

SIGNS *of* GRACE™

You Are Sent

Preparing for Confirmation

Book of Saints



AUGUSTINE INSTITUTE®

UNDERSTAND, LIVE, AND SHARE YOUR FAITH

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Welcome to Signs of Grace™

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Book of Saints

One of the long traditions of the Church is that when you receive the Sacrament of Confirmation, you choose a Confirmation saint. Your Confirmation saint is like your “heavenly sponsor” who will pray for you, guide you, and be with you through the rest of your life as you strive to follow Jesus and journey toward Heaven. This saint will be a very powerful heavenly friend!

When you are choosing a Confirmation saint, consider which one inspires you to follow Jesus in your own life. It might be a saint who has similar personality traits or talents as you. It might be a saint who has a particular virtue that you want to imitate. No matter what the reason, you get to choose your own Confirmation saint!

This book will help you to choose your Confirmation saint by helping you to get to know many saints who have lived lives of heroic virtue following Jesus. As you read through these short stories, think about what saint you would like to choose to be your Confirmation saint. And even though you will only choose one saint to be your Confirmation saint, this book will help you to get to know many other saints who can also be your heavenly friends that will help and guide you as you live out your faith in the power of the Holy Spirit.



“Brother, I would gladly put on the habit of your Order if you would promise to send me as soon as possible to the land of the Saracens, that I may gain the crown of the holy martyrs.”

Saint Anthony of Padua

(1195 – 1231)

Saint Anthony was once challenged by a man who didn't believe that Jesus was really present in the Eucharist. The man said that if a donkey didn't eat for three days, he would choose a pile of hay over the Eucharist. He wanted to prove that the Eucharist was not the Precious Body of Our Lord. Anthony accepted the challenge. After three days, the donkey was released. On one side of the donkey, they set a pile of hay. On the other side, Saint Anthony held the Blessed Sacrament above his head and demanded the donkey to worship his Creator. The donkey bowed before the Eucharist at once, while everyone watched in amazement.

Feast Day: June 13

*Patron Saint of travelers, the poor,
and finding lost items*



*“If you are who you are made to be,
you will set the world aflame.”*

Saint Catherine of Siena

(1347 – 1380)

Catherine of Siena was born into a large wealthy family, and she had her first vision from God when she was a young child. From that point on, she wanted to dedicate her life to him, so she became a Third Order Dominican at the age of 15. Catherine was a fearless and passionate young woman who lived a life of prayer and service during a time of great trouble in the Church. Cardinals were arguing about who the real pope was, and the pope even moved away from Rome to France! Catherine was so bold that she wrote to the pope telling him to come back to Rome and worked to help reunite the Church. She wrote down her many spiritual insights and visions, and these writings have been so important to the faithful that she is named a Doctor of the Church. She died at age 33.

Feast Day: April 29

Patron Saint of fire prevention



“Don’t be afraid. Trust in Jesus.”

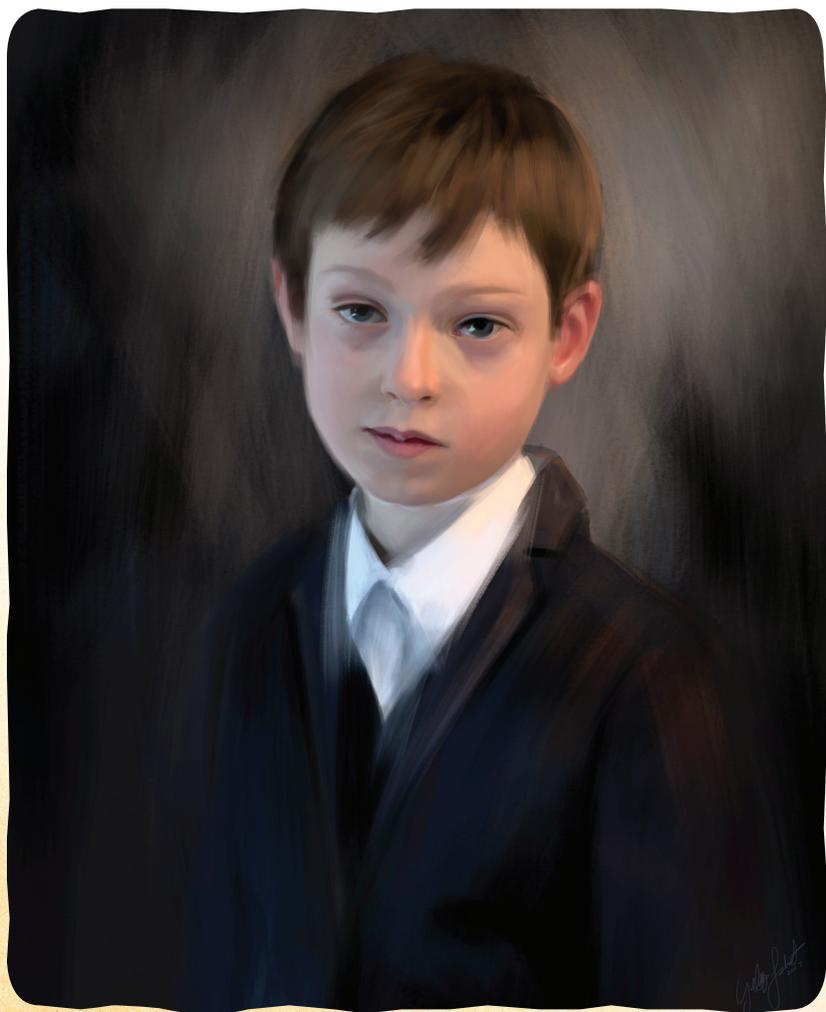
Saint Clare of Assisi

(1194 – 1253)

Saint Clare was born into a rich family, but at the age of 18, she heard Saint Francis of Assisi preach and wanted to follow his example. She joined a Benedictine convent, telling her father she would have no husband but Jesus. She desired greater solitude, so Saint Francis let her stay in a different house; over time, she developed a way of life of silence, poverty, prayer, work, and devotion to the Eucharist. Other women joined her in this way of life, and they became known as the “Poor Ladies.” Once, a group of soldiers came to attack Assisi, and since there was no one to protect the order, she took the Eucharist and held it above her, praying for Jesus to protect them. The soldiers suddenly felt very afraid and ran away without attacking. Clare’s order is now called the Order of Saint Clare.

Feast Day: August 11

Patron Saint of television, eye disorders



“I am not capable of doing big things, but I want to do everything, even the smallest things, for the greater glory of God.”

Saint Dominic Savio

(1842 – 1857)

Saint Dominic Savio was a young Italian boy who attained holiness by devoting himself to virtue, prayer, sacraments, and study. He valued prayer and love of God over everything else, and on the day of his First Communion, at age 7, he wrote in his notebook four promises, including to be close friends with Jesus and Mary and to avoid sin at all costs. He continued to grow in holiness and intelligence as he became a teenager, constantly feeding his strong desire for sainthood. At the age of 14, he became sick, and after a few days, he received the Sacrament of the Anointing of the Sick. His last words were, “Goodbye, Dad, goodbye ... Oh what wonderful things I see!” When people heard about his life, they insisted on opening the cause for his canonization, and he became a saint in 1954.

Feast Day: May 6

*Patron Saint of young boys, choirboys,
juvenile delinquents*



“Great love can change small things into great ones.”

Saint Faustina Kowalska

(1905 – 1938)

Faustina Kowalska was a Polish girl who desired religious life from a young age, but her parents did not want her to join a convent. She received a vision where she was visited by Jesus in his suffering. He called her to religious life, so she entered the Sisters of Our Lady of Mercy. With the sisters, her life on the outside was very ordinary, but inside she experienced a very special relationship with God. Jesus came to her often in visions and asked her to share his message of Divine Mercy with the world so that he could heal everyone. She recorded these messages in her diary, which was shared with the world. Jesus also showed her a vision of himself and his Divine Mercy so that it could be painted for the whole world to see. Through Saint Faustina, Jesus offered extraordinary love and mercy to the whole world during periods of great global suffering.

Feast Day: October 5

Patron Saint of mercy



"I will never give in."

Saint José Sánchez del Rio

(1913 – 1928)

José Sánchez, a 13-year-old boy who lived in Mexico, dreamed of being a martyr for Jesus, dying for the Catholic Faith. At the time, Catholics in Mexico were being persecuted, and so a group rose up to defend the Faith. José joined this group, but a couple years later he was captured and imprisoned by government troops. While in prison, he sang praises to Jesus and Mary, prayed for those who harmed him, and continued to proclaim boldly, “Long live Christ the King!” Even as he was being killed for his Faith, he proclaimed the goodness of God and forgave those who hurt him.

Feast Day: February 10

*Patron Saint of children, teens,
and persecuted Christians*



"We are Christians, and will never sacrifice to idols."

Saint Justin Martyr

(100 – 165)

Saint Justin Martyr spent much of his life studying and searching for the truth. Once, before he was Christian, an older man shared the teachings of the Bible with him. Justin was amazed when he realized that he had been searching for God his whole life.

He began to study more and share God's teaching with others. He loved writing about the Eucharist.

He taught the importance of each part of the Mass and about the amazing miracle of the Real Presence of Christ in the Eucharist.

Feast Day: June 1

Patron Saint of philosophers and public speakers