



How to Prepare a Spiritual Autobiography Episcopal Diocese of Eastern Oregon

A spiritual autobiography is a particularly useful tool for the aspirant, the Discernment Committee, the Bishop and the Commission on Ministry. It is vital in understanding the aspirant's spiritual journey and potential call to ordained life. For all that will ultimately read the spiritual autobiography, it is important that all understand that the biography's contents will be kept in strict confidence. The following are suggested guidelines for preparing a spiritual autobiography and the items contained in it that can assist all involved in discerning your call. Use these guidelines to think about the content of your autobiography, then write to reflect yourself, rather than to specifically respond to these questions.

- Describe your family of origin. For example: where born, parents, siblings and others who comprised your family.
- Was your family religious? Did they or you attend church growing up? If so, what denomination?
- When would you say you first came to know God?
- When did you become an Episcopalian?
- When were you baptized? Were you confirmed?
- Have you ever, or are you presently married? How has that relationship affected/shaped your relationship with God and the church?
- What events in your life, either good or bad, have helped shape your relationship with God?
- What is your educational background? Did you attend college? If so where and what did you study? Did you attend church in college?
- What has been your work experience or career? Do you feel your career experiences have helped lead you to exploring the possibility of becoming a priest or deacon?
- Who are some of the people in your life that have had the greatest impact on you and your spiritual life?
- One of the most useful aspects of a spiritual autobiography is to help others understand what has brought you to this point in time in which you are open to considering a call to ordained life in the church. Do you feel God is calling you to the priesthood or the diaconate, or are you unsure and open to either vocation? Briefly explain how the life events you have described have led to this current moment in your spiritual journey.