

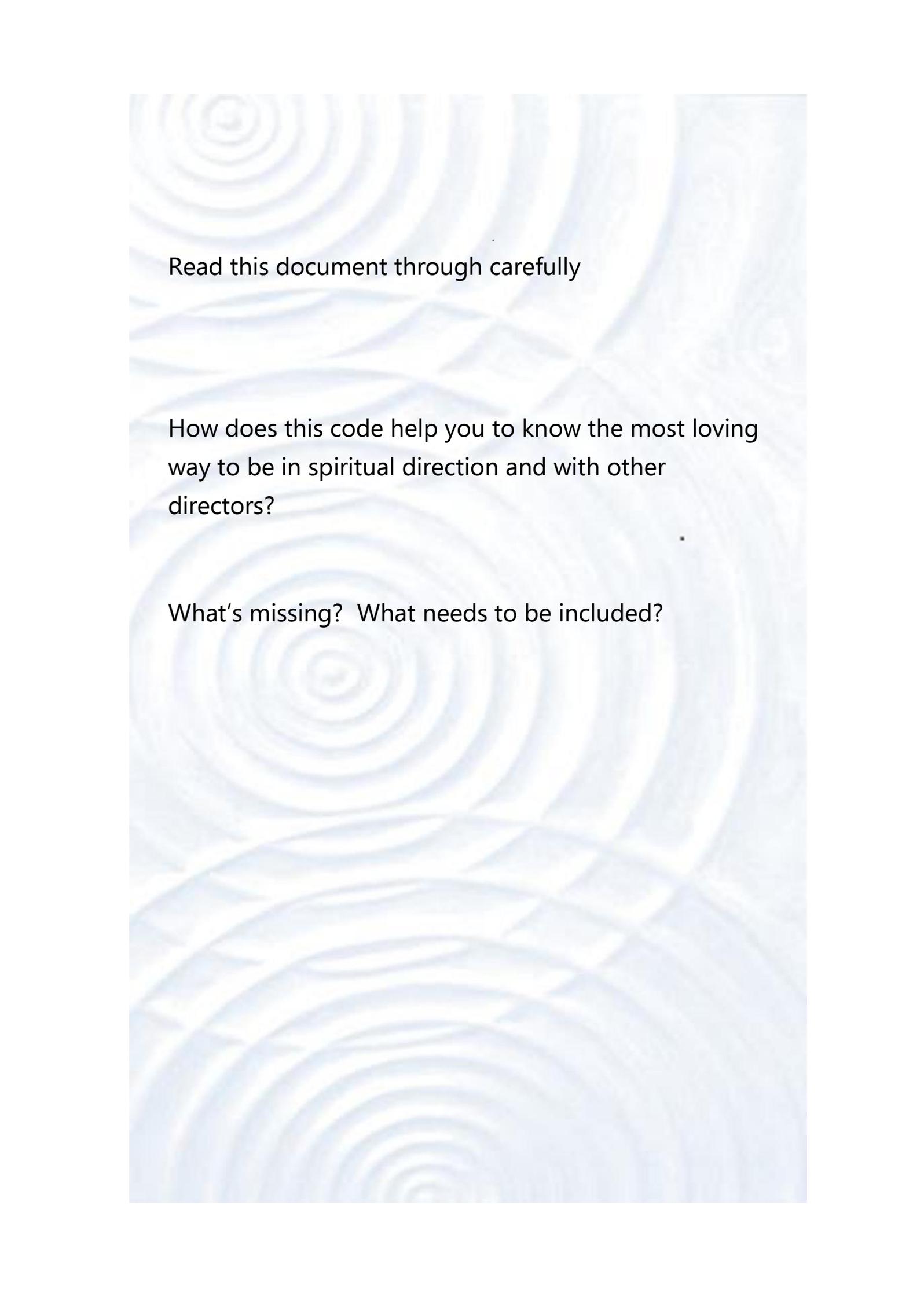


Threshold listening listening to you listening to God



Spiritual Directors

Standards of Ethical Conduct February 2024



Read this document through carefully

How does this code help you to know the most loving way to be in spiritual direction and with other directors?

What's missing? What needs to be included?

INTRODUCTION

Spiritual Direction/accompaniment is an ancient practice in the Christian tradition, and is now popular across the denominations. It happens in groups or between two people, helping to create a wide, open and safe space, to encourage honest conversation with people/God and encouraging them to notice the movements of the spirit detectable in the changing feelings and behaviours in an ordinary day. The Spirit is always the one who directs. The spiritual director simply and sensitively helps pay attention to that Spirit.

This Code is for one-to-one direction. It is rooted in the values and attitudes of the Celtic Christian Church with its particular emphasis on:

- God present in all things; all of creation sacred.
- God's constant offer of relationship with us
- The Spirit giving each of us what's needed to be in that relationship.
- Welcome and active encouragement of difference and diversity

There is the utmost reverence and respect for each directee's individual and unique experience of life/God. Each person brings Christ to our door.

Jesus replied, “Love the Lord your God with all your heart, soul, and mind.’ This is the first and greatest commandment. The second most important is similar: ‘Love your neighbour as much as you love yourself.’

Matt 22: 37-39

Spiritual Direction is a charism and not a qualification. It needs nurturing to grow and to ensure that directors create healthy relationships with directees. To ensure this, the directors who covenant with us, or work alongside us, agree to standards of good practice, outlined below and based on Matthew 12: 30-31, Jesus’ invitation to love God, self and neighbour.



We want to help directors develop the character of Christ, to listen as he listened, to value what he valued when he walked the earth 2000 years ago.

Some of these values are presented in the booklet “well.com: values” for your prayer and reflection.

LOVE GOD

- ❖ Your relationship with God is key to your call as director. Prayer doesn't have to 'feel good' but you do need to show up and pray regularly.
- ❖ Your location, its décor, privacy, etc need to show reverence and respect for the Holy Ground you are on with God and the directee.
- ❖ Your conversation needs to reflect an appreciation that God is doing the heavy lifting here. Follow. Don't lead. Let God be God.
- ❖ A call to this ministry comes with freedom to follow it through or to let it go. You bring to God (and supervision!) any anxious need to cling to the ministry or to look for "customers".

LOVE SELF

- ❖ Be realistic about the number of directees you can take on.
- ❖ Care for yourself; ensure you have enough space to rest, pray and play.
- ❖ Nurture friendships. Avoid leaning on SD as an experience of intimacy.
- ❖ Have regular SD to remind you of a God who cares for you personally.
- ❖ Attend supervision to challenge and affirm your strengths in life/listening.
- ❖ Connect with other directors, an antidote to the isolation of this ministry.
- ❖ Operate within the limits of your skill/gifting. Supervision helps with this.
- ❖ Take seriously concerns raised about your mental/physical well-being affecting your availability to listen. You are surrounded by kindness and care in Threshold Listening. Any concerns raised are offered in that spirit.

LOVE OTHERS: Directees

- ❖ The Holy Spirit is at work in the directee. Respect his/her beliefs, behaviour and freedom.
- ❖ Choose an appropriate location. Use home only if a quiet, safe, confidential space.
- ❖ Be clear about the time of sessions, donation, review etc.
- ❖ Keep minimal notes. Keep session content confidential.
- ❖ Disclose child/vulnerable adult abuse or potential harm to directee/others to the appropriate agencies.
- ❖ Use supervision to attend to a desire to influence a directee.
- ❖ Keep healthy physical and psychological boundaries. You are not friends. Take any strong feelings to supervision.
- ❖ Avoid dual relationships. If not possible, be clear about the purpose and boundaries of each relationship.
- ❖ Avoid contact via social media. Use text/email only to arrange appointments.
- ❖ Relationships change. Directees grow and outgrow us. Build in pauses to review and for the directee/you to decide to go on or stop.



I love the Lord
because he hears my voice
and my prayer for mercy.
He bends down to listen,
I will pray as long
as I have breath

Psalm 116: 1-2