

Part of the richness of the Catholic faith is **The Communion of Saints**. The Communion of Saints is the spiritual solidarity that binds together the faithful on earth, the souls in purgatory, and the saints in heaven. As part of the Confirmation process we pick members of the Communion of Saints to support us in our faith journey. One is our sponsor (faithful on earth) and the other is a Saint who can intercede on our behalf. To signify the importance of the relationship with the Saint you select, you are confirmed with that name. Therefore, if you pick St. Andrew, for example, your sponsor will present you to the Bishop as Andrew and the Bishop will confirm you as Andrew: “Andrew, be sealed with the Gift of the Holy Spirit.” Many Catholics will insert their Saint name into their formal name, often after your first and middle name but before your last name.

What the Archbishop says about selecting a Saint’s Name:

- Candidates may use their baptismal name (first or middle name) if they are Christian names or you may select another Christian name when receiving the Sacrament of Confirmation.
- A Christian name would be the name of a Saint or Blessed (St. Dominic or Blessed Carlo Acutis).
- Derivatives of names (Kelly for Catherine; Jenna for Genevieve) or Old Testament names are also appropriate.
- The candidate should know the relationship of the name to the religious Christian tradition. This means the bishop will ask you why you picked this name: He will NOT accept answers like “it is my grandma’s name” or “It’s the name my parents gave me.”
- Most importantly, candidates should learn about their patron as part of their preparation for the sacrament and should particularly focus on the virtues of their patron they wish to emulate.

What does this relationship look like?

Here are some starter ideas to learn to build a relationship with your Saint:

- **Pray for your Saint’s intercession daily**
- **Celebrate your Saint’s feast day**
- Read your Saint’s spiritual writings and/or books
- Watch a movie about them on [Formed](#) or [ODB Films](#)
- Buy a Statue, [Icon](#), or [Medal](#) of your Saint to remind you to pray for their intercession.
- Check out [Grotto Network](#) on Spotify to see if they have a playlist inspired by your Saint.

How do I officially designate someone as my Confirmation Saint?

In order to designate a Saint Name, you need to fill out the “Saint Name Report” via the confirmation platform. This will include you sharing a bit of background information about the Saint, why you picked them, and how you hope to emulate your Saint in your life.

I am still struggling to pick a Saint!

If you need help starting your search for a Saint, check out this [blog from Life Teen](#). If you are having any difficulties selecting a Confirmation Saint, reach out to [Andrew](#) or your Core Team Member.