

September 2025

Dear Sponsor,

Congratulations! You have been chosen by a confirmation candidate for a special role. A wonderful adventure in the spiritual life awaits the two of you. As a Confirmation sponsor, you have accepted a responsibility that is an honor in our Church.

Your role is to spiritually walk with the candidate during the preparation for the sacrament. You will be assisting the candidate in being a true witness and disciple of Jesus, and representing the community when you present your candidate to the bishop. Your special role does not end at the Confirmation liturgy; you will help the candidate fulfill his or her baptismal promises after Confirmation with the help of the Holy Spirit. I ask for your assistance with the following items.

SPONSOR AFFILIATION FORM

If you are not a member of Our Lady of Mt. Carmel, or your candidate has not done so already, please bring the Sponsor Affiliation form to the Pastor of your parish to sign and return to us by **Sunday/Monday, October 26/27, 2025.**

SPONSOR & CANDIDATE ACTIVITIES/CONVERSATIONS

To assist you in guiding the candidate, we will be meeting as a large group once a month during your candidate's scheduled RE classes. In addition, it is *recommended* you meet individually **at least** two other times during the preparation process. These meetings can be after the whole group sessions if you prefer. Enclosed are tips for you to reference during these meetings.

REHEARSAL AND THE RITE

The Confirmation date is TBA but will likely be on a Tuesday or Thursday at the end of April or early May. Confirmation will be at 7pm. We ask that you and your candidate arrive by 6:30pm in order to be prepared. **We will have a rehearsal the night before Confirmation at 6:30pm for you and your candidates.**

Being a mentor and a guide for a candidate should not be taken lightly. This highlights the need for you to ask the Holy Spirit to help you in your role as sponsor. Your role is not that of a teacher but rather that of a mentor, a companion on the journey. It is your experiences as a person living the Catholic faith that will enrich the candidate. As a person bearing witness to Jesus in your own life, you are providing a young Christian with something that cannot be learned from a textbook.

If you have any questions or concerns regarding the sacramental preparation for Confirmation, please feel free to contact me at 630-852-3303 ext. 105 or jennifer.emanuele@ourladyofmtcarmel.org.

In Christ,

Jennifer Emanuele

Director of Youth Ministry

WHAT IS CONFIRMATION?



THE SACRAMENT OF CONFIRMATION....

- _ welcomes us and deepens our belonging to the faith community
- _ deepens our relationship to God, as Creator, Redeemer and Spirit
- _ strengthens us as disciples

- _ ***A Sacrament is part of the way that God loves us and calls us.*** A Sacrament is God's love expressed as free, undeserved gift (God's grace!).

- _ The Gift within Confirmation is that of strengthening us for discipleship and deepening our belonging to the faith community through the Trinity.

- _ ***God uses visible signs to communicate invisible love.*** To communicate God's love, God uses our senses: eyes, ears, touch, smell, and taste, and elements of our world.

- _ In Confirmation, the signs we will celebrate include being anointed with oil and the laying on of hands as we remember the water of Baptism and the nourishment of Eucharist.

- _ ***God calls and invites; we respond.*** An attitude of openness communicates a "yes" to God's invitation to a deeper relationship. This "yes" does not mean we know that we will always be faithful or that we are worthy of the gift. "Yes" means we are open to be strengthened by God who calls and loves us.

- _ In Confirmation, we have the opportunity to say "yes" through the various responses in the prayer.

The community witnesses to and celebrates the sacraments. A sacrament is a powerful sign that God is alive and present in the world. It is a tangible way we can encounter God on earth – a little taste of heaven on earth! As Church, we are called to be sacrament, which is to be God's hand and healing touch in the world. At the same time, we celebrate the sacraments as our most important prayer. This community that celebrates sacraments is global, reaching to other faith communities throughout the world and joined in a common bond. The community is also local as a diocese or archdiocese, as a parish and as a community of faith in families.

- _ In Confirmation, the community witnesses our celebration and provides a sponsor who represents the love of the community for us.

TIPS AND IDEAS FOR SPONSORS

1. Participate in activities with the candidate, i.e., take him or her to a movie and talk about it over a snack afterwards, or invite him or her on an outing such as biking, roller blading, ice skating or hiking. Try activities that involve the candidate in creative expression.
2. Establish a regular time to be with the candidate as a listener, sharer and co-traveler on the faith journey. Communicate that the friendship between the two of you makes a difference in your life.
3. Talk about current events and trends and how faith is or isn't a part of them.
4. Be willing to enter into discussion with the candidate about the differing values around us and affirm the healthy, life-giving choices of the candidate. Model healthy, life-giving choices and relationships in your own life. Share stories of others, both current and of history, who have struggled with issues of personal integrity.
5. Recommend or buy spiritual readings for the candidate that link faith to daily life.
6. Share with the candidate the significant moments in your faith life. Ask open-ended questions (why, how, where, when) that encourage the candidate to explore how his or her faith is experienced in life.
7. Participate with the candidate in community service activities.
8. Explore different ways to pray with the candidate. If you need any recommendations, feel free to reach out to me. Send the candidate scripture notes every week. Meet with the candidate and talk about what kind of homily the young person would write for the upcoming Sunday.
9. Find five other adults who are going to pray for the candidate.
10. Create a prayer board for the candidate's bedroom where he or she can put up the names of people who are in need of prayer.
11. Send a card to the candidate on the anniversary of his or her baptism.
12. Reach out to the candidate with a "good luck on the exam" telephone call or a congratulatory note about a job well done. Try doing "random acts of kindness" for your candidate.
13. Learn friends' names and inquire about them regularly. Talk with him or her about the value of friends, and the struggles of relationships.

14. Take the candidate to the ritual experiences at Church or in the community, e.g. Mass, Stations of the Cross, etc.
15. Share how your faith and experiences of Church have made a difference in your life — including the doubts and struggles you may experience.
16. Pray for the candidate, and let him or her know it.
17. Ask the candidate to pray for you.