

## **To Parents: Choosing A Confirmation Name**

One of the aspects of preparing for Confirmation is the choosing of a Confirmation name. In this custom, the one preparing for Confirmation takes the name of a person who has officially been declared a saint, blessed, or venerable or who is one of the faithful from the Bible. One may also choose to be Confirmed under his or her own name given at Baptism. In Confirmation, the bishop uses this name, saying, "N., be sealed with the gift of the Holy Spirit." As parents, you will need to assist your child in choosing a Confirmation name.

### **How do I help my child choose a Confirmation name?**

#### **1. Life-time saint friends.**

Help your child to understand that they are not simply choosing a name they like, but they are asking a saint to be their friend for the rest of their lives. We call these life-time saint friends "patrons." Patrons help us live as Christians both through their praying for us (intercession) and their good example (witness) (cf. CCC 2156, 956).

#### **2. Read stories about the Saints.**

More than likely, your child will not know too many saints. Take time read the lives of the saints. There are many different books on saints. The internet also has many different websites on the saints. One place to start is to search websites like the following:

- <http://saints.sqpn.com/>
- <http://www.catholic.org/saints/>
- <http://gnm.org/saintscalendar.htm>
- <http://www.americancatholic.org/features/saints>

You might start your reading with a saint that has similar interests. Sometimes, patrons are chosen because of the day their feast day falls on, e.g. if your child's birthday is on November 3, they might chose Martin for St. Martin de Porres. Sometimes, patrons might be chosen because of family ties, e.g. the child's grandpa's name is Mark, grandpa is a great, so the child chooses St. Mark. You might even start with your own baptismal name. There are many different starting points for choosing a particular saint. Ultimately, the patron chosen should be someone that your child wants to imitate in their love for Christ and others.

#### **3. Choose a Saint**

After researching, students pick a saint and write down their name and 5 points about that saint to bring and share with their small group on January 8, 2024.

#### **4. Ask the Saint**

The child should ask the saint to be their friend (patron). As parents, you might encourage them to write a letter to the saint. You might also encourage them to be friends with the saint. Teach your child to ask for the saint's intercession, get them a picture or statue of the saint, read more about the saint, etc.

#### **5. Practice telling the Saint's story.**

The Confirmation youth will be asked why they chose that particular patron. They should be able to explain who the saint is, how they were a faithful disciple and witness of Jesus Christ, and what they hope to imitate in their own lives as a disciple and witness.