolbe	August 14	priest, martyr, died in Nazi concentration camp
Methodius	February 14	bishop-with Cyril
Michael the Archangel	September 29	protector of the Chosen People – With Gabriel and Raphael
<i>Monica</i>	<i>August 27</i>	<i>widow, mother of St. Augustine</i>
Nereus	May 12	martyr – with Achilleus
Nicholas	December 6	bishop, patron of children
Norbert	June 6	bishop, founder

Pancras	May 12	martyr
Patrick	March 17	bishop, patron of Ireland
Paul	June 29	apostle, with Peter
Paul Miki	February 6	martyr — with companions
<i>Paola (Paula) Frassinetti</i>	<i>June 11</i>	<i>foundress — canonized 1984</i>
<i>Paula Montal Fornes De San Jose</i>	<i>November 25</i>	<i>foundress of Daughters of Mary — canonized 1983</i>
<i>Calasanz</i>		
Paulinus of Nola	June 22	bishop
<i>Perpetua</i>	<i>March 7</i>	<i>martyr — with Felicity and companions</i>
Peter	June 29	apostle, first pope — with Paul
Peter Damian	February 21	bishop, doctor
Philip	May 3	apostle — with James
Philip Neri	May 26	priest, missionary, founder
Pio da Pietrelcina	September 23	priest, devoted to prayer — canonized 2002
Pius V	April 30	pope
Pius X	August 21	pope
Polycarp	February 23	bishop, martyr
Pontian	August 13	pope and martyr
Raymond of Penafort	January 7	priest
<i>Rita of Cascia</i>	<i>May 22</i>	<i>religious, patroness of hopeless causes</i>
Robert Bellarmine	September 17	bishop, doctor
Romuald	June 19	abbot
<i>Rose of Lima</i>	<i>August 23</i>	<i>virgin, foundress for care of the Native Americans of Peru</i>
<i>Rose-Philippini Duchesne</i>	<i>November 17</i>	<i>religious, foundress — canonized 1988</i>
Raphael the Archangel	September 29	with Michael and Gabriel

<i>Scholastica</i>	<i>February 10</i>	<i>virgin, abbess and founder</i>
Sebastian	January 20	martyr
Simon	October 28	apostle — with Jude
Sixtus II	August 7	pope, martyr — with companions
Stanislaus	April 11	bishop, martyr, patron of Poland
Stephen	December 26	apostle, first martyr
Stephen of Hungary	August 16	married man, ruler
Sylvester I	December 31	pope
<i>Teresa of Jesus</i>	<i>October 15</i>	<i>virgin and doctor</i>
<i>Therese of Lisieux</i>	<i>October 1</i>	<i>religious, doctor, "the Little Flower" – canonized in 1997</i>
Thomas	July 3	apostle
Thomas Aquinas	January 28	priest and doctor
Thomas Becket	December 29	bishop and martyr
Thomas More	June 22	martyr, with John Fisher
Timothy	January 26	bishop — with Titus
Titus	January 26	bishop — with Timothy
Vincent	January 22	deacon, martyr
Vincent de Paul	September 27	priest, founder of Lazarist Fathers and Sisters of Charity
Vincent Ferrer	April 5	priest
Wenceslaus	September 28	martyr
Willibrord	November 7	bishop, missionary to Frisia (modern Netherlands) — not in Calendar
Zachary	November 5	father of John the Baptist (Zachariah)