

## Picking a Confirmation Sponsor



A sponsor is someone who journeys with you **long after** you receive the Sacrament of Confirmation. Much like your Godparents, who were selected to help guide your parents at your baptism, you are selecting an individual to guide you in your faith life. By selecting an individual as your sponsor, you are giving them permission to accompany you in all moments of life and ever guiding you closer to Christ and His church. With this in mind, your confirmation sponsor:

- should be someone you (the candidate) looks to as a role model of the Catholic Faith. Someone whose faith you hope to emulate.
- should be someone with whom you feels comfortable talking about faith and religion.
- should be able to dedicate time to meet regularly and has a willingness to drop everything to help you spiritually.
- is not required to attend program sessions, but will be asked to interact with the Confirmation candidate on a regular basis in regard to their Confirmation preparation. So they should be aware of the program and retreat schedule.

### What the Catholic Church says about sponsors...

The role of a sponsor is to "see that the confirmed person acts a true witness to Christ and faithfully fulfills the obligations connected with this sacrament." The criteria the church asks for is that a sponsor...

- Must be at least 16 years of age;
- Must be fully initiated into the Church (received the Sacraments of Baptism, Holy Communion, and Confirmation)
- Live a life in harmony with the Faith and the role of a sponsor as mentioned above;
- Must be in good standing with the Catholic Church;
- One of the Candidate's godparents may be elected as the sponsor for the Sacrament of Confirmation.
- **Cannot** be the candidate's parent

### What does this relationship look like?

Here are some starter ideas to learn to work together as Sponsor and Candidate.

- Go to Church together and grab coffee afterwards.
- Take a road trip together to some different churches to experience what is the same and what is different in different churches.
- Individually interview different people at St. Dominic who are active members and compare notes. Why are they doing the ministry they've chosen? How did they learn about that ministry?
- Take a training class together (i.e. Conflict Resolution, CPR, Liturgical Ministry Training, etc.)
- In preparation for any particular Sunday, read and study the Gospel reading ahead of time. Each of you try to come up with three specific resources you might use (or assets you might be required) to take action on what you feel that Gospel is asking us to do.

### How do I officially designate someone as a Confirmation Sponsor?

In order to designate someone as your Confirmation Sponsor, you need to signify your sponsor via the confirmation platform. Sponsors will be asked to submit a letter from their home parish verifying their Catholic affiliation (this will be emailed to them by the parish).

### I am still struggling to pick a sponsor!

If you are having any difficulties selecting a Confirmation Sponsor please do not hesitate to contact [Andrew](#).