



### **Choosing a Confirmation Name:**

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

1. Stay with your present saint's name (your regular first name, if it is a saint's name). 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.
2. Pick a saint's name that would symbolize a new beginning in your faith life. The particular saint's name chosen would represent the direction of your faith life or 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. One place that you can research who the saint is and how they can inspire you to live a Christian life is on the Internet at [www.catholic.org/saints](http://www.catholic.org/saints).

### **Sponsor: Role, Responsibilities, and Selection:**

The candidate for Confirmation will need a sponsor, preferably one of the candidate's Godparents (although this is not required). The sponsor needs to be able to fulfill several requirements.

1. The Church requires that the sponsor be an active, practicing Catholic who has already celebrated the sacrament of Confirmation. The Church recognizes that a person cannot transmit what the person does not have.
2. It is important that the sponsor is more mature, more informed, and more experienced in the ways of our faith and culture than the candidate is. The sponsor must be at least 16 years of age.
3. The sponsor should be a person who already has a trusting relationship of some sort with the candidate.
4. The sponsor needs to be willing to meet or talk with the candidate on a regular basis prior to the celebration of Confirmation and to make a commitment to continue the faith journey after the celebration of Confirmation.
5. The sponsor needs to be an open, honest, caring, committed and encouraging person who will help the candidate grow in his or her understanding of the faith as the young person comes to a deeper appreciation of God in his or her life.
6. A Parent/guardian cannot be a sponsor. The parent/guardian is already the natural sponsor of their child. The sponsor is an assistant to the parents as the prime transmitters of faith.

Candidate, please write or phone to ask the person you have chosen, after reflecting on the criteria above, to be your sponsor. When you write or phone, please make sure you inform them of what their responsibilities will be if they say yes to being your sponsor.