

St. Dominic Confirmation Program



Candidates and Sponsors

In the relationship between the candidate and his/her sponsor, the role of the sponsor is to be an example of faith and personal spiritual guide for the candidate and a person with whom the candidate can reflect on his/her journey toward Confirmation.

As a way for this relationship between candidate and sponsor to develop, we ask that you “take five” each week to review the five questions below. With each question, the sponsor begins by asking the candidate’s response. Then the candidate in his/her turn asks the same question of the sponsor. In this manner you both learn from one another and reflect together on your faith journey. The candidate is encouraged to keep a journal of his/her weekly responses.

All it takes is a brief five-minute phone call each week. We suggest that the sponsor take the initiative in calling the candidate. You might also consider getting together in person for the weekly review once a month. Whichever way you choose, remember to “take five” each week.

- 1. What has been the highlight of your week?**
- 2. What has been most challenging for you this week?**
- 3. How have you felt the presence of God in your life this week?**
- 4. What have you done this week to grow in your relationship with God and the Church?**
- 5. What is your spiritual goal for the week ahead?**

As an added dimension of your faith journey together, consider from time to time reading and reviewing the scripture readings for the upcoming Sunday. They can be found on the internet at www.usccb.org Click the appropriate date on the “Daily Readings” calendar.

Selecting Your Confirmation Sponsor

As indicated on the opposite side of this sheet, your Confirmation sponsor should be someone whom you consider to be a good Catholic Christian role model for you. He or she should be someone with whom you feel comfortable sharing your responses to the questions included in "Take Five." The Catholic Church encourages you to consider asking one of your baptismal sponsors or godparents to also be your Confirmation Sponsor since he or she is a person already committed to taking interest in your spiritual development and serving as a role model for you.

There are a few requirements set by the Catholic Church regarding the selection of Confirmation Sponsors. Your Sponsor must:

- be Catholic*
- attend Mass and receive Holy Communion regularly*
- be at least 16 years old*
- have already received the Sacrament of Confirmation*
- not be your Mom or Dad*