



Ave Maria Catholic Church  
A Parish in the Diocese of Colorado Springs  
9056 E. Parker Rd., Parker, CO 80138

## **Confirmation Sponsor Information and Qualifications**

The Role of a sponsor can be traced to the early Church. Though the function of a sponsor has changed over the years, it has always been connected with Christian Initiation and sacraments of Baptism and Confirmation.

At the time of the Second Vatican Council the rite of the Sacrament of Confirmation was revised and the intimate connection with the other sacraments (e.g. Baptism, Reconciliation, and Eucharist) of initiation was set forth.

As the Sacrament of Confirmation is often delayed until the teen years, the Church recognized that this is an *excellent* opportunity for an adult sponsor to have more of a positive effect on the life of the teen candidate. To emphasize the connection between Baptism and Confirmation, it is appropriate for the Confirmation sponsor to be one of the teen's baptismal godparents. This recommendation is not always doable, especially with the rotation of many military service members and their families. If not, teens are asked, with their parents' help, to choose another sponsor for Confirmation.

Sponsors must follow the qualifications and requirements listed below.

### 1. **Qualifications for a Confirmation Sponsor:**

The qualifications for a sponsor, according to Canon Law, are the same as for a Baptismal sponsor. A sponsor must:

- be chosen by the person who will be confirmed or by the parents;
- be at least 16 years old;
- be a Catholic, who has already been confirmed and who has received the Sacrament of Eucharist;
- lead a faith-filled life and be a Catholic in good standing;
- not be the mother or father of the one to be confirmed.

If you have been chosen by a teenager to be their Confirmation sponsor you should feel both humbled and proud. To your teen candidate you are a significant Catholic adult. They feel comfortable with you and is promising to share their faith life with you whenever possible. You should be willing to do the same. Also, as a Confirmation Sponsor you should:

- be a Christian witness in both words and deeds;
- offer support to your candidate as they move through the often perilous teen years, including experiencing doubts about their own faith;
- challenge your candidate's words and actions when they contradict Christian values;
- be formally introduced to the candidate's parents;
- be willing to participate with the candidate at liturgy and in Christian service.

### 2. **The actual things you have to do as a Confirmation sponsor are as follows:**

- **One-on-One Meetings:** You and the candidate arrange for a time and place where you can meet at least once a month for approximately an hour. This time and place should be one in which you both feel comfortable and relaxed and where you will not be distracted or disturbed. It is

important to establish the right mix of informality and seriousness for these meetings. These meetings are used to discuss faith issues being addressed in the candidate's formal classroom preparation for the sacrament. Some of these topics are: God, Scripture, the Church, morality, social justice, liturgy and sacraments, vocation and the elements of the Rite of Confirmation.

- Share a brief prayer with your teen. This prayer can be spontaneous or you can use more pertinent, traditional prayers.
  - If/when possible, attend a Sunday Mass with the teen. Consider perhaps going out for a simple meal or beverage at a local coffee shop after the Mass or find a quiet spot on the parish grounds to conduct your meeting.
  - Participate together in an activity to benefit others. Your teen's Confirmation process involves working on several service projects, please plan to join in.
  - Do something fun together. Combine your meeting with a trip to the movies; a walk in a park or along a lake; an afternoon at a ballgame; a bike ride; or any other activity you and your teen partner decide would be enjoyable.
- **Group Meetings:** These may be occasions when you will be asked to participate with your teen candidate in regularly scheduled parts of the Confirmation preparation process. For these "group meetings", other candidates and their sponsors may take part with you. For example:
    - **Meetings:** A parish catechist leads a meeting that includes icebreaking activities, presentations on a faith topic, discussion, media and prayer. Your role would be to attend and participate along with your candidate if you are invited to attend these weekly meetings.
    - **Liturgies:** An essential element of the teen's preparation for the Sacrament of Confirmation is regular and consistent participation in Sunday Eucharist. Sometimes, the candidates attend scheduled, special teen liturgies. You will be asked to participate with your teen at these liturgies.
    - **Retreats:** A Confirmation and High School retreat are mandatory parts of the Confirmation preparation process at Ave Maria Catholic Church. On the retreat the teen's entire experience of preparing for Confirmation is concentrated. You may consider signing up to attend the Confirmation retreat as a chaperone, group leader, or presenter in an area of faith. If so, contact David Hall in the Faith formation office well in advance and he will provide you with needed material(s), as appropriate.
    - **Service Projects:** Becoming integrated into the Church as a fully initiated Catholic means participating in activities and projects that are of service to others. You should want to be involved with the service-oriented activities with your candidate.

(If you have any questions please contact the Parish Coordinator of Youth Ministry, David Hall at 720/842-4106.)