

WHAT IS HOLY LISTENING?

A SPIRITUAL COMPANION GROUP

An Ancient Practice

Spiritual direction is an ancient practice within the Catholic Tradition where the faithful listen for the guidance of the Holy Spirit, the true spiritual director. The goal of spiritual direction is to deepen our relationship with God by recognizing the presence of God's grace in all aspect of our lives. Spiritual direction is offered in both individual and group settings. Confidentiality is essential to both. Discussions in spiritual direction are held in strict confidence.

In spiritual direction, we create sacred space for another, a space of comfort and trust, where we can tell our stories. Creating sacred space includes entering into the presence of God through prayer and silence. This space provides an opportunity to reflect on how God is present in our lives and calling us to a deeper relationship. How God is present in the ordinary - making our stories, sacred stories.

Spiritual Companions

Holy Listening is the name for group spiritual direction as facilitated by Tom and Celeste Deardorff. Entering its fourth year, the Spiritual Companion Group meets once a month on the campus of Resurrection Catholic Church in Lakeland. The format ranges from structured activities, e.g., group lectio divina or reflection topics to an open format where members share what is on their heart at that moment in time.

It is an opportunity to walk with fellow travelers on your faith journey — to share your joys, hopes, and challenges while receiving the attentive support and prayers of others. Members are present to each through prayerful, attentive listening in a space where silence invites the Holy Spirit and confidentiality fosters comfort and trust.

For where two or three are gathered in my name, I am there among them.

Matthew 18:20



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