

## Spiritual Mentoring - Frequently Asked Questions

1. What is spiritual mentoring?
  - Encounter, a relationship between two people of faith.
  - Known in ancient times as a “soul friend.”
2. What is the difference in military spiritual mentoring? In military spouse mentoring?
  - Involves older military personnel (still serving and veterans, and spouses) with at least ten years military experience/marriage.
    - As possible, officers paired with officers & enlisted with enlisted. NOTE: Not necessarily applicable to spouses.
  - Share both secular and spiritual life experiences through a spiritual and vocational lens—mentoring with a spiritual twist.
  - Think of a mentor as a “spiritual battle buddy” or “spiritual wingman.”
3. How do I become a spiritual mentor?
  - You qualify if you have served at least ten years in the military (or been married to a military member for ten years) and are in communion with the Roman Catholic church (no perfection expected!).
  - Go to <https://www.milarch.org/spiritual-mentoring/> to sign up.
4. What's expected of me as a spiritual mentor?
  - Attending a four-week training course focused on active listening and role-playing. Sessions are about 1-1.5 hours in length with recommended weekly prep exercises.
  - Help your mentee see their religious and secular life through a spiritual lens, to see where God has been present in their lives.
  - Be an active and respectful listener.
  - Offer fresh perspectives based on their own lives and serve as a sounding board.
  - Be in a right spiritual relationship with God (no perfection expected!).
  - Honor the confidentiality of your mentee, unless they disclose something illegal or potentially harmful to themselves or others.
5. What kind of training does a spiritual mentor receive?
  - The training course will include about four 1-1.5 hour Zoom interactive sessions.
  - Weeks 2-4 include 30-45 minutes of requested prep time each week to facilitate conversation.
  - Training materials and the resource guide will be hosted on the University of Dayton's Virtual Learning Community for Faith Formation (VLCFF). Mentors will be asked to access the course to review the material.
6. How do I become a spiritual mentee?
  - You qualify if you are in the military (or married to a military member) and are in communion with the Roman Catholic Church (no perfection expected!) or currently engaged in the process of the Order of Christian Initiation of Adults (OCIA).
  - Go to <https://www.milarch.org/spiritual-mentoring/> to sign up.

7. What should I expect as a spiritual mentee?
  - An active and respectful listener.
  - Confidential conversations in an open space if in person.
8. What should I \*not\* expect as a spiritual mentee?
  - A counseling session (your mentor is not qualified!)
  - Formal spiritual direction.
  - Protection from disclosure of illegal or harmful activity.
9. What's expected of me as a spiritual mentee?
  - Review and sign mentor-mentee contract.
  - Clearly communicate to your mentor what you would like to discuss.
  - Questions like, "how to integrate faith and being in the military?" "I'm about to deploy—what to expect?" "Should I stay or leave the military?" For spouses "My spouse is about to deploy, what should I expect?"
  - Advise if you cannot make a session with your mentor. We understand—life happens.
10. Does a spiritual mentee receive training?
  - At this point there is no training but there is a short 20–30-minute orientation so you can better envision what to expect during your mentoring relationship.
11. Do I have to be Catholic to participate?
  - At this time mentors should be practicing Catholics, though military members engaged in the OCIA process or contemplating entering the Catholic Church through OCIA can be mentees.
  - In future iterations of spiritual mentoring with the military it is envisioned that the other faiths may adopt this concept of accompaniment.
12. What is the Virtual Learning Community for Faith Formation (VLCFF)?
  - Spiritual Mentoring training materials and resource guide will be hosted on the University of Dayton's Virtual Learning Community for Faith Formation (VLCFF), which is "an Internet distance-learning program to support catechist and adult faith formation in the Church;" for more information see <https://vlcff.udayton.edu/>. Military spiritual mentors will be registered by the VLCFF staff for the Military Spiritual Mentoring training course. NOTE: Military spouse spiritual mentors will have access to training and resource material hosted in a GoogleDocs folder.