

## Your Confirmation Sponsor

Your sponsor assumes a role like your Godparents at Baptism. This person is a witness to your faith. According to Canon Law, a sponsor must be at least 16 years of age, confirmed and a practicing Catholic. You may choose one of your Godparents, if you wish. You may also choose a relative or family friend, but neither of your parents can be your sponsor.

It might be good to think about people who have been most influential in your faith life. Who models for you what it means to be a Catholic Christian? Other than your parents, who has most encouraged you to use your God-given gifts and make a positive difference in the world? Look for someone who inspires you by their own involvement in their parish, who attends Mass and who is a person of prayer.

How can your sponsor help on your journey to Confirmation?

- Go to Mass with your sponsor.
- Invite your sponsor to be part of some of your service and enrichment experiences.
- Ask your sponsor to pray for you as you prepare for the Sacrament of Confirmation.
- If you have questions about what you are learning in class or things that are brought up about your faith, discuss these questions with your sponsor.
- Participate in the Confirmation retreat with your sponsor.

Other things to keep in mind...

- Your sponsor will be seated with you on Confirmation day. If your sponsor is unable to attend in person on your Confirmation Day, you may have someone stand in as a proxy. Your parent can be the proxy.
- When you go up to the bishop to be anointed, your sponsor will accompany you and place his/her right hand on your right shoulder as a sign of support and prayer.
- Your sponsor's name will be recorded with yours in the sacramental record.