Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Communion of Saints Exercise**

Directions: This exercise is meant to help you think about what Saint’s name you want to choose for your confirmation name. You will have the option to take on the name of a saint during your confirmation as a sign of that saint’s closeness and prayer for you. Think of him or her as a special friend in heaven who is strength for you and cheering you on.

Think of two saints, one male and one female. Do a little research and fill out this sheet.

**Saint Name:**

**Give a Brief history of the saint. When and where was he or she born? What did he or she do during life? What made this saint so holy?**

**What are some of the characteristics of this saint that I admire?**

**Saint Name:**

**Give a Brief history of the saint. When and where was he or she born? What did he or she do during life? What made this saint so holy?**

**What are some of the characteristics of this saint that I admire?**