

# Confirmation Name Selection and Report Instructions

Confirmation names are a special part of the confirmation process for Roman Catholics, especially those in English speaking countries. Before the ritual of being confirmed, those seeking Confirmation choose to take a Saint's name with whom they identify. After confirmation the confirmed can pray to the saint for guidance and protection. You may use your birth name for your Confirmation Name if it is a Saint or Blessed's name or you may choose another Christian name (nicknames or diminutive forms of Saint or Blessed's names may not be used).

In choosing a Saint or Blessed, remember:

- Choose a Saint or Blessed that you want to be like, whose life is particularly inspirational to you, or with whom you can identify. Maybe he or she had the same struggles as you and worked through them in a way that you admire. Maybe they are the patron of something important to you.
- If you are named after a Saint or Blessed, research the life of that Saint or Blessed. See if your life reflects or has something in common with his or her life.
- The Saints were normal people like us who strove to do God's will. Mother Teresa aptly put it after an interviewer once questioned her, "What are you trying to do, become a saint?" She responded, "Yes, shouldn't we all strive for that?"

*There are lots of books of Saints and you can probably find a number of them at your local library. Online, [www.catholic.org/saints](http://www.catholic.org/saints) is a great resource.*

**You are to complete a Saint report in your own words, at least one page in length (12 point font maximum, double spaced) containing the following information:**

1. Your Full Name (First, Middle, and Last)
2. The Name of the Saint or Blessed you have chosen
3. The First Name of this Saint or Blessed as you want it said by the Bishop and to appear on your Confirmation certificate (no nicknames or diminutive forms).

**Please Note: Men can choose female Saint names and women can choose male Saint names. Also, feminine forms of male Saint names may be used as well as male forms of female Saint names. Names like Grace, Faith, Hope, Charity, Prudence, Justice, Temperance, Joy, Chastity, etc. may be used (with reports adapted accordingly). Marian titles (e.g. Our Lady of Guadalupe) can be mentioned in reports but the Saint name will be Mary.**

4. The Feast Day of this Saint or Blessed you have chosen
5. Where and when this Saint or Blessed lived and some highlights of their life
6. Why you chose this Saint or Blessed
7. The qualities of this Saint or Blessed that you want to try to reflect in your life