Sponsors represent in a personal way the witness and support of the parish community. Sponsors can be of either sex. A sponsor must be a practicing, confirmed Catholic of some maturity and willing to assist the candidate in the preparation. It is helpful to the candidate if the sponsor is someone with whom the candidate can relate and have some contact during the preparation, as well as, before and after the celebration. As a sponsor, one should be willing to renew one’s own spiritual life and be willing to share faith with the candidate. Sponsors are asked to attend any meeting or other activities in which sponsors are invited to participate.

To perform the role of sponsor, it is necessary that a person fulfill the following conditions:

A. Be designated by the one to be confirmed. Godparents from Baptism may be chosen.

B. Be at least 16 years of age.

C. Be a Catholic who has been confirmed and has already received the sacrament of the Eucharist and leads a life in harmony with the faith and the role to be undertaken.

D. Not be bound by any canonical penalty legitimately imposed or declared (e.g. if married, marriage must be recognized by the Catholic Church as valid).

E. Not be the father or mother of the one to be confirmed.

It is equally important that the sponsor be one with whom the candidate can frequently and comfortably meet with, talk, pray, question and share doubts or insights. Some suggestions would be:

A. Accompanying the candidate/sponsor session and liturgical celebrations.

B. Introducing the candidate to service in the life of the community and supporting some form of service.

C. Reflecting on scripture and other background reading with the candidate.

D. Assisting the candidate in the discernment process to know whether he/she is called at this time to make the confirmation commitment.

E. Sharing own faith story with the candidate.

F. Being a “role model” of witness to a Christian lifestyle.

G. Presenting the candidate for the Sacrament of Confirmation attesting to the candidate’s willingness and readiness to celebrate the sacrament.

H. After Confirmation, inquire on efforts and success in living out the commitment implied in the Sacrament.

I. Offer suggestions and assistance in helping the newly confirmed to become an active member of the Church community.