



## 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. 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 saints friends:*** Help your child 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 all call these life-time friends “**patrons**”. Patrons help us to live as Christian both through their praying for us (***intercession***) and their good example (***witness***)<sup>1</sup>.
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 [www.catholic.org/saints/calendar](http://www.catholic.org/saints/calendar). This provides a list of saints by alphabetical order, Saints feasts days by month.

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 July 31, they might choose St. Ignatius of Loyola. Sometimes, patrons might be chosen because of family ties, e.g. the child’s grandpa’s name is John, grandpa is great, and so the child chooses St. John. You might even start with your 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 and let the parish know the saint you have chosen by completing the **CONFIRMATION NAME REPORT FORM** and giving it to the catechist or our Faith Formation Director.
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 saints 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 choose the particular patron. They should be able to explain who the saint is, how they were faithful disciple and witness of Jesus Christ, and what they hope to imitate in their own lives as disciple and witness.

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<sup>1</sup> Cfr. Catechism of the Catholic Church 2156, 956.