

## **Confirmation Name Research Project**

Choosing a Confirmation name is an important part of the Confirmation preparation process. In the Roman Catholic Church, the Sacrament of Confirmation is a Sacrament of Initiation. Once you have received the Sacrament of Confirmation, you are considered an active adult in the Church. One aspect of receiving Confirmation is that you are asked to choose a name as your Confirmation name. This new name signifies your change in status - you are now fully initiated into the Catholic faith

For your Confirmation name you can choose a Saint, a holy person (i.e. Thomas Merton) or another Biblical name (i.e. Moses). Saints are as unique and diverse as the rest of humanity. Although there are far more Saints in heaven than there are canonized (official) Saints, each canonized Saint has a specific and individual path to sainthood which is intended to be an example to the rest of the Church. Read a general overview of the lives of the Saints and holy people, or find a website which gives brief biographies of people in the Bible. Does any holy person's life story particularly appeal to or inspire you? This person's name could be your Confirmation name.

Do you have any hobbies or interests? If so, there is a Saint/holy person who relates to almost any hobby, interest or sport. The Saint/holy person of your favorite enthusiasm could be a good choice for your confirmation name. For example, if you love learning, St. Thomas Aquinas could be a good choice.

Do you want to perfect a specific virtue in your life? There are Saints/holy people who exemplify every virtue. For example, St. Maria Goretti is the patron Saint of chastity.

Do you feel particularly called to the married life, or to the religious life? If so, there are Saints/holy people who provide excellent examples of both vocations. If you feel drawn to the married life, perhaps St. Joseph would be a good name to choose. If you feel called to the religious life, perhaps the founder of a religious order you are fond of would be a good choice, (for example, St. Dominic or St. Benedict).

No matter who you choose, remember to pray often as you navigate your new life as a fully initiated Catholic in the Church!

# Confirmation Name Declaration Page

*Due: Feb. 15, 2017*

Candidate Name \_\_\_\_\_

## **Stage #1: Possible Confirmation names to select**

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## **Stage #2: Research**

Why are you choosing this Saint or holy person?

What do you know about this Saint or holy person?

What qualities of your life do you share with the life of this Saint/holy person?

## **Stage #3 Final Decision**

Confirmation Name \_\_\_\_\_