



**St. Joseph Confirmation**  
**Saint Names**

**Background**

In many English-speaking countries and in German-speaking lands, and in Poland, it is customary for a person being confirmed in the Roman Catholic Church to adopt the name of a saint whom that person admires or feels a special affinity with, thus securing an additional patron saint as protector and guide.

A name identifies you in a unique way, not just your physical self, but who you 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."

Online Resources:

**[www.catholic.org/saints/](http://www.catholic.org/saints/)**

**[www.americancatholic.org/Features/Saints/byname.asp](http://www.americancatholic.org/Features/Saints/byname.asp)**

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**St. Joseph Parish Confirmation**  
**Saint Name**

**My name:** \_\_\_\_\_

**My Saint Name will be:** \_\_\_\_\_