

# Choosing A Confirmation Name

One of the favorite aspects of preparing for Confirmation is the choosing of a Confirmation name. In this custom, the one preparing for Confirmation takes the name of a person who has officially been declared a saint, blessed or venerable or who is one of the faithful from the Bible. One may also choose to be confirmed under his or her own name given at Baptism. In Confirmation, the bishop uses this name, saying, "(Name), be sealed with the gift of the Holy Spirit." As parents, you will need to assist your child in choosing a Confirmation name.

## How do I help my child choose a Confirmation name?

### 1. Life-time saint friends.

Help your child to understand that they are not simply choosing a name they like, but they are asking a saint to be their friend for the rest of their lives. We call these life-time saint friends "patrons." Patrons help us live as Christians both through their praying for us (intercession) and their good example (witness). (cf. CCC 2156, 956)

### 2. Read stories about the saints.

More than likely, your child will not know too many saints. Take time read the lives of the saints. There are many different books on saints. The internet also has many different websites on the saints.

One place to start is <http://www.catholic-forum.com/saints/indexsnt.htm>. This site provides a list by topic (everything you can imagine) and list by name.

The other web site <http://www.catholic.org/saints/calendar> provides a list by date.

You might start your reading with a saint that has similar interests or with one of the saints from the curriculum. Sometimes, patrons are chosen because of the day their feast day falls on, e.g. if your child's birthday is on September 4, they might chose St. Rose of Viterbo. Sometimes, patrons might be chosen because of family ties, e.g. the child's grandpa's name is Mark, grandpa is a great, so the child chooses St. Mark. You might even start with your own baptismal name. There are many different starting points for choosing a particular saint. Ultimately, the patron chosen should be someone that your child wants to imitate in their love for Christ and others.

### 3. Choose a saint.

After researching, pick a saint. Let the parish know the saint you have chosen by completing the Confirmation Name Report Form and giving it to the catechist (your child's religion teacher).

### 4. Ask the saint.

The child should ask the saint to be their friend (patron). As parents, you might encourage them to write a letter to the saint. You might also encourage them to be friends with the saint. Teach your child to ask for the saint's intercession, get them a picture or statue of the saint, read more about the saint, etc.

### 5. Practice telling the saint's story.

Your child will be asked why they chose the particular patron. They should be able to explain who the saint is, how they were a faithful disciple and witness of Jesus Christ, and what they hope to imitate in their own lives as a disciple and witness.

# Confirmation Name Report Form

DIRECTIONS: After finding a saint that inspires your faith, complete the form below and give it to your catechist (your religion teacher). Your parents should help you.

What saint have you asked to be your friend?

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How did you ask the saint to be your friend?

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When is their feast day?

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Where was the saint born?

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How old was the saint when they died?

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How many brothers and sisters did the saint have?

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Name two ways that the saint was a disciple and witness of Jesus Christ?

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Why did you choose this saint to be your friend?

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PLEASE PRINT

Candidate's First Name: \_\_\_\_\_

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

Candidate's Last Name: \_\_\_\_\_

Candidate's Confirmation Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

**Please return this form to child's Catechist  
by February 28, 2018.**