

Companioning Philosophy

Companioning is about honoring the spirit;
It is not about focusing on the intellect.

Companioning is about learning from others;
It is not about teaching them.

Companioning is about walking alongside;
It is not about leading or being led.

Companioning is about being still;
It is not about frantic movement forward.

Companioning is about discovering the gift of sacred silence;
It is not about filling every painful moment with talk.

Companioning is about listening with your heart;
It is not about analyzing with the head.

Companioning is about bearing witness to the struggles of others;
It is not about judging or directing those struggles.

Companioning is about being present to another person's pain;
It is not about taking away or relieving the pain.

Companioning is about respecting disorder and confusion;
It is not about imposing order and logic.

Companioning is about going to the wilderness of the soul with another human being;
It is not about thinking you are responsible for finding the way out.

Alan Wolfelt

An Ecumenical Christian Prayer

O God, Trinity of love,
from the profound communion of your divine life,
pour out upon us a torrent of fraternal love.

Grant us the love reflected in the actions of Jesus,
in his family of Nazareth,
and in the early Christian community.

Grant that we Christians may live the Gospel,
discovering Christ in each human being,
recognizing him crucified
in the sufferings of the abandoned
and forgotten of our world,
and risen in each brother or sister
who makes a new start.

Come, Holy Spirit, show us your beauty,
reflected in all the peoples of the earth,
so that we may discover anew
that all are important and all are necessary,
different faces of the one humanity
that God so loves. Amen.