Companions

Who am I? What are my deepest desires? What gives meaning to my life?
What is my place in the world? How can I live my life more fully?
How can I make a difference? Who are my companions?

Discernment

Often, when we hear the word discernment we are drawn into moments of making major decisions, for example when we take vows to become a married person or a celibate person. Discernment, when understood in its fullness, is not only related to those times in our lives when we decide what our basic life paths will be, but must also be a part of our daily lives.

Discernment is an on-going and dynamic spiritual practice. It involves listening for the movements of the Spirit, which speak constantly to and move within and around us at all times. It is on-going because we always have new things to discern as part of our everyday living. It is dynamic because it engages our whole being; it is the place where our interior and exterior worlds meet. In this sense, discernment is about fostering habits of listening to the movement of God in our lives and our world. God is revealed both in movements of Spirit and also in the movements of every day.

In order to practice discernment as an on-going habit, our desire must be to learn to recognize, sort out, and respond to those movements as they occur in our daily lives. At times, this process will mean making major life decisions. Over time, however, it involves navigating movements in daily life.

Consider the last time that you made a major life decision—what were the little movements that built up over time in order to help you make your decision? In what ways, during the course of your daily life, does the Spirit speak to you?

Whether you are discerning big moments or small moments in your life, consider the following:

- What am I consistently drawn toward? What catches my attention and arouses my passion?
- What are the hungers and needs of those around me?
Companions on a Journey
College of Saint Benedict
St. Joseph, MN 56374
320-363-5939
www.csbsju.edu/journey
Companions newsletters written and compiled by Christine Munger

We invite you to engage in the daily experiences of life’s journey through a spiritually dynamic exchange of listening and responding to God, self, and others via accompanied vocational reflection of the whole person in specific contexts.

A special note to alums:

- For those of you who are being placed into new groups: you should have your group information. Please begin to communicate with one another about when you would like to begin meeting.

- For those of you who have been in groups: you should be receiving in the mail, a complimentary copy of our new manuals with updated training information and a complete set of the four-year cycle of guides. They are being sent through your group’s facilitator. Please update our office with any group bio or number changes. Thanks.

Contact Christine: cmunger@csbsju.edu or 320-363-5940

Event Updates

Facilitators In-service
On October 25, S. Mary Jane Berger presented a workshop entitled: As I Listen, I am Empowered to Respond. Many of you have expressed interest in further developing your skills in Listening, Sharing, and Responding. Mary Jane emphasized listening for the feeling (sometimes stated, sometimes not) as a place to focus our responses to one another. Mary Jane’s presentation will be repeated over a lunch conversation in the spring. More details to come!

Introduction to Group Spiritual Companioning Training
On November 10, sixteen alumnae and friends were trained at the Carondelet Center on the College of Saint Catherine campus in St. Paul. The alums are part of more than 10 new groups that will be forming in the next months. For those alumnae who were unable to attend the training, please remember that our staff is available to provide mini-trainings and facilitate your group’s first meeting.