

# **DIOCESE OF SACRAMENTO**

**Office of Family & Faith Formation**

**Office of Youth & Young Adult Ministry**

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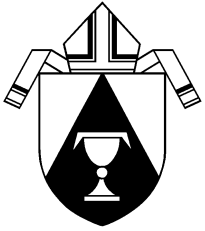
2110 Broadway • Sacramento, CA 95818-2541 • (916) 733-0123 • Fax (916) 733-0195

**To: Pastors & Confirmation Coordinators**  
**From: Deacon Kevin Staszko, Director**  
**Re: Sponsors for Confirmation**  
**Date: February 22, 2022**

Recently, we have had several inquiries regarding the requirements for being a Confirmation sponsor. Some families have struggled to find appropriate sponsors.

We have consulted with the Bishop and offer the attached "Pastoral Considerations for Choosing Confirmation Sponsors" for your use in the Confirmation preparation process. We will also be adding these as an appendix to the Norms for Confirmation.

Please direct any questions regarding Confirmation preparation to Alex Barraza at 916-733-0134.



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## Pastoral Considerations for Choosing Confirmation Sponsors

- The qualifications to serve as a sponsor for confirmation should be publicized well in advance of the confirmation. It is recommended that the requirements for a sponsor be provided at the same time other requirements for the Sacrament of Confirmation are communicated.
- According to canon law, a sponsor:
  - Must be at least sixteen years of age.
  - Must be a baptized Catholic who has already received the sacraments of Confirmation and the Holy Eucharist.
  - Must not be the parents of the one to be confirmed.
  - Must lead a life in harmony with the Catholic Faith and the role of a sponsor.
    - If the proposed sponsor is married, the marriage must be recognized as valid by Canon Law.
- It is preferable that the sponsor of baptism should be the sponsor for Confirmation.
- If a family is unable to identify an appropriate sponsor, the parish should recommend a sponsor to the family. In this regard, it may be prudent to provide a list of sponsors at the time the requirements for sponsors are published.
  - It is also recommended the parish propose that families give consideration to other families enrolled in the confirmation program for possible candidates to serve as sponsors. This still requires that any candidate fulfills the necessary pre-requisites.
- The pastor should take reasonable steps to ensure that sponsors fulfill the requirements.
  - For those members of his own parish, an attestation of fulfillment should suffice, unless there is evidence to the contrary.
  - For those outside the parish, a letter of recommendation from the pastor of the parish where they have domicile is sufficient.
- As far as possible the sponsor should be present for the conferral of the sacrament. If the sponsor cannot be present for the ceremony, another family member, friend, or fellow parishioner may stand in as a proxy at the ceremony. The one serving as proxy does not have to fulfill the requirements of a sponsor. In the records, only the sponsor's name is recorded.