

# Confirmation sponsor:

If you're planning to receive your Confirmation in the spring (Apr. 25<sup>th</sup>, 2026), please share your sponsor's information by the end of Nov. 2025.

Here are some guidelines to help you pick a Confirmation sponsor:

To be a confirmation sponsor in the Catholic Church, generally, one needs to meet the following requirements:

1. **Age:** be at least 16 years old.
2. **Sacraments:** be a confirmed Catholic yourself and have received the Eucharist.
3. **Faithful Life:** be actively practicing your faith and living according to Catholic teachings.
4. **Not the Parent:** cannot be the candidate's parent; the role is meant to be a mentor and guide.

When choosing a Confirmation Sponsor, take your time to reflect on the important people in your life. Here are some suggestions to help you, as you make your choice:

- Think about the qualities you want your Sponsor to have ;
- Think about people who are good examples for you;
- Ask yourself if one of your godparents would be a good Sponsor;
- Talk with your parents and other family members about who would be a good choice;
- Pray to the Holy Spirit;
- Talk with your Sponsor and explain why you chose him or her; remember to share with them their responsibility.

Here are more ideas of what the sponsor can do:

Spend time getting to know their Candidate, possibly taking them out to dinner or lunch, or inviting them over to their home, discussing and listening to the Candidate's spirituality.

Meet with their Candidate regularly throughout this year of preparation and discuss in greater detail the topics addressed in the preparation sessions.

Share their faith story with their candidate. Pray for and with the Candidate.