

Choosing Your Sponsor

What does the word "sponsor" mean? The word "sponsor" comes from the Latin word *spondere*, which means to "give assurance, promise solemnly"

The word "sponsor" also comes from the same root word as the word "responsible."

Your sponsor is your guide on your faith journey. Think about how important friends are in your life. The guidance, strength, love and encouragement you get from your friends is the same as you should get from your sponsor. He or she is there to support you, encourage you, pray with you, share with you, listen to you and challenge you!

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
- 2) Have been initiated in the Catholic Church through the three sacraments of Baptism, Confirmation and the Eucharist
- 3) 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 (Regularly attend Mass, Live a faith-filled life, be in good standing with the Church)

Other considerations when selecting a Confirmation sponsor:

-A sponsor CANNOT be a parent of the one to be confirmed.

-Each Confirmation candidate may only choose ONE sponsor, with the only exception being both baptismal godparents returning to be sponsors for Confirmation.

-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.

-The choice of who should be your sponsor is YOUR decision!

Things to think about before you ask someone to be your sponsor:

Your sponsor should be willing and able to participate in your formation for Confirmation. They should be willing to devote time and energy to you.

The person you choose as your sponsor should be someone that you admire and respect and who *actively lives out the beliefs of our Catholic faith*.

Your sponsor should be someone that you trust and feel comfortable turning to for help, advice and guidance, especially in regard to your spiritual life.

Your sponsor should be someone who, through his/her example, shows you what it means to be Catholic and who will take an active role in your preparation for Confirmation.

After you receive the Sacrament of Confirmation your relationship with your sponsor DOES NOT END! You both are called to lead each other closer to God, to continue to grow in knowledge of your faith, and to challenge one another to lead lives of holiness and service.

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PRAY! Spend some time asking God for guidance on whom to choose as your sponsor.

Candidate's Name _____

Sponsor's Name _____

Sponsor's Address _____

Sponsor's Email Address _____

Sponsor's Phone Number _____

Sponsor's Parish _____

Please attach to this form a copy of your Sponsor's Certificate. He or she may obtain it at his or her parish.

You need to write a paragraph that explains why you chose this person to be your sponsor. You may write it on the back of this paper or type it if you prefer and attach it to the paper.