

Confirmation Name Reflection

A Confirmation Name is the name of Saint whom a candidate for Confirmation chooses to be his/her heavenly patron for the rest of his/her life. To help you choose a Confirmation Name, consider the following questions:

1. Why did your parents choose the name they gave you? Were you named after a beloved relative or a favorite saint? If so, who? What about this person inspired them to name you?
2. What does your name mean? (Ex: "George" means "farmer" [www.BehindTheName.com])
3. What is the name of someone whom you see as a good role model of faith?
4. What does that person's name mean, and which Saints are associated with it?
5. What are a few other names that you like (because they are strong names, pretty names, etc.)?
6. What does each of these names mean, and which Saints are associated with them?
7. Who is your favorite Saint, or who is the Saint celebrated on your birthday? What does this name mean?
8. What is a personality trait(s) of a holy person that you would like to develop? (Ex: patience, piety, humility, etc)
9. What name(s) mean these traits? (Ex: Irene is a female name that means "peace")

Now that you have several meaningful names to work with, you need to choose one that will be your Confirmation Name. Once you have chosen a name, find a Saint that is associated with that name. If there is no Saint with your name, try to find a Saint with a derivation of your name (i.e. Giovanni, Joan, Janis, Johanna, Sean, Ivan, Juan, and Jean are all derivations of John). Regardless of your gender, you can choose a Saint of either gender.