

FGC Spiritual Mentorship Guidelines

Spiritual Mentorship relationships require vulnerability, courage, respect and trust. As in any relationship, both parties must have autonomy to fully show up as they are able. We ask all Spiritual Seekers, Mentors and Advisory Committee Members to abide by the following guidelines to ensure that all mentorship relationships are positive, nurturing and affirmative for those involved.

1. Center Spirit in your relationship

Take time to center as a seeker-mentor pair. Check in with your heart. Pause to respond if you need to take time before commenting.

2. Center trust, honesty & openness in the relationship

3. Be clear of your boundaries

Check in with yourself & Spirit before agreeing to something to make sure you feel capable of doing it. Respect the boundaries that others establish.

4. Know your role

A mentor is not a therapist or counselor. If the support a seeker needs extends beyond your capacity, tell them so.

5. Consent is a constant conversation

Consent can be taken and given at any time. Check in before asking your seeker-mentor if they want to talk more about something they shared deeply.

6. Respect our full selves

Honor and respect one another's full identity. This includes celebrating and recognizing racial & cultural identities and using preferred gender pronouns. Consider your own identity locations when supporting someone of a different experience. Ask yourself, "what do I need clarity on within myself before offering my advice or opinion?"

7. Maintain confidentiality

Share the lesson, not the story. It is vital that people's personal stories are only shared by them. You can share with others the lesson you learned from the story, making sure not to reveal the identity - or identifying information - of the person who shared it.

8. Recognize your growing edges

We are all perfectly imperfect beings. Give and extend grace and forgiveness as we make mistakes together.

9. Be clear about commitment

Be clear about your time and follow through on your commitments.

Communicate when your schedule changes and you cannot meet an agreed upon date.

10. Reach out for support

Contact your Advisory Committee Member or Gathering Youth Coordinator if you need support navigating your seeker-mentor relationship.

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Further resources:

- [FGC Gathering Policy and Procedure on Harassment](#)
A community of respect, free from harassment: Friends General Conference, in keeping with Friends' historical concerns for equality and justice, is committed to providing environments - including online environments - which are free of discrimination and harassment. Actions, including words, jokes, or comments, which demean groups or individuals, or which result in racial harm, will not be tolerated. Intimidation or harassment, both overt and subtle, will not be tolerated. This includes for example: ethnicity, race, age, gender, sexual identity, or orientation, faith and religious belief, or physical or cognitive abilities. All allegations will be investigated thoroughly and fairly. The Harassment Policy is posted above.
- [FGC Guidelines for Addressing Racial Wounding](#)
- [Spiritual Mentorship Re-matching Process](#)