

QUEEN OF APOSTLES PARISH

Confirmation Preparation Program

Selecting a Confirmation Name

In the Rite of Confirmation, the Confirmation Candidate is “called by name.”

As a Confirmation Candidate, you are being asked to choose a name to be used during the Confirmation Liturgy. This may either be the name of a saint who has special meaning to you, the name of another holy person who has inspired you, or your Baptismal name (some form of a saint’s name that is your first or middle name).

Whatever name you choose, you are asked to do some research and to write a reflection paper. **This reflection is due at class on Monday, November 17th.**

- **If you have chosen to take the name of a saint,** write your reflection as if that saint is the author. In the reflection, your saint should tell us what they did that was worthy of sainthood — how they lived as a disciple of Jesus and how their work, writings and accomplishments served the people of God and inspired others. Be sure to include the date of your saint’s feast day, the dates when your saint was born and died (if those dates are known), and your reasons for choosing that saint. Put yourself in the shoes of this person and explain how they tried to live a holy life as a disciple of Jesus Christ.
- **If you have chosen to use your Baptismal name** as your Confirmation name, find out why your parents chose to give you your name and what your name means. In your reflection, explain why you would like to re-use your Baptismal name as your choice for Confirmation. If you were named after a saint or relative, you should write your reflection as if that saint or relative is the author. Tell us about that saint or relative and why you think they are a good model for you to follow as you are Confirmed.

The reflection paper is to be **1-2 pages in length** (double-spaced or single-spaced). **Use your own words**; do not plagiarize (copy text directly from a written or AI source and pass it off as your own work). Just printing off an article from the internet is not acceptable. **Staple this sheet to the front of your paper as a cover.**

You may use human, printed and/or internet resources to help you with basic information about your saint or your name, and there are some ideas on the back of this sheet. However, **the most important thing is to include your own specific reasons for choosing this name as your Confirmation name**, such as what you believe is the most important thing about the saint. Pray and reflect as you write!

Name of Candidate _____

Confirmation Name _____

SELECTING A CONFIRMATION NAME: IDEAS FOR YOUR RESEARCH

HUMAN RESOURCES

Talk to your parents. *They know why you were given the name you received at Baptism. Were you named after a relative? saint? family friend? soap opera or telenovela character?*

Talk to your catechist(s). *They are getting to know you and may have some ideas about saints that would appeal to you.*

Pray and reflect. *Ask God to help you. Write out your full name and consider what you like about it. Around your name, write things that you like to do or like about yourself. Check if there is a patron saint for something you have written, and if so, read their story.*

INTERNET RESOURCES

(Wikipedia might get you started, but it's overly detailed & not from a perspective of faith. Be cautious with AI assistance, even in AI-assisted searches, because AI has a hard time making distinctions between similar names and between real history & fictional history.)

Young Saints <https://wedaretosay.com/top-25-saints-under-25-heaven-has-no-age-limit/>
Young people like you have been involved in our Church from the very beginning. Read some basic stories about saints under 25 years old here.

Reliable saint websites like the **Patron Saints Index** <http://catholicsaints.info/>
A wide-ranging index of saints and what is known about them.

Alphabetical List of Saints → look for your own name or a saint you found online
<http://catholicsaints.info/alphabetical-list/>

Patronage List → look for the patron of something special to you
<http://catholicsaints.info/patronage-topics/> (look under A for "athletes," etc.)

Calendar of Saints → find out which saints are remembered on your birthday
<http://catholicsaints.info/calendar-of-saints/>

Behind the Name <http://www.behindthename.com/>
Learn the traditional meaning and story of your name or your saint's name. (If you can't find your name there, submit it at <http://www.behindthename.com/submit/submit.php>)

PRINTED RESOURCES

The Bible *If you know that your saint is in the Bible, find out where and read about them. (You can search the Bible online in English or Spanish at <http://www.biblegateway.com>).*

St. Joseph Edition of **Picture Book of Saints** (English) / **Libro de los Santos** (Spanish)
Who doesn't love old-school picture books? This one's about saints.

Butler's Lives of the Saints

A comprehensive book of stories about saints' lives. Available in many libraries.

Books of baby names are also good resources for information on your name's meaning.

DON'T: google "Saint (your name)" and assume you'll get something good. * hand in a Wikipedia page. * have AI write for you. * copy off a saint card. * ignore the assignment!