

Faith Sharing For Mentors

Faith relationships do not just happen. Who we are and who we become depends on how we relate with one another. Here is an outline of some ways we can develop a relationship rooted in our common faith.

I Trust God's guidance.

- I will recognize that God is present in our sharing.
- I will trust the mentor to facilitate our discussion.
- I will recognize that I have been called to build community with the other person.

II Bring yourself as you are.

- I will say how I feel and what I think.
- I will be human, bringing my successes and failures.
- I will not always try to appear perfect, put together, or in control.

III Sharing is the gift of self.

- I will let others know who I really am.
- I will be simple and clear and try not to chatter on. I will use the first person (I, me, myself) in my conversation.
- I give myself the freedom to share or pass.
- I will not escape into silence when I feel hurt or ignored.

IV Listening takes great energy, concentration and will power.

- I will work at being a good listener...
 - By not commenting or interrupting.
 - By not teaching or lecturing.
 - By not questioning or interrupting others while they are sharing.
 - By accepting what you share – no more, no less.
 - By not giving you advice, unless you ask for it.
 - By allowing time for each person to share.
- I will try to put myself in your shoes.

V Conflict is a necessary step for growth.

- I will be honest in my thinking but leave room for you to disagree.
- I will tell you when I am feeling boxed in, cut off, unheard, passed over, misjudged.
- When we disagree, I will also look for the common ground and the values we share.
- I will describe your behavior and tell you how it makes me feel rather than attack you.

VI Hang in there!

- I agree to show up at the meetings.
- I will stay with the relationship through highs and lows, the good times and the bad.

VII Silence is communication.

- I will respect the silent moments without always feeling the need to fill them.

VIII Respect of Sacred Sharing.

- I will hold what has been shared with me as sacred and will not treat it lightly by gossiping, mocking, or inappropriately sharing what has been shared with me.

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Often during a mentor meeting there will be two distinct things going on. First, we are deepening our knowledge of the Catholic faith. This generally happens through discussion of what we have read or are thinking. Second, we are sharing our faith experience of God with one another and building Christian community. This happens through the faith sharing process. We will move in and out of each process during the course of any given meeting.

A discussion is:

designed to facilitate learning. It focuses on a doctrinal or scriptural issue or question. Each person participates by sharing thoughts, ideas, further questions, insights, or past experiences to the other person in order to get a deeper understanding of the issue or question at hand. Discussions can range widely and go down rabbit trails. They are often fun and we walk away with a new insight.

Faith sharing is:

a process in which people share the stories of how God is active in their lives and the ways they respond to God. Faith sharing creates a sacred space through shared reflection on the action of God on one's own life experience. It is: prayer, inclusive, listening, open to others, an act of trust, confidential, and comfortable.