GUIDING PRINCIPLES FOR EFFECTIVE SPIRITUAL FORMATION

- Spiritual formation involves the autonomous choice of the person and this must be respected.

- Within the Catholic Christian context, spiritual formation draws on the rich traditions of the Church and prepares individuals for deeper relationship with God.

- Spiritual formation involves companioning – of the self; of each other and of the community. Processes reflect principles of spiritual direction as well as adult learning and change facilitation.

- Spiritual formation content and processes are grounded in contemporary scholarship in theology and scripture.

- Spiritual formation is invitational at each step within an experience/program, respectful of individual needs and differences.

- Spiritual formation ought be connective to the vocational (professional) context of individuals (e.g., classroom teacher, principal).

- Spiritual formation occurs in both targeted ways and through the formative environment of the school and office setting. Both complement each other and both are essential for sustainability and continuing growth.

- Spiritual formation requires both ‘chronos time’ and ‘kairos time’ – real time away to facilitate the capacity to learn to live ‘presence’.

- Formation is predicated on a positive anthropology of the human being with an integrated understanding of the mind, body and spirit.

Taken from the paper, *Fanning a National Flame!…leading and learning together to shape spiritual formation in the contemporary context: a critical leadership challenge*
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