

Choosing Your Sponsor

The choice of your Confirmation sponsor is a very important one. When you were baptized, your parents chose a person of faith who they trusted to support you in your spiritual development. At your baptism, your parents, and Godparents promised to teach you the Catholic Faith and stand by you as you matured as a Catholic Christian.

As you approach Confirmation, you are preparing to take on a new role in the Church. At Confirmation, you will be sealed with the Holy Spirit, completing your baptism, and preparing you to take a more adult place in the Body of Christ. You will repeat your baptismal promises, this time speaking for yourself.

The role of a Confirmation sponsor is to stand by you as you enter into this new phase of your life in the Church. Your sponsor should be someone that sets an example for you of a person who lives their faith and will support you in yours.

The following are guidelines for sponsors as established by Canon Law and the Diocese of Trenton:

- The Sponsor may not be the candidate's mother or father.
- He/she must be at least sixteen years old.
- He/she must be a Catholic who has received the sacraments of Baptism, Confirmation, and Holy Eucharist.
- The Sponsor must understand, be able, and willing to fulfill the function of Catholic Confirmation Sponsor.
- He/she regularly takes part in the sacramental life of the Church.
- If married, the sponsor is in a valid marriage in accordance with the teachings of the Catholic Church.
- The Sponsor sincerely believes and strives to put into practice the Word of God as taught by the Catholic Church.

Your sponsor will be required to provide a sponsor eligibility form/letter **signed by a priest or pastor of their parish** attesting to their suitability for the role of sponsor.