

Choosing a patron saint for Confirmation: During the Confirmation ceremony, the Bishop addresses each candidate by their "Confirmation Name". This may be your existing baptismal name if this is the name of a saint.

Most candidates choose a new Confirmation name and this also must be the name of a saint. The important thing is that you know something about the saint and pray to that saint for help and guidance.

A name in the family

In countries with a strong Catholic tradition, some names have become very popular and may be popular in your family. If you want to take such a name, it is a good opportunity to find out about the saint and the traditions associated with him or her. Sometimes, these may be saints about whom little is known historically.

Common names

If you choose a name such as John, James, Catherine or Maria, you should know which saint you are choosing - there are many Saints called by these names.

Starting from scratch

A good way to start is to find a book in the library or to look up a list of saints on the Internet and find a saint whose life you find interesting and attractive.

Men and Women

A question that gets asked every year is "Can a girl choose for her Confirmation patron a saint who was a man rather than a woman?" The answer is "Yes".

We don't usually get asked whether a boy could choose a saint who was a woman but that would be all right, too.

Saints on the Internet

The Internet has many sites that are dedicated to saints. I have listed some below that will be helpful and interesting.

- **Catholic Online**, the major Catholic Web portal, has a [magnificent saints and angels page](#) with a saints index, patron saints, feast days and a search facility.
- **St Patrick's parish** in Tenth Street, Washington has an [enormous index of thousands of saints](#) at their website with an alphabetical list linked to short biographies.
- **Catholic Forum** hosts a [list of patron saints](#) according to various patron categories. You can look up a category, select the appropriate item and follow the link to biographical information about the particular patron saint.
- **Naming the Saints** lists [saints for boys and girls](#) with short notes on their lives. You could start here and then look up the saint of your choice at [Catholic Online](#).
- **The Vatican Website** has a list of all the [new saints canonised by Pope John Paul II](#).