



CHOSEN

YOUR JOURNEY TOWARD CONFIRMATION

Information on Choosing a Sponsor & Confirmation Name

Choosing a Sponsor

The Candidate should choose a sponsor before entering the preparation program. The sponsor **MUST** be a confirmed, practicing Catholic who is at least 16 years of age. **The sponsor may NOT be the father or mother of the Candidate.** When feasible, the Candidate's baptismal sponsor (God Parents) may be chosen as the Confirmation sponsor.

We urge the Candidate to choose someone who lives nearby so he or she can participate in the program along with the Candidate and lend spiritual support to the Candidate in the coming years. Sponsors are asked to attend the Seder Meal (held during Lent in Year 2), Rehearsal, and Confirmation Ceremony.

Sponsors are encouraged to meet frequently with the Candidate to share in the preparation process. The name, address, and parish of the sponsor should be documented on the Sacrament of Confirmation Information Form. Sponsors will also be given a handbook to guide in their role as sponsor.

Choosing a Confirmation Name

A Candidate must choose a Confirmation name by the start of the Year 2 program. A name identifies us in a unique way, not just our physical selves, but who we are as person. One of the traditional practices in the Church at the time of Confirmation is choosing a name that will remind you of this sacrament. Your prayerful reflection will help you determine that name. You might want to recommit yourself to your Baptismal name since it expresses the relationship that exists between these two sacraments, especially after you reflect on its meaning and discover some of the people who shared your name in Christian history.

You might want to choose the name of a saint who represents the type of Christian you wish to be. It is important to learn as much as you can about your patron saint. After all, you are asking this saint to be your friend and advocate for the rest of your life.

Whether you decide to stay with your Baptismal name or pick a new name, take the time to research and explore the root meaning of the name, for as Scripture says "Yahweh calls each of us by name." The name should be documented on the Sacrament of Confirmation Intent Form.

To learn more about the saints of the Catholic Church, see the website listed below:

Patron Saints Index: <https://www.catholic.org/saints/>