

## Choosing a Sponsor

Choosing a sponsor whose witness is empowered by the Spirit is an important part of Confirmation preparation. Ideally, Confirmation sponsors act as mentors, inviting young people to greater participation in the life of the community.

If they have not already done so, encourage your son/daughter to choose sponsors. According to The Code of Canon Law, Canons 892 and 893:

- A sponsor sees that the person to be confirmed acts as a true witness to Christ, faithfully fulfilling the obligations connected with Confirmation.
- A Confirmation sponsor is preferably one of the baptismal sponsors.
- A sponsor should be at least 16 years of age and a confirmed Catholic who has received Eucharist and who leads a faith-filled life.
- Parents may not be sponsors.

In making their choices, the young people will want to consider these questions:

- Who do you respect and trust?
- Who do you think could help you as you prepare for Confirmation?
- Who do you think could help you as you continue to grow as a Catholic after your Confirmation?

We suggest that the young people discuss this important decision with their parents. Once they have selected sponsors, urge them to stay in close touch with their sponsors during their preparation for Confirmation.