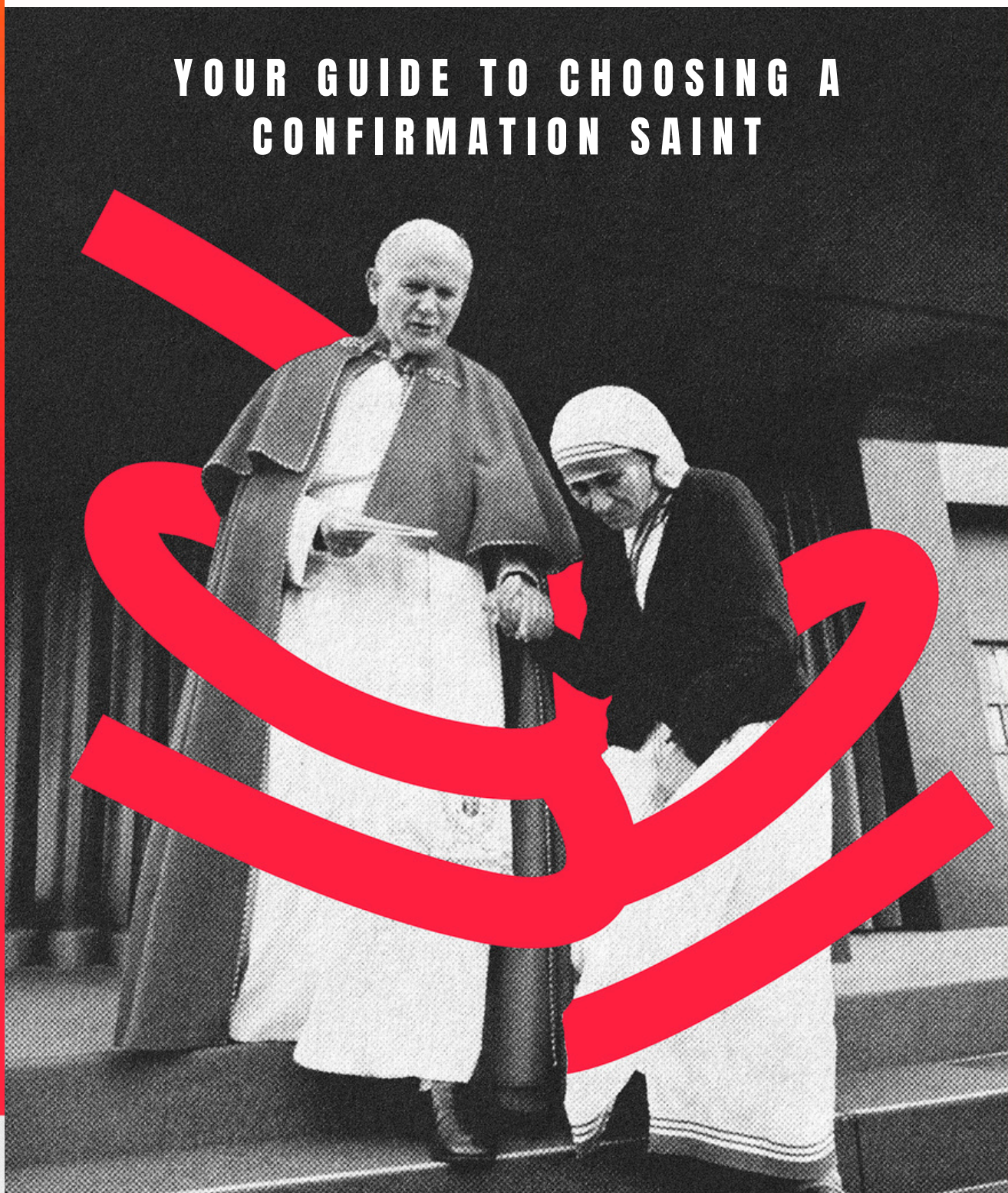
ST. THOMAS AQUINAS

WITH EVERY BREATH

YOUR GUIDE TO CHOOSING A CONFIRMATION SAINT



LIFE TEEN

WHAT MAKES A SAINT?

While earthly titles and personal resumes may matter to employers, they do not matter to God. In fact, the only "title" God cares about for us is that we are His son or daughter. Beyond that, the only earthly "title" that would leave heaven applauding would be that of a "saint." To be clear, the Church doesn't "make someone" a saint. The Church recognizes the holiness of certain individuals and honors some with the title of "Saint."

If you make it to heaven, you are a saint – whether or not the Church recognizes you as one publicly. The title of Saint is conferred on someone after what is called the canonization process. The process was formalized by Pope Alexander III in the 12th century. He restricted the prerogative of canonization to the Holy See (Vatican authority), meaning that the Church was the body that would officially declare someone a "saint," and not just their local community or country. Canonization means "being raised to the full honors of the altar." You can read more about this in the Catechism of the Catholic Church paragraph 828.

STEPS TO SAINTHOOD

SERVANT OF GOD

This process usually begins at least five years after a person's death, but some exceptions can be made by the pope. A request is sent to the bishop for a person to be canonized. if the bishop decides there is enough evidence to request the person for sainthood, he then sends it to the Vatican. Once evidence is provided of the persons holiness, they are then declared "Servant of God"

VENERABLE

This is when the candidate is determined to have been virtous and heroic in their faith. To do this, the candidate's writings and other materials are examined to see if they followed the teachings and practices of the Catholic Church. if they pass this stage, then the Candidate is declared "Venerable". This means that this person is worthy of our respect because of their Chararacter

BEATIFICATION

The next step is beatification. If the candidate was a martyr, someone who died for their faith, he or she may be beatified and named "Blessed." Otherwise, a miracle brought about by the intercession of the saint must occur and be verified by the Congregation. Once the person is beatified and named "Blessed," he or she can be venerated, or officially honored, in his or her city, diocese, region, or religious community.

CANONIZATION

After being beatified, another miracle is required for the person to be canonized and officially declared a saint. Once again, the miracle must have occurred as a result of the person's intercession. The Prefect of the Congregation then sends the cause for canonization to the pope who makes the final decision. Once a person is canonized, he or she is officially declared a "Saint." The pope declares this in an official way at a special Mass in honor of the new saint.

LIFE TEEN

Why Do Catholics Choose Confirmation Saints?



As we go through our formation for Confirmation, we select a Saint of whom we want to be like, as well as someone who can pray for us from heaven. Saints show us how to live out our primary vocation of holiness and how to get to heaven.

Through the process of canonization, when someone is declared by the Church to be a Saint, the Church is proclaiming that this member of the faithful practiced heroic virtue during their life on earth, 'the Church recognizes the power of the Spirit of holiness within her and sustains the hope of believers by proposing the Saints to them as models and intercessors' (CCC 828).



To aspire to be like a saint is the same as trying to imitate an actor, musician, or athlete; a confirmation Saint is someone cool who we want to be like and have the same relationship with Christ that they did.

You may have a famous actor, musician, or athlete that you really admire for their talent and skill. What many people don't realize is that there are good people to look up to within our Church, for us to try to be like as well. It is common for us to think that only adults are able to become Saints, but that is wrong.



It is important to remember that as members of the Church, we are never alone, as St. Paul said, 'We are surrounded by so great a cloud of witnesses' (Hebrews 12:1). These witnesses are the Saints who continually intercede for us (CCC 956); in choosing a confirmation Saint, we are choosing a special friend to intercede for us in heaven and after whom we can model our lives while here on earth.



You can't call up a famous person you want to be like and ask them for help, but your Confirmation Saint is someone who you can talk to whenever you need them and they will always have your back!

Choosing your Confirmation Saint?









As you prepare for the Sacrament of Confirmation, you will choose a canonized Saint to serve as a model of faith and a special intercessor for you.

The Saints show us what it looks like to follow Jesus in real life. They were ordinary people—with different personalities, struggles, talents, families, and circumstances—who chose to pursue holiness and remain faithful to Christ. Their lives remind us that every one of us is called to become a saint and ultimately to reach heaven like they did.

When the Church canonizes someone as a Saint, the Church recognizes that the person lived a life of heroic Christian virtue and is with God in heaven. The Catechism explains that the Church proposes the Saints to us as "models and intercessors" (CCC 828).

Why Choose a Confirmation Saint?
Think about the people you admire. Maybe there is an athlete, musician, actor, teacher, coach, or family member whose qualities you would like to imitate. We naturally look for people who inspire us.

Your Confirmation Saint should be someone who inspires you in an even greater way—not simply because of what they accomplished, but because of how they followed Christ.

Your Saint becomes a spiritual role model. Learn from their victories and struggles, look at the virtues they practiced, and ask yourself:
What can this Saint teach me about becoming the person God is calling me to be?

The Saints are also more than role models. They are members of the Church in heaven who pray for us. Scripture reminds us that we are "surrounded by so great a cloud of witnesses" (Hebrews 12:1), and the Church teaches that the Saints continually intercede for us (CCC 956).

By choosing a Confirmation Saint, you are choosing someone whose example you want to follow and whose prayers you can ask for throughout your life.

Requirements for Choosing Your Saint



Each Confirmation candidate must Select a Saint:

- **Male candidates are to select a male saint;**
- **Female candidates are to select a female saint.**
- **The saint must be a canonized saint of the Catholic Church.**
- **Saints should be chosen because of their faith, virtues, and example of Christian life, not simply because they are patrons of a favorite hobby, sport, career, or interest.**
- **Saints from the 20th and 21st centuries are preferred, although saints from any period may be selected.**
- **Candidates should select a saint they can look to as a model of Christian life and an intercessor in prayer.**
- **Candidates should know their saint and Confirmation name by the end of their first year of preparation.**



Choose a Saint because you genuinely admire the Saint's life, faith, and virtues.

Do not choose a Saint simply because they are the patron Saint of one of your hobbies, sports, careers, or interests.
Research the Saint's life and complete a Saint paper of at least 250 words.



<u>What Should You Look For?</u>
Don't simply ask, "What Saint is the patron of something I like?" Instead, ask: "What Saint lived the kind of Christian life I want to imitate?"

Maybe you admire a Saint's courage, humility, purity, generosity, perseverance, devotion to prayer, love for the Eucharist, willingness to serve others, or ability to remain faithful during difficult circumstances. Maybe they have the same struggles as you! Your Saint should be someone whose life challenges you to grow closer to Christ.



When you make your final choice, you should be able to explain:
"I chose this Saint because I admire _____ about their life, and I want to imitate that virtue in my own life by _____."

Your Confirmation Saint isn't just a name you choose for the Confirmation ceremony. This is a Saint you are invited to develop a relationship with—someone whose example can guide you and whose intercession you can ask for throughout your life.

Choose carefully. Learn their story. Ask for their prayers. And most importantly, allow their example to challenge you to become the saint God is calling you to be.

CONFIRMATION SAINT NAME & REPORT REQUIREMENTS



1 PURPOSE

As part of preparation for the Sacrament of Confirmation, each candidate is required to select a canonized saint of the Catholic Church whose name will become the candidate's Confirmation name. The selected saint must serve as a model of Christian discipleship whose faith, virtues, and relationship with Jesus Christ the candidate desires to imitate.

2 SAINT SELECTION REQUIREMENTS

- **Choose a canonized Catholic saint.**
  Male candidates shall select a male saint. Female candidates shall select a female saint.
- **Select a saint based on the saint's faith, virtues, and example of holiness,** not solely because the saint is a patron of a hobby, sport, occupation, or interest.
- **Saints from the 20th and 21st centuries are preferred,**
  although saints from any historical period are permitted.
- **Identify your Confirmation saint and name to complete your Disciples phase**

3 WRITTEN REPORT REQUIREMENTS

Submit a written report of no fewer than 500 words, excluding the title, candidate information, and references. The report must address all of the following:

1. **Biographical Information**
   Saint's name, birth and death dates (when known), feast day, and when and where the saint lived.
2. **Life and Canonization**
   Significant events in the saint's life and why the saint was recognized by the Catholic Church.
3. **Spiritual Life**
   The saint's relationship with Jesus Christ, prayer practices, and Christian virtues.
4. **Personal Selection**
   Why you selected this saint and Confirmation name.
5. **Challenges and Perseverance**
   Struggles experienced by the saint, how the saint responded, and any similarities to challenges you face.
6. **Personal Application**
   Specific ways you intend to imitate the saint's virtues, prayer life, and Christian example.
7. **Family and Community**
   How following the saint's example could positively influence your family, parish, school, and community.

4 CANDIDATE RESPONSIBILITY

- The report must be completed independently by the candidate and written in the candidate's own words.
- Parents or guardians may assist with research but shall not complete or compose the report.
- All research sources must be identified.
- Plagiarism or copied material presented as original work is prohibited.

5 REVIEW AND ACCEPTANCE

- All reports are subject to review and approval by the Youth Ministry Director or designated formation leadership.
- Reports that do not meet the minimum word count, required content, or originality standards shall be returned for correction and resubmission.

Submission alone does not constitute completion of this requirement. Final acceptance is determined by the

- Youth Ministry Director.

6 CONTINUING FORMATION

Candidates are expected to retain knowledge of their selected saint throughout Confirmation preparation and may be asked to discuss the saint during formation sessions or interviews.

THE BLESSED VIRGIN MARY

Mother of God, Mother of the Church, and Queen of All Saints

- BIRTHDATE: Unknown — traditionally associated with Nazareth and the Holy Land
- DIED: Not recorded in Scripture or definitively known
- PRINCIPLE FEAST DAYS: January 1 — Mary, Mother of God; August 15 — Assumption; December 8 — Immaculate Conception
- PATRONAGE: The Universal Church and all humanity under her maternal care



Mary was a young Jewish woman from Nazareth whose quiet life was forever changed when the Angel Gabriel appeared to her with an extraordinary message: God had chosen her to become the mother of Jesus Christ, the promised Messiah and Son of God.

Mary did not understand everything that lay ahead, but she responded with complete trust: “Behold, I am the handmaid of the Lord. May it be done to me according to your word.” Her “yes” to God became one of the most important acts of faith in human history.

Mary remained faithfully beside Jesus throughout His life. She carried Him in her womb, raised Him with Saint Joseph, followed His ministry, and directed others toward Him. At the Wedding at Cana, her simple instruction—“Do whatever he tells you”—beautifully expressed the mission of her entire life: leading others to her Son.

Mary's faith was tested most profoundly at Calvary, where she remained beside Jesus at the Cross. There, Christ entrusted Mary to the beloved disciple, and the Church recognizes in this moment her spiritual motherhood of Christ's followers. After the Resurrection and Ascension, Mary was also present praying with the Apostles as they awaited the Holy Spirit at Pentecost.

Catholics honor Mary not because she replaces Jesus, but because her entire life points toward Him. From Nazareth to Calvary, she shows what discipleship looks like: listening to God, trusting Him when the future is uncertain, and faithfully saying “yes” again and again.

The Church teaches that Mary was preserved from original sin in the Immaculate Conception and, at the completion of her earthly life, was taken body and soul into heavenly glory in the Assumption

FUN FACT: Mary has many different titles, but they all refer to the same person! Our Lady of Guadalupe, Our Lady of Lourdes, Our Lady of Fatima, Our Lady of Mount Carmel, and countless others are all titles honoring the one Blessed Virgin Mary in connection with particular apparitions, places, devotions, or aspects of her relationship with Christ and the Church



ST. JOSEPH

Husband of Mary, Foster Father of Jesus, and Patron of the Universal Church

- BIRTHDATE: Unknown — 1st century B.C.
- DIED: Unknown — traditionally believed to have died before Jesus' public ministry
- FEASTDAY: March 19 — Solemnity of Saint Joseph; May 1 — Saint Joseph the Worker
- PATRONAGE: The Universal Church, fathers, workers, carpenters, families, and a happy death

Saint Joseph was a humble Jewish man from Nazareth, a descendant of King David who worked as a tekton—a craftsman or carpenter. Scripture describes him simply but powerfully as a "righteous man."

Joseph's life changed when he discovered that Mary, to whom he was betrothed, was expecting a child. Unaware of God's plan but unwilling to expose Mary to shame, Joseph intended to quietly separate from her. Then an angel appeared to him in a dream, telling him not to be afraid to take Mary as his wife because her child had been conceived through the Holy Spirit. Joseph responded with remarkable faith: he got up and did exactly what God asked.

He took Mary into his home and became the earthly father and guardian of Jesus. Joseph protected his family when King Herod threatened the Christ Child, fleeing with Mary and Jesus into Egypt before eventually returning to Nazareth. There, Joseph worked to provide for his family and helped raise Jesus within the Jewish faith.

The Gospels record not a single word spoken by Joseph. Yet his silence was not weakness. Again and again, when God called, Joseph listened, trusted, and acted. Through his ordinary work and hidden sacrifices, he devoted his life to protecting Jesus and Mary.

Saint Joseph reminds us that holiness does not always attract attention. Sometimes it looks like showing up, working hard, protecting those entrusted to us, and faithfully doing what God asks—even when no one else notices.

Because of his unique responsibility for the Holy Family, Pope Pius IX proclaimed Saint Joseph Patron of the Universal Church in 1870.

FUN FACT: Saint Joseph has two major celebrations on the Church calendar! March 19 honors him as the husband of Mary and guardian of Jesus, while May 1 celebrates Saint Joseph the Worker, honoring the dignity of human work through the example of the carpenter of Nazareth.

ST. JOHN PAUL II

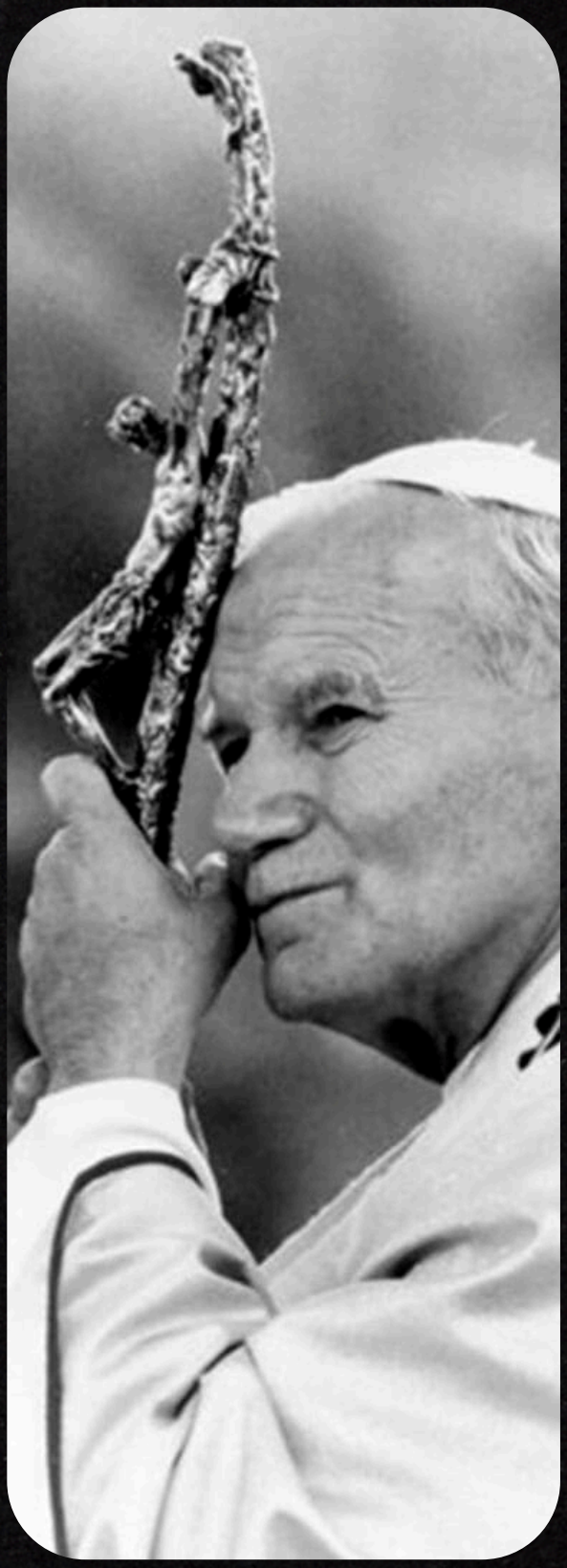
Pope, Pastor, Philosopher and Witness of Hope

- BIRTHDATE: May 18, 1920 — Wadowice, Poland
- DIED: April 2, 2005 — Vatican City, age 84
- FEASTDAY: October 22
- PATRONAGE: World Youth Day; youth and young adults

Born Karol Józef Wojtyła in Wadowice, Poland, Saint John Paul II grew up in a Catholic family and developed a deep life of prayer from an early age. His youth, however, was marked by tremendous loss: his mother died when he was nine, his older brother died three years later, and by age twenty, he had also lost his father.

As a young man, Karol loved literature, theater, sports, and the outdoors. His university studies were interrupted when Nazi Germany occupied Poland. Forced to work in a quarry and later a chemical factory, he witnessed the brutality of war while quietly deepening his relationship with Christ through prayer, Scripture, the Mass, and devotion to Mary. In 1942, recognizing God's call to the priesthood, he entered a secret underground seminary—risking his freedom to follow Christ. He was ordained a priest in 1946.

Karol eventually became Archbishop of Kraków and a cardinal before being elected Pope John Paul II in 1978. As pope, he became a tireless missionary, traveling throughout the world and boldly proclaiming the dignity of every human person and the hope found in Jesus Christ. He had a special love for young people and helped establish World Youth Day, calling generations of Catholics to courageously follow Christ. His message was simple but powerful: "Be not afraid! Open wide the doors to Christ!"



FUN FACT: John Paul II loved the outdoors! As a young priest, he regularly took young adults hiking, skiing, camping, and kayaking—often celebrating Mass and discussing the faith with them along the way.



ST. GIANNA MOLLA

Wife, Mother, Physician, and Witness to Life

- BIRTHDATE: October 4, 1922 — Magenta, Italy
- DIED: April 28, 1962 — age 39
- FEASTDAY: April 28
- PATRONAGE: Mothers, physicians, pregnant women, and families

Gianna Beretta Molla was born into a deeply Catholic family in Magenta, Italy. From childhood, she learned to see life as a precious gift from God and developed a strong devotion to prayer and the Eucharist. As a young woman, Gianna was joyful, active, and intelligent. She loved skiing and mountain climbing, while also serving young people through Catholic Action and caring for the elderly and those in need through the St. Vincent de Paul Society.

Gianna studied medicine and surgery, becoming a physician in 1949 and later specializing in pediatrics. She saw medicine not simply as a career, but as a mission from God, giving special attention to mothers, children, the elderly, and the poor. After prayerfully discerning her vocation, Gianna married Pietro Molla in 1955 and embraced her calling as a wife, mother, and doctor.

During her fourth pregnancy, doctors discovered a serious uterine fibroma. Knowing the risks, Gianna asked that her doctors protect the life of her unborn child while treating her condition. Her daughter, Gianna Emanuela, was safely born on April 21, 1962. Despite efforts to save her, Gianna died one week later.

Saint Gianna's holiness was found in ordinary life—in her marriage, motherhood, profession, friendships, and service. Her life remains a powerful witness that every vocation can become a path to holiness when lived with faith, love, and generosity. She was canonized by Saint John Paul II in 2004.

FUN FACT: Gianna was an enthusiastic skier and mountain climber! She loved being outdoors and saw the beauty of creation as another reason to rejoice in the gift of life.

ST. CARLO ACUTIS

Teenager, Computer Enthusiast, and Apostle of the Eucharist

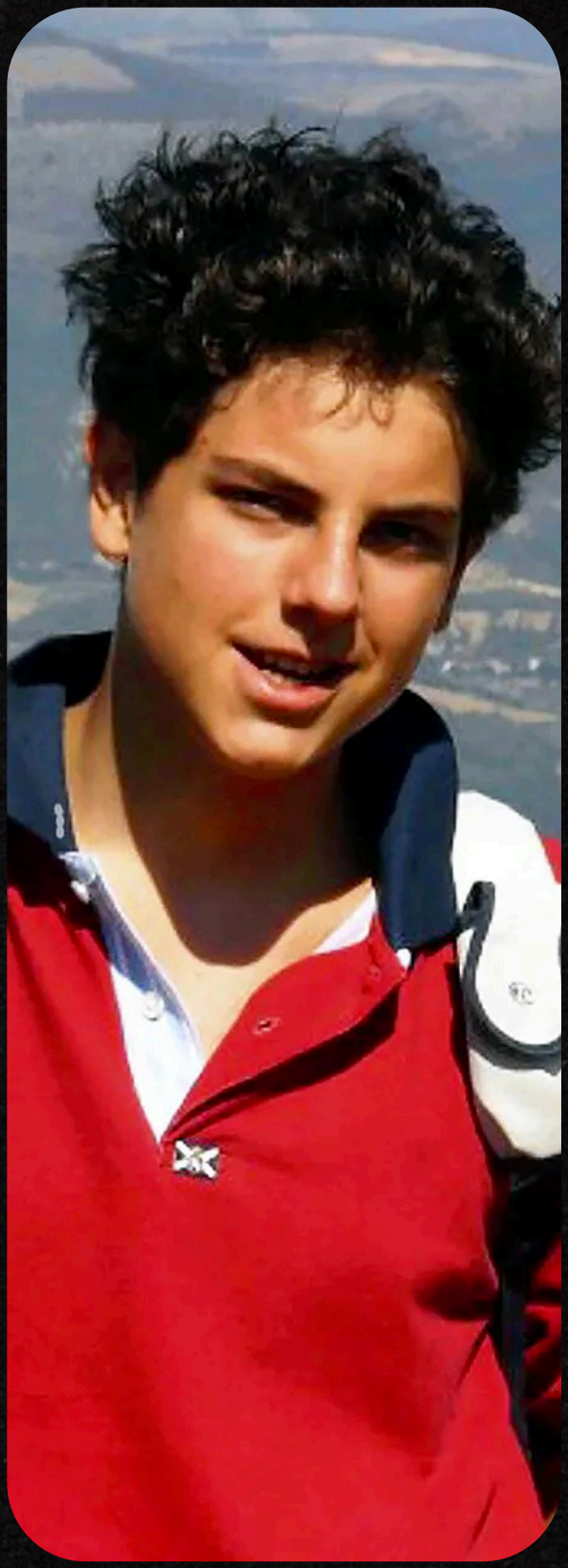
- **BIRTHDATE: May 3, 1991 — London, England**
- **DIED: October 12, 2006 — Monza, Italy, age 15**
- **FEASTDAY: October 12**
- **PATRONAGE: The Internet, computer programmers, and young people**

Carlo Acutis was born in London to Italian parents and raised in Milan, Italy. Although his family was not especially active in practicing the faith during his early childhood, Carlo developed an extraordinary love for Jesus from a young age. After receiving his First Communion, the Eucharist became the center of his life. He attended Mass frequently, prayed the Rosary, went regularly to Confession, and spent time in Eucharistic Adoration.

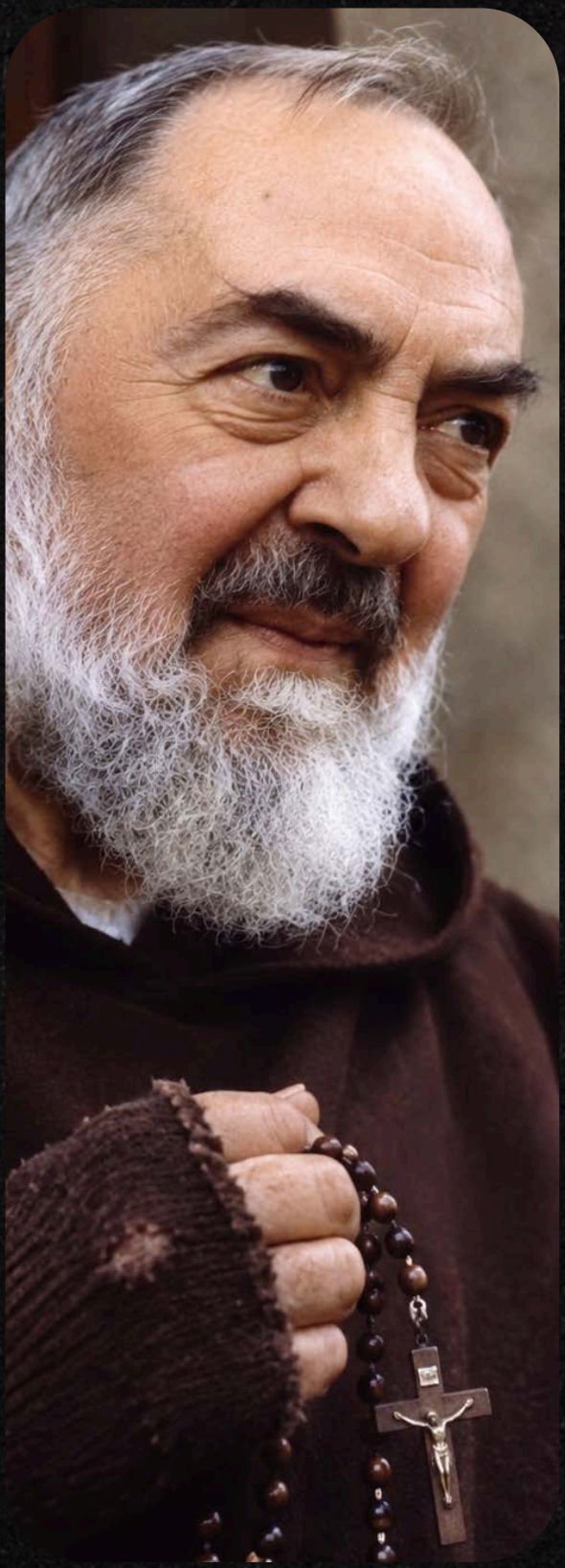
Yet Carlo was very much an ordinary teenager. He enjoyed soccer, video games, computers, animals, and spending time with friends. What made him extraordinary was the way he used these ordinary interests for God. Gifted with computers and web design, Carlo created an online exhibition documenting Eucharistic miracles from around the world, using technology as a tool for evangelization. He also served as a catechist and quietly cared for the poor, sometimes giving away his own money to those in need.

At age fifteen, Carlo was diagnosed with an aggressive form of leukemia. His illness progressed rapidly, and he died on October 12, 2006. Even during his final illness, his heart remained focused on Christ and the Church. Carlo's short life showed that holiness is possible right now, even amid school, friends, sports, and technology. His life reminds young people that becoming a saint does not mean becoming someone else—it means allowing Christ to transform who you already are.

Saint Carlo Acutis was canonized by Pope Leo XIV on September 7, 2025, becoming the first saint of the millennial generation.



FUN FACT: Carlo loved computers and taught himself skills in programming and web design. He even helped with his parish website and created digital projects for his school—all while still a teenager!



ST. PIO OF PIETRELCINA

"Padre Pio" — Priest, Confessor, and Man of Prayer

- BIRTHDATE: May 25, 1887 — Pietrelcina, Italy
- DIED: September 23, 1968 — San Giovanni Rotondo, Italy, age 81
- FEASTDAY: September 23
- PATRONAGE: Civil defense volunteers, adolescents, and those seeking healing

Born Francesco Forgione into a humble Catholic family in southern Italy, Padre Pio developed a love for Jesus and prayer from an early age. At sixteen, he entered the novitiate of the Capuchin Franciscans, taking the name Brother Pio in honor of Pope Saint Pius V. He professed his vows as a Franciscan and was ordained a priest in 1910.

Padre Pio's entire priesthood became centered on bringing souls closer to Christ through prayer, the Eucharist, spiritual guidance, and Confession. He spent countless hours hearing confessions, offering counsel, and encouraging people to turn away from sin and trust in God's mercy. The celebration of the Mass stood at the very center of his spiritual and apostolic life.

In 1918, Padre Pio received the stigmata—the wounds of Christ's Crucifixion—which remained with him for fifty years. His growing reputation brought enormous attention as well as investigations and restrictions from Church authorities. Through these trials, Padre Pio remained obedient to the Church and continued to devote himself to prayer and service.

His compassion also took practical form. In 1956, he founded the Casa Sollievo della Sofferenza (House for the Relief of Suffering), a hospital dedicated to caring for the sick and suffering.

Padre Pio showed the world that holiness begins with a heart completely surrendered to God. His simple mission was to pray, bring people to Christ, and help others encounter God's mercy. Saint John Paul II canonized him in 2002.

FUN FACT: Padre Pio had a great sense of humor! Despite his serious appearance and intense spiritual life, those who knew him remembered his quick wit, playful jokes, and hearty laughter.

ST. FAUSTINA KOWALSKA

Apostle of Divine Mercy



- BIRTHDATE: August 25, 1905 — Głogowiec, Poland
- DIED: October 5, 1938 — Kraków, Poland, age 33
- FEASTDAY: October 5
- PATRONAGE: Divine Mercy and those seeking God's mercy

Born Helena Kowalska into a poor but deeply Catholic farming family in Poland, Saint Faustina was the third of ten children. From a young age, she possessed a remarkable love for prayer, compassion for the poor, and awareness of God's presence. At only seven years old, she first sensed a calling to religious life. However, because her family could not afford for her to enter a convent, Helena left home as a teenager and worked as a housekeeper to help support them.

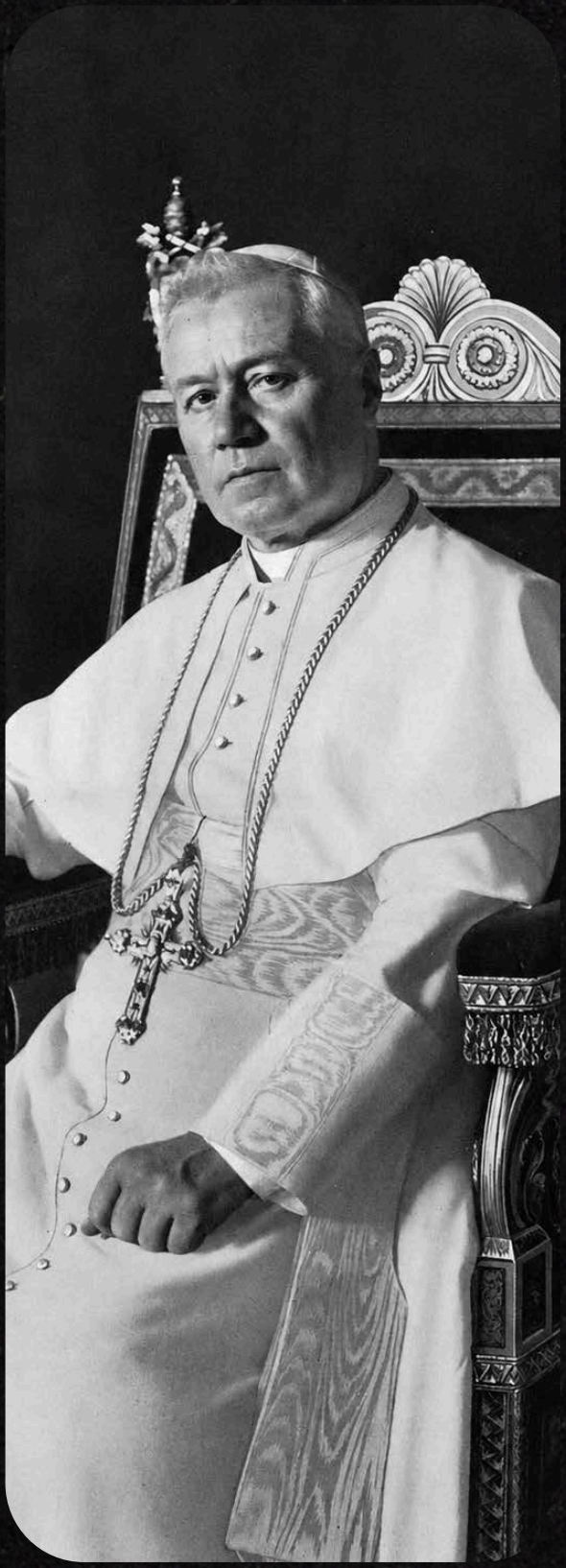
As a young woman, Helena continued to feel Christ calling her to completely dedicate her life to Him. In 1925, at age twenty, she entered the Congregation of the Sisters of Our Lady of Mercy, where she received the name Sister Maria Faustina. Her daily life was simple and hidden—she worked as a cook, gardener, and porter—but within that ordinary life grew an extraordinary relationship with Christ.

Faustina became known as the Apostle of Divine Mercy. Through her mystical encounters with Jesus, she was entrusted with spreading the message that no person is beyond the reach of God's mercy. She recorded these experiences in her Diary and helped spread devotions including the Divine Mercy image, the Chaplet of Divine Mercy, and Divine Mercy Sunday.

Faustina died from illness at only thirty-three years old, but her simple life transformed Catholic devotion throughout the world. Her message continues to remind us that holiness begins by trusting completely in Jesus and showing His mercy to others.

Saint John Paul II canonized her on April 30, 2000, calling her life and witness a gift of God for the Church and the world.

FUN FACT: Faustina had only about three years of formal schooling! Despite her limited education and humble background, her Diary became one of the most influential Catholic spiritual writings of the modern era.



ST. PIUS X

Pope of the Eucharist and Catechism

- BIRTHDATE: June 2, 1835 — Riese, Italy
- DIED: August 20, 1914 — Rome, Italy, age 79
- FEASTDAY: August 21
- PATRONAGE: First communicants, pilgrims, and catechists

Born Giuseppe Melchiorre Sarto into a poor family in northern Italy, Saint Pius X grew up in a simple but deeply Catholic home. His father worked as a town messenger and his mother as a seamstress. Giuseppe felt called to the priesthood while still young, but his family had little money for his education. With assistance, he was able to attend seminary and was ordained a priest in 1858.

Giuseppe spent much of his early priesthood close to ordinary people, serving first as an assistant priest and later as a pastor. Known for his humility, prayer, generosity to the poor, and gift for teaching the faith, he eventually became Bishop of Mantua, Cardinal and Patriarch of Venice, and finally Pope in 1903.

Taking the name Pius X, he chose as his motto Instaurare omnia in Christo—"To restore all things in Christ." As pope, he worked to renew the spiritual life of the Church and defend the Catholic faith. He promoted clearer catechesis, encouraged frequent reception of the Eucharist, and famously lowered the age for children to receive their First Holy Communion, desiring that Catholics encounter Jesus in the Eucharist from an early age.

Despite becoming pope, Pius X never forgot his humble beginnings. He remained known for his simplicity and pastoral heart, seeing himself first as a shepherd responsible for leading souls to Christ.

He died in 1914, shortly after the outbreak of World War I, and was canonized by Pope Pius XII in 1954. His life reminds us that great holiness does not require an impressive beginning—only a heart willing to belong completely to Christ.

FUN FACT: When Cardinal Sarto traveled to the conclave that would elect him pope, he reportedly purchased a round-trip ticket to Venice, fully expecting to return home afterward!

ST. PHILLIP NERI

The Apostle of Rome and Saint of Joy

- **BIRTHDATE:** July 21, 1515 — Florence, Italy
- **DIED:** May 26, 1595 — Rome, Italy, age 79
- **FEASTDAY:** May 26
- **PATRONAGE:** Rome, young people, and humor and joy



Born in Florence, Italy, Saint Philip Neri was raised in the Catholic faith and was known from childhood for his cheerful and friendly personality. As a young man, Philip was sent to work with a wealthy relative and had the opportunity to inherit his business. Instead, he felt drawn toward something greater. Leaving behind the possibility of wealth and success, Philip traveled to Rome, where his relationship with Christ deepened through prayer, study, and service to others.

Philip soon began bringing the Gospel into the streets of Rome. Long before becoming a priest, he befriended the poor, visited the sick, spoke with people about Christ, and especially reached out to young people. His joyful personality made others feel welcomed rather than judged. He believed that following Christ should produce genuine joy, freedom, and love.

Philip was ordained a priest in 1551. People increasingly sought him out for Confession and spiritual guidance, and informal gatherings began forming around him. These meetings combined prayer, Scripture, music, conversation, friendship, and works of charity and eventually developed into the Congregation of the Oratory.

Known as the "Apostle of Rome," Philip helped renew the faith of the city not through power or prestige, but through personal relationships. He was famous for his humor and sometimes deliberately made himself look silly to protect himself from pride and attention.

Saint Philip Neri reminds us that holiness does not have to be gloomy. A joyful heart, genuine friendship, and a willingness to meet people where they are can become powerful ways of leading others to Christ.

FUN FACT: Philip was famous for his practical jokes and playful personality! When people began treating him like a celebrity because of his holiness, he sometimes did ridiculous things on purpose to make himself look foolish and keep himself humble.



ST. FRANCIS OF ASSISI

Friar, Founder, and the Poor Man of Assisi

- BIRTHDATE: 1182 — Assisi, Italy
- DIED: October 3, 1226 — Assisi, Italy, age 44
- FEASTDAY: October 4
- PATRONAGE: Animals, ecology and the environment, merchants, and Italy

Born Giovanni di Pietro di Bernardone, Francis was the son of a wealthy cloth merchant and grew up surrounded by comfort and privilege. Known for his outgoing personality, fine clothing, and love of celebrations, young Francis dreamed of adventure and becoming a knight. He went to war against the neighboring city of Perugia, where he was captured and imprisoned. After his release, illness and disappointment began causing him to question the life he had been pursuing.

Francis' conversion happened gradually. Through prayer and encounters with the poor and suffering, he began discovering Christ in people he had once avoided. While praying before the crucifix in the ruined church of San Damiano, Francis heard Christ call him to "repair my Church." At first, Francis understood this literally and began rebuilding abandoned churches. Eventually, he realized God was calling him to something much greater.

Francis renounced his wealth and embraced a life of poverty, prayer, penance, and service, seeking to follow the Gospel as completely as possible. Others soon joined him, eventually forming the Order of Friars Minor—the Franciscans. His example inspired Saint Clare of Assisi and the foundation of the Poor Clares as well.

Francis preached peace, cared for the poor and sick, and possessed a profound love for God's creation. Near the end of his life, he received the stigmata, the wounds of Christ.

Saint Francis reminds us that conversion means allowing Christ to completely redirect our lives—and discovering that our greatest treasure is found not in possessions or popularity, but in belonging completely to God.

FUN FACT: Saint Francis created one of the first known live Nativity scenes in Greccio, Italy, in 1223! He wanted people to experience the humility and simplicity of Jesus' birth in a vivid new way.

ST. ISIDORE

Husband, Laborer, and Man of Prayer

- **BIRTHDATE:** c. 1070 — Madrid, Spain
- **DIED:** May 15, 1130 — Madrid, Spain
- **FEASTDAY:** May 15
- **PATRONAGE:** Farmers, agricultural workers, rural communities, and Madrid

Born into a poor Catholic family in Madrid, Spain, Isidore was a simple farm laborer who found an extraordinary path to holiness in ordinary life. From a young age, he worked the land and eventually entered the service of a wealthy landowner, Juan de Vargas. He remained a farm worker for most of his life.

Isidore married Maria de la Cabeza, a woman of deep faith who is also honored as a saint. Together they built their marriage around prayer, hard work, generosity, and trust in God. Isidore would rise early to attend Mass and pray before beginning his work in the fields. Even while plowing, he remained attentive to God, transforming his everyday labor into prayer.

His devotion sometimes caused other workers to complain that Isidore spent too much time praying. According to a beloved tradition, his employer once went to investigate and witnessed angels plowing alongside Isidore, helping complete his work while he prayed.

Isidore was also remarkably generous despite having little himself. He regularly shared his food and possessions with the poor and showed great compassion toward animals. For him, love of God could never be separated from love and care for God's creation and His people.

Saint Isidore reminds us that you do not need an extraordinary job or an extraordinary life to become a saint. Our schoolwork, jobs, chores, friendships, and responsibilities can all become offerings to God when they are done faithfully and with love.

He was canonized in 1622 alongside Saints Ignatius of Loyola, Francis Xavier, Teresa of Ávila, and Philip Neri.



FUN FACT: According to tradition, when Isidore stopped his work to pray, angels were seen plowing the fields beside him! This is why artwork of St. Isidore often shows him praying while an angel guides a plow nearby.



ST. JUAN DIGEO

Humble Messenger of Our Lady of Guadalupe

- **BIRTHDATE:** c. 1474 — Cuauhtitlán, Mexico
- **DIED:** 1548 — near Tepeyac, Mexico
- **FEASTDAY:** December 9
- **PATRONAGE:** Indigenous peoples

Born Cuauhtlatoatzin, Juan Diego was an Indigenous man living near present-day Mexico City during a time of enormous cultural change following the Spanish conquest. He was already a married adult when he encountered the Catholic faith and chose to be baptized, receiving the Christian name Juan Diego. Though neither wealthy nor powerful, he became known as a humble man of sincere faith who faithfully practiced his new Catholic religion.

Everything changed in December 1531. While Juan Diego was walking near Tepeyac Hill, the Blessed Virgin Mary appeared to him. Speaking to him with tenderness, Mary identified herself as the Mother of the true God and asked Juan Diego to tell the local bishop that she desired a church to be built there.

The bishop initially hesitated and asked for a sign. Our Lady instructed Juan Diego to gather roses miraculously growing on the hill in December and carry them in his tilma, or cloak. When Juan Diego opened the tilma before the bishop, the roses fell to the ground and the image of Our Lady of Guadalupe was revealed upon the fabric.

Juan Diego spent the remainder of his life devoted to prayer and sharing the story of the apparitions. Through his simple witness, countless people encountered the Gospel and came to know Christ.

Saint Juan Diego reminds us that God does extraordinary things through ordinary people who are humble enough to trust Him. His life shows that evangelization does not require power or importance—only faithfulness and the courage to carry God's message to others.

Saint John Paul II canonized Juan Diego in 2002, making him the first Indigenous saint of the American continent.

FUN FACT: Juan Diego's name Cuauhtlatoatzin comes from Nahuatl and is traditionally translated along the lines of "Talking Eagle" or "He Who Speaks Like an Eagle."

ST. DOMINIC SAVIO

Teenager, Student, and Model of Joyful Holiness

- **BIRTHDATE:** April 2, 1842 — near Turin, Italy
- **DIED:** March 9, 1857 — Mondonio, Italy, age 14
- **FEASTDAY:** May 6
- **PATRONAGE:** Children and young people, altar servers, and the falsely accused



Born into a humble Catholic family in northern Italy, Dominic Savio discovered a love for Jesus at an unusually young age. He eagerly attended Mass, prayed faithfully, and was permitted to receive his First Holy Communion at only seven years old. On that day, Dominic made several resolutions that would guide his life, including receiving Confession and Communion frequently, keeping Jesus and Mary as his closest friends, and choosing holiness over sin.

At twelve, Dominic met Saint John Bosco, the priest famous for caring for and educating disadvantaged boys in Turin. Dominic joined Don Bosco's Oratory and immediately told him that he wanted to become a saint. Don Bosco helped him understand that sainthood did not require constantly doing extraordinary things. Dominic could become holy by faithfully completing his responsibilities, helping others, avoiding sin, praying, and remaining joyful.

Dominic took this mission seriously. He helped younger students learn their Catechism, cared for sick classmates, settled arguments, encouraged struggling friends, and formed a group dedicated to prayer and helping others. His cheerful personality became an important part of his witness. For Dominic, following Christ was not supposed to make someone miserable—holiness and genuine joy belonged together.

Dominic hoped to become a priest, but his health began to fail. He returned home and died in 1857 at only fourteen years old.

Though his life was incredibly short, Dominic proved that you are never too young to become a saint. Holiness can begin right now—in school, friendships, prayer, kindness, and the ordinary choices we make every day. Pope Pius XII canonized Dominic Savio in 1954.

FUN FACT: Dominic once explained the spirituality he learned from Don Bosco with a wonderfully simple idea: "Here we make holiness consist in being always cheerful." For Dominic, joy wasn't separate from becoming a saint—it was part of the journey.



ST. PIER GIORGIO FRASSATI

Young Layman, Servant of the Poor, and "Man of the Beatitudes"

- **BIRTHDATE: April 6, 1901 — Turin, Italy**
- **DIED: July 4, 1925 — Turin, Italy, age 24**
- **FEASTDAY: July 4**
- **PATRONAGE: Young people, students, mountaineers, and Catholic young adults**

Born into a wealthy and influential family in Turin, Italy, Pier Giorgio Frassati grew up surrounded by privilege, but his heart was drawn somewhere very different. His family was not particularly devout, yet Pier Giorgio developed a deep personal love for Christ through the Eucharist, prayer, Confession, and Catholic friendships. As a young man, he attended Mass frequently and became involved in Catholic Action, the St. Vincent de Paul Society, and the Dominican Third Order.

Pier Giorgio was anything but boring. He loved mountain climbing, skiing, hiking, practical jokes, friends, and adventure. He studied mining engineering because he hoped to work alongside miners and improve the difficult conditions faced by laborers. Yet behind his energetic personality was an extraordinary commitment to the poor.

He regularly visited struggling families, cared for the sick, gave away his money, and sometimes even sacrificed his transportation fare to help someone in need—leaving himself to walk home. His faith also moved him into public life, where he courageously defended human dignity and Catholic social teaching.

At only twenty-four, Pier Giorgio became seriously ill and died on July 4, 1925. His family was stunned when crowds of poor and suffering people filled the streets for his funeral—people they had never known he had quietly served.

Pier Giorgio showed that holiness does not mean withdrawing from life—it means living it fully with Christ at the center. His famous motto, "Verso l'alto"—"To the heights!"—perfectly captures his desire to keep climbing, both physically and spiritually, toward God. Pope Leo XIV canonized him on September 7, 2025, alongside Saint Carlo Acutis.

FUN FACT: Pier Giorgio and his friends formed a group jokingly called the "Tipi Loschi," or "Shady Characters." They hiked, climbed mountains, played jokes on one another, prayed together, and encouraged each other to live their Catholic faith.

ST. THÉRÈSE OF LISIEUX

The Little Flower and Doctor of the Church

- **BIRTHDATE: January 2, 1873 — Alençon, France**
- **DIED: September 30, 1897 — Lisieux, France, age 24**
- **FEASTDAY: October 1**
- **PATRONAGE: Missions and missionaries**



Born Marie Françoise-Thérèse Martin in Alençon, France, Thérèse was the youngest daughter of Saints Louis and Zélie Martin. Raised in a loving Catholic family, she experienced great sadness when her mother died while Thérèse was only four years old. As she grew, her faith became increasingly personal, especially through prayer, the Eucharist, and a deep love for Jesus.

Thérèse felt called to religious life while still very young. Determined to give herself completely to Christ, she even personally appealed to Pope Leo XIII for permission to enter religious life early. At only fifteen, she entered the Carmelite monastery in Lisieux, where she became Sister Thérèse of the Child Jesus and the Holy Face.

Her life in the convent was remarkably ordinary. She did not travel the world, perform great public works, or become famous during her lifetime. Instead, Thérèse discovered what became known as her "Little Way"—doing small, everyday things with great love and trusting completely in God's mercy. She practiced patience with difficult people, accepted unnoticed sacrifices, prayed for missionaries, and tried to make love the motivation behind everything she did.

Thérèse died from tuberculosis at only twenty-four years old. After her death, her writings—especially her autobiography, Story of a Soul—spread her spirituality throughout the world.

Her life reminds us that we don't have to wait for an opportunity to do something extraordinary to become saints. We can love God extraordinarily well in the ordinary moments we are given.

Pope Pius XI canonized Thérèse in 1925, and Pope Saint John Paul II declared her a Doctor of the Church in 1997.

FUN FACT: Although Thérèse lived most of her religious life inside a cloister and never became a missionary overseas, she was named Patroness of the Missions because of her incredible dedication to praying and sacrificing for missionaries around the world!



ST. TERESA OF CALCUTTA

Mother Teresa — Missionary of Charity and Servant of the Poorest

- **BIRTHDATE: August 26, 1910 — Skopje, present-day North Macedonia**
- **DIED: September 5, 1997 — Calcutta (Kolkata), India, age 87**
- **FEASTDAY: September 5**
- **PATRONAGE: The poor, missionaries of charity, and those serving the sick and suffering**

Born Agnes Gonxha Bojaxhiu to an Albanian Catholic family, Teresa was raised in a home where faith, prayer, and generosity toward the poor were part of everyday life. Her father died when she was only eight, leaving the family in financial difficulty, but her mother's strong faith deeply influenced her. By age twelve, Agnes sensed that God might be calling her to missionary life. At eighteen, she left home to join the Sisters of Loreto, taking the name Sister Mary Teresa after St. Thérèse of Lisieux. She traveled to India, where she became a teacher and eventually a school principal in Calcutta. Then, in 1946, Teresa experienced what she called her "call within a call." During a train journey, she became convinced that Jesus was asking her to leave the convent school and serve Him among "the poorest of the poor." With permission from the Church, she entered the slums of Calcutta, caring for people who were sick, hungry, abandoned, and dying.

In 1950, she founded the Missionaries of Charity, whose mission spread from India throughout the world. Mother Teresa taught that every person possesses God-given dignity and that even the smallest act of love can reveal Christ to another person.

Her life reminds us that loving Jesus means learning to recognize Him in the people around us—especially those who feel forgotten, unwanted, or alone.

Pope Francis canonized Mother Teresa in 2016.

FUN FACT: Mother Teresa considered August 27—her baptismal day—to be her "true birthday," because it was the day she began her life in Christ.

ST. IGNATIUS OF LOYOLA

Soldier, Spiritual Master, and Founder of the Jesuits

- **BIRTHDATE: 1491 — Loyola, Spain**
- **DIED: July 31, 1556 — Rome, Italy, age 64**
- **FEASTDAY: July 31**
- **PATRONAGE: Spiritual retreats and exercises**

Born Íñigo López de Loyola into a noble family in Spain, Ignatius grew up dreaming of adventure, honor, and military glory. As a young man, he served at court and became a soldier, pursuing worldly success rather than a life centered completely on God.

His life changed dramatically in 1521, when he was seriously wounded while defending Pamplona. During his long recovery, Ignatius wanted to read stories of knights and adventure, but the books available to him were about Jesus and the lives of the saints. As he read, he noticed something surprising: dreams of worldly glory excited him temporarily, but imagining himself serving Christ like the saints left him with a deeper and lasting peace. Ignatius began to wonder, "What if I should live like that?"

After recovering, he left his former life behind. He spent months in prayer and penance at Manresa, where his experiences eventually formed the foundation of his famous Spiritual Exercises—a method of prayer designed to help people discern God's will and follow Christ more closely.

Ignatius later studied theology in Paris, where a group of companions gathered around him, including Saint Francis Xavier and Saint Peter Faber. Together they eventually founded the Society of Jesus, or Jesuits, officially approved in 1540.

The Jesuits became missionaries, educators, preachers, and servants of the Church throughout the world.

Ignatius spent his remaining years guiding the growing order and teaching others to seek God's will in everything.

Saint Ignatius reminds us that God can redirect even our greatest ambitions. Holiness begins when we stop asking only what we want from life and begin asking what God is calling us to do with it.



FUN FACT: Ignatius began life as a soldier, but after his conversion he redirected that same courage and determination toward serving Christ. His spirituality is famously summed up by the Jesuit motto "Ad Majorem Dei Gloriam" (AMDG)—"For the Greater Glory of God."



ST. MARIA GORETTI

Young Martyr of Courage, Mercy, and Forgiveness

- **BIRTHDATE: October 16, 1890 — Corinaldo, Italy**
- **DIED: July 6, 1902 — Nettuno, Italy, age 11**
- **FEASTDAY: July 6**
- **PATRONAGE: Young people, especially young women; purity and forgiveness**

Born into a poor farming family in Italy, Maria Goretti grew up surrounded by hardship but deeply rooted in the Catholic faith. When her father died while Maria was still young, her mother worked in the fields to support the family. Maria took responsibility for many household duties, caring for her younger siblings while growing in prayer and trust in God.

Although poverty prevented Maria from receiving much formal schooling, she eagerly learned the Catholic faith and prepared for her First Holy Communion, which she received with great devotion. Those who knew her remembered a cheerful, hardworking girl whose simple faith had already become remarkably mature.

When Maria was eleven, a young man named Alessandro Serenelli attacked her after she resisted his advances. Maria was gravely injured and died the following day. In her final hours, however, she did something extraordinary: she forgave Alessandro and expressed the hope that he would one day be with her in Heaven. Her forgiveness eventually played a role in Alessandro's profound conversion. After serving his prison sentence, he sought forgiveness from Maria's mother, Assunta, who also forgave him.

Maria's story is ultimately not about the violence committed against her, but about courage, human dignity, mercy, and a faith stronger than hatred. She reminds us that holiness is possible even when we are young—and that forgiveness does not erase wrongdoing, but refuses to allow evil to have the final word.

Pope Pius XII canonized Maria Goretti in 1950, with her mother present at the ceremony.

FUN FACT: Maria's canonization drew such an enormous crowd that the ceremony was held outside in St. Peter's Square rather than inside St. Peter's Basilica. Her mother, Assunta, lived to see her daughter officially proclaimed a saint!

Find Your Saint

Why a saint for Confirmation?

We choose a Confirmation saint (like we choose a Confirmation sponsor) not out of due diligence to the "rule," but rather because we realize how unfortunate it would be to travel alone to the Sacrament of Confirmation. We recognize how important it is to know your Confirmation Saint not only by name, but also by story. The Saints have so much to teach us about this journey.

It's time for you to not just learn about a saint, but to truly build a connection with one. Much like spending time with a friend in person, it's not just about observing them from a distance but engaging in an actual relationship. Saints aren't distant figures; they're companions with whom we can foster a real connection with and help to lead us to a closer relationship with Christ.

Saints Are Relatable

The Saints were real people with real stories, not unlike our own. The ordinary things I shared with a particular saint attracted me to them, even though initially, learning about saints didn't seem all that interesting. For instance, my love for reading connected me with St. John Paul II through a children's book on his early life. Similarly, my interest in World War II allowed me to delve into his story more through an exhibit about him and the Holocaust. It's about finding these common points of connection with the saints.

Saints Help us Grow

The saints meet us at our weakest and inspire us to reach higher at our strongest. They've grappled with similar struggles and achieved great things. Whether you're trying to overcome recurring sins or striving for greatness, there's a saint who's been there and can guide you. They challenge and inspire us in various facets of life.

Saints Challenge Us

Engaging with a saint isn't about feeling inadequate but recognizing that, with God's grace, you too can strive for holiness. They offer guidance and support in our personal journeys, urging us toward a life of greater authenticity and freedom.

Saints Reveal Our Destiny

Sometimes, when we focus too much on our flaws, it's easy to forget our greater purpose. Saints remind us that God is bigger than our mistakes and that our ultimate aim should be to seek God's face, to have a real relationship with Him. They show us our destiny—to become like Christ in our unique way.

Tips for Finding Your Saint Friend(s)

Seek saints who intrigue or challenge you. Perhaps there's a saint whose story resonates or makes you uncomfortable. Use these as starting points to get to know them better.

Depth over breadth: It's better to deeply understand and appreciate one or two saints than to superficially know many. Choose those who truly inspire you. Invest time in getting to know them. Read about their lives, explore their writings, and incorporate their spirituality into your own life. Look into their early life. This can often bridge the gap between you and the Saints, showing that in many ways, you're not so different. Seek their advice through prayer and studying their teachings to apply their wisdom to your life.

Remember, Saints are already walking with you. Pay attention, and you'll notice their presence in your journey towards holiness. Having a Saint as a spiritual guide can make a significant difference. Reach out to a Saint who resonates with you and cultivate a new, spiritual friendship!

List of Saints

The following list is for you to use as a starting point in your journey to decide whom your "Confirmation saint-buddy" will be. Pick a saint who speaks to you somehow. Know their story. But, mostly know the power of their prayer. Ask for their intercession like you would ask for prayers from your friends.

Saying "yes" to a Confirmation saint is like saying "yes, you may always pray for my poor and weary soul."

How fantastic is that!? We pray that in this process you don't just find a Confirmation saint, but instead an incredible friend. So, here it rolls... the list to top all lists. Happy picking!

Modern Day Saints:

These are men and women who know what it means to live in the modern era and still live a holy life. Whew, that's not only impressive, but beautiful. We have a lot to learn from these modern saints.

- Venerable Augustus Tolton
- St. André Bessette
- Servant of God Chiara Corbella Petrillo
- Servant of God Dorothy Day
- St. Gianna
- St. Jaime Hilario Barbal
- St. John XXIII
- St. John Paul II
- St. Josemaria Escriva
- St. Josephine Bakhita
- St. Katharine Drexel
- St. Luigi Orione
- St. Maria Bernard Butler
- St. Maria Faustina Kowalska
- St. Mary MacKillop
- St. Mother Teresa
- St. Óscar Romero
- St. Pauline of the Suffering Heart of Jesus
- St. Pius X
- St. Riccardo Pampuri
- Bl. Sára Salkaházi
- St. Teresa Benedicta of the Cross
- Servant of God Thea Bowman

Superhero Saints:

No, their "superpowers" weren't designed by fancy machinery or alien power. They were simply receptive to the mighty power of God. These saints stories are incredibly heroic. (pdf contains hyperlink to more info on the Saints)

- St. Mary, the Mother of God
- St. Denis
- St. George Martyr
- St. Joan of Arc
- St. Joseph Cupertino
- St. Louis IX
- St. Margaret of Antioch
- St. Maximilian Kolbe
- Bl. Miguel Pro
- St. Padre Pio
- St. Patrick
- St. Peter
- St. Simeon Stylites
- St. Quiteria

Saints with a really cool conversion story:

God works wonders in our lives in small and hidden ways, but sometimes His wonders are loud. These saints experienced a profound conversion that really shaped their life in tremendous ways.

- St. Augustine of Hippo (also a doctor of the Church)
- St. Francis of Assisi
- St. Genesius
- St. Ignatius of Loyola
- Bl. Imelda Lambertini
- St. Longinus
- St. Mary Magdalene
- St. Moses the Black
- St. Paul the Apostle
- St. Vladimir of Kiev

Saints who are Doctors of the Church:

No, we're not talking about Dr. Strange or Dr. Meredith Grey, but rather physicians of the theology of the Church. Men and women who, through their own intense study and reflection, have given the Church great wisdom and insight.

- St. Albert the Great
- St. Alphonsus Liguori
- St. Ambrose
- St. Anselm of Canterbury
- St. Anthony of Padua
- St. Athanasius
- St. Augustine
- St. Basil the Great
- St. Bede the Venerable
- St. Bernard of Clairvaux
- St. Bonaventure
- St. Catherine of Siena
- St. Cyril of Alexandria
- St. Cyril of Jerusalem
- St. Ephrem the Syrian
- St. Francis de Sales
- St. Gregory of Narek
- St. Gregory the Great
- St. Gregory of Nazianzus
- St. Hilary of Poitiers
- St. Hildegard of Bingen
- St. Isidore of Seville
- St. John Chrysostom
- St. John of Ávila
- St. John of Damascus
- St. John of the Cross
- St. Jerome
- St. Lawrence of Brindisi
- St. Leo I, the Great
- St. Peter Chrysologus
- St. Peter Damian
- St. Peter Canisius
- St. Robert Bellarmine
- St. Thérèse of Lisieux
- St. Teresa of Ávila
- St. Thomas Aquinas

Saints with names your bishop might have trouble pronouncing:

... cause (don't lie) that would be really funny. But also, their names aren't the only lit thing about these saints; check out their stories!

- St. Alphonsa Muttathupadathu
- St. Benedicta Hyon Kyongnyon
- St. Ceolwulf of Northumbria
- St. John Chrysostom
- St. Kateri Tekakwitha
- St. Quadragesimus
- Bl. Volodymyr Pryjma
- Bl. Zepherin Namuncura
- St. Zygmunt Gorazdowski

Saints who reached sanctity before the age of 25:

Most of these saints were younger than you when they reached sainthood. What's your excuse?

- St. Agnes
- St. Aloysius Gonzaga
- St. Aquilina
- Bl. Carlo Acutis
- St. Charles Lwanga
- Bl. Chiara Luce Badano
- St. Dominic Savio
- Bl. Francisco Marto
- St. Gemma Galgani
- Bl. Jacinta Marto
- St. José Sánchez del Rio
- St. Lucy
- St. Maria Goretti
- St. Perpetua
- St. Philomena
- Bl. Pier Giorgio Frassati
- St. Tarcisius

Saints to invoke if you need prayers for a very specific intention.

A saint is way more than their patronage, but sometimes we just need a saint in our lives who can pray for us in a particular way.

- **For abuse victims – St. Monica**
- **For adopted children – St. Thomas More**
- **For artists – St. Catherine of Bologna**
- **For athletes – St. Sebastian**
- **For altar servers – St. John Berchmans**
- **For bakers – St. Nicholas**
- **For Christian mothers – St. Anne**
- **For ear aches – St. Polycarp**
- **For fisherman – St. Andrew**
- **For friendships – St. John the Evangelist**
- **For farmers and rural communities – St. Isidore the Farmer**
- **For "hopeless causes" – St. Jude Thaddeus**
- **For hunters – St. Hubert**
- **For headaches – St. Teresa of Ávila (also a doctor of the Church**
- **For musicians – St. Cecilia**
- **For physicians – St. Luke**
- **For the poor – St. Lawrence**
- **For protection from fire – St. Agatha of Sicily**
- **For those too sick to care for themselves – St. Roch**
- **For sore eyes – St. Clare of Assisi**
- **For speakers and philosophers – St. Justin Martyr**
- **For those who struggle with doubt – St. Thomas the Doubter**
- **For students – St. John Bosco and St. Benedict**
- **For the universal Church and fathers – St. Joseph**
- **For those suffering nervous and mental afflictions – St. Dymphna**
- **For toothaches – St. Apollonia**
- **For travelers – St. Christopher**

This list doesn't encompass all the saints, as doing so would be more overwhelming than helpful. However, it's hoped that one might find their "saint-buddy" within these pages. If not, it is wished that they do so soon, as saints indeed stand as our greatest friends and advocates, forming our spiritual family!