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?

The Benefits of Companioning Groups

Over the phone this week, an alumna asked, “How would you describe the benefits of the groups for members?” Immediately, I thought of the value of two hours of scheduled reflection time, especially for alumnae who are often working, parenting, volunteering, and leading full lives. There is also the desire to simply get to know other women and be a part of a supportive community - one of the primary reasons for participating in the groups according to the ten Latina women who began meeting this month. I considered our 162 current students who often remark about the inter-generational benefits, “Wow! She is 70 (or 30, or 40 or 50) and she is still asking these important and on-going questions!” Finally, I thought of the particularity of this group model—different from other settings, the process helps us to slow down, be open to others and to the voice of God, to dig deeper and wider into our pressing questions and pervasive desires.

Training Opportunities:

Introduction to Group Spiritual Companioning

• Saturday, November 10, 2007, 9-4 p.m. at the Carondelet Center at the College of Saint Catherine in St. Paul.

To RSVP or for info: 320-363-5940 or cmunger@csbsju.edu
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.

If you are interested in meeting with a spiritual director one-on-one:

- **On the CSB Campus**: Companions on a Journey will cover the cost of spiritual direction for on-campus community members. You can choose a director from the Spirituality Center, the Abbey, or from the area. Contact S. Josue Behnen for help in choosing a director at 320-363-7179.

- **Off-campus**: Spiritual Directors International offers a listing of available spiritual directors by area. The listing can be accessed at: http://www.sdiworld.org/seekfindguideagree/terms-of-use.html

If you have questions, contact Christine Munger: cmunger@csbsju.edu

---

**Considering Creativity**

“Where is creativity birthed in you? Does it arise from an inner landscape of brilliant light? Or, perhaps burgeon forth from times of moon shadow and twilight, or even piercing darkness? What captures your attention in the place where you dwell and spend your waking and sleeping moments? To notice where you are inspired and deeply moved is a spiritual act. Often times it is in the small details that we discover the gift of wonder, a natural response to any creative act.

Opportunities arise every day to express your sleepy, tame, or wild spirit. How often do you miss an occasion to play or create, simply because of busyness, or a bored spirit? What inside of you longs for expression that will ultimately satisfy, inform, and renew you in your depths? Are there particular activities that nourish your soul? A valuable spiritual practice is to simply tend to what captures your attention and speaks your soul language. Maybe playing with color, words, images, rhythm, or design is of value to you. Perhaps carving, cooking, dancing, or weaving soothes your soul. Whatever you do to express yourself has merit and worth. All creativity is a spiritual endeavor—a conversation with meaning and expression.”