



### Choosing a Saint Name for Confirmation

We choose a saint name when we are Confirmed because we are all called to be saints. Saints are people in heaven who lived a virtuous life on earth, offered their life for others, or were martyred for the faith. The Church teaches that saints are worthy of imitation because our goal as Catholics is to go to heaven. They are role models of faith for us to follow as an example, and they can also pray for us when we ask for their help.

You may choose any Catholic saint to use as your Confirmation name. There are many books and online resources about the saints that you can use to help you decide. A great website to help you get started is [Catholic.org/saints](http://Catholic.org/saints). Just be careful when you are doing online research on other websites that the person is actually a Catholic saint.

A little bit of advice... Do some actual research when you are trying to select your saint. Don't just choose a name because they are the only saint you know or because you think the name sounds pretty, cool, funny, etc. The saint you choose does not have to be the same gender as you. Look up some Catholic saints and learn their stories. Maybe you choose a saint who is the patron of something important to you, or maybe you find a saint whose life is relatable to yours. Sometimes people will also choose saint names in honor of loved ones who have passed away. Whatever your reason for choosing the saint, put some thought into it.

### Choosing a Confirmation Sponsor

A sponsor is someone who prays for you and helps you on your faith journey. Just like the saints are role models for us, your sponsor should also be someone who sets a good example of what a good Catholic life looks like. Your sponsor does *not* need to be related to you and does *not* need to be the same gender as you.

Your Confirmation sponsor must:

1. Be a Confirmed Catholic who is at least 16 years of age and mature in his/her faith development
2. Regularly practice his/her faith and be a good example in the ways of faith  
(For example, Uncle Joe may be a great guy who is really nice and funny, but if he doesn't pray or go to church regularly, then he is *not* a good choice as a Confirmation sponsor.)
3. *NOT* be one of your parents  
(At your Baptism, your parents accepted the responsibility to be your first teachers in the ways of the faith and to help you grow as a Catholic. Since they have already accepted that role, your sponsor should be someone else who, in addition to your parents, can help you grow in faith.)

In the same way that you should put thought into your Confirmation saint, put some thought into who you want to ask to be your Confirmation sponsor. Once you have decided who to ask, make sure that ***you personally ask them*** to be your sponsor. It is an honor to be asked to be a Confirmation sponsor, and it will certainly mean a lot to that person if you ask them yourself.

**Note:** It is possible that a sponsor may not be able to attend the Confirmation if they are traveling a far distance or are simply unavailable on September 24. In this case, it is perfectly acceptable to have a proxy (i.e., a parent) stand in for the sponsor on the day of Confirmation itself. The name of the actual sponsor (not the proxy) should be used when filling out the registration form.