

## CHOOSING A SPONSOR

As a candidate for Confirmation, you are undertaking this year a process whereby you deepen your relationship with Christ and ask for that gift of the Holy Spirit. You are not alone in this journey, however. God has entrusted you to your parents, and you have the gift of your faith community as well.

But you also must choose someone to accompany you during this process. This is your choice – not your parents', because they are your sponsor.

There are a few necessary qualifications that a sponsor must meet:

- They must be a fully initiated Catholic, having received the Sacraments of Baptism, the Eucharist and Confirmation.
- If they are married, they must have been married in the Church, sharing in that covenantal and/or sacramental grace.
- They must be at least 16 years old, and of sufficient maturity to approach this task as it requires. It should not just be a friend who was confirmed.
- They must be a good role of discipleship, regularly attending Sunday Mass and living a life with prayer and virtue.
- They cannot be a parent or guardian. They must also be free of any canonical impediment (This is rarely an issue.)
- Sponsors must fill out a Sponsor Commitment form and provide a copy of a recent baptism certificate from their parish of baptism to verify the above minimum requirements.

Besides these minimum qualifications, there are some important qualities to look for in possible sponsors as well:

- The most obvious choice is often a godparent, especially if they are still in your life and still practicing the faith.
- It should be someone you feel comfortable sharing your faith with, even someone you feel comfortable praying with. This is someone to ask questions of, who may share their own journey of faith with you, to rejoice with you or support you in time of difficulty.
- It should be someone that you can connect regularly with, and who will actually do so – every couple of weeks or so, whether in person or over the phone. This is someone who is sharing with you in the journey.

Spend some time praying and reflecting on who your choice will be. Yes, it is often a great honor for them. But take advantage of what is being offered to you in this time.