**History behind the Confirmation Name**

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The tradition of selecting a saint’s name for Confirmation grew out of a pre-Vatican II practice that asked the Confirmand to select a Saint’s name to be invoked during the Rite of Confirmation. However, since Vatican II, this practice is no longer a requirement of the Rite of Confirmation. The Church invites the Confirmand to keep the name given to them at Baptism.

The Church strongly suggests that you use the name your parents gave to you at Baptism. The reason is that Confirmation is the fullness or completion of the Sacrament of Baptism. Neither the Rite of Confirmation nor the Code of Canon Law – at any point before or after Vatican II – refers to the process of selecting another name for Confirmation.

The Rite simply refers to the candidate being “called by name” The presumption is that the Candidate is called by the name given at the time of Baptism. The Baptismal promises your parents made on your behalf when you were a baby are renewed at Confirmation.

If you were not given a saint’s name for either your first or middle name at baptism, then you may want to pick a saint’s name for your Confirmation, and it is perfectly okay to do so.

**Choosing a Confirmation Name**

**You may choose to keep your baptismal name**

Because you feel there has been a continual growth in your faith and now you wish to make this formal through Confirmation

It might also signify the sacramental connection with the first and second part of your initiation into the Catholic Church – Baptism

# You may also choose a Saint’s name

Choose a saint’s name that would symbolize a new beginning in your faith life and a connection with that particular saint.

The particular saint’s name chosen might represent the direction you feel your faith life is taking or a strength or attribute you feel you need.

It is important and necessary to learn something about the saints before you make a decision on a name.

**The Saint Reflection Paper**

Whatever name you decide on, your own name or that of a favorite saint, we ask that you explore how this holy person, this Saint, offers you witness to walk more closely with Christ during the Confirmation preparation process.

*The Saints in heaven are intercessors who pray with us and for us to God. They are companions on our journey. When you are in need, you may ask a friend to pray for you. Just as that friend prays for you, the Saint you pick for Confirmation can be praying for you as you prepare for Confirmation and throughout your life as you journey closer to God.*

If You Choose a Saint you should use this format and begin with “For Confirmation, I am taking the name of………because…………

If you are going to use **one of your names**: first or middle – then begin with “For Confirmation, I am affirming my Baptismal name of ……because”.

**Begin your research into this saint’s life by finding the following information:**

* Date and place of birth:
* Lifelong Catholic or convert:
* Date and circumstance of death:
* Best known for:
* Virtues exhibited by this saint:
* Temptations or struggles faced by this saint:
* Feast day:

Now………………………..

* Tell about your saint’s life
* How did this saint influence other people’s lives?
* Why was this person canonized a Saint?
* How did the Saint you have chosen practice faith, hope and charity?
* Of all the virtues that your Saint has practiced, which appeals to you most? Why? (More on Virtues found in the Catechism of the Catholic Church #1803-1845)
* Why did you choose this Saint name for your Confirmation name?

When is your patron Saint’s Feast Day? (For example: St. Nicholas’ Feast Day is December 6, St. Francis’ Feast Day is October 4 etc…)

**Write a prayer to your saint.** Please do your best to write a genuine, reflective, original work – not a cut and paste job off the internet.