

CONFIRMATION SPONSORS: Be at your best!

If you have been chosen to be a Confirmation Sponsor, congratulations! The candidate who has chosen you to be his or her Sponsor sees in you a profound faith commitment, finds trust and knows you are someone who will care about them and their faith. Sounds impressive, doesn't it? It's not all that complicated, but it does take time, a caring heart and a listening ear. If you're a practicing, mature Catholic, don't get too worried. Here are a few suggestions on how to be the best possible Sponsor for your candidate:

- **Be a living model of faith.** At least a part of what this young person admires in you is your faith. If the way you practice your faith is not what it should be, make a commitment to yourself and to God to cultivate your own faith life. If you honestly can't, this is understandable, but maybe you should decline the invitation to be a Sponsor. Your life doesn't have to become artificially saintly, but your faith should be authentic and sincere.
- **Pray for your candidate and yourself.** As candidates decide to be confirmed, they need spiritual strength. Your prayers for them are important, but don't forget to pray for yourself also, that you can share why you value and practice your Catholicism. Attend Mass together, or even have the courage to come to Reconciliation together.
- **Give of your time.** You and your candidate will be asked to spend time together in various activities. Check in with your candidate to see how his or her preparation is going – what has been learned, what questions have been raised, how he or she plans to be involved in the church after Confirmation. Share experiences of faith with your candidate – go to Mass together and have a bite to eat afterward, attend a church choir concert or Advent prayer service, or join in a service project. Talk about your own Confirmation and write a note of encouragement to the candidate.
- **Let your unique God-given talents and gifts shine!** Discover what gifts, talents and interests you and your candidate have in common, and plan an activity you will both enjoy doing. At Confirmation, offer a gift of spiritual significance—a new Bible, rosary or book about our faith or about the saint the candidate has chosen for a Confirmation name—but be creative and relevant!
- **Don't miss the ceremony.** Participating in the Confirmation Mass is the easiest part of being a sponsor. Your basic job will be to place your hand on your candidate's shoulder, and tell the bishop your candidate's Confirmation name. You're there to be a support, but your role on Confirmation day is only the beginning.
- **Don't forget this newly confirmed Catholic.** After Confirmation day, remember birthdays and this anniversary. Send a card or make a phone call. Continue to worship together, or from time to time do some Christian service. Put those Works of Mercy and Gifts of the Spirit into practice.