

Holy Family Catholic Church
Confirmation Program

Sponsors & Confirmation Names

Choosing a Confirmation Sponsor

Here are some criteria to keep in mind:

- Sponsor must be a fully initiated Catholic, that is, one who has received Baptism, First Communion and Confirmation.
- Sponsor must be at least 16 years of age. It is recommended that they be even a few years older than this.
- Sponsor must be free of any “canonical impediments.” Married sponsors must be married validly in the Catholic Church.
- It is *recommended* that sponsor be of the same gender and live proximate to the Confirmand. The Church also recommends as a good practice that a godparent be chosen to fulfill the role of sponsor as this shows the close connection between Baptism and Confirmation.
- Finally, sponsor should be someone other than a parent that your son or daughter will be able to talk to about his/her faith-life and the issues that come up. They should be an excellent role model of faithful Catholic living-- someone who loves their Faith and takes it seriously. **If for any reason you have trouble choosing someone among your family and friends, please feel free to let me know, as there are many wonderful Holy Family parishioners who would be happy to serve your son or daughter as a sponsor.**



Choosing a Confirmation Name

Again, the Church encourages (but does not require) the practice of keeping one's Baptismal name (if it is the name of a recognized saint of the Church) in order to emphasize the connection between Baptism and Confirmation. With that said, many have found Confirmation an excellent time to choose a particular patron saint whose friendship in your life will serve to strengthen and encourage you in living out your Catholic Faith. I emphasize **friendship**. One doesn't choose a Confirmation name because it sounds cool! I encourage students to research their saint and begin praying to that person in heaven. They should be able to find someone who they really look up to and can turn to easily in times of difficulty. Below are some websites that can assist in this research:

Catholic Online-Saints

www.catholic.org/saints/

Patron Saints Index

www.catholic-forum.com/saints/indexsnt.htm

Catholic Information Network - Catholic Saint Links

