

## SELECTING YOUR SPONSOR

- † **From the earliest days of the Church**, those seeking communion with the Church were supported by specific people chosen from the community.
- † **At your Baptism** those significant people were your parents and Godparents (your baptismal sponsors) who promised that you would be raised in the faith. They professed their faith because you could not speak for yourself.
- † Your parents accepted the responsibility of training you in the **practice of the faith**. Your Godparents promised to help your parents.
- † **In Confirmation you will speak for yourself**; you will renew your baptismal promises.
- † **You will be supported** by a sponsor who will stand with you and present you to the bishop for Confirmation.

The Church encourages you to choose, if possible, one of your baptismal Godparents to be your sponsor for Confirmation because this expresses more clearly the link between your Baptism and Confirmation. However, you are free to choose someone else. It does not have to be a family member. If you have questions or concerns please contact our office for more information.

### Who to Choose?

In addition to the responsibilities outlined in the general “Requirements and Responsibilities,” please keep the following things in mind when considering who your sponsor should be.

- A friend who knows the candidate and can witness to the maturing faith of the candidate
- Someone who you can feel comfortable talking to about faith issues
- Someone who tries as best they can to practice the Catholic Faith
- A guide and a listener - A learner who is interested in his/her own faith journey and is striving to live their faith daily.

### ALSO

- A Confirmation Sponsor may be either male or female and meet the following qualifications according to Canon Law:
  - Be a practicing member of the Catholic Church and be fully initiated, having received Baptism, Confirmation, and Eucharist.
  - Be sufficiently mature in his/her faith commitment.
  - Not be prohibited by law from exercising the role of sponsor.
  - Be at least 16 years of age.
  - Must be someone other than the parent or guardian

## CHOOSING YOUR CONFIRMATION NAME

- † One of the traditional practices in the Church at the time of Confirmation is choosing a name that will **remind you of this sacrament**.
- † Your **prayerful reflection** will help you decide on that name.
- † You have a choice to keep your baptismal name, signifying that you are confirming the faith that was given to you at your Baptism. (Either your first or middle name).
- † You may also **choose to add a name**, to signify your new and deeper awareness of what it means to be a disciple of Jesus.
- † If the choice is made to add a new name, **it has to be a Christian name**.
- † **It should reflect a biblical person or saint whom you can admire and imitate.**
- † **Check out some web-sites to learn more some people who really lived the “Catholic Way of Life.”**  
<http://www.catholic.org/saints/>  
<http://www.catholic-forum.com/saints/indexsnt.htm>  
[www.lifeteen.com](http://www.lifeteen.com)