

A Good Way to Choose a Confirmation Patron Saint and Name

During the Catholic Sacrament of Confirmation, God the Holy Spirit comes upon you to bestow numerous spiritual gifts and "confirm" the faith given you in Baptism when Original Sin was wiped away. Many times in Scripture, when God moves powerfully in a person's life, their name changes (Abram→Abraham, Jacob→Israel, Sarai→Sarah, and Saul→Paul, for example). This also happens in the Tradition of our Church when men and women enter Religious Life, or when a man is elected as the Holy Father (Joseph Ratzinger→Pope Benedict XVI, for example).

To mark the special occasion of God moving powerfully in you through your Confirmation, you may choose to take a Confirmation name. 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, and becomes a part of your full name. after your middle name and before your last name. You may choose instead to keep your Baptismal name (another instance of taking on a new name, and possibly named after someone else!). If you do this, you are highly encouraged to still invite a Saint to be your patron and develop a close relationship with him or her. This Saint, whom you take the name of or whom you ask to be your patron can greatly help and guide you in your preparations for Confirmation and beyond!

1. Find a list of Saints, Blesseds (Beatified), or Venerables in the Roman Catholic Church by reading a book or doing online research (see the back of this page!). Saints are people who have lived holy lives and are now in heaven as members of the Church Triumphant. Their life stories give examples for others on how to overcome spiritual obstacles and live faithfully for Jesus Christ in every-day life.
2. Read about male Saints if you're male, and female Saints if you're female. Generally speaking, though it isn't always the case, most people choose a patron/name that matches their gender.
3. Pray to the Holy Spirit, and ask for help in finding a Saint whose life you'd like to imitate. When you ask, this Saint will be bonded with you spiritually, and in essence becomes your heavenly patron who intercedes for you before God.
4. Narrow your selection to two Saints. One of these will be your new Patron and the source of your Confirmation name, if you choose. Think about the specific virtues those Saints exhibited such as patience, perfection, diligence, humility, courage, mortification, meekness, obedience, prayer, charity, or simplicity. Find a virtue that connects with you.
5. Consider the one or two special stories told about the two Saints on your "short" list to help you find a spiritual connection. For example, St. Maximilian Kolbe gave up his life for another person's life in a German concentration camp during World War II, and so showed the virtue of selflessness. St. Francis, a spiritual leader who founded a religious order, led a simple life of poverty and greatly loved animals.
6. Take your list of two Saints to your sponsor, a family member, catechist, youth minister, priest, or friend who is a practicing Catholic. Talk about the Saints' lives with that person, and discuss what attracts you spiritually to these holy people.
7. Select who you would like to ask to be your Patron, ask them, and let them know why you would like to use their name as your Confirmation name. Inform your family and friends. Get used to it by saying it over and over again in your mind. Practice writing it as part of your full name.
8. Each day before you are confirmed, pray to the Saint whose name you will be using as your Confirmation name. Ask this Saint to intercede for you, to help you prepare for the Sacrament of Confirmation, to help you make the right moral choices, and overall to be a powerful spiritual guide the rest of your life.
9. Buy pictures, holy cards, statues, and books associated with your Confirmation namesake. These visual reminders of your Patron Saint will help you reflect upon his or her unique virtues. **And ALWAYS ask for your Saint's prayers for you!**

Saint, Beatified, & Venerable: Holy Warriors of Jesus Christ

- 1) **Patron Saints Index** – <http://saints.sqpn.com/>
- Includes Saints, Beatified (Blessed), & Venerable by topic, name, feast day, interest, patronage, and more
- 2) **Recently Canonized & Beatified**
- www.vatican.va/news_services/liturgy/saints/index_saints-blesseds_en.html#top
- 3) **Pope Benedict XVI's Saints** – <http://saints.sqpn.com/canonized-by-pope-benedict-xvi/>
and Beati (Blessed) – <http://saints.sqpn.com/beatified-by-pope-benedict-xvi/>
- Recently canonized/beatified Saints listed under Beatifications or Canonizations by year and name
- 4) **Pope John Paul II's Saints** – <http://saints.sqpn.com/canonized-by-pope-john-paul-ii/>
and Beati (Blessed) – <http://saints.sqpn.com/beatified-by-pope-john-paul-ii/>
- Recently canonized/beatified Saints listed under Beatifications or Canonizations by year and name
- 5) **Catholic Online - Saints** – www.catholic.org/saints/
- By name, patronage, male/female, miracles, feast day, location, and more
- 6) **Catholic Doors Ministry** – www.catholicdoors.com
- By patronage (.../misc/patron.htm), medical conditions (.../misc/medical.htm), [some] cities and countries (.../misc/nation.htm)
- 7) **Saints Alive** – www.irondequoitcatholic.org/index.php/Main/SaintsAlive
- Saints canonized/beatified by Pope John Paul II, saints of the 20th Century, many others by name & feast day
- 8) **Daily Prayer with the Saints** – <http://wordbytes.org/saints/DailyPrayers/>
- By patronage/topic and name and each having an associated prayer

Other useful websites:

- 9) **Catholic Encyclopedia** – www.newadvent.org/cathen/index.html
- LOTS of information about just about anything Catholic
- 10) **The New Catholic Dictionary (NCD)** – www.catholicforum.com/saints/indexncd.htm
- Lots of information and definitions about Catholic things and people (but not as much as the Catholic Encyclopedia)
- 11) **The NCD's List of Popes** – www.catholicforum.com/saints/ncdpopes.htm
- Information on every Holy Father (not all of them are Saints) listed alphabetically
- 12) **The Roman Pontiffs** – http://oce.catholic.com/index.php?title=List_of_Popes
- Information on all the Holy Fathers (not all of them are Saints) listed chronologically
- 13) **The Wikipedia List of Popes** – http://en.wikipedia.org/wiki/List_of_popes
- It is not a Catholic source, but most of it seems accurate and it has a picture of each Holy Father.