

## **Guidelines for Selecting a Confirmation Sponsor**

*Selecting a sponsor is an important decision. A sponsor is someone whom you trust to walk with you along your faith journey. A unique and treasured relationship can grow between you and your sponsor, so it is important that you choose your sponsor carefully and prayerfully. It may help to include your parents/guardians in your decision process. It is very important that you personally ask the person you have in mind to be your sponsor. This will help you take ownership of this important step of the Confirmation journey.*

Below are guidelines for selecting a sponsor:

- Canon Law states that a sponsor must be a fully initiated Catholic who is at least 16 years of age and who regularly receives the Sacraments, practices the faith by regular attendance at liturgy, and gives witness to the faith in his/her daily life.
- If possible, you may wish to select as your sponsor someone who lives nearby, so that you can meet and attend Mass together regularly. There will be a rehearsal before Confirmation and it's important for your sponsor to be there with you.
- The sponsor should be a person who can relate to and talk with you easily. He/she should be someone whom you admire for his/her faithful practice of the Catholic faith.
- Your sponsor may be a male or female, a relative or friend. He/she can be your Baptismal godparent.
- According to Canon Law, just as in Baptism, your parent may NOT be your Confirmation sponsor.
- Each sponsor must provide the attached sponsor certificate of eligibility, signed and sealed by his or her home parish. Please include this certificate with the Notice of Confirmation when registering for the second year of the Confirmation program.