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 chose to be confirmed under his or her own name given at Baptism. In Confirmation, the bishop uses this name, saying, “N., 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](http://www.catholic-forum.com/saints/indexsnt.htm). This site provides a list by topic (everything you can imagine) and list by name AND [http://www.catholic.org/saints/calendar](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 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 you may want to let the parish know the saint you have chosen by completing the Confirmation Name Report Form and giving it to the catechist or Faith Formation Leader.

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? ________________________________________________

How did you ask the saint to be your friend?__________________________________________________

When is their feast day?__________________________________________________________________

Where was the saint born?________________________________________________________________

How old was the saint when they died?______________________________________________________

How many brothers and sisters did the saint have?_____________________________________________

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

Why did you choose this saint to be your friend?_______________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

PLEASE PRINT

Candidate’s First Name:___________________________              Date:___________
Candidate’s Last Name:________________________________________
Candidate’s Confirmation Name:_________________________________
Parent’s Name:______________________________________________