

Confirmation Sponsor Guide

Queen of Apostles Parish 2016 – 2017

Thank you for your willingness to participate in the formation of our young people in their journey toward Confirmation and beyond.

Key Dates for Sponsors

Saturday, December 10	Candidate / Sponsor Night 1 from 5 to 8:30 PM
Saturday, April 22	Candidate / Sponsor Night 2 from 5 to 8:30 PM
Sunday, May 7	Confirmation Practice after 10:30 AM Mass
Friday, May 12	Confirmation Celebration at 7 PM – Arrive at 6:40 PM

Meet Once a Month Meeting with your Candidate

We would like sponsors and candidates to meet at least once per month from January through May. Each meeting should cover a topic in the chart below. Some candidates and sponsors are separated by a great distance while others have limited mobility. If you cannot do an activity together, try and do the same activity separately. Then discuss the activity in person, over the phone, or via skype. Please include prayer as part of your meetings – suggestions for this are below.

Month	Topic	Date Completed
January to March	See a movie together and reflect on the values that were present afterwards.	
January to March	Participate in a service project or church ministry together and reflect on the experience afterwards.	
January to March	Celebrate Mass together (apart from the Confirmation Masses) and reflect on the readings and the Eucharist afterwards.	
April	Celebrate the Sacrament of Reconciliation together and reflect on how you felt before, during, and afterwards.	
May	Share pictures from the Confirmation celebration together and reflect on how you would like to carry this experience forward.	

Read this Resource

Please read the book, *When a Teen Chooses You: Practical Advice for Any Adult* by Joseph Moore. It gives great advice for working with any teen! We will not be doing the exercises that start on page 77, but they do contain good insights.

Pray with your Candidate

1. Consider beginning or ending a meeting with a traditional prayer. For instance, you might start with the Lord's Prayer and end with the Glory Be. All the traditional prayers can easily be found online or in the app Laudate.
2. Say brief spontaneous prayers related to the events of the day. A natural disaster, an outbreak of violence, the illness of a friend or relative, an upcoming test – virtually anything can prompt a prayer. Consider including a moment during your get-togethers when each of you might offer such prayer intentions.
3. If your relationship and comfort level invites it, feel free to offer spontaneous prayer related to the personal concerns and life issues of the candidate. Trust your intuition on this. But also be open to stretching yourself a bit. The experience of shared prayer can be a powerful and potentially life-changing gift to offer the candidate...and yourself.

Engage in One-Minute Ministry

Ask yourself if there are any simple, quick ways you can show interest in, affirm and support, or make a quick connection with your candidate. For example, if a significant school-related activity is coming up, you might want to make a quick call, jot down a note, or send an email or text to show support or offer congratulations or even condolences. Be aware that for many young people, almost anything qualifies as significant – a test or class presentation, a tryout for a play, an athletic event, a date, and so on. Try to make a habit of thinking this way – looking for quick and simple ways to connect with your candidate – almost one minute at a time. Such brief connections often help create and sustain great relationships.

Pray for Yourself!

Praying through the list below on a regular basis is one way to turn to God for the graces you need in this journey with your candidate!

A Sponsor is...

- A representative for the whole Church community
- A guide, a confidant, and a listener
- A model of how a person of faith lives in today's world
- A learner who is interested in personal growth as she or he walks the faith journey with the candidate
- A friend or relative who knows the candidate and can witness to the maturing faith of the candidate before the community
- One who will continue after Confirmation to walk the faith journey with the candidate and invite him/her into fuller participation in parish life and service

What if a Candidate is Unsure about being Confirmed?

Allow your candidate to be as open and honest as possible about any doubts he/she has about celebrating the Sacrament of Confirmation. Remember that Confirmation does not mean that you have all the answers, but that you are committed to the journey – the ongoing process of growing in the grace of God in the Catholic Church. If your candidate chooses not to celebrate Confirmation at this time, please do not feel badly. God works with each person in his/her own time. Remind them that Confirmation will be waiting for them whenever they are ready.

Questions? See Liz Kuhn at lizk@queenofapostles.net / (262) 691-1535 x108.