

## WHAT MIGHT I EXPECT FROM PARTICIPATING?

Over a period of time, participants discover through hindsight and reflection subtle changes as a result of these gatherings.

Edges soften; patience grows, there is an increase in confidence and trust among members and particularly with God.

Love for God increases and love of others rises in importance.



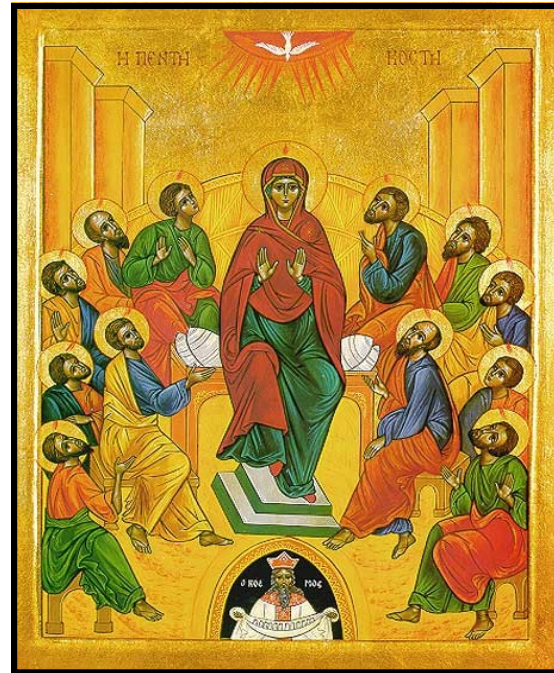
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## GROUP SPIRITUAL COMPANIONSHIP



“For where two or three  
are gathered together  
in my name, there I am  
in the midst of them.”

*MT 18:20*

## WHAT IS GROUP SPIRITUAL COMPANIONSHIP?

Group spiritual companionship is a practice where people gather monthly to assist in one another's growing awareness that God is actively operating in their lives.

We suffer from self-sufficiency-the belief that we are doing just fine. But as we all know that generally is not the case. Spiritual masters say that if your life does not contain trials, you're not growing.



As individual members share, the group assists them in discernment by helping each other see God's active presence through gentle questioning, insights and comments.

One becomes aware of God's ways in one's own life by hearing how God is operating in the lives of other group members.

## WHAT IS A MEETING LIKE?

Meetings are generally 90 minutes. The pattern is rhythmic; silence, sharing, silence, response, silence.

Sessions begin with silence. The leader will then invite someone to share a thought or feeling they are living. Everyone shares something initially.



This is followed by silence/journaling. Next, a member will share a difficulty or experience more deeply. Each member listens prayerfully avoiding advice. Group Spiritual Companionship is not therapy. Once completed, silence is observed allowing God to enter the group's experience.

Questions and support that have risen in silence follows. A gathering of graces comprises the final reflection. It is not a time to dissect or evaluate the time together but a quest for noticing how God has guided the group prayerfully.