



Why companion each other?

- *Our world is in deep distress -- environmental, economic, racial, relational, humanitarian -- and is in sore need of fresh and creative engagement.*
- *Spirit is present even in the darkest times, and will prevail, even when we lose our vision and confidence.*
- *Quaker practice tells us that Spirit needs our hands and feet -- our gifts -- to do God's work of healing this broken world.*
- *We can support each other to stretch toward faithfulness and let Spirit "grow in us ... and be in us ... and breathe in us ... and act in us."*
- *The result is a strengthened witness to Life and Peace in the world, and also a deeper joy in being available to and well-used by Spirit.*



So ... to join us:

Mark your calendar

This LEYM Interest Group will meet on the third Sunday of odd-numbered months from 3-4:30pm.

Invite others

Let's make this a way to "know each other in that which is eternal" across the yearly meeting.

Use the zoom link on the front of the brochure to join.

Do some preparatory thinking

Worship, reflect or journal ahead of time on what you know and want to know about how Spirit wants to use you in the world.

What Companions Do

As a focus person listens deeply for Inner Guidance (often in response to a prompt like "What do I need to lay down or take up to be entirely faithful about this concern?") and then shares anything that rises. . . .

Companions ...

Settle into their own spiritual centers and trust that the speaker and Spirit will find a Way forward.



Companions ...

Lend their full attention to the work that is being done as they witness.



Companions ...

Reflect (if asked) what they heard and observed, since the speaker (as when giving a message) often doesn't remember clearly what was said.



Companions ...

Let the speaker know if and when they feel the Life and Breath of Spirit during the work.



Sometimes we long for Spirit's guidance with our concern ...

Sinking down to the seed is how we hear Spirit, but sometimes that can happen more clearly when witnessed by fellow seekers who hear, reflect and believe in our capacity to discern a way forward -- accompany us.

Sometimes we can sense a way forward but feel blocked or helpless to take it ...

Despair, helplessness, fear, worry can hold us back from moving forward in trust and confidence. Spiritual companions who are not afraid to sit with us while we experience emotions can help them flow through us and leave us clear to act in their wake.

Sometimes we're willing to be used but unclear where our gifts match a need ...

Confusion, self-doubt, bashfulness can all keep us from stepping into a place Spirit needs us. Sitting calmly with others and waiting for an inkling of a next step can be helpful in beginning or continuing our experiment with Inner Guidance.

Join our bi-monthly gatherings to hear each other's hearts

If you currently have a concern you're sitting with and would welcome and enjoy support with this work, please consider joining LEYM friends as we come together bi-monthly to use a format of spiritual companionship to support us in our specific work and concerns. This isn't a call to ongoing spiritual companion groups. It is a call to meet to explore ways of supporting concerns — with worship sharing, followed by collectively companionship with a specific focus person. The possibility of interest in a companion group is always an option to further deepen the practice.

2023-24 schedule:
Nov 19 3-4:30pm
Jan 21 3-4:30pm
Mar 17 3-4:30pm

Interest Groups organized by LEYM Friends interested in the practice of spiritual companionship

Lake Erie
Yearly Meeting

Got a Concern?

LEYM Quakers can be spiritual companions to each other in our discernment on specific concerns

Join us on zoom at:
<https://tinyurl.com/leymconcern>

