

Sister to Sister Mentoring Application

Sister to Sister is a faith-based support ministry designed for one woman to draw upon the resources and experiences of another woman. Our goal is to develop open and honest Christ-centered relationships where women will feel united and connected to one another, while receiving spiritual guidance, support, love and encouragement.

A Sister to Sister Mentor:

- Is committed to her relationship with Christ and with other believers at Cross of Glory
- Comes along side another woman to share what God has shown her through His Word and through life experiences
- Builds a relationship with her mentee based on respect and trust
- Shares her experiences, knowledge and her heart to encourage her mentee
- Is a good listener
- Is a positive role model
- Prays for her mentee
- Establishes times and methods for availability with her mentee, committing to face-to-face meetings once per month
- Establishes goals and accountability with her mentee
- Establishes appropriate boundaries with her mentee and is prepared to refer her to other resources if needed
- Is committed to maintaining confidentiality, except where bound legally or ethically to do otherwise
- Commits to one year of mentoring, with a 60 day check in and final evaluation with the mentoring advisory board
- Commits to attend training and check in meetings with other mentors and the advisory board quarterly

Iron sharpens iron, and one (woman) sharpens another.

Proverbs 27:17

Sister to Sister Mentor Application

First Name and Last Name _____

Email Address _____

Birthday-month and day _____

Address _____

City, State, and Zip Code _____

Home phone _____

Work phone _____

Cell phone _____

Marital status _____

Do you have children? Yes/no. If yes, please provide gender and ages. _____

Do you have any specialized training or education, including language skills?

Please list interests, hobbies or activities that you enjoy

What life experiences have you had that may have prepared you to be a mentor?

Specifically, the following are some areas where Sister to Sister mentors may be needed. Please check those areas where you feel most capable of mentoring. This list is not exhaustive; feel free to add others that may not be listed. Also, please provide any additional comments regarding your experience and interests that might be helpful in finding an appropriate match.

Spiritual growth

Prayer _____
Journaling _____
Sharing your faith _____
Studying God's Word _____
Accountability _____
Other _____

Health/Loss

Retirement _____
Job loss _____
Grieving _____
Illness _____
Addictions _____
Other _____

Parenting

Babies _____
Small children _____
Parenting teens _____
Single parenting _____
Adoption _____
Child with a disability _____
Other _____

Emotional Well-being

Job stress _____
Financial stress _____
Loneliness _____
Depression _____
Abuse _____
Work/life balance _____
Other _____

Relationships

Empty nesters _____
Marriage stress _____
Divorce _____
Single _____
Elderly parents _____
Blended family _____
Other _____

Would you prefer a mentee who is about your age, younger, older, or age doesn't matter?

Have you committed your life to Christ and are you seeking to serve Him?

Why do you want to serve as a mentor?

Can you commit to the requirements for a mentor listed on the cover page of this application?

What days and times would you be most available to meet with your mentee?

When are you available to begin mentoring?

Please sign waiver:

I, the undersigned, understand that Sister to Sister is an encouragement/peer assistance ministry. It is not a professional counseling service. I understand that neither Cross of Glory nor the mentee can be held responsible for information or advice given or not given. Information is shared in confidence between mentor and mentee. However, if something is revealed that is illegal, life threatening, or could endanger a minor, elder, or vulnerable adult (including abuse or neglect of a minor, elder, or vulnerable adult), I understand that Cross of Glory or the mentee may be required to report it to proper authorities, and I agree to permit this disclosure to the proper authorities. I hereby waive and release any claims I might otherwise have had arising from my participation in the mentoring program and activities, including any claims for injury or damages of any kind. In the case of a dispute or conflict arising from my participation in the mentoring program, I will resolve it according to the by-laws of Cross of Glory and Biblically-based mediation/arbitration if necessary. Additionally, I will participate in a background check before approval as a mentor, if deemed necessary.

Mentor Applicant _____ date _____

Thank you for your interest in mentoring and for taking the time to fill out this application. Please submit your application in an envelope to the church office or directly to Sue Matz or Mary Pincumbe. Alternatively, download this PDF form (you will need to convert it to Word) from the COG website (gloryonline.org, under Adult Ministries), and email to Sue, msjmatz@aol.com, or Mary, pincumbem@aol.com. A member of the Sister to Sister advisory board will be in touch with you within two weeks of submission of your application. In the meantime, if you have questions, please contact Sue, 612-202-6074 or Mary, 612-201-1095.