



St Vincent de Paul Society

NSW

good works



Spiritual Adviser Workbook

This workbook is designed to accompany the Spiritual Adviser Handbook and invites the reader to reflect upon various aspects discussed in the Handbook.

As you move through the Handbook you will see references to these questions. Use additional paper if required for your responses.

June 2019

Reflection 1

Spiritual Adviser Position description, Pages 4 - 5

What do you see as the most challenging aspect of the role of Spiritual Adviser?

Notes/questions arising from reading the Spiritual Adviser Handbook

Reflection 2

Pages 6-12

What is something that particularly inspires you from our founding story and the growth of the Society over the centuries?

Notes/questions arising from reading the Spiritual Adviser Handbook

 Reflection 3

Vincentian Virtues, Page 11

Which of the Vincentian Virtues do you find most affirming and why?

Notes/questions arising from reading the Spiritual Adviser Handbook

Reflection 4

Part 3, Page 14

What do you think is the most important quality of a Spiritual Adviser?
How does the information on page 14 compare with your current understanding?

Notes/questions arising from reading the Spiritual Adviser Handbook

Reflection 5

Part 3, Spiritual Reflections, Pages 16-17

Think of a spiritual reflection you have participated in that was particularly meaningful for you. What happened that made it meaningful for you?

Does this experience of a meaningful reflection provide you with any insight about what is helpful in preparing and leading a spiritual reflection?

Reflection 6

Part 3, Pages 19 - 23

We invite you to take some notes on these pages and consider what you find most significant. You may wish to reflect upon how you see yourself growing in your faith and Vincentian service at this time or in the past or future.

Reflection 7

Part 4, Page 25-26

How would you describe to a potential new member the faith-based aspect of our service?

What are some talking points and questions you might discuss with someone considering joining the Society?

Reflection 8

Part 4, Page 30

Can you think of a time or situation when your Conference may have benefitted from a process of discernment?

Notes/questions arising from reading the Spiritual Adviser Handbook

Reflection 9

Page 31

If a similar experience as described by Paul happened in your Conference meeting do you feel as your Conference's Spiritual Adviser, you could open such a conversation?

If not, what do you need to be able to get to that point? Be specific about the skills, possible conversations that would be helpful to prepare you for this aspect of being a Spiritual Adviser.

Notes/questions arising from reading the Spiritual Adviser Handbook

Reflection 10

Page 32 - 33

What are some things that we may want to challenge in the situations that we are in? In our Conference? In our Parish? In our local communities?

You may find Appendix H, Mastering Crucial Conversations, provides additional information for this reflection.

Notes/questions arising from reading the Spiritual Adviser Handbook

Reflection 11

Page 33 - 34

Have there been times in your Conference where you might have engaged in courageous listening? Consider a specific instance and what you would say.

Notes/questions arising from reading the Spiritual Adviser Handbook

Reflection 12

Practicing Affirmation, Page 35

For a set period of time (e.g 24 hours) notice what you like and what is good around you. Stop if you catch yourself moving to critical mode and affirm yourself for noticing that. As Phil suggests, "Practise focusing on the positive aspects of the information that surrounds you."

After and/or during the set time period, reflect on how you felt, what you noticed in your body and the responses from other people.

Notes/questions arising from reading the Spiritual Adviser Handbook

How would making a deliberate effort to practise more affirmation impact your Conference meeting?

How might you slowly encourage members to take up this practice?