

Confirmation Sponsor Information & Essay

Due: June 15, 2026

To be a sponsor for a Confirmation candidate, a person must be:

- ◆ a Catholic who has received the Sacraments of Baptism, Confirmation and Eucharist.
- ◆ at least 16 years of age.
- ◆ actively practicing the Catholic faith. If the Sponsor is married, they must be married in the Catholic Church or in another Church, with permission and a dispensation.
- ◆ a person with whom the candidate feels comfortable sharing their thoughts and feelings about religion and spirituality.
- ◆ may be male or female, may be the baptismal sponsors, but not the father or mother of the candidate.

Name of candidate to be confirmed: _____

I have asked the person named below to be my sponsor and he/she has agreed to do so. He/She meets the criteria listed above. He/She understands that being my sponsor will involve us having conversations about faith before and after Confirmation.

SPONSOR INFORMATION:

Name: _____

Phone Number/Email Address: _____

Relationship of the sponsor to the candidate: _____

*****On the opposite side of this page, write a paragraph explaining why you chose this person to be your sponsor.**

- ◆ **What qualities does this person have that are special?**
- ◆ **Include your experiences with this person which shows they live according to their Christian values.**