

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 XI

May 8-9, 2026

November 17-21, 2026*

May 7-8, 2027

November 19-20, 2027

July 17-18, 2026

January 29-30, 2027

July 23-24, 2027

September 18-19, 2026

March 17-20, 2027**

September 17-18, 2027

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

**The long sessions run from Tuesday through Saturday (2 pm-2 pm). **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 **April 15, 2026**. 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 nine 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 May and November** of each year, or by request special arrangements can be made to pay more often with lesser amounts.

Full Overnight Fee: \$2,500.00 for all eleven sessions. Commuter fee (no overnights): \$1,700.00

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

Topics Included in the Program:

- 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
- Lectio 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 subjects of interest

SPIRITUAL COMPANIONSHIP
FOLLOWING THE CALL
Class of 2026-2027

APPLICATION

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

Application deadline is April 15, 2026

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:

Outline your primary vocational history:

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 April 15th to:

Sr. Joetta Huelsmann, PHJC

Lindenwood Retreat Center

PO Box #1

Donaldson, IN 46513

Or

E-mail it to jhuelsmann@poorhandmaids.org

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

Thank you for your assistance.