

Choosing A Confirmation Name

Guide & Criteria to Writing Your Confirmation Name Essay

“I will give them an everlasting name.” -Isaiah 56

What’s in a name?

When you were born your parents chose your name. They may have chosen your name in honor of a relative or friend, after a favorite saint or rock star or maybe they just really liked the name. If you do not know how your parents chose your name, ask them. Your name gives you an identity. It tells others who you are. Throughout our lives we will identify ourselves with many names to describe or associate ourselves – nicknames, the name of our school, the state or country where we were born, our nationality, the title of our career, our faith to name a few. Through Baptism our parents spoke for us; we were called by name and christened into the Catholic faith. We became members of the Catholic Church.

Now it’s your turn.

As part of your Confirmation preparation you are charged with the privilege and responsibility, just like your parents were when you were born, to choose a name. It’s your turn to speak for yourselves in your faith and choose your own name - your Confirmation name. Below are some helpful tips to guide you in choosing your name.

- This is your decision. Your parents, friends, sponsor and family may give you suggestions but ultimately it is your choice which name to choose. Do not let anyone sway you in your choice.
- You can choose your baptismal name or a new name.
- Your choice should reflect your relationship with the Catholic faith. Perhaps you will choose a saint you learned about and felt connected to during a Faith Formation class.
- Your Confirmation name is to be a Catholic saint’s name or a derivative of a Catholic saint’s name.
- You can choose the name of a loved one, a parent, a grandparent, your sponsor or godparent. You may choose someone you admire or a person you believe to be holy.
- Do not choose a name just because it sounds good with your given name. It should mean more than that to you.

Where should you begin in your search for a Confirmation name?

Research Catholic saints' names through books or the internet. Make sure to use Catholic resources. Do not use Wikipedia. Below are some online resources. Research at least 3 saints before making your final decision. You can google "*Patron saint of _____*" and fill in the blank with an interest or your passion and see what comes up.

www.catholic-saints.info

www.catholic.org/saints/

www.americancatholic.org

Criteria for your Confirmation Name Paper

1. Put your name at the top of your essay.
2. Include a picture of your saint.
3. List 3 saints whom you considered for your Confirmation name and **highlight** the one you chose.
4. Write a 250-word, **typed** essay about your chosen saint whose name you will take for Confirmation.
5. Your paper should answer the following questions:
 - What is the full name of your chosen saint?
 - When did your saint live? What years or era?
 - Where did your saint live?
 - What was life like during that time?
 - How did your saint die?
 - Which virtues did your saint exhibit? Look up the Catholic virtues.
 - What struggles did your saint endure?
 - How did your saint follow Jesus or Jesus' teachings during his/her life?
 - How did this saint become holy?
 - When was this saint canonized or beatified by the Catholic Church?
 - What made you decide to choose this saint?
 - How is this saint an example for your life?
6. Attach a prayer to your essay. Find one on the internet, on a Prayer Card or write one yourself. You can modify a prayer to another saint. The words in the prayer cannot be included in the word count for the 250-word essay.
7. Include a Bibliography – a list of the resources you used to write your paper such as books, websites, articles, etc.
8. Do not plagiarize. Plagiarism is the sin of stealing.