### Confirmation Sponsor and Saint Name Proposal

1. Candidate Name:
2. Proposed Saint Name:
3. Name and Date of Birth of proposed Sponsor:
4. Name of Church where the proposed Sponsor is a parishioner:
5. Address of proposed Sponsor:
6. Phone # of proposed Sponsor:
7. Email of the proposed Sponsor:
8. Relationship to Candidate for Confirmation:
9. As far as I am aware, the confirmation sponsor meets the minimum requirements (circle one):

Yes No

Approved by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Confirmation Sponsor Requirements (To guide your choice)

One part of the preparation for this Divine Encounter is the requirement of a Confirmation Sponsor – someone who guides and directs your faith journey. The choice of a confirmation sponsor is a two-step process.

**Step 1** – Parents help confirmand selects someone who meets the listed requirements and submit a proposal to the Pastor

**Step 2** - the Pastor reviews your proposal and either approves the choice or asks you to find someone else.

**The following are the minimum requirements to be a Sponsor for the Sacrament of Confirmation:**

1. The Sponsor must be an active practicing Catholic which means that the Sponsor:
   1. Be at least 16 years old and preferably not one of your parents
   2. Attends Mass on Sundays and on holy days of obligation and rests from servile labor
   3. Confess his/her sins at least once a year.
   4. Receives the sacrament of the Eucharist at least during the Easter season
   5. Observes the days of fasting and abstinence established by the Church
   6. Helps to provide for the needs of the Church (CCC 2042-3)
   7. Has received the Sacraments of Baptism and Confirmation, and is currently able to receive the sacrament of Eucharist and Reconciliation
   8. If the sponsor is married, then they must have been married in the Catholic Church or had their wedding blessed in the Catholic Church - NO EXCEPTIONS.
   9. The sponsor needs to be someone other than a parent

**When you are selecting a sponsor, a few things to keep in mind would be:**

1. Is this person a living model of Catholic faith? Do you admire their relationship with you, the church and God?
2. How has this person prayed for you, given you spiritual support, guidance or encouragement?
3. Will this person give of his/her time and share their spiritual gifts with you?

Parents, being chosen as a Confirmation Sponsor is a great honor that comes with great responsibility. You, as the parent, are encouraged to help select a Sponsor that you trust and know that this person will always be there for your child on their faith journey from Earth to Heaven.

***Resources for finding Sponsors:***

1. Your baptismal Godparent
2. Your own family (an aunt, uncle, cousin, grandparent, etc.)
3. Your parish family (someone that you know is a faithful parishioner, that you see taking active part in Church)
4. Your community (a friend or leader in the community who may belong to another parish)

### Requirements and Resources for Choosing a Saint (To guide your choice)

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***Choosing a Saint:***

During the Confirmation ceremony, the Bishop addresses each candidate by their "Confirmation Saints Name". This may be your existing baptismal name if this is the name of a saint. Most candidates choose a new Confirmation Saint name, this also must be the name of a saint. The important thing is that you know something about the saint, develop a relationship with the saint, and pray to that saint for help and guidance. As a result, they will become your best friend!

***Resources:***

[formed.org](http://www.formed.org)

Web Resources:

patron saint index, [www.catholic.org](http://www.catholic.org) saints & angels information [www.americancatholic.org](https://www.franciscanmedia.org/saint-of-the-day/) patron saint database, [www.catholic.org/saints/sofd.php](http://www.catholic.org/saints/sofd.php) Saint of the Day, [Catholicsaints.info](http://catholicsaints.info) Saints by Calendar date and category, <http://saintsnamegenerator.com/index.php> Catholic Saints generated randomly to help familiarize you with other unknown saints [Saint Video Series](https://www.youtube.com/channel/UC63iYSE884kZoq6rfywsXDg/videos), [Benzinger’s Lives of the Saints](https://www.sacred-texts.com/chr/lots/index.htm) Foxes’ Book of Martrys <https://www.sacred-texts.com/chr/martyrs/fox101.htm>

The church library has several great books and videos depicting the lives of various saints!