

# SPIRITUAL COMPANION – ARE YOU BEING CALLED?

## Are you being called to be a spiritual companion?

### Have others:

- Shared intimately with you about their spiritual life?
- Shared with you because you listen reflectively?
- Shared important aspects of their lives with you, either joys or sorrows?

### How do you know if this ministry is for you?

- Are you serious about your own journey with God?
- Do you take time regularly for spiritual practices to deepen your own journey?
- Are you enlivened by sharing the spiritual journey with others?
- Are you yourself sharing your spiritual journey with someone on a regular basis?

### What is spiritual companionship?

- It is listening to the Holy Spirit who resides in the depths of each of us.
- It is noticing God in everyday experiences.
- It is being present to and honoring the mystery of the other.
- It is discerning together the many calls of the Divine.
- It is surrendering to God's action within us.
- It is joining together through empathy and wisdom.
- It is awakening to the sacred in all of life.
- It is learning to notice the presence of the holy.

If the above resonates deeply within you, being a spiritual companion could be your call, and the Lindenwood Retreat Center's Spiritual Companion Program may help to fulfill that call.

## **LINDENWOOD RETREAT CENTER'S SPIRITUAL COMPANION PROGRAM**

Lindenwood's Spiritual Companion Program is a 19 month program to train people to respond to the growing need for spiritual guides. It is designed to introduce the theory, spirituality, and practice of spiritual companionship for Christians today.

To be a Spiritual Companion means that you offer yourself as a fellow traveler and a guide along the journey of faith. This program is designed to teach those who may have the gift of offering spiritual guidance to others, but who have not had any formal training in spiritual companionship.

Upon completion of this program, Spiritual Companions will serve as a resource in their faith community for others desiring their help in discerning the work of the Holy Spirit in their life. At the end of this program if you have fulfilled all of the requirements you will receive a certificate of completion.

This program has been designed by those who are spiritual directors themselves, including the facilitators:

**Sr. Joetta Huelsmann, PHJC & Andrew Jennings**

## Dates for Spiritual Companion Group 10

April 11-12, 2025	June 13-14, 2025	August 22-23, 2025
October 24-25, 2025	December 10-13, 2025**	February 6-7, 2026
April 14-18, 2026*	June 26-27, 2026	August 7-8, 2026
October 9-10, 2026		

*The program begins at 10:30 am Friday and ends at 5:00pm on Saturday.*

*\*The long sessions run from Tuesday through Saturday. \*\*Silent Directed Retreat*

### Program Registration Fee and Application

To register for the program, applications must be submitted with a \$50 non-refundable application fee by **March 10, 2025**. Applications should be sent to Sr. Joetta Huelsmann, PHJC, at Box #1 Lindenwood Retreat Center Donaldson, IN 46563. Registration fee is based on a minimum of eight people registering and covers the 19 month program; however, it does not include the purchase of books related to each topic. Payment would be broken into four equal payments **due April and October** of each year, or by request special arrangements can be made to pay more often with lesser amounts.

**Full Registration Fee: \$2500.00 for all eleven sessions. Commuter fee \$1,700.00**

### Topics Included in the Program

*Our emphasis is on the contemplative dimension as we present and interact with each other*

- Spiritual Companionship - What it is and What it is Not
- What Does it mean to be Called, Confirming a Call
- Religious Experiences and Daily Practices
- Various Methods of Prayer
- Becoming a Spiritual Companion
- The Relationship between Companioner & Companion
- Self-Care
- Supervision
- Group Spiritual Companionship
- Journaling
- Letico Divina
- Noticing and Sharing Key Interior Facts
- Fostering the Contemplative Attitude
- Solitude, Silence and Centering
- Schools of Spirituality, the Classics
- Use of Scripture and Spiritual Direction
- Entering One-to-One Spiritual Companionship
- Discernment
- Listening Skills
- Consolation and Desolation in Prayer
- Qualities of a Spiritual Companion
- The Contemplative Attitude
- Honoring the Sabbath
- Issues in Spiritual Companionship
- The Code of Ethics
- Becoming a Spiritual Companion
- Essential Practices from the Six Great Traditions of Christian Faith
- Other

# SPIRITUAL COMPANIONSHIP FOLLOWING THE CALL

## Class of 2025-2026

### APPLICATION

**(Please enclose a non-refundable \$50.00 application fee payable to:  
Lindenwood Retreat Center Box #1 Donaldson, IN. 46513)**

**Application deadline is March 10, 2025.**

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home

City,

State

Zip

Work

City,

State

Zip

Phones: \_\_\_\_\_

Cell

Work

Home

E-mail \_\_\_\_\_

Religious Affiliation \_\_\_\_\_

(Denomination & Community/Congregation)

Current Occupation \_\_\_\_\_

Date of Birth \_\_\_\_\_ Highest earned Academic Degree \_\_\_\_\_

Major Subject \_\_\_\_\_

How did you hear about this training? Personal referral \_\_\_\_\_ Newsletter \_\_\_\_\_ Website \_\_\_\_\_

Other \_\_\_\_\_

Outline your educational background after high school:

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Outline your primary vocational history:

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Please list the names, addresses and telephone numbers of two people whom you would trust to know your work or potential work as a spiritual companion. Ask them to send us a letter of recommendation before the application deadline to the Lindenwood address using the enclosed form on the last page.

a. \_\_\_\_\_

b. \_\_\_\_\_

**The following questions will be discussed during the personal interview as well as others:**

What are you seeking and what do you hope to receive from this program which will assist your growth in the ministry of spiritual companionship?

What has been your experience of receiving spiritual guidance? For how long? What in the relationship was most helpful to you?

What religious experiences have attracted you to seek spiritual companionship training at this time?

If you are currently serving as a spiritual companion describe the context (parish, retreat house, own home) How long have you been a companion? What experiences affirm you in this ministry?

What is your understanding of the intent of spiritual companioning?

What readings and personal experiences have influenced your understanding of spiritual companioning?

What particular strengths do you feel you bring to the ministry of spiritual companioning?

## SPIRITUAL COMPANIONSHIP

### FOLLOWING THE CALL

Dear \_\_\_\_\_

As part of my application for the Spiritual Companionship Program, I am asking you to write a letter of recommendation for me. Please address the questions listed below and provide any additional information which might be helpful for my application.

Thank you,

\_\_\_\_\_  
(Signature of Applicant)

1. In what way are you acquainted with the applicant and his or her ministry?
2. What is your personal appraisal of the applicant's gifts, calling, and actual work as a spiritual companion for others? (Please note that "spiritual companion" implies attending specifically to people's prayer life, felt relationship with God, spiritual experiences, callings and the like.) If they are not a spiritual companion as of yet, how do you think their gifts would apply to this ministry?
3. Can you relate any comments from other people regarding the applicant's gifts and abilities as a potential spiritual companion?
4. What is your appraisal of the applicant's personal spiritual maturity and practice?
5. What is your opinion of the applicant's psychological maturity and stability?
6. Would you have any hesitation in referring someone to the applicant for spiritual companionship? If so, why?
7. Please mention at least one area of the applicant's life or work that you feel is in need of growth.

Please send your response by March 10th to:  
Sr. Joetta Huelsmann, PHJC  
Lindenwood Retreat Center  
PO Box #1  
Donaldson, IN 46513  
Or  
E-mail it to [jhuelsmann@poorhandmaids.org](mailto:jhuelsmann@poorhandmaids.org)

For questions call Sr. Joetta at 765-499-1975-cell

Thank you for your assistance