Guidelines from the Diocese of Winona-Rochester for Confirmation Sponsor

Confirmation Sponsor

A confirmand must choose a confirmation sponsor. The process of choosing a sponsor is of great importance. The person chosen should be someone who can relate to the confirmand and must meet the following criteria:

- be designated by the one to be confirmed, by the parents, or the one who takes their place or, in their absence, by the pastor or minister and is to have the qualifications and intention of performing this role;
- have completed the sixteenth year of age, unless it seems to the pastor that an exception is to be made for a just cause, and by grant of the diocesan bishop;
- be a Catholic who has been confirmed and has already received the most holy sacrament of the Eucharist and who leads a life of faith in keeping with the function to be taken on;
- not to be the father or mother, by birth or adoption, of the one to be confirmed.10

A baptismal godparent is a great option to consider as it conveys unity between the sacraments of baptism and confirmation.

The sponsor should be an influential person who will lead the confirmand in the faith, intercede for him/her, and commit to walking with him/her for the rest of their lives. The sponsor should be one who lives his/her faith, attends Holy Mass weekly, is devoted to a life of prayer, and lives as a witness of the Catholic faith. Confirmandi should be encouraged to look for these qualities in a sponsor.