

*Rev. Wanda Stride*

Spiritual Director

Date:

Covenant with:­­­

**A bit about Spiritual Direction, or being a Spiritual Companion**

Spiritual direction, or spiritual companioning, is about your spiritual, religious or faith life. You know what deep questions you have, you know what weighs on you, you know where you find meaning. Our sessions are open to whatever you need to bring, with no judgment from me. I promise that if you trust me enough to bring your story to our sessions, I will meet you with equal trust and treat your story with the respect it deserves.

Spiritual direction is not psychotherapy or life coaching. There may be a time you come to a session with something that I feel is beyond my training or purview. In such cases where we both determine there is a resistance or struggle that could be better addressed by someone with a different set of skills, I will let you know and when possible, can recommend other practitioners.

If you are a member of Trinity-St. Andrew’s United Church where I serve as minister, please expect our sessions to feel different from pastoral visiting. I hope to hear what is stirring deeply in your heart. This won’t be a time to catch up on church business or discuss any work we are sharing. This time is about you and your spiritual journey, discovering together how the holy is at work in your life. If you are feeling the need to discuss anything that is happening in the congregation, we can set up a time for a pastoral care visit.

**Confidentiality**

When we come together for a session, I will honour strict confidentiality. Nothing you share will be retold, and Church staff will also hold strict confidentiality. The fact that you are even seeking spiritual direction is confidential. If you wish to share anything that happens in our sessions, that is OK. But I will not.

Please be aware that the province of Ontario requires me to report any suspicions of child abuse, or anything you say that suggests you may intend to harm yourself or someone else.

**Fee**

Sessions last one hour. We offer a sliding scale of $30 to $120 for that hour. In some cases we will consider lowering or waiving the payment. We accept e-transfers to [admin@trinitystandrews.ca](mailto:admin@trinitystandrews.ca), with Security Question: what is this for? Answer: Spiritual Direction (please note capital letters). Cheques can be made out to Trinity-St. Andrew’s United Church, with spiritual direction in the memo line. Spiritual direction is free to members of Trinity-St. Andrew’s United Church, but the very action of paying can help to distinguish between regular pastoral care and spiritual direction. This is a voluntary payment through the church office.

**How often, how long, where, cancellations**

Spiritual direction sessions last one hour, and we would meet once a month, or as needed. If you arrive late, we will still finish on time because there are often multiple clients on one day. In some cases we can adjust the frequency or length of sessions as needed.

Appointments will happen over Zoom (we send out the link the day before by email) or in my office at 56 Prince Edward Street in Brighton, Ontario. Telephone sessions are also possible. You will receive an email the day before our session from the administrator at Trinity-St. Andrew’s reminding you of the date and time of the session, and asking you to pay ahead or to make arrangements for payment at that time. If you need to cancel, please let us know within 24 hours of our session. Please feel free to reach out to me directly between sessions, or to our administrator.

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Signature of directee Signature of director

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Date Date