

Confirmation Project: Choose a Saint Name & Sponsor

Before Confirmation, you get to choose two people to walk with you and support you on your faith journey - both leading up to Confirmation and for your lifetime after Confirmation. One of these will be a person living on Earth, your sponsor, and the other will be a person living in Heaven, a saint. Below are instructions on choosing a Confirmation Sponsor and a Confirmation Saint. *Take your time prayerfully discerning who you would like to fulfill these roles in your life.*

Instructions

1. Choose a Confirmation Sponsor

A sponsor is a person who encourages and assists you to actively practice the Catholic faith both before and after Confirmation. The sponsor also presents the candidate to the Bishop or his delegate at the celebration of Confirmation.

According to the Code of Canon Law, "Insofar as possible, there is to be a sponsor for the person to be confirmed; the sponsor is to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament." (Can. 892)

Being a sponsor is not just an honor. The sponsor should be an active, practicing Catholic who can be a role model for the candidate. Ideally, you could choose one of your godparents, provided he or she meets the guidelines below. You might ask someone else whom you see as an example of a committed, practicing Catholic. This could be a grandparent, aunt or uncle, other relative, family friend, parent of one of your friends, a teacher, etc.

The Catholic Church says that a sponsor:

- may be either a man or a woman; sponsors do not have to be the same gender as the candidate
- must be a fully initiated Roman Catholic (Baptized, received First Communion, and Confirmed)
- is a person who celebrates Sunday Mass and celebrates the other sacraments
- must be at least 16 years old
- may not be the parent of the candidate
- must be willing and able to take on the role of sponsor

(See Can. 892-893 and Can. 874 for more info.)

2. Choose a Confirmation Saint Name

When you were born, your parents chose your name. They may have chosen your name in honor of a special person in their lives, for the meaning behind it, or they just really liked your name. Most likely, it was a combination of many factors.

Your name gives you an identity; it tells others who you are. Throughout our lives, we will identify ourselves with many names - the name of the school mascot, the name of the region we live in, the title of the career we choose. However, there is a name above all names that we should strive to be known to the world by. That name is Catholic Christian. At your Baptism, you were called by name and christened to become a child of God. You entered into the Catholic community by name.

Now it is your turn to choose a confirmation name, one that has special meaning to you, a name that will help you in your journey of faith. By choosing a saint's name, you're asking him or her to pray for you in a special way. Having a special connection to someone in Heaven is a big deal!

Despite the popularity of Confirmation names, there aren't any Official Vatican Rules about them, so it's important to look to your local Church authority for guidance. Below is the wisdom of Edward Scharfenberger, a Bishop in Albany, NY:

"Do NOT choose a name just because the person is popular or famous or because the name sounds good. The name you choose is for life! So it should be after a person whom you really admire for their Christian life of goodness, charity and holiness, preferably a saint or a blessed. It's not just about a name you like but a person whose whole life shows how a true friend of Jesus really lives."

To choose a Confirmation name:

- Your Confirmation name should reflect your closer identification as a member of the Catholic Christian community.
- The name you select can be associated with someone in your life, your parish, or your community whom you respect and admire. Many Confirmation candidates select a name from a parent or grandparent, honoring them for their example of love and holiness. Your Confirmation name should be the name of a saint.
- You can choose your baptismal name (as long as it is within Christian tradition) or you can choose a completely new name.
- Your Confirmation name follows your middle name (First Name, Middle Name, Confirmation Name, Last Name).

RESOURCES

Here are some helpful resources:

- [Finding your patron saint \(or being found\)](#) (God works in many ways)
- [Creative Catholic Names](#) (for those with more adventurous taste)
- [The Holy Name of Mary](#) (so many beautiful ways to honor Our Lady)
- [Let's Talk About Pronunciation](#) (Kateri, Therese, Zelie, Xavier, Gianna)
- [CatholicSaints.Info](#) (search by name or patronage)
- [Saint's Name Generator](#) (sometimes the saint picks you!)

Finally, the most important part of choosing a Confirmation name is to pray, asking the Holy Spirit to guide your choice. Whether you choose to stick with your given name or to choose a new name, we hope you enjoy discovering the ways in which the name helps bring you closer to God.

Once you have chosen your confirmation name and your sponsor, please complete the required forms (found on the church website) to submit either to your catechist, your teacher, or the Religious Education Office at The Church of Saint Ann: religiouseducation@churchofsaintann.net.