

You're invited to a 3-hour, online, very active **Introducing Spiritual Companion Groups Workshop**.

Saturday, March 5, 10am-1:00pm

This workshop is for Friends in FSRM, welcoming others from NYYM, who want to start a spiritual companion group of 1-4 people that meets every 1-3 weeks to support each other in experimenting with the Spirit in our lives. Please invite others who might join you in a companion group.

In faith,  
Nadine Hoover  
Buffalo Friends Meeting

PS. On March 11, 2022 from 7-10pm Eastern time zone Joann Neuroth, Cassie Cammann, Mark Hoover, and I host a global workshop for ongoing companion groups, mostly Quakers, people of faith, and activists from Asia and Turtle Island/N Am. Register at: <https://bit.ly/3q8lt8T>. We host this training every four months.

### **Introducing Spiritual Companion Groups**

*Invite people in your area to attend to see what groups emerge, and/or invite one or two people to start a group with you to this 3-hour, online practice workshop.*

Spiritual Companionship is a fundamental practice among Quakers and other faith traditions, and strengthens anyone facing human tragedy and working for peaceful, just societies. It is a simple format of meeting regularly every 1-3 weeks with 2-4 people dividing the time equally to seek and document insights and practices that shape and guide peaceful, just lives. It's a very different way of interacting, so it takes practice.

This 3-hour introductory workshop is for people who are actively digging deeper to experiment with the Spirit in their lives and be changed. If you're interested, invite one or two people in your area to join with you, or invite anyone interested in forming groups. Companion Groups do not transform us; they support us when we allow ourselves to be transformed. So this workshop is for people who are actively experimenting with transforming your life now.

We offer global gatherings that support ongoing companion groups three times a year: March, July, and November. Local areas with multiple groups also organize local gatherings three times a year: May, Sept, and January. Each local area self-organizes local groups and gatherings.

To prepare, you may:

- **Read** the [Companion Group Workshop Materials](#).
- **Purchase** the book, [Walking in the World as a Friend](#), by Nadine Hoover at Courageous Gifts.
- **Watch** videos introducing conviction, conviction, and experimenting with Spirit and other related topics on [Conscience Studio's YouTube channel](#).
- **Read and affirm** these Community Agreements. Bring any questions or comments with you.  
**Community Agreements**
  - Affirm yourself and others, no put downs or put ups.
  - Stop, listen, don't interrupt.
  - Speak simply & truthfully, without fear of mistakes.
  - Speak from your own experience.
  - Use your right to pass or to ask for consultation.

- Volunteer yourself only.
- Care for yourself, each person, and the group.

Contribute as led at this [donate](#) button; gifts do keep this work alive.

Facilitator Nadine Hoover is a member of Buffalo Friends Meeting. She was invited by Quaker Religious Education Collaborative (QREC) to write about this and other essential Quaker practices in [Walking in the World as a Friend](#). She has met with spiritual companion groups for decades, and now supports groups in numerous countries through Friends Peace Teams and various Yearly Meetings.

## Workshop Agenda

- 10      **Welcome**
- 15      **Introductions:** Name, meeting, and one way I experience—the Living Spirit, Transforming Power, or whatever name you use—that gives me confidence or faith is...
- 5      **Community Agreements**
- 40      **Experimenting with the Spirit in Our Lives** — *(sharing in pairs 3 min each person four rounds)*  
*Note statements of insight or action, faith or practice, advice or query, guiding you now.*
  - An experience that gives me confidence and conviction in the Living Spirit...
  - How I am experimenting with the Spirit in my life right now... *(3 min for notebook)*
  - What I do in my private and public life to liberate myself from oppressive patterns...
  - How are love and truth working within me now... *(3 min for notebook)*
- 10      **Spiritual Companion Group Guides**
- 10      Break
- 45      **Practice Group Practice Session** *(groups of 2-3 with 10-15 minutes each person)*  
How is the Spirit working in me or moving me today?
- 15      **Documentation and Discernment:** Read an insight or practice that is shaping or guiding your life now to ask for reflection and/or feedback...
- 15      **Choosing Groups**  
Break out rooms by Meeting for people to organize companion groups of 1-4 people to meet every 1-3 weeks.
- 15      **Reflection**  
What I liked, did not like, and am taking home from this experience...

**Gift to Go:** [Lists for Guidance](#)