

## Picking A Sponsor

One of the things a candidate must do is choose a sponsor. A Confirmation sponsor supports the candidate as they prepare to become full members of the church. Being a sponsor is not a one-time duty fulfilled on the day of Confirmation!

### **What does the word “sponsor” mean to us?**

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

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

This is an important role to fill by the sponsor. Choosing a sponsor is also a decision that candidates should take seriously. The following are a few things candidates can consider when choosing a sponsor for their Confirmation candidacy.

### **Rules & Requirements**

There are certain rules and requirements with regard to just who can and cannot be a Confirmation sponsor:

- A sponsor must be at least 18 years of age
- Godparents, other close relatives or friend, or even siblings often qualify as sponsors \*
- A Confirmation sponsor must be a confirmed member of the Catholic church
- The sponsor should be a practicing Catholic who attends Mass

*\*Candidates cannot choose one of their parents to act as a sponsor. The Catholic Church does not allow the parent to act as a sponsor, since a sponsor is someone who should support the candidate in addition to the parents, just as a godparent is selected at Baptism for the child in addition to the parents.*

### **Things to Consider**

Your sponsor should be willing and able to participate in your formation for Confirmation:

- 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.
- Though any confirmed, practicing Catholic over the age of 18 is eligible to be a Confirmation sponsor, it might help to choose someone who is older than 18. Someone who is just a few years older than you might not be the best person to provide that advice and guidance.
- 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.