

Confirmation Name Guidelines

What are the requirements for a Confirmation name?

The Christian Name – Catholic Catechism

2156 The sacrament of Baptism is conferred "in the name of the Father and of the Son and of the Holy Spirit." In Baptism, the Lord's name sanctifies man, and the Christian receives his name in the Church. This can be the name of a saint, that is, of a disciple who has lived a life of exemplary fidelity to the Lord. The patron saint provides a model of charity; we are assured of his intercession. The "baptismal name" can also express a Christian mystery or Christian virtue. "Parents, sponsors, and the pastor are to see that a name is not given which is foreign to Christian sentiment."

2157 The Christian begins his day, his prayers, and his activities with the Sign of the Cross: "in the name of the Father and of the Son and of the Holy Spirit. Amen." The baptized person dedicates the day to the glory of God and calls on the Savior's grace which lets him act in the Spirit as a child of the Father. The sign of the cross strengthens us in temptations and difficulties.

2158 God calls each one by name. Everyone's name is sacred. The name is the icon of the person. It demands respect as a sign of the dignity of the one who bears it.

2159 The name one receives is a name for eternity. In the kingdom, the mysterious and unique character of each person marked with God's name will shine forth in splendor. "To him who conquers . . . I will give a white stone, with a new name written on the stone which no one knows except him who receives it." "Then I looked, and Lo, on Mount Zion stood the Lamb, and with him a hundred and forty- four thousand who had his name and his Father's name written on their foreheads."

Guidelines

1. The selection of the name of a saint as a confirmation name is not required by the Rite of Confirmation; however, it is a commendable tradition in the Church.
2. In order to recognize the connection between baptism and confirmation, the candidate's baptismal name can be used; or candidates may choose another confirmation name, if they so desire.
3. If a new name is taken, the candidate should choose a name of an officially canonized saint within the Catholic faith. The saint can be either a male or female.

For more information on saints and biblical characters, visit the Catholic Encyclopedia <http://www.newadvent.org/cathen/index.html>.

Tips for Finding and Knowing Your Saint Friend(s)

1. Find a saint who intrigues you. Is there a saint who sparks your curiosity or makes you uncomfortable? How about a patron saint of something you love? A saint with a goofy name or similar struggles as you? A saint you're resisting getting to know, or a saint you just don't "get"? Let these questions drive you deeper into who they are. They are perfect "conversation starters" for befriending the saints!
2. Don't just collect saint names. It's better to deeply know and love one or two saints than to superficially "know of" dozens. Pick the one or two saints who intrigue or inspire you and get to know them.
3. Invest. Start by reading their story online and intentionally invoking their intercession in prayer with a simple, "St. ____, pray for us." Go deeper by picking up a biography or, better yet, something they wrote. Try praying a novena for their intercession. Let their spirituality and service inspire you in your own life, perhaps by making an offering to merciful love like St. Therese, incorporating silence into your life like St. Joseph, using media for evangelization like St. Maximilian Kolbe, or striving to feel with the Church and lift up the poor in your community like St. Oscar Romero.
4. Read about their early life. Often times, seeing the saints when they were young is all it takes to collapse the distance between us because we see that, in many ways, we aren't that different. This can also give us insights into how to follow Christ as young people.
5. Seek out their advice. This is a great way to invite a saint into your life more intimately and vulnerably. As you pray for their intercession, you can look to their life for insight into your own and often to their writings to see what they really would have said in a given situation.
6. The saints are already pursuing you. They're humble and don't draw attention to themselves, but if you pay attention, you will begin to notice the saints are walking with you already!