



Choosing a Name

Being given a name is a significant part of belonging to a family and to the Christian community. When you were baptized, your parents and godparents were asked to present you *by name* for the sacrament. For the Sacrament of Confirmation, you are asked to reaffirm your baptismal name or to choose the name of a saint whose example you wish to follow. Some candidates pick the name of a relative whom they admire and who also represents a model of Christian witness.

This is a decision that should include your family and sponsor. As you choose your name for Confirmation, here are some ideas that might help you:

- Talk to your parents or someone else in your family about your own name.

Where did it come from?

Why did your parents give you this name?

If you share the same name as a saint, do some research into who the saint was and how he or she lived out his or her faith.

- If you decide to take another name, talk to your sponsor, your catechist, or members of your family about the names of saints. Is there one who shows a particular spiritual strength or gift that inspires you? This might be someone who takes a strong stand for his or her faith, a commitment to serving the poor, a prayerful life, or a dedication to social justice.
- Give yourself time to pray about this. Ask your family and sponsors to pray for your decision as well. Such prayer will most certainly lead you to making a good decision.

Sponsor

Choosing Your Sponsor

One of the most important things you will do as you prepare for the Sacrament of Confirmation is

choose your sponsor. To emphasize the link

between Baptism and Confirmation, the Church

recommends that one of your godparents take on

the role of sponsor. A sponsor needs to be a

Catholic who is at least sixteen years of age and

who has received the Sacraments of Christian

Initiation. This person might be a friend, someone

from the parish, or a relative other than a parent.

This decision takes thought, prayer, and consultation

with others. A sponsor offers spiritual guidance and

serves as an example of Christian

living. This means you will

want to pick someone

who is a faithful

disciple of Jesus

Christ whom you

know, trust, and

respect. As you

make your selec-

tion of a sponsor,

here are some other

considerations to

keep in mind:



- You will be meeting with your sponsor at various points during the time you are preparing for Confirmation. Therefore, you will want to choose someone who is available for these meetings, either in person or by phone, email, or video chat.
- Meetings with your sponsor will give you a chance to talk about what you are learning in the Confirmation sessions, to ask questions, and to pray together. It is important that you feel comfortable with your sponsor to engage in such conversation.
- During the celebration of Confirmation, your sponsor will present you to the bishop for anointing. This means that your sponsor is able to be present for the celebration of Confirmation and other special events. If this is not possible, someone can stand in as a “proxy” in place of your sponsor.
- Your parents and family might have ideas about a sponsor that you have not considered. Seek out their help and guidance, as well as their prayers, as you make your decision.

Connecting with Your Sponsor

Regular meetings with your sponsor are an important part of the preparation for Confirmation. Here are five tips for staying connected:

1. Set up a regular meeting time after each

Confirmation session, either in person or by

phone or video chat. This keeps questions

fresh in your mind and helps you reflect

further on what you have learned. Frequent

meetings also help you to become better

acquainted with your sponsor.

2. Share information with your sponsor. This

includes the dates and times of special parish

events and the celebration of Confirmation, as

well as other sponsor-related material from

the parish.

- 3. Jot down thoughts, questions, and ideas to share with your sponsor. Some of these will emerge in your sessions with the other candidates. Others might arise from a service project, retreat, or other gathering.
- 4. Plan a special time to meet with your sponsor before the celebration of Confirmation. Let it be a time of prayer and a chance to bring up additional questions that you have about being confirmed.
- 5. Get together with your sponsor after Confirmation to talk about the experience and about ways that your sponsor can continue to support you in your faith. You might want to use some of the questions from Chapter 6 to discuss during this time.