Choosing a Confirmation Sponsor

What is a sponsor?

We do not journey alone in the Catholic community. A sponsor is a person who encourages and assists a candidate to embrace and actively practice the Catholic faith both before and after confirmation. The sponsor also stands with the candidate as they are anointed during the Confirmation Liturgy.

Who can be a sponsor?

The Roman Catholic Church says that a sponsor must be…

- At least 16 years old
- Baptized, confirmed, and have received First Eucharist in the Catholic Church
- A practicing member of the Catholic Church who follows church teachings
- Someone other than the candidate's parent/caregiver

What makes for a good sponsor?

Being a sponsor is more than an honour. The sponsor should help the candidate to actively practice the Catholic faith before and after confirmation. A sponsor will pray for the candidate, take an interest in their preparation process and their life more broadly, and help support them in their life as a young Christian. A good sponsor is someone who:

- Is an active, practicing Catholic.
- The candidate is comfortable talking with.
- Is comfortable talking about their faith, and answering questions about it.
- Can communicate with the candidate regularly (someone who lives nearby and is seen often, or who regularly spends time with the candidate talking on the phone, over Facetime, etc.).
- Is someone the candidate will be able to turn to for help and guidance in the years ahead.

Who should we consider?

Baptismal godparents would be ideal, but aunts, uncles, cousins, older siblings, family friends, parents of the candidate's friends, teachers, and grandparents all make great sponsors as well. If you are having difficulty, please contact the parish for help.

