

YOUR CONFIRMATION NAME

During Confirmation, when the bishop anoints you with chrism and lays his hands on your head, you will receive the Holy Spirit in a new way: God will seal what he began in Baptism. This sacrament is a powerful encounter with God. Throughout our Christian history, such encounters were marked with a name change. For example, God gave Abram the name of Abraham and his wife Sarai the name of Sarah. Even today, when a man or woman enters a monastery/convent they also take on a new name and when a man is elected pope, such as Jorge Bergoglio, he takes a new name such as Pope Francis.

In that tradition, we will mark your Confirmation with a name change. This new name -- the name of a Saint whom you admire and who you would like to imitate -- is imposed by the bishop during Confirmation. Traditionally, Catholics have added their Confirmation name to their legal, full name following their middle name and before their last name. You may choose instead to keep your Baptismal name. However, you are still expected to research the life of a saint you'd like to be your patron.

Why Choose a Saint?

The veneration of saints is an ancient tradition in our Church. We believe, as Catholics, that many of those who have gone before us are in Heaven – this means they have already achieved their life's goal: eternal life and glory in heaven! As they are now in heaven, these saints can help us in two ways. First, they are models for us of the Christian life on earth. Second, they pray (intercede) to God on our behalf. We ask each Confirmation candidate to choose a saint whom they would like to imitate and pray to in a special way. This saint will become your patron saint, so take time to pray and think about who you'd like to choose.

Where to Start

- Pray. Ask the Holy Spirit to help you find a saint who will inspire you and be a spiritual companion.
- Brainstorm what kind of a saint you'd like to have: someone with specific qualities or hardships they've endured; or a saint with a common interest, name or birthday as you.
- Read their stories, some have lived heroic, unimaginable lives and others may remind you of yourself. Which stories stuck with you? Which saint seemed to just stand out?
- Recommended Web Resources:
 - www.franciscanmedia.org/saint-of-the-day
 - <http://catholicsaints.info/>
 - www.catholic.org/saints/
 - www.newadvent.org/
- **Guidelines:** Your patron may be fully canonized, a Blessed, or someone from the Old Testament. You may choose either a man or woman.

I found someone, now what?

1. Pray to your patron saint. Ask him/her to help you prepare for Confirmation and follow Christ. Ask them to help you cultivate the virtues they embody.
2. Consider printing a picture of your patron. Or, purchase their holy cards, statues, or books. These artifacts will help you connect with your saint and remind you of your call to become a saint.