

**For any Confirmation program it is critical that we have parent volunteer support to make this a great experience for our young people. Please consider being a small group leader which includes Confirmation Retreat Team member. Please indicate your willingness to serve by noting that on the registration form. Thank you in advance for your support.**

The sponsor will receive a Story Guide. Please facilitate communication between the sponsor and candidate, so that they share faith and have fruitful discussions. Give the sponsor access through the app so they can view the videos and then discuss them with your teen.

## **How to Choose a Confirmation Name**

Your Confirmation name is how you will be introduced to the bishop to be Confirmed. It is also a part of your permanent sacramental record. This name ties you to a particular saint or holy person in heaven, who will be praying for you throughout your earthly life.

You want this person in heaven to be praying for you, because being a Christian is hard. But where do you begin to make such an important decision?

### **Here are some suggestions to guide your discernment:**

- Baptism and Confirmation are linked, so many Confirmation candidates choose their baptismal name. The Archdiocese of Baltimore encourages this practice.
- Get to know some more saints and find the one who inspires the adult "you". Here's a helpful page to get you started: <https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>.
- Google the patron saint of \_\_\_\_\_, because you love \_\_\_\_\_, and I guarantee there's a patron saint for that!
- Ask your family, sponsor, and other earthly supports in the faith which saints are close to them and why. See if one of those saint stories inspires you, too.
- The most important part of the whole Confirmation preparation is PRAYER. Pray for guidance toward a particular name, and trust that God will lead you. I believe He will!

Once you have chosen a name, please email the administrative assistant of faith formation with the candidate's name and the Confirmation name chosen.

Special note: You can choose a saint of the opposite sex. For example, Jane Doe can choose St. John the Beloved as her Confirmation name, and John Doe can choose St. Jane de Chantal. This happens every year, and it is no problem.

... Still having trouble?

Feel free to contact the administrative assistant of faith formation, and we'll find one together!

