



# CONFIRMATION SAINT LIST

Choosing a Confirmation saint is a special part of preparing to receive the Sacrament of Confirmation. This resource is designed to help candidates discover saints whose lives reflect courage, faith, and holiness in unique ways. It features twenty-four short biographies that share each saint's story, patronages, and legacy, guiding participants to prayerfully choose a lifelong model and intercessor.

Along with these biographies, there is also a list of fifty additional saints. This resource is meant to accompany participants on their Confirmation journey, helping them choose a saint who speaks to their heart and walks with them as they live out their Catholic faith.

---

## ST. ALPHONSUS LIGUORI

PATRON SAINT OF CONFESSORS, MORAL THEOLOGIANS, AND VOCATIONS

FEAST DAY: AUGUST 1

St. Alphonsus Liguori (1696–1787) was an Italian bishop, lawyer-turned-priest, and founder of the Redemptorists. Known for his compassionate approach to moral theology, he wrote influential works like *The Glories of Mary* and *Visits to the Blessed Sacrament*. He is known as a Doctor of the Church and patron of confessors, inspiring Catholics to live with mercy and steadfast trust in God.

---

## ST. CARLO ACUTIS

PATRON SAINT OF YOUTH, PROGRAMMERS, AND THE INTERNET

FEAST DAY: OCTOBER 12

St. Carlo Acutis (1991–2006) combined a love for technology with a profound devotion to the Eucharist, documenting miracles online and attending Mass daily from a young age. Diagnosed with leukemia as a teenager, he offered his suffering for the Church and the pope while continuing to evangelize with humility and joy. He is honored as the first millennial saint and the “patron of the Internet,” inspiring young people to live their faith authentically in the digital age.

---

## ST. DOMINIC SAVIO

PATRON SAINT OF CHOIRBOYS, JUVENILE DELINQUENTS, AND THE FALSELY ACCUSED

FEAST DAY: MAY 6

St. Dominic Savio (1842–1857) was a devoted Italian youth and student of St. John Bosco. He was celebrated for his prayerful spirit, purity, and leadership. Though frail in health, he remained steadfast in holiness until his early death after receiving the last sacraments. He is honored as the patron saint of choirboys and young people, remembered for living extraordinary virtue in ordinary childhood life.

---

## **ST. FRANCIS OF ASSISI**

PATRON SAINT OF ANIMALS, THE ENVIRONMENT, AND MERCHANTS

FEAST DAY: OCTOBER 4

St. Francis of Assisi (1181/82–1226) was the son of a wealthy merchant. He renounced his inheritance to live a life of radical poverty, penance, and service to God. He founded the Franciscan Order and became known for his joyful simplicity and love of creation. He is honored as the patron saint of animals and is celebrated for inspiring countless people to embrace humility and compassion.

---

## **ST. IGNATIUS OF LOYOLA**

PATRON SAINT OF SOLDIERS, RETREATS, AND EDUCATORS

FEAST DAY: JULY 31

St. Ignatius of Loyola (1491–1556) was a Spanish soldier whose conversion after a battle injury led him to dedicate his life to Christ. He founded the Society of Jesus (Jesuits) and wrote *The Spiritual Exercises*, a guide for prayer and discernment. Known for the motto *Ad maiorem Dei gloriam* (“for the greater glory of God”), he is honored as the patron of soldiers and spiritual retreats.

---

## **ST. JOHN HENRY NEWMAN**

PATRON SAINT OF STUDENTS, UNIVERSITIES, AND CONVERTS

FEAST DAY: OCTOBER 9

St. John Henry Newman (1801–1890) was a gifted preacher and scholar whose search for truth led him from Anglicanism into the Catholic Church. He devoted his life to prayer, study, and service, founding the Oratory in England and guiding the Catholic University of Ireland. Through his writings, he showed the harmony of faith and reason, and he is honored as the patron of students and universities.

---

## **ST. JOHN VIANNEY**

PATRON SAINT OF PARISH PRIESTS, CONFESSORS, AND CLERGY

FEAST DAY: AUGUST 4

St. John Vianney (1786–1859) was a humble French parish priest known for his deep devotion, sacrificial life, and extraordinary dedication to hearing confessions. Some days, he would spend up to sixteen hours in the confessional. He is honored as the patron saint of parish priests and is celebrated for inspiring countless conversions through his humility, pastoral care, and unwavering faith.

---

## **ST. MAXIMILIAN KOLBE**

PATRON SAINT OF PRISONERS, JOURNALISTS, AND FAMILIES

FEAST DAY: AUGUST 14

St. Maximilian Mary Kolbe (1894–1941) was a Polish Franciscan friar whose devotion to Mary inspired a worldwide mission through the Militia of the Immaculata, new monasteries, and publishing. At Auschwitz, he offered his life in place of another prisoner, dying with peace and faith. He is remembered as a martyr of charity and a witness to selfless love.

## **ST. PADRE PIO**

PATRON SAINT OF ADOLESCENTS, CIVIL DEFENSE VOLUNTEERS, AND STRESS RELIEF  
FEAST DAY: SEPTEMBER 23

St. Pio of Pietrelcina (1887–1968) was an Italian Capuchin friar who bore the stigmata after a vision of Christ. Known for his deep prayer, charity, and tireless confessions, he brought healing and conversion to many. He founded a hospital for the sick and embraced suffering as a path to holiness, leaving a lasting witness to God’s mercy. He is honored as the patron of adolescents and civil defense volunteers.

---

## **ST. PIER GIORGIO FRASSATI**

PATRON SAINT OF YOUTH, ATHLETES, AND WORLD YOUTH DAY  
FEAST DAY: JULY 4

St. Pier Giorgio Frassati (1901–1925) was an Italian layman known for his deep faith, service to the poor, and joyful spirit rooted in prayer and the Beatitudes. Active in Catholic Action, the Society of St. Vincent de Paul, and the Dominican Third Order, he combined his studies and love of mountain climbing with a life of prayer and fellowship. He is honored as the patron saint of youth and athletes, celebrated for inspiring others to live with courage, charity, and joy in Christ.

---

## **ST. THOMAS AQUINAS**

PATRON SAINT OF EDUCATION, THEOLOGIANS, AND BOOKSELLERS  
FEAST DAY: JANUARY 28

St. Thomas Aquinas (1225–1274) was an Italian Dominican friar known for his brilliant mind and his gift for explaining the Catholic faith in clear and logical ways. He wrote many important works, including the *Summa Theologiae*. He is honored as the patron saint of students and theologians, remembered for showing how faith and reason work together to lead us closer to God.

---

## **ST. THOMAS MORE**

PATRON SAINT OF LAWYERS, POLITICIANS, AND ADOPTED CHILDREN  
FEAST DAY: JUNE 22

St. Thomas More (1478–1535) was a lawyer, scholar, and Lord Chancellor of England who combined public service with a deep life of faith. A devoted husband and father, he lived a life of prayer and discipline while serving his country. When pressured to betray his conscience, he chose fidelity to God and the Church, giving his life for the truth. He is honored as the patron of politicians and lawyers.

---

## **ST. CATHERINE OF SIENA**

PATRON SAINT OF NURSES, FIRE PROTECTION, AND ITALY  
FEAST DAY: APRIL 29

St. Catherine of Siena (1347–1380) was an Italian laywoman and mystic who lived a life of prayer, writing, and bold action. She advised popes, helped negotiate peace, and urged the return of the papacy to Rome, all while fearlessly speaking truth with deep spiritual conviction. She is honored as a Doctor of the Church and remembered for showing how holiness, courage, and compassion go hand in hand.

---

### **ST. CLARE OF ASSISI**

PATRON SAINT OF TELEVISION, EMBROIDERERS, AND EYE DISEASE  
FEAST DAY: AUGUST 11

St. Clare of Assisi (1194–1253) was inspired by the preaching of St. Francis and left her noble home to embrace a life of poverty and prayer. She founded the Poor Clares, leading them with humility, simplicity, and devotion. She is remembered for her deep trust in Christ, once holding up the Blessed Sacrament to turn back soldiers, and she is honored as the patron of eye ailments and television.

---

### **ST. ELIZABETH ANN SETON**

PATRON SAINT OF WIDOWS, CATHOLIC SCHOOLS, AND LOSS OF PARENTS  
FEAST DAY: JANUARY 4

St. Elizabeth Ann Seton (1774–1821) was an American mother who was widowed, converted to Catholicism, and endured social rejection for her faith. She founded the Sisters of Charity, opened the first Catholic parochial school in the United States, and raised her five children with steadfast devotion. She is honored as the first native-born U.S. saint and remembered for her faith and service.

---

### **ST. FAUSTINA KOWALSKA**

PATRON SAINT OF MERCY, THE APOSTLES OF DIVINE MERCY, AND WORLD YOUTH DAY  
FEAST DAY: OCTOBER 5

St. Maria Faustina Kowalska (1905–1938) was a Polish nun known for her humble life and the visions of Jesus she recorded in her diary about Divine Mercy. From these revelations came the Divine Mercy image, Chaplet, and Feast Day, all centered on trust in God’s mercy. She is honored as the “Apostle of Divine Mercy,” remembered for showing how God’s mercy can transform us.

---

### **ST. GIANNA BERETTA MOLLA**

PATRON SAINT OF MOTHERS, PHYSICIANS, AND UNBORN CHILDREN  
FEAST DAY: APRIL 28

St. Gianna Beretta Molla (1922–1962) was an Italian pediatrician, wife, and mother who embraced her faith through a life of service. Even during a complicated pregnancy, she chose to prioritize her unborn child’s life over a safer medical alternative for herself. She is honored as the patron saint of mothers and unborn children and is celebrated for her courageous love and selflessness.

---

### **ST. JOAN OF ARC**

PATRON SAINT OF SOLDIERS, CAPTIVES, AND FRANCE  
FEAST DAY: MAY 30

St. Joan of Arc (1412–1431) was a peasant girl who answered divine instructions to save France. She led the army to victory at Orléans and secured the crowning of Charles VII. Captured and burned at the stake at nineteen years old, she remained faithful to God until the end. She is honored as the patron of France and soldiers, remembered for her courage and devotion.

---

### **ST. MARIA GORETTI**

PATRON SAINT OF FORGIVENESS, YOUNG GIRLS, AND PURITY  
FEAST DAY: JULY 6

St. Maria Goretti (1890–1902) was a young Italian girl known for her piety and devotion to prayer despite many hardships. At age eleven, she resisted the violent advances of a neighbor, declaring them a sin against God; in anger, he stabbed her, and as she lay dying, she forgave him and prayed for his conversion. She is honored as the patron saint of purity and forgiveness, remembered for her courage, innocence, and mercy.

---

### **ST. TERESA OF CALCUTTA (MOTHER TERESA)**

PATRON SAINT OF THE POOR, THE MISSIONARIES OF CHARITY, AND WORLD YOUTH DAY  
FEAST DAY: SEPTEMBER 5

St. Teresa of Calcutta (1910–1997) was an Albanian-born nun who founded the Missionaries of Charity, dedicated to living among and serving the poorest of the poor in India and beyond. For decades she cared for the sick, dying, and destitute with humility and love. She is honored as a modern-day saint and “beacon of hope,” remembered for showing that holiness is found in simple acts of charity.

---

### **ST. RITA OF CASCIA**

PATRON SAINT OF IMPOSSIBLE CAUSES, DIFFICULT MARRIAGES, AND ABUSE VICTIMS  
FEAST DAY: MAY 22

St. Rita of Cascia (1381–1457) was a wife, mother, widow, and later an Augustinian nun whose holiness marked every stage of her life. After a painful marriage and the loss of her family, she embraced prayer, charity, and service in the convent. Known for a wound on her forehead symbolizing Christ’s passion, she became a source of hope amid suffering and is honored as the saint of impossible causes.

---

### **ST. TERESA BENEDICTA OF THE CROSS (EDITH STEIN)**

PATRON SAINT OF LOSS OF PARENTS, CONVERTED JEWS, AND MARTYRS  
FEAST DAY: AUGUST 9

St. Teresa Benedicta of the Cross (1891–1942) was born Edith Stein into a Jewish family and became a brilliant philosopher before converting to Catholicism. Inspired by St. Teresa of Ávila, she entered the Carmelite order and devoted her life to prayer and study. During the Nazi persecution, she was taken to Auschwitz, where she died with courage and faith. She is honored as the patron of Europe and of converts.

---

### **ST. TERESA OF AVILA**

PATRON SAINT OF HEADACHES, SICK PEOPLE, AND SPAIN  
FEAST DAY: OCTOBER 15

St. Teresa of Avila (1515–1582) was a Spanish Carmelite nun whose life of prayer, discipline, and compassion led her to reform her order with St. John of the Cross. As a gifted mystic and writer, she showed how deep devotion and spirituality come together. She is remembered for her courage through illness and opposition, and remains a model of inner strength and faith as a patron of the sick and of Spain.

---

## ST. THÉRÈSE OF LISIEUX

PATRON SAINT OF MISSIONARIES, FLORISTS, AND PILOTS

FEAST DAY: OCTOBER 1

St. Thérèse of Lisieux (1873–1897) was a French Carmelite nun who lived a hidden life of trust, love, and humility. Called “the Little Flower,” she taught that small actions done with great love lead souls to God. In her autobiography, she shared her “Little Way” of simplicity and confidence in God’s mercy. She is honored as a Doctor of the Church and patron of missionaries and florists.

## 50 ADDITIONAL SAINTS

### APOSTLES

#### ST. ANDREW

PATRON SAINT OF SINGERS, UNMARRIED WOMEN, AND SCOTLAND

#### ST. JAMES THE GREATER

PATRON SAINT OF PILGRIMS, LABORERS, AND SPAIN

#### ST. JUDE

PATRON SAINT OF LOST CAUSES, HOSPITALS, AND ARMENIA

#### ST. PETER

PATRON SAINT OF POPES, FISHERMEN, AND ROME

#### ST. THOMAS

PATRON SAINT OF ARCHITECTS, CARPENTERS, AND INDIA

#### ST. MATTHEW

PATRON SAINT OF ACCOUNTANTS, TAX COLLECTORS, AND BANKERS

#### ST. MARK

PATRON SAINT OF LAWYERS, PRISONERS, AND NOTARIES

#### ST. LUKE

PATRON SAINT OF PHYSICIANS, ARTISTS, AND BUTCHERS

#### ST. JOHN

PATRON SAINT OF FRIENDSHIP, LOVE, AND WRITERS

#### ST. MICHAEL

PATRON SAINT OF SOLDIERS, POLICE OFFICERS, AND PROTECTION

#### ST. GABRIEL

PATRON SAINT OF MESSENGERS, POSTAL WORKERS, AND COMMUNICATIONS

#### ST. RAPHAEL

PATRON SAINT OF TRAVELERS, MEDICAL WORKERS, AND THE BLIND

#### ST. GREGORY THE GREAT

PATRON SAINT OF MUSICIANS, TEACHERS, AND SINGERS

#### ST. LEO THE GREAT

PATRON SAINT OF CATECHISTS, DOCTRINAL TEACHING, AND PUBLIC ADMINISTRATION

#### ST. PIUS X

PATRON SAINT OF FIRST COMMUNICANTS, PILGRIMS, AND EUCHARISTIC CONGRESSES

#### ST. JOHN PAUL II

PATRON SAINT OF YOUNG CATHOLICS, FAMILIES, AND WORLD YOUTH DAY

### GOSPEL WRITERS

### ARCHANGLES

### POPE

### ADDITIONAL MALE SAINTS

### BIBLICAL WOMEN

#### ST. ANTHONY OF PADUA

PATRON SAINT OF LOST ITEMS, THE POOR, AND TRAVELERS

#### ST. BENEDICT

PATRON SAINT OF AGRICULTURAL WORKERS, MONKS, AND STUDENTS

#### ST. CHRISTOPHER

PATRON SAINT OF TRAVELERS, DRIVERS, AND SAILORS

#### ST. DOMINIC

PATRON SAINT OF ASTRONOMERS, SCIENTISTS, AND THE DOMINICAN ORDER

#### ST. JEROME

PATRON SAINT OF BIBLICAL SCHOLARS, TRANSLATORS, AND LIBRARIANS

#### ST. NICHOLAS

PATRON SAINT OF CHILDREN, MERCHANTS, AND THE FALSELY ACCUSED

#### ST. PATRICK

PATRON SAINT OF ENGINEERS, PARALEGALS, AND IRELAND

#### ST. VALENTINE

PATRON SAINT OF LOVE, MARRIAGE, AND BEEKEEPERS

#### ST. VINCENT DE PAUL

PATRON SAINT OF CHARITABLE SOCIETIES, HOSPITALS, AND PRISONERS

#### ST. ANNE

PATRON SAINT OF GRANDMOTHERS, MOTHERS, AND CHILDLESS WOMEN

#### ST. ELIZABETH

PATRON SAINT OF PREGNANT WOMEN, FERTILITY CHALLENGES, AND THE UNBORN

#### ST. MARTHA OF BETHANY

PATRON SAINT OF HOMEMAKERS, SERVANTS, AND HOSPITALITY

#### ST. MARY OF BETHANY

PATRON SAINT OF SPIRITUAL STUDIES, LECTORS, AND COMMENTATORS

#### ST. MARY MAGDALENE

PATRON SAINT OF CONVERTS, REPENTANT SINNERS, AND WOMEN



ADDITIONAL FEMALE SAINTS

**ST. VERONICA**

PATRON SAINT OF PHOTOGRAPHERS, LAUNDRY WORKERS, CLOTHMAKERS

**ST. AGNES OF ROME**

PATRON SAINT OF GIRLS, CHASTITY, AND ENGAGED COUPLES

**ST. BERNADETTE SOUBIROUS**

PATRON SAINT OF ILLNESS, SHEPHERDS, AND THOSE RIDICULED FOR THEIR FAITH

**ST. BRIGID OF KILDARE**

PATRON SAINT OF POETS, MIDWIVES, AND CATTLE

**ST. CATHERINE LABOURÉ**

PATRON SAINT OF THE MIRACULOUS MEDAL DEVOTION, ELDERLY PEOPLE, AND SILENCE

**ST. CATHERINE OF ALEXANDRIA**

PATRON SAINT OF PHILOSOPHERS, STUDENTS, AND UNMARRIED WOMEN

**ST. CECILIA**

PATRON SAINT OF MUSICIANS, POETS, AND SINGERS

**ST. DYMPHNA**

PATRON SAINT OF MENTAL HEALTH, NERVOUS DISORDERS, AND CAREGIVERS

**ST. ELIZABETH OF HUNGARY**

PATRON SAINT OF BAKERS, HOSPITALS, AND THE HOMELESS

**ST. FELICITY**

PATRON SAINT OF WIDOWS, MOTHERS WHO HAVE LOST CHILDREN, AND MARTYRS

ADDITIONAL FEMALE SAINTS

**ST. GENEVIEVE**

PATRON SAINT AGAINST FEVERS, OF DISASTER VICTIMS, AND OF PARIS

**ST. HELENA**

PATRON SAINT OF DIVORCEES, ARCHAEOLOGISTS, AND CONVERTS

**ST. HILDEGARD OF BINGEN**

PATRON SAINT OF MUSICIANS, WRITERS, AND NATURAL SCIENCES

**ST. KATERI TEKAKWITHA**

PATRON SAINT OF THE ENVIRONMENT, ECOLOGY, AND NATIVE AMERICANS

**ST. LUCY OF SYRACUSE**

PATRON SAINT OF THE BLIND, EYE DISORDERS, AND MARTYRS

**ST. MONICA**

PATRON SAINT OF MOTHERS, WIVES, AND DIFFICULT MARRIAGES

**ST. PHILOMENA**

PATRON SAINT OF INFANTS, YOUTH, AND HOPELESS CASES

**ST. ROSE OF LIMA**

PATRON SAINT OF EMBROIDERY, GARDENERS, AND PERU

**ST. SCHOLASTICA**

PATRON SAINT OF NUNS, EDUCATION, AND STORMS

**ST. ZÉLIE MARTIN**

PATRON SAINT OF MOTHERS, FAMILIES, AND THOSE WHO SUFFER WITH ILLNESS

**More questions?** Please contact us. We'd love to hear from you!

[support@ascensionpress.com](mailto:support@ascensionpress.com)

1-800-376-0520

