

## Selecting a Confirmation Sponsor

At Confirmation, the Holy Spirit will be sent forth to confirm the faith in you that was first given to you at Baptism. You will be strengthened with the gifts of wisdom, understanding, right judgment, reverence, knowledge, courage, and wonder and awe. Your sponsor's role is to help you learn how to use these gifts in your own life. Perhaps you have seen your potential sponsor emulate these gifts in their everyday life.

The sponsor of the Confirmation candidate plays a particular role in the Confirmation preparation process and should be chosen by the Confirmation candidate. Confirmation is a time to be strengthened in one's faith and to let the light of Christ shine even more brightly than it first did at your Baptism. Sophia Cavalletti, a Biblical Scholar, writes: "If Baptism lights a lamp within us, with Confirmation, this lamp is lifted up onto a lampstand, so that it might benefit the community."<sup>1</sup>

As a Confirmed Catholic, your sponsor has been strengthened in Christ and has the gifts in which to be able to lift the light of Christ onto the lampstand. This person has the responsibility of walking with you as you prepare for your own Confirmation and standing beside you as you are Confirmed. The Church asks, "As far as possible a sponsor for the one to be confirmed should be present. It is for the sponsor to see that the confirmed person acts as a true witness to Christ and faithfully fulfills the obligations connected with this sacrament."<sup>2</sup> He or she shares with you their own experience of Confirmation and of God and supports you in embracing and deepening your Catholic Faith before, as, and after you receive the Sacrament of Confirmation.

As you are thinking about who your sponsor could be, think about people in your life who have shined the light of Christ for you. Who has helped to guide you already in your faith journey? Who is someone that lets their light shine for the benefit of those around them? This person could be one of your godparents, a relative (other than your parents), a friend (who is 16 or older), a teacher, or someone else who has been a witness to you of the Catholic faith. Take some time to think over these questions and invite the Holy Spirit to help you identify someone in your life who can help you grow in your faith.

### **Sponsor Qualifications**

- Someone who is at least 16 years old
- Someone who is not your (the Confirmation candidate's) parent
- Someone who has received the Sacraments of Initiation (Baptism, Confirmation, and Eucharist)
- Someone who is a committed and active Roman Catholic, committed to living his or her life in accord with Catholic Church Teaching and Tradition and fully participates in the sacramental life of the Church
- If married, someone whose marriage is recognized by the Catholic Church.
- **This person must provide a Letter of Good Standing / Sponsor Eligibility Form from his/her home parish stating that he/she meets the qualifications above, including sponsors from OLCG. This form is due August 1, 2022. Please make a copy for your records.**

If you have any questions, please contact Amy W. de Bernardo at [dre@olgcva.org](mailto:dre@olgcva.org) or 703.896.7414.

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<sup>1</sup> Sofia Cavalletti, *The History of the Kingdom of God: Liturgy and the Building of the Kingdom of God*, p 51.

<sup>2</sup> Canon Law 892