

# A Contract for Spiritual Direction with Pauline Steenbergen

Under the auspices of the Cumbria Ecumenical Spirituality Group – Diocese of Carlisle

## Intention

We have been brought together through the mystery of God, who is the one, True Director. As a spiritual director, I have been called and trained to serve those who desire to explore and deepen their relationship with God. It is my privilege to accompany those who long to find wholeness and peace in God's unconditional love and acceptance.

My prayer is that your soul's longings will be heard, accepted, supported and held. You have expressed a desire to explore and deepen your relationship with God. Our time together will focus on growing this relationship through your everyday life experiences. As a spiritual director, I am not equipped to provide counselling or psychotherapy and will not provide such services. In the event that I believe either of these are a benefit to you, I will urge you in this direction and our meetings would be postponed or would cease while you were under the care of another professional. I expect to have 6 sessions with you in 12 – 18 month period and a review after the 3<sup>rd</sup>. During the 5<sup>th</sup> session we will plan for what lies beyond these sessions and assess if you wish to continue meeting or what other support you may wish if any. Sometimes Spiritual Direction is for a season of your life. Sometimes it is ongoing; especially if you are exploring a call to ordination or are in a vocational role.

## Confidentiality

I will hold our conversations in strict confidence. Our time together is sacred. I will not reveal the content of our time together to any other person, unless by legal obligation I am required to do so. Any notes that I keep for my own records are handwritten and in a locked filing cabinet and you may see them whenever you like. Written consent to my storing your private data is required from you in keeping with the General Data Protection Regulation.

## Responsibilities

It is my responsibility to first and foremost maintain and preserve my relationship with God through regular spiritual self-care (prayer, biblical study, theological and spiritual readings, corporate worship gatherings and spiritual direction for my own Christian journey). It is also my responsibility as your spiritual director to grow in professional development through continued education and by seeking supervision in this ministry. It is my responsibility to pray regularly for you and respect and honour our time as your time. For this reason, I will openly receive your feedback on how our time can be most helpful to you.

It is your responsibility to be willing and open to God's presence and your own self-discovery. It is also your responsibility to honestly express your spiritual needs. In our sessions, all of life (prayer, church, ministry, struggles, vocation, temptations, longings, emotions, fears, doubts, dreams, hobbies, interests, family, friendships etc) is applicable material for spiritual direction. I will ask your permission to explore topics further and to shed light on areas where I feel God leads. If you are on medication or seeing a doctor or psychiatrist at any time, I should know.

## Scheduling Sessions

I will honour your time and will begin and end our sessions on time. Typically they are 60 minutes long in length at a place agreed by us both to meet or speak by phone or meet virtually online. Email contact to arrange dates and times of sessions is preferable and for postponement or cancellation. Ideally 48 hours advance notice is required for this.

## Costs

I may have the cost of return travel to meet with you and/or the cost of hiring the space. Covered in the donation is the preparation I do in advance of the meeting and the follow up afterwards; as well as the time of 60 minutes attentive listening itself. Therefore the cost for per session is in a range per hour depending on your circumstances. This should be paid on the same day as the meeting for direction by cash, cheque or BACS transfer. There is still a cost if the session is on Zoom or by phone.

Date Agreed

Signed by directee.....

Fee Agreed

Signed by spiritual director.....

