

## **Confirmation Sponsors**

A Confirmation Sponsor is someone who:

- is over the age of 16
- has been fully initiated in the Catholic Church (has been baptized in the Catholic Church, received First Communion and has been Confirmed themselves)
- is a practicing Catholic who participates in the sacraments regularly (attends Mass and receives Eucharist)
- if married, is in a valid marriage (was married by a Catholic priest or deacon; marriage is recognized as valid by the Catholic Church)
- strives to live out their commitment to Christ and to the community life of the Church every day

The candidate's parent cannot be their sponsor.