

Spiritual Direction in Community Covenant

The Invitation:

To trust that this community of fellow travelers are my Holy Companions for this moment in my journey and the journey of the community.

To sit as a witness to another's sacred story with reverence and without judgement.

To hold silence as a place where deep listening to myself and others can emerge with wonder and awe.

To recognize that every person has within them a Holy Wisdom and my place is not to advise, save or fix but to be an open and compassionate presence.

To share my stories at the level that I feel comfortable and to be willing to explore what is unfolding in me as I awaken to the beauty of my truest deepest self and call.

To offer words, affirmations and gentle questions that open each other to the deep heart and desire God has for us. Less is more.

To keep sacred and confidential all that is shared within the community.

To reflect on my intention, engage in the 3-breath presence practice and pray for myself and each person within the community during and in between sessions.

To reflect on my experiences during our gathering and what continues to arise for me between our sessions.

Julie O'Connor
Formatio in Caritate
jboconnor63@gmail.com
formatioincaritate.org

©Julie O'Connor