

# Choosing Your Sponsor

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."

By definition sponsor means:

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

## Church Requirements

To be qualified to be chosen as a Confirmation sponsor an individual must:

- 1) Be at least sixteen years old (by date of Confirmation)
- 2) Have been initiated in the Catholic Church through the three sacraments of Baptism, Confirmation and the Eucharist and be in good standing with the Church
- 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

## Other considerations when selecting a Confirmation sponsor:

- A sponsor CANNOT be a parent of the one to be confirmed.
- 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." This is a lovely choice, but not required. You may choose any appropriate sponsor.
- If your sponsor is unable to attend the actual Sacrament of Confirmation, another adult (including a parent), may stand in his/her place as a proxy. The name of your sponsor will still be noted in the official Church record of your Confirmation.
- 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.
- 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 example, shows you what it means to be Catholic and who will take an active role in your preparation for Confirmation.