Living *Quest*: Maintaining Spiritual Integrity

Quest is a dynamic process in which everyone involved has opportunities to practice being present to themselves and each other and to find support in discovering what it can mean to live from a place of spiritual integrity. Being able to see this modeled through the words, actions, and presence of facilitators, the spiritual program director, minister, and mentors throughout the *Quest* experience is a powerful way to support and honor participants on their journeys.

When those responsible for holding *Quest* (spiritual program director, minister, facilitators, mentors, and steering committee members) choose to bring spiritual integrity to all aspects of *Quest* both with participants and in activities that do not involve participants directly, the entire *Quest* process is enhanced. Also, there is a far greater likelihood that those in leadership roles feel supported as they go about fulfilling their responsibilities. Resilience and trust are enhanced, so that when challenges arise, those holding *Quest* can better work together to be present to the challenge and reach shared understanding about how to proceed. Participants benefit through becoming aware (either on a conscious or a subconscious level) that those helping to guide them in their journey are truly present and represent a collective whole.

For many congregations, this practice of bringing spirituality and spiritual integrity into all aspects of a program (meetings, passing conversations, email, and other correspondence) may be a new way of "doing business." With full days and busy schedules, it is easy to develop a pattern of rushing through things and being less attentive to process. Bringing congruency between how we are with those not participating in *Quest* and how we are when with participants has the potential to be a powerful spiritual journey for those responsible for the holding of *Quest*.

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