



## Archdiocese of Regina

### SPIRITUAL DIRECTOR

#### Overview

Spiritual Direction is a ministry coordinated by the Archdiocese of Regina. A Spiritual Director provides spiritual care and support for those seeking to grow in their prayer life and in their relationship with God.

#### Activities/Responsibilities

- The primary activity of a Spiritual Director is ongoing spiritual direction of individuals.
- The number of directees assigned to a Spiritual Director will be based on his/her employment situation and other personal commitments.
- Must be available on request as time and schedules permit to journey with a Lay Ministry candidate of the Archdiocese of Regina. This is a two year commitment. There is no remuneration for the Spiritual Director and is free of charge for the candidate.
- Available to lead retreats, reflection evenings, workshops for parishes and other groups in the Archdiocese of Regina.
- May conduct multi-day, personally-directed retreats.
- May volunteer to be involved with the training component of the two-year Formation Program of Spiritual Directors provided by the Spiritual Directors Group of the Archdiocese of Regina.

#### Skills, Experience, and Qualifications

- Registered in a parish/congregation and striving to live in accordance with the teachings of the individual's faith community.
- In good standing with the Pastor and the faith community.
- Must be at least 25 years of age.
- Is recognized within the parish community as a person of good reputation.
- Is seriously committed to an ongoing prayer life and to growing in his or her own spiritual journey.
- Has a sense of call, understanding and sensitivity to the ministry of Spiritual Direction.
- Has ongoing personal spiritual direction from another spiritual director.
- Knowledgeable about procedures for referring to counselling or outside agencies.
- Has received training in providing Spiritual Direction.
- Is willing to enhance his or her spiritual direction skills.
- Adheres to the "Spiritual Directors International Guidelines for Ethical Conduct".

## **Personal Traits and Qualities**

*(The following description should be of assistance to those considering this position.)*

- Is able to listen to others with a “contemplative, discerning heart”.
- Is comfortable with being accountable to peers.
- Is knowledgeable about maintaining appropriate boundaries with peers and clients.
- Is honest, dependable and able to maintain strict confidentiality.
- Possesses strong listening and relationship skills.
- Demonstrates good judgment.
- Possesses the ability to handle intense emotion and emotional situations.

## **Orientation and Training**

- Standard Archdiocesan orientation program and other training as provided.
- Completion of a two-year formation program of Spiritual Directors offered by the Spiritual Directors Group of the Archdiocese of Regina and has been commissioned by the Archdiocese of Regina after the completion of the program. Or the individual provides proof that he/she has attended and completed a certified Spiritual Direction Program at a Retreat House; a Spirituality Program at a College or University; or another certified Spiritual Direction programs.
- Takes part in educational sessions, seminars, retreats, workshops and conferences to enhance skills and knowledge of spiritual direction on an on-going basis.

## **Participant Group**

- Those requesting spiritual direction in the Archdiocese of Regina.
- Members of the Spiritual Directors Group of the Archdiocese of Regina.

## **Support, Supervision, and Evaluation**

- Monthly prayer and support.
- Frequent on-going personal spiritual direction.
- Individual Peer Supervision.
- The Spiritual Direction Coordinator for the Archdiocese of Regina is the first level of support, supervision and evaluation. The Coordinator is accountable primarily to the Archdiocese of Regina representative. The Spiritual Direction Coordinator may invite members from among the Spiritual Directors group to form a team to assist in the carrying out of specific activities as deemed necessary.

## **Length of Ministry**

- There no time limit placed on the ministry of a certified and commissioned Spiritual Director. A criminal record check is required every 5 (five) years.

### **Benefits and Working Conditions**

- Opportunity to contribute to the spiritual life of the Archdiocesan of Regina community and other faith communities.
- Growth in personal and spiritual life and in spiritual direction skills.
- Must be available to attend all regular scheduled meetings.
- Must be able to attend the orientation session and training sessions as required.
- The support of other spiritual directors.

### **Screening Recommendations**

- This is a High Security Position.
- Completion of a Volunteer Information Form.
- An interview and personal reference checks are required.
- A Criminal Record Check is required.
- Training and orientation are required.
- There will be supervision by the director of Pastoral Services or their designate.
- On-going contact and attendance at meetings with Spiritual Directors Group.
- Participant follow-ups will be conducted.

**This ministry position description accurately reflects the Spiritual Director Ministry currently practiced in the Archdiocese of Regina.**

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Archdiocese of Regina Representative for the Spiritual Directors

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Spiritual Directors Coordinator

\_\_\_\_\_  
Date

Prepared by the Archdiocese of Regina

