

RESOURCE: CHOOSING A SPONSOR

The Commitment of a Sponsor:

1. Assist in the preparation for the Sacrament:
 - Attend the Kickoff (April) and Vigil (Nov) half day retreats.
 - Meet with your candidate at least 5 times, leading the discussion with guidebook.
 - Ideally, participate in a service and prayer experience with the candidate. If this is not possible, the candidate can complete on their own.
2. Build this relationship. Go out of your way to know, love, and support your candidate. Help the candidate fulfill his baptismal promises faithfully by challenging and encouraging as needed.
3. Accompany the candidate and present him/her to the bishop at the Confirmation Mass.
4. Continuing to be a source of encouragement and guidance for the candidate after receiving the Sacrament of Confirmation.

Qualifications of a Sponsor:

1. Must be a fully initiated Catholic, having received the Sacraments of Baptism, Eucharist and Confirmation.
2. Sponsors are to be active members of a Catholic Church who attend Mass regularly. Ideally, you would choose someone from one of our three parishes.
3. Must be sufficiently mature in his/her commitment to Christ: committed to life as a disciple.
4. Must be a minimum age of 16 years. We recommend choosing someone who has been Confirmed for 5+ years.
5. The person chosen must have the intention and ability to fulfill this role.
6. Cannot be the parent of the Confirmation candidate. Siblings are not recommended, but allowed.
Note: if needed, a parent may do the "preparation" piece of the sponsor role, but may not be the official sponsor at the Confirmation Mass.
7. Not prohibited by law (canon or civil) from exercising the role of sponsor.

Traits to Look for in a Sponsor:

- A sponsor prays, desires to grow in holiness, and live as a disciple of Christ.
- A sponsor participates at Mass each Sunday and serves those in need.
- A sponsor embraces their Catholic faith, and is not embarrassed by it.
- A sponsor serves as a bridge, helping the candidate understand and become familiar with the people, places and traditions of the Catholic faith the candidate is unfamiliar with.
- A sponsor respects the candidate's freedom, allowing the candidate to decide whether this is the right time to seek the Sacrament of Confirmation.

Tips to Help you Find a Sponsor:

- Pray. Ask the Holy Spirit to help you find the person who will be the best witness and mentor for you. Ask Him to show you who that person is.
- Who is someone you admire and who takes their Catholic faith seriously? (*in your family, of your friends' parents, of your parents' friends, your godparents, neighbor, coach, teacher*).
- Do you have a friend going through Confirmation with you...could their parent work with you, and your parent work with your friend?
- If both you and a friend struggle to find someone, would you like to meet together with Sarah (or another youth ministry leader), meeting as a group of three?

Prayer for Choosing a Confirmation Sponsor

Holy Spirit, helper and guide, give me wisdom as I choose my Confirmation sponsor. Help me to choose a person of prayer who will teach me also to be a person of prayer, who will support me in difficult times, who will guide me to make good choices, and who will challenge me when I do not. Help me to choose someone who will love me and teach me to love Jesus. Thank you for giving me a community of people around me to support and guide me as I take this important step in becoming more fully a member of your Church. Amen.