

Choosing a Confirmation (Saint) Name

Candidates select a name to be used by the bishop during the sacrament of Confirmation. This may be the candidate's baptismal name or it could be another Christian name. How exciting to make a meaningful selection!

We see in scripture that names were changed to signify a new reality or conversion (for example, "Simon to Peter", Sarai to Sarah", "Saul to Paul").

Confirmands often choose a saint or blessed individual. The saints lived on this earth and experienced joy and pain and challenges just like us. Now they are in heaven, are in communion with God and can intercede for us in prayer the same way we would ask someone here on earth to pray for us. The saints provide examples of how to overcome obstacles here on earth.

Choose your confirmation saint early on in your Confirmation preparation, so your saint can walk with you on your journey.

There are so many choices, so how do you choose a saint?

- First, pray about it. Ask the Holy Spirit for guidance in choosing a saint because your saint will be an intercessor for you!
- Next, learn about saints. Read as much as you can.
- What is the significance of their name?
- What challenges did they face?
- What are your interests and passions? Did you read about any saints with the same interests?
- Think about your values and virtues and find a saint who exemplifies those qualities.
- Talk to a priest, deacon, sponsor, catechist, parent or peers for guidance.
- Your saint should be someone that inspires you and you feel a connection to.

Once you have chosen your saint,

- Fill out the Confirmation (Saint) Name Form. Explain why you chose this saint.
- Learn more about your saint's life, obstacles and accomplishments. Read things that your saint wrote, such as prayers, letters, meditations, books.
- Mark your saint's feast day on your calendar and celebrate with your saint.
- Remember to ask your saint to pray for you!