

Theory 1a

INTRODUCTION AND SESSION OBJECTIVES

In addition to knowing what Spiritual Mentorship is and what it is not, the candidates of the mentorship program in Session I will:

1. Understand the universal call to holiness
2. Recognize the vital role of daily meditation to achieve holiness
 1. That prayer is a conversation with God
 2. The 3 expressions of prayer – vocal, meditation, and contemplation.
 3. The various stages of prayer according to the spiritual writings by the Doctors of the Church
 4. How to practice meditation, including making a daily resolution[s].
3. Learn how to teach others to pray/meditate
4. Accept the responsibility to participate in the Mission of Christ
 1. Taking Holy Initiative
 2. Having a strategy for making disciples

Spiritual Mentorship

What then is Spiritual Mentorship?

“It is the guiding of a person into a life truly under the dominion of the Holy Spirit, who is the primary director.” It helps the mentee to become more “docile to the light and promptings to the Divine Sanctifier, identifying impediments to this, as well as ways to overcome them, giving instruction and encouragement in living a life of virtue, and assisting the mentee (sic) to advance on the path of prayer—the road to union with God.” (*Seeking Spiritual Direction*, Thomas Dubay, S.M.)

Why Doesn't God Just Do It?

As stated above, the Spiritual Director is indeed the Holy Spirit. However, God, in His loving providence, desires to use human agency in carrying out His plans. He desires to draw us into His life and work to accomplish two things: to reveal His respect for our dignity and to sanctify human faculties by exercising supernatural grace. In other words, a loving Father desires to see his gifts translated to his children and to witness their growth. Can the laity accomplish the role as a Spiritual Mentor? Yes! The Vatican II Council states that all human activity, including lay participation in the common priesthood of the faithful, are to be carried out in the Holy Spirit (*Lumen Gentium*, §34). Fr. Dubay says, “even when competent non-clerical men and women offer spiritual guidance, their task participates in the...immense rich deposit...in accords with the Church’s plan (Dubay 34).

What Spiritual Mentorship is not

Spiritual Mentorship is not:

1. Counseling/Psychological analysis
2. Psychotherapy or interpersonal-problem resolution
3. Eastern programs or techniques
4. Confession

Who is a spiritual mentor formed in our Catholic Spiritual Mentors Program?

“A Catholic Spiritual Mentor is someone formed by and under the auspices of the Holy Family School of Faith, who gives Catholic spiritual formation to another, teaching them to grow in holiness, virtue and a deeper prayer life according to Catholic Tradition.”
The protagonist in the relationship of Spiritual Mentorship is the Holy Spirit.

The Spiritual Mentor is a person who has a daily prayer life, seeks holiness, has respect for the Church, adheres to her teachings and has received adequate theological formation. A Spiritual Mentor is expected to teach and encourage and offer general principles of discernment to the person that he/she is mentoring.

Review of Terms and Conditions & Code of Conduct

Terms and Conditions

- Application does not mean immediate acceptance to the Spiritual Mentors Program, but a request for consideration to be a participant.
- There will be a personal interview required for entrance to the program.
- There is an ongoing discernment for the suitability of each accepted candidate throughout the duration of the program and an understanding that each candidate is under probationary status during the program.
- Each accepted candidate is expected to abide by the code of conduct during the length of the program and upon completion of it.
- These Terms and Conditions are subject to change.

Code of Conduct

- Complete the required pre-requisite distance learning courses prior to each of the in-residence sessions.
- Have a spiritual director/mentor during the program and upon completion of it.
- Be faithful to the teachings of the Magisterium of the Roman Catholic Church.
- Maintain confidentiality with mentee(s) during the program and upon completion of it.
- Exercise prudence before, during and after spiritual mentorship sessions with the mentee. This includes:
 - Not offering spiritual mentorship to persons of the opposite gender.
 - Not consuming alcohol during the mentorship session.
 - Not offering spiritual mentorship to minors.
- Understand this Code of Conduct is subject to change.