



Spiritual Companionship

Spiritual companionship is a new concept to a lot of Protestants, but it is a very old practice. A spiritual companion (sometimes called a spiritual director) creates a safe unhurried space for someone looking to connect with the Holy. Spiritual companionship allows time for our souls catch up and helps us feel at home or listen for our next faithful step.

One on one conversations with a spiritual companion usually take place once a month and can cover whatever questions, feelings or memories arise. Sometimes a spiritual companion asks clarifying questions or offers observations in order to learn from an experience or assumption. Sometimes just taking time to sit still and welcome the presence of God provides peace or new insights.

This poem by Rumi illustrates well how a session with a spiritual companion might start:

The Guest House by Rumi

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
...treat each guest honorably.
He may be clearing you out
for some new delight...

meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

If you'd like to learn more about spiritual companionship, please contact Amy Kennedy at amy@fumc-a2.org. Amy has completed a 2-year internship in spiritual companionship and she is happy to share how it has been an intimate, sustaining practice to nurture her own spiritual life.