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?

Journey Groups at CSB

Welcome to our fifth year of Journey Groups at the College of Saint Benedict!

As we begin this academic year, we open our doors to over seventy first-year students who have expressed interest in joining a Journey Group. This year's class is our largest ever.

They will join the over 220 students who have journeyed before them in groups.

We also thank the over 100 facilitators who have joined their stories in Spirit with our students.

As women from varied walks of life and different generational perspectives, we learn from and support one another on life's journey.

We look forward to a year of sharing both our earth-shattering and our daily life experiences of the sacred.

Companionship Groups for Alums

We begin our third year of offering the Companionship experience to our CSB alumnae.

Some of you have been in groups for two years now; others of you have been put into groups that are still forming; yet others have just responded to this opportunity.

Over 120 of you have expressed interest in this opportunity, and 40 of you are currently participating in 8 active groups.

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: 320-363-5949 or cmunger@csbsju.edu

On-campus Events:

Opening Banquet, Sunday, Sep. 16, 12-4 p.m.

Companionship Groups for Alums

For more information on alumnae groups, see the other side...

Fire Prayer
What makes a fire burn
Is space between the logs,
A breathing space.
Too much of a good thing,
Too many logs
Packed in too tight
Can douse the flames
Almost as surely
As a pail of water would.
So building fires requires attention
To the spaces in between,
As much as to the wood.
When we are able to build
Open spaces
In the same way
We have learned
To pile on the logs,
Then we can come to see how
It is fuel, and the absence of the fuel
Together, that make fire possible.
We need only lay a log
Lightly from time to time.
A fire grows
Simply because the space is there,
With openings
In which the flame
That knows just how it wants to burn
Can find its way.
- Judy Brown*
Teaching with Fire

*For more information on alumnae groups, see the other side.
One year ago, we supported other institutions, including the College of Saint Scholastica in Duluth and the Newman Center in St. Cloud, by assisting with the development of their own groups. Together, those two institutions have formed nearly ten more groups.

Two years ago, the Journey Groups expanded into Spiritual Companioning Groups in order to provide CSB Alumnae with an opportunity to reflect on themes of faith, spirituality, and purpose in their lives.

On-campus, we have adapted the Spiritual Companioning model for other groups, including:

- Students returning from abroad
- Self-identified GLBT students, faculty/staff
- Graduate students in the School of Theology

Beginning this year, we will expand into a new, off-campus setting with local Latina women who will begin spirituality groups in September. These groups are designed to reflect more intentionally upon the intersections of cultural identity and spirituality.