

Emmaus

The Art of Spiritual Companionship

A Ministry of Presence

Wednesday, February 24 - March 10 - March 24, 2010

What is Emmaus?

Emmaus is the process of being with another person in spiritual companionship. Emmaus involves listening in a contemplative way to the experience of God in another.

What supports this kind of 'being with another'?

- Focused attentiveness to the experience of God in a person's life
- Awareness of the depth and expanse of God in everyday experience
- Prayer
- Conversational tools for contemplative listening

Who benefits from this process?

- Persons in listening or companionship ministries, e.g., faith-sharing groups, RCIA team members, catechetical leaders, school teachers, pastoral care ministers
- Those who desire a spiritual-formation experience that comes from learning to listen for the experience of God

Workshop details:

- When: three sessions — 10 a.m.-12 noon; Wednesday, **February 24 - March 10 - March 24, 2010**
- Location: St. Joseph/St. Clare Conference Room, The Chancery, 1150 North 1st Street, San Jose
- Cost: \$60 for the three sessions. ***Attendance at all three sessions is expected.***

Facilitators:

- Janet Perucca-Kleinhofer, M.A., *Spiritual Director; Pastoral Counselor, Retreat and Workshop Facilitator*
- Sr. Patricia Galli, M.S., MTS, *Spiritual Director; Pastoral Associate, Most Holy Trinity Parish*
- Nancy Royal, M.A., C.Phil., *Spiritual Director; Faith Formation Director, Church of the Resurrection*

Each session includes:

- Input from the facilitators
- Time to pray and sharing of prayer
- Tools for contemplative listening and the experience of listening to others

Session One – Listening to Self

- Introduction to contemplation and listening for the pastoral leader/spiritual learner
- Exploring the deep Mystery of God and our own experiences of God
- Exploring one's own ways of prayer

Session Two – Listening to God

- Making space for God
- Centrality of prayer
- Exploring a variety of prayer methods and practices

Session Three – Listening to Others

- Attentiveness
- Group guidelines
- Using the tools
- Two ways of talking: Dialogue and Discussion

"The willingness to be in a helping relationship is essentially to be a companion."

*The Art of Christian Listening
by Thomas Hart*