

# **Fellowship of United Methodist Spiritual Directors and Retreat Leaders (FUMSDRL) / Hearts on Fire**

## **GUIDELINES FOR MEMBERS**

Ethical conduct flows from lived reverence for all of Life, self, and others but is not an inevitable part of reality. Therefore, these guidelines are meant to inspire FUMSDRL members toward integrity, responsibility, and faithfulness in their ministries.

Members assume responsibility for personal growth by:

- Participating in regular experiences of spiritual support and/or mentoring, such as spiritual direction or covenant groups
- Following personal and communal spiritual practices and disciplines
- Practicing self-care, wisely balancing time for spiritual practices, work, leisure, family, and personal relationships

Members engage in ongoing formation and continuing education by:

- Continuing to discern their call
- Nurturing self-knowledge and freedom
- Cultivating reflection and deeper understanding into the influences of culture, discriminatory practices, social-historical context, environmental setting, and institutions
- Studying disciplines related to the human experience and spiritual life such as sacred texts, theology, spirituality, and psychology

Members honor the dignity of others by:

- Respecting the values, culture, conscience, spirituality and theology of others
- Recognizing when there is an imbalance of power and taking care not to exploit it
- Establishing and maintaining appropriate physical and psychological boundaries with others
- Refraining from sexualized behavior, including, but not limited to: manipulative, abusive, or coercive words or actions toward others

Members maintain confidentiality by:

- Keeping confidential all oral, electronic, and written matters arising in any setting where confidentiality would be expected
- Legal exceptions to confidentiality include if someone is suicidal or homicidal or if they have suffered abuse or neglect.
- Setting ground rules regarding confidentiality and respectful behavior when leading a group

Members maintain responsible relationships by

- Remaining open to processes of communal discernment, accountability and support
- Appropriately drawing upon the teachings and spiritual practices of spiritual communities
- Respecting the relationships of those being served in their own communities

Members presenting themselves to the public preserve their integrity and relationship with persons and organizations by:

- Representing qualifications and affiliations accurately
- Defining the particular nature and purpose of their ministries
- Being spiritually available to people both within and without their usual circles
- Living in an ecologically responsible and sustainable manner
- Respecting all persons regardless of race, color, sexual orientation, gender identity and expression, age, religion, spiritual tradition, national origin, marital status, political belief, mental or physical handicap, any preference, personal characteristic, condition or status.

These guidelines were informed by the “Guidelines for Ethical Conduct” found on the Spiritual Directors International website.

This statement will be reviewed by the Board every 2 years or as needed.

Adopted unanimously by the Board, November 18, 2016

Reviewed and approved by the Board, July 30, 2019

Reviewed, revised, and approved by the Board, October 12, 2021