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## **A Covenant for Spiritual Direction**

Spiritual direction is the art of sacred conversation and listening carried out in the context of a trusting relationship. A spiritual director is a faith companion who listens to your life stories with an ear for discerning the movement of the spirit in your life. God/the divine is the true guide and director, while the human spiritual director is like a coach, assisting you in noticing and responding to the voice of God. The director is primarily interested in your experience of the divine and how you can follow God's call. That process is a journey into the truth about the divine, yourself, your relationships, your work and the world.

The premise of spiritual direction is that the divine is present and active in your daily life in numerous (usually unnoticed) ways. When you slow down, begin to reflect, and take a loving look at what is happening, you become aware of the presence. Intimacy with the sacred leads naturally into transformation, healing and action.

My work as your director is to focus on your spiritual experience and self-discovery, and to explore with you purpose and meaning in your life. I will not try to analyze or fix your problems, even though our conversations may involve deep personal sharing, crisis, or suffering. Spiritual direction is a conversation of the heart and uses intuition, imagination, the senses, and intellect to discern. I will help you listen for the voice of God and help you notice movement in your life.

Our conversations are confidential; however, for my professional growth I ask your permission to share some information with my supervisor without using your name. It is customary for directors to be under supervision as part of their continuing education.

In the beginning, I suggest we meet every two weeks, for an hour long session. At the end of two or three sessions, we will evaluate how/if the direction is meeting your expectations. Thereafter, we will meet according to a schedule that we both agree upon (most people come monthly). We will evaluate our sessions every six months, in order to assess if the relationship continues to be fruitful and should be continued.

Usual fees for spiritual direction range from \$75.00-\$125.00 an hour. I do not charge a set fee. We will negotiate a fee at our initial session.

Spiritual direction is not counseling. It is also not financial advice and any decisions and actions you take in that regard are done without my advice or recommendation, and are your responsibility. If you are in counseling or therapy, you need to inform your counselor /therapist that you are also in spiritual direction.

On occasion, it may be helpful or necessary for me to talk to your counselor/therapist. I will get your written permission before I contact that person, unless it is a life threatening situation.

Spiritual direction is not friendship.

I will hold our conversations in confidence unless I am required by law or court order to do otherwise. You are free to discuss whatever you choose about our conversations with whomever you choose.

State law requires spiritual directors who are clergy to report suspected cases of child, elder, and mentally challenged person abuse. Professional ethics regarding confidentiality do not apply in these situations, or with suicidal or homicidal ideation. I am an ordained clergy person. In addition, I will break confidentiality if you are experiencing a medical crisis and need intervention.

We will begin and end our sessions on time. If you wish to change our appointment, please call 24 hours in advance. Without this notice, you will be charged for the appointment. I do not call or send my directees session reminders.

If you would like to share a prayer request, a success, or an issue between sessions, you may call me and leave a voicemail. I do not bill for this additional time. Please indicate in your message if you would like a call back; call backs are limited to 5 minutes.

Signature of spiritual directee \_\_\_\_\_  
Date \_\_\_\_\_

Signature of spiritual director \_\_\_\_\_  
Janet C. Schiering  
Date \_\_\_\_\_

Name/phone number of emergency contact \_\_\_\_\_

Your email, phone number, physical address \_\_\_\_\_  
\_\_\_\_\_

Fee \_\_\_\_\_