

# What's in a Name?

**"I will give within my temple and its walls a memorial and a name better than sons and daughters; I will give them an everlasting name that will endure forever." Isaiah 56:5**

The **Holy Spirit** has enabled Christians of every century to **live like Jesus** and become **saints**. We are ALL called to be saints. Saints are holy people who tried to follow Jesus with all their hearts. The saints were ordinary Christians, just like each of us. They relied on the Spirit and followed where the Spirit led. Saints have been men, women and children. Some were married and some were single; some were members of religious orders and some were laypersons. Saints have come from all parts of the world, from every age and from all walks of life. From heaven, saints continue to watch over and pray for the Church, for all of us. As Catholics, we **remember and honor** the saints because they show us how we can follow Jesus with all our hearts.

**As a candidate for the Sacrament of Confirmation, you have two options concerning the choice of a Confirmation name:**

**1. Stay with your present Baptismal name (your regular first or middle name).** If your baptismal name is that of a recognized saint of the Church, there is no need to select a new name for Confirmation. Using your baptismal name for Confirmation is preferred because it highlights the relationship between the Sacraments of Baptism and Confirmation. To stay with your baptismal name would demonstrate that you feel there has been a continual growth in your faith and you now wish to make this formal through Confirmation. You should honor this saint through prayer and imitation.

**2. Pick a saint's name that would symbolize a new beginning in your faith life and a connection with that particular saint.** This would be especially true if you feel that you have not been particularly strong in your faith and are now making a renewed commitment to your faith. Your commitment would be symbolized with the taking of a new name to show that you are, in some ways, now a new person. This new name would be used after your present middle name and before your family name. The particular saint's name chosen would represent the direction you feel your faith life is taking, or would represent a strength or attribute you feel you need. It is important and necessary to learn something about the saint you choose before you decide on that name. The option of taking a new name is not to be used because you like the sound of the name, how it fits with your other names, or because it is the name of a nice friend or relative. You should honor this saint through prayer and imitation.

## How to select a saint?

First step, **PRAY!** Just as you should pray about any decision you have to make, ask the Holy Spirit to guide you as you choose a saint as your patron. Where should I begin to choose a Confirmation name? There are a variety of books depicting the lives of the saints and a book is a great place to start! Some of these books tell the life story of one saint in particular, and others give a brief story about the lives of numerous saints so you can read about many holy men and women all in one place.

We want to know about your saint and why you selected him or her. Additionally, Archbishop Coakley will confirm you by this name. Therefore, we are going to ask you to write a **short reflection paper** (more instructions to come).

**In writing your saint reflection, be sure to consider such things as:**

- Title: (the name of your saint)
- What century did your saint live in? (provide exact dates if available)
- What city and country did your saint live in?
- What was your saint's occupation?
- When does the Catholic Church celebrate your saint's feast day?
- For whom is your saint the patron saint?
- How did your saint live his/her life, follow Christ and make decisions to do God's will, even when it was unpopular?
- How was the saint like Jesus?
- How did the saint show a heart for or help others during his/her life?
- What contribution did your saint make to the Church during his/her lifetime?
- Why did you choose this saint?

**Here's a great resource to help you start learning about the saints.**

<https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>





# Sponsors

Candidates for the Sacrament of Confirmation have lots of work to do in preparation for the day when the church will officially recognize full members. One of the things a candidate must do is **choose a sponsor**. A Confirmation sponsor **supports** the candidate in their preparation. It's an important role to play sponsors should not take lightly. Choosing a sponsor is also a decision that candidates should take seriously. Before beginning **discernment**, a process in which you are truly open to the Holy Spirit and making decisions based upon prayer and the will of God, ask the **Holy Spirit** for guidance. The following are a few things you should consider when choosing a Confirmation sponsor.

**Requirements** There are certain requirements with regard to just who can and cannot be a Confirmation sponsor.

- a sponsor must be at least 16 years of age.
- candidates cannot choose one of their parents or step parents to act as a sponsor. However, god-parents or even siblings often do qualify as sponsors.
- A Confirmation sponsor must also be a confirmed member of the Catholic church.
- The sponsor must be a practicing Catholic who attends Mass.
- If married, marriage was celebrated in or blessed by the Roman Catholic Church.

**Location** Another thing to consider when choosing a Confirmation sponsor is where that potential sponsor lives. Once chosen, the sponsor will be asked to fulfill certain requirements, including attending an occasional meeting and the rehearsal, so it helps to choose a sponsor who lives nearby. It's not required that a sponsor live in the community, but it will make it easier on the sponsor you choose. There will be activities for you and your sponsor to complete together in the coming months.

**Age** Though any confirmed, practicing Catholic over the age of 16 is eligible to be a Confirmation sponsor in most parishes, it might help to choose someone who is older than 16. A sponsor is supposed to be a role model for the candidate who can offer advice and guidance not only during your candidacy, but after you have been confirmed as well. Someone who is just a few years older than you might not be the best person to provide that advice and guidance.

**Relationship** It might make things easier if the person you ultimately choose to be a sponsor is someone you already have a strong relationship with and find is easy to talk to. The relationship is one that should continue and strengthen after you have been confirmed, so choosing someone you already have a good rapport with will make it easier for the relationship to flourish. Things to Avoid... Do not choose a sponsor because it is easy or convenient. The choice should benefit you, not please your family or simply honor someone.

# Confirmation Information

St. Joseph Old Cathedral



*Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.  
Send forth your Spirit and they shall be created. And you shall renew the face of the earth.*

*O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful,  
grant us in the same Spirit to be truly wise and ever to rejoice in His consolation.  
Through Christ our Lord. Amen.*

APRIL  
**1**  
RETREAT

APRIL  
**4**  
SAINT PAPER

MAY  
**4**  
SACRAMENT

Write three potential sponsors here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Pray for these people for the next week. Ask the Holy Spirit to guide you in your choice of sponsor. I HAVE SELECTED MY SPONSOR....WHAT DO I DO NOW? Now that you have decided who to invite to be your sponsor and walk alongside you in your journey to Confirmation, it's time to ask them. You may do this by a simple phone call. Upon them saying yes, you will complete the sponsor form. Once we receive the form, I will send your chosen sponsor an official invitation and what it means to be a sponsor.