

Choice of a Confirmation Name

Confirmation is one of the three sacraments of initiation celebrated in the Catholic Church. One of the graces received through the Holy Spirit in this sacrament is a strengthening in giving witness to Jesus Christ as well as a strengthening in the virtues. By celebrating this sacrament after the age of reason, the baptized Christian is given the opportunity to freely choose to profess faith in Jesus Christ as well as to accept and practice the Catholic Christian faith.

For centuries, it has been a common practice that individuals who are to receive the sacrament of Confirmation select a “confirmation name.” The purpose of this selection is twofold: First, the “new” name is a reminder that as we receive the sacrament of Confirmation, we are undertaking a new responsibility in life—taking a “new” life, as an active, participating, responsible member of the Catholic community. Secondly, the name chosen is, by tradition, the name of a patron saint who we admire; someone whose life we will seek to model our own upon, and upon whom we will rely for spiritual assistance and intercession. It is not necessary to select a completely “new” name (although most people do). Your current name, if you are named after a saint of the Church, could serve as your confirmation name as well.

It would be good to pray about your confirmation name. Ask the Holy Spirit to help you choose a confirmation name. Ask God what name He wants you to take. Give God permission to name you. Research the lives of the saints. Learn a little about them. Be aware of any attraction you may have to a particular saint and what is the reason for the attraction. Narrow your list of possibilities down to several and finally just one. Then present that name to God and in prayer ask Him if that is the name for you. As a general guideline in your discernment, follow your peace and interior feelings. God’s Will is always found in peace.

Selecting a Confirmation Name The Catholic Dictionary explains Confirmation names as such: “The name of a saint, chosen by the person to be confirmed and imposed by the bishop in Confirmation. Added to the Christian name, it gives the person confirmed a heavenly patron whom he should endeavor to imitate.”

Common Questions and Answers:

Q. Can I choose any name I want?

A. The norms for Confirmation indicate that you choose the name of a saint. This saint will then be your heavenly patron.

Q. How do I pick a saint?

There are many sources to find exciting saints. Check out some of the resources listed below and see what’s available. Since each saint has a feast day sometimes people pick a saint based upon an important day in their life like a birthday. Each saint is also the patron of an activity or job. Sometimes it’s the events of the life of a saint that connect to you. However you decide, take some time and find the saint whose life speaks to you. Then invite them into your life as patron and model and mentor.

Q. When is the deadline for choosing my confirmation name?

A. The due date is August 11 . Give your name to: Bernadette Flowers, bflowers@ctking.com

Q. Do I have to select a name that is the same gender as I am?

A. No, you can choose any saint to be your patron. A girl could just as easily choose Luke as she could choose Anna.

Resources for Finding Saints Information

Check out these sites:

Catholic.Org website <http://www.catholic.org/saints/>

“SAINTS” website <http://saints.sqpn.com/>

Catholic-Pages.com website <http://www.catholic-pages.com/dir/saints.asp>