**Our Lady of the Mountains**

**Confirmation Preparation Handbook**

**Choosing your sponsor**

Your sponsor has an important role in your journey towards Confirmation. A sponsor is someone who supports you in your faith journey, serves as a mentor and role model, and walks with you through this process. When you are presented to the Bishop to be Confirmed, your sponsor will literally have his/her hand on your shoulder - what a sign of love and support!

Whoever you choose for your sponsor should be a faithful, faith-filled, practicing Catholic. According to Canon Law, a sponsor for Confirmation must be:

1. A Catholic who has been Confirmed and is leading a life of faith and registered in a parish.

2. Chosen by the candidate

3. Capable of carrying out the role of sponsor

4. At least 16 years old

5. Free of any restrictions on the dates of Confirmation practice and Confirmation day.

6. Someone other than the mother, father, or step-parent of the candidate.

Your sponsor does not have to be the same gender as you. Baptismal godparents are an option, though not required. Sponsors are invited to attend the Confirmation Sessions. Sponsors must be present for the rehearsal. Otherwise, someone will need to stand in for them at rehearsal and relay the information. They must be present at the celebration of Confirmation. Pray before choosing your sponsor, and then ask them in a formal manner.

Your sponsor will be provided with a Sponsor Handbook. In this handbook will be information on roles of the sponsor, sponsor/candidate dialogue’s to be completed at Sponsor/Candidate Session and throughout the preparation process, and a sponsor form for members of OLM Parish.

Note: If you choose a sponsor who is not a member of OLM parish, he/she will need to obtain a "Confirmation Sponsor Certificate" from his/her parish. A simple call by the sponsor to their parish's office will arrange for this.

The Sponsor Information Form that is included in this handbook needs to be completed by the candidate and **returned by Sunday, January 14th.**

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