

## Spirit Quest Mentorship Information

### 1. SPIRIT QUEST IS:

A faith formation process for the children of our Parish in grades 6 through 8, who are preparing for the Sacrament of Confirmation. It is designed to help the young people discover and nourish the life of the Holy Spirit within their own souls and to help them make real connections between their faith and their daily lives.

**2. WE ARE LOOKING FOR MENTORS** to companion these young people on their faith journeys. The groups are gender specific and we need both men and women to consider volunteering as mentors.

- A. A Mentor is NOT the same as a teacher.
- B. A Mentor is more of a companion and facilitator. There are no classes to prepare, the group sessions are handed to each mentor during the training sessions.
- C. The Mentors work in pairs.

### REQUIREMENTS:

- A Mentor should be a practicing Catholic who attends Mass and receives the Sacraments regularly.
- A Mentor for Spirit Quest should enjoy spending time with children in grades six, seven, and eight. It is important to love their energy.
- A Mentor for Spirit Quest needs to either be a person of prayer or be willing to become one.
- Faith in the Living God and the belief that God loves and is interested in every individual is the most important gift a Mentor brings to his/her group.
- Mentorship is NOT teaching. The Mentor's stance is one of companionship.

### TIME COMMITMENT:

- **SESSIONS:** The SQ year consists of 3 Seasons. Each Season includes an Opening Night, 6 Small Group Sessions and an Evaluation/Prep Meeting (11 hours each season)
- **TRAINING:** For new Mentors training consists of 3 sessions (2 hours each) in the fall. (6 hours) The Training Schedule is listed below.
- **PREPARATION:** Plan to spend an hour a week in preparation for your Small Group Meeting with the Questors. 18 hours.
- **Total:** approximately 57 hours per year.

### GENERAL INFORMATION:

- The participants (called Questors) of Spirit Quest meet in small groups (6 - 8 Questors) with 2 Mentors. The groups are gender specific. The groups meet in either the Mentor's home or the home of one of the Questors.
- The program is designed to encourage the boys and girls to wonder about their faith, their God, and their lives. It includes teachings from scripture, the catechism and traditions of

the Catholic Church, offered in a variety of ways to help the Questors incorporate their Catholic faith into their lives and make an informed choice regarding the Sacrament of Confirmation.

- The goal of Spirit Quest is to help each Questor come into a personal relationship with Jesus Christ and the Community of Faith and to give them tools that will help them nourish these relationships, apply their faith in their lives, and find a solid place to stand in the midst of life's storms.

**MENTOR TRAINING:**

- **Tuesday, September 1:** 7:00-9:00 Meeting Room
- **Wednesday, September 2:** 7:00-9:00 Meeting Room
- **Wednesday, September 9:** 7:00-9:00 Meeting Room

For more information or to volunteer as a Spirit Quest Mentor contact: Margaret Conner 924-3719 [webelngtogod@yahoo.com](mailto:webelngtogod@yahoo.com)