

St. Joseph Confirmation Preparation

How to Choose Your Sponsor



What does the word “sponsor” mean?

The word “sponsor” comes from the Latin word *spondere*, which means to “give assurance, promise solemnly.” By definition “sponsor” means:

- 1) one who presents a candidate for baptism or confirmation and undertakes responsibility for the person's religious education or spiritual welfare
- 2) one who assumes responsibility for some other person or thing

Basic Church requirements to be considered as a Sponsor:

To be qualified to be chosen as a Confirmation sponsor an individual must:

- 1) Be at least *sixteen* years old (by date of Confirmation)
- 2) Have been initiated in the Catholic Church through the three sacraments of Baptism, Confirmation and the Eucharist
- 3) Be in good standing with the Church
- 4) Display a visible commitment to living out the Catholic faith and have the ability and intention to carry out his/her responsibility as a *spiritual guide* in your life

Your Sponsor should be someone who (m):

- 1) Is willing to participate in your formation for Confirmation in whatever way possible.
- 2) You admire and respect for the way they live their Catholic faith.
- 3) You trust and feel comfortable turning to for help, advice and guidance, especially in regard to your moral, emotional and spiritual life.
- 4) Shows you what it means to be Catholic by his/her example
- 5) Will continue mentoring you in your relationship with God even after Confirmation.

Other considerations when selecting a Confirmation Sponsor:

- 1) A sponsor CANNOT be a parent of the one to be confirmed.
- 2) Each Confirmation candidate may only choose ONE sponsor
- 3) Because the Sacraments of Baptism and Confirmation are so closely connected, Church teaching states that it is “desirable that the godparent at Baptism also be the sponsor at Confirmation”, however the selection of a special sponsor is also permitted.
- 4) If your sponsor is unable to attend the actual Sacrament of Confirmation, another adult (including a parent), may stand in his/her place as a proxy. The name of your sponsor will still be noted in the official Church record of your Confirmation
- 5) The choice of who should be your sponsor is YOUR decision!

Once you have chosen a Sponsor you should:

- 1) Give him/her the Sponsor Form to fill out---make sure YOUR name is already on the form
- 2) Your Sponsor must have the form signed by the pastor of the Catholic church they currently attend as a sign of their good standing in the Church
- 3) The signed form should then be turned into St. Joseph Parish Offices to the attention of Caryn Hoyt
- 4) Be in regular contact with your Sponsor about your preparation