

*As Catholics, we choose both a Sponsor and a Name for Confirmation. Most of you were baptized as infants, and your parents chose Godparents for you. Now it is your turn to think about role models for yourself in living out your Catholic faith – and not just one person, but two! One person, your Sponsor, stands up with you as you are anointed by the Bishop. The second role model is a Saint or Blessed (on their way to Sainthood) in heaven. You recognize the role of that Saint/Blessed by taking their name.*

## Confirmation Sponsor Guidelines

To be permitted to take on the function of sponsor a person must:

- 1/ Be at least 16 years old
- 2/ Be a Catholic who has been confirmed and has received First Eucharist
- 3/ Lead a life of faith
- 4/ Not be the father or mother of the Confirmation candidate
- 5/ Not belong to another religion (even a Christian religion).

## Confirmation Name Guidelines

Think about your skills, talents, affinities and/or any life goals you might have. You might choose the name of a loved one, the patron saint of your country of origin, or a saint who shares your birthday. The internet has a wealth of information on Saints and Blesseds.

Patron of travel: St. Raphael the Archangel

Patron of musicians: St. Cecilia

Patron of athletes: St. Sebastian

Patron of Ireland: St. Patrick; England: St. George; Italy: Sts. Catherine of Siena & Francis of Assisi; Korea: St. Andrew Kim Taegon; China: Our Lady of Sheshan.

Patron of teachers: St. John Baptist de la Salle

Patron of sailors: St. Brendan the Navigator

Want someone who is young? Look at St. Gemma Galgani and Bl. Chiara Badano.

Want someone on his way to being declared a saint? Google Carlo Acutis.