Program Design

The *Listening for God in our Lives* program introduces three prayer practices: Lectio Divina for listening for God in scripture, St. Ignatius’s Daily Examen for being aware of God in our daily activities, and Companioned Prayer™ for experiencing God in our hearts. The program is designed to be sequential and progressive; that is, the second and third parts rely upon experiences learned in their previous parts. The program has 25 meetings, meeting at least twice a week, at 90 minutes per meeting. The first 18 meetings form the basic introduction to all three prayer practices. The next six meetings are an optional extension that is essential for anyone who wishes to continue their learning and practice of Companioned Prayer. The last meeting is a program wrap-up meeting for all participants. The program is focused sequentially as follows:

* Lectio Divina – the first six meetings
* Daily Examen – the next five meetings
* Companioned Prayer – the next seven meetings
* Lectio Divina and Companioned Prayer – the optional extension: the next six meetings
* A single Wrap-up meeting (for all participants)

After the program, participants are encouraged to form or join a prayer group for regular prayer meetings, (i.e., usually not instructional) at least once a week.

Program facilitators are encouraged to modify this program to respond to the needs of their program participants. If you wish to keep the overall program to 24 meetings, the removal of one of the Lectio Divina meetings is recommended. The High-Level Outline (pages 2-7) can be shared with the participants. The Detailed Outline is typically only for the facilitators and program sponsors. The format of the Detailed Outline includes suggested durations (in minutes) for each activity, allows entering start times for each activity, and allows designating who will lead it if there is more than one facilitator. The addition of start times can help the facilitators stay on-track. It is usually a challenge to include all activities within the time allowed for each meeting. Therefore, encourage participants to always arrive early so that personal greetings and similar exchanges can occur prior to the “official” meeting start times.

This outline was created during the Covid-19 pandemic and uses Zoom for online interactive meetings. If the *Listening for God in our Lives* program is offered in an in-person meeting venue such as in a church, the detailed outline should be modified to reflect that. Note that if the program is offered in-person, in addition to a single meeting room for all meetings, a large area in which participants can spread out into pairs (such as the church’s worship area or nave) is needed for meetings 9-11 and 13-24. If the program is on Zoom, use the same Zoom meeting link and meeting number for all meetings, and set it up so participants can join the meeting prior to the “start” time.

Additional information about Companioned Prayer is available at [www.CompanionedPrayer.org](http://www.CompanionedPrayer.org).

**Part 1: Listening for God in Scripture  
with the ancient practice of Lectio Divina**

(Six meetings; add times)

**First meeting – [add day and date]**

* Program overview
* Introductions
* Psalm 46:10
* Discussion: Introduction to Lectio Divina
* A short Lectio Divina experience, 2/2/2

**Second meeting – [add day and date]**

* Discussion about sharing
* Experiencing the mystery of God within us (discussion & exercise)
* Lectio Divina: more discussion and experiencing it, 2/2/2/4

**Third meeting – [add day and date]**

* Experiencing the mystery of God within us (exercise)
* Discussion: the basics of Lectio Divina
* Lectio Divina: 2/2/2/5

**Fourth meeting – [add day and date]**

* Discussion: The liturgical and monastic forms of Lectio Divina
* Lectio Divina: 2/2/2/5

**Fifth meeting – [add day and date]**

* Discussion: Extending the time of silence in Lectio divina
* Experiencing the longer silence in Lectio Divina, 2/2/2/10
* Discussion of the varieties of ways that Lectio Divina is practiced

**Sixth meeting – [add day and date]**

* Continuing to experience the longer silence in Lectio Divina, 2/2/2/10
* Discussion of Lectio Divina as a regular spiritual practice

**Part 2: Listening for God in Our Daily Activities  
with St. Ignatius’ Daily Examen**

(Five meetings; add times)

**Seventh meeting – [add day and date]**

* Experiencing the mystery of God within us (exercise)
* Discussion: Who was St. Ignatius? And what is his Daily Examen?
* Listening to his Daily Examen (exercise & sharing)

**Eighth meeting – [add day and date]**

* Listening to the Daily Examen (exercise & sharing)
* Discussion about the format of the Examen

**Ninth meeting – [add day and date]**

* Discussion of one-way companioning
* Separate into pairs and companion each other in the Examen
* Discussion of the experience of companioning and being companioned

**Tenth meeting – [add day and date]**

* Discussion of two-way (responsive) companioning
* Separate into pairs and companion each other in the Examen
* Discussion of the experience of companioning and being companioned

**Eleventh meeting – [add day and date]**

* Discussion of the varieties of forms of the daily Examen
* Short reminders about companioning
* Separate into pairs and companion each other in the Examen

**Part 3: Listening for God in Our Hearts  
with Companioned Prayer**

(Seven meetings; add times)

**Twelfth meeting – [add day and date]**

* Discussion of the God’s personal love for us, and Jesus’ love
* An exercise in noticing God’s love in our lives
* Discussion of Companioned Prayer – a personal introduction
* A group *Reflective Prayer* (and sharing)

**Thirteenth meeting – [add day and date]**

* Discussion of experiencing the loving heart of Jesus
* Experiencing the body-feel of Jesus’ love: the exercise of holding a baby
* Separate into pairs and companion each other in reflective prayer using the *Introduction to the Loving Heart of Jesus* prayer form
* Sharing and discussion

**Fourteenth meeting – [add day and date]**

* Discussion of the two additional Companioned Prayer movements:
  + *Letting Go in the Loving Heart of Jesus*
  + *Being Open to God’s Spirit*
* Separate into pairs and companion each other with Companioned Prayer
* Sharing and discussion

**Fifteenth meeting – [add day and date]**

* Discussion of discerning what God wants us to pray about
* Brief review of the two additional prayer movements
* Separate into pairs and companion each other with Companioned Prayer
* Sharing and discussion

**Sixteenth meeting – [add day and date]**

* Discussion of reflecting symbols within the prayer
* Separate into pairs and companion each other with Companioned Prayer
* Sharing and discussion

**Seventeenth meeting – [add day and date]**

* Discussion of the prayer as a continuous flow of surrender instead of experiences of discrete parts or independent movements
* Separate into pairs and companion each other with Companioned Prayer
* Sharing and discussion

**Eighteenth meeting – [add day and date]**

* Discussion of the most important parts of the prayer
* Separate into pairs and companion each other with Companioned Prayer
* Sharing and discussion
* Discussion of the optional program extension.
* About the Companioned Prayer Christian Fellowship (CPCF)

**Optional Program Extension**

(Six meetings; add times)

This optional program extension is offered only to those *Listening for God* participants who wish to continue experiencing Lectio Divina and Companioned Prayer, and to receive additional instruction.

**Nineteenth meeting – [add day and date]**

* Lectio Divina and brief sharing
* Discussion of the Companioned Prayer forms for each church season
* Separate into pairs and companion each other with the Companioned Prayer form for Lent
* Sharing and discussion

**Twentieth meeting – [add day and date]**

* Lectio Divina and brief sharing
* Discussion of shifting our awareness from seeking prayer experiences to abiding in God
* Separate into pairs and companion each other with the Companioned Prayer form for Advent
* Sharing and discussion

**Twenty-first meeting – [add day and date]**

* Lectio Divina and brief sharing
* Discussion of the spirituality and role of the body in the prayer
* Separate into pairs and companion each other with the Companioned Prayer form for the Triduum
* Sharing and discussion

**Twenty-second meeting – [add day and date]**

* Lectio Divina and brief sharing
* Separate into pairs and companion each other with the Companioned Prayer form for the Christmas season
* Discussion of a topic chosen by the program participants
* Sharing and discussion

**Twenty-third meeting – [add day and date]**

* Introduce members of **insert church name** Companioned Prayer ministry
* Lectio Divina and brief sharing
* Discussion of the Intercessory Companioned Prayer form
* Separate into pairs and companion each other with the Intercessory Companioned Prayer form
* Sharing and discussion

**Twenty-fourth meeting – [add day and date]**

* Again, welcome members of **insert church name** Companioned Prayer ministry
* Lectio Divina and brief sharing
* Separate into pairs and companion each other with the standard Companioned Prayer form for the Easter season
* Discussion of Companioned Prayer in Church ministry
* Discussion of Lectio Divina and the Daily Examen in ministry
* Sharing and discussion

**Program Wrap-up**

(One meeting – for all program participants; add times)

**Twenty-fifth meeting – [add day and date]**

* Lectio Divina (experience and sharing)
* Program review:
  + Before-and-After guided reflection about our experience in the program
  + Sharing
* Discussion: Experiencing the personal love and grace of God in our lives
  + Experiencing Jesus’ love for us
* Is God calling us to do anything more?
  + A guided reflection on being called; and sharing
  + Discussion: Are we moved by the Spirit to do anything more?
  + Optional four-week extension for Lectio Divina and Companioned Prayer
* Closing: Thanks, and program feedback

**Part 1: Listening for God in Scripture  
with the ancient practice of Lectio Divina**

Before the first meeting, provide each participant the confirmation pdf, the program calendar, and the program high level outline. With the meeting invitation, include all six of the lectio readings for Part 1 of the program.

**First meeting – Program overview and intro to Lectio Divina – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Zoom Logins**   * Wait for everyone to log into Zoom, assist with any problems. * Announce that all future meetings will begin at **[time]** with an opening prayer. Request that everyone always log in at least five minutes early, so we are all ready to begin at **[time]**. |
|  | 5 |  | **Opening**   * Welcome * Opening prayer and opening remarks * Blessing of the program [and our individual spaces if participating via Zoom]. |
|  | 5 |  | **Program focus**   * Why do we want to listen for God in our lives? What will happen to us?   + The impact of awareness of God in our lives. * The Catholic Church’s traditions for listening – practices and prayers   + Lectio Divina, the daily Examen, and Companioned Prayer   + The program is designed to expand our understanding of these methods of prayer and of our openness to God, in a progressive way through these three forms of prayer, with the discussion and experience of each meeting adding to that of the next meeting. * The best parts of our meetings will be the experiencing parts and sharing. * Today we begin the first part of our program: Listening for God in Scripture. |
|  | 15 |  | **Introductions, and why are we here?**   * We are all unique: we have our own stories of how God has called us and continues to call us. But we are also community: we grow in faith and our relationship with God within, and in part through, the support of each other. * Sharing a bit about ourselves and why we have elected to participate in this program. What drew us; what are we hoping for? (Invite each person to introduce themself and to share something about themself, including responding to the above question.) |
|  | 15 |  | **Discussion of the program**  As we get ourselves ready to enter into our *Listening for God* program, let’s take a few minutes to go over some recommendations for participating:   * We want this to be a collaborative experience. We are all God’s children and are graced by him in different ways. Friendly discussion and contributions are welcomed and valued.   + Growing in our friendship and fellowship * Confidentiality of sharing; and privacy. No recording. * Read the LFG disclaimer, HO-02b.   + Invite and respond to any questions.   + Will email everyone a copy of the disclaimer.   + Let participants know that I am also available to discuss any concerns privately. * Experiencing prayer and community online may be a new experience.   + Loss of internet service and other online or Zoom issues:     - A plug-in connection is usually better than wireless/Wi-Fi.     - If wireless, stay near your wireless antenna.     - If you drop off, just rejoin. If you keep dropping off or freezing, change your audio to dial-in using one of the Zoom numbers.     - Limiting others from streaming or watching TV may also help.     - If I (the host) drop off, just keep meeting. I will try to rejoin.     - Any issues during a Zoom call, you can text the moderator   + Recommendations for using Zoom:     - Use the Zoom browser app rather than the Zoom website     - Try to be in a quiet place with few interruptions     - Don’t worry if it looks like none of us are looking at you; we are, it’s just that our cameras do not align with our pictures     - Full screen (ESC to exit); and Gallery View versus Speaker View     - Please log-in at least 5 minutes early. This is important, as we need to all begin together at **[time]**.   + Differences between online and in-person meetings (watching vs. involved). Online requires greater attentiveness and patience.   + Encourage us to stand up and stretch to get our blood going and to help us be more attentive (just like in Mass!)   + “Where two or more are gathered in my name, I am there with them.” * Our program has 19 meetings: 6 on Lectio Divina, 5 on St Ignatius’ Daily Examen, 7 on Companioned Prayer, and 1 program wrap-up meeting. There will also be an additional optional three-weeks (6 meetings) for anyone who wishes to acquire more experience. Please block out the extra meetings on your calendar to ensure that you give yourself the choice.   + Meetings will be an hour-and-a-half long (sometimes a little longer.)   + This is a unique and exciting program. The meetings will progressively develop our exploration and experience. Each meeting’s discussion and experience build upon those of the prior meetings.   + So, we will progress together as a group. This is important because about halfway through the program, we will begin to companion each other in prayer, and each person will need to have acquired certain skills and understandings to be able to companion each other.   + Therefore, regular attendance is anticipated. Please make every effort to regularly participate. This is not intended to be a drop-in program. Irregular attendance won’t work because this will become a very collaborative experience where we are depending upon each other’s participation. That may sound intimidating, but if you just show up and take part you will be fine. Not much more than that is necessary.   + Exceptions/things do happen. What to do if you miss a meeting: encourage you to contact me or another participant to see what you missed.   + Something extra is experienced as we regularly participate: we become a community of personal friends in faith, in God’s Spirit. * All meetings will begin and end with a prayer or a scripture reading; these are integral to our experience; they are not a prelude or an afterthought.   + Prayers can be extemporaneous or written, traditional, or other.   + You are all encouraged to say these opening and closing prayers or readings. Who would like to offer opening or closing prayers or readings? * The program will blend learning prayer methods with being open to the mystery of the real presence of God.   + Like learning to play the piano: Method and practice evolves into playing the music, to being in the music, and then being played by the music. So, while we are learning the methods, we will also try to always be open to the mystery.   + The program will focus on how to experience prayer, rather than talking about the theology of prayer. Every meeting will include an experience of prayerful listening or noticing. * Questions or comments? |
|  | 10 |  | **Lectio Divina and experiencing Psalm 46 verse 10**   * Very short discussion of what Lectio Divina is and is not * Experiencing: Psalm 46 verse 10 [use TA-01]   + Instruction; followed by the Psalm 46 vs 10 exercise * Sharing**:** What was that like? * Summary: in faith being in God’s presence; being open; noticing what may come; and nurturing. The prayer or meditation/reflection is between you and God, not between the person reading (your prayer companion) and you. |
|  | 10 |  | **Discussion of Lectio Divina**   * Ancient form * Not a Bible or scripture study; and it does not replace that * In a group experience, the reading is usually repeated a number of times, each one followed by some silence. During the silence, simply pay attention to what may stand out to you in some way. * There are a variety of Lectio formats, e.g., sharing a word out loud after hearing a reading; repeating the reading twice, three times or four times; combining it with centering prayer; etc. Often the last period of silence is longer, typically 10, 20 or sometimes 30 minutes. So how we will be experiencing Lectio may be different from what you are used to, and your response may be, “But that’s not the right way!” Yes, other ways are very good too; but let’s learn it one way. In our fourth meeting we will discuss the varieties of forms of Lectio. * Let’s try it: we are going to read the scripture three times, we will not be sharing a word or any of our responses until after our lectio is over, and we are only going to do the last silence for about 4 minutes. * What to do during that four-minute longer silence? Just be open to God’s presence; and if there is some further noticing and nurturing with respect to how the scripture passage may have moved you or what may have stood out for you, then go ahead and allow yourself to spend more time within that, just being open to God within all of it. * After the Lectio we will have time for some sharing. |
|  | 20 |  | **Practice of Lectio Divina (LD-01)**   * Briefly describe the steps we are going to do [don’t use the lectio terms yet; – and explain why I use a chime instead of the Lord’s Prayer] * Experience: Lead Lectio with pauses of about 2, 2 and 4 minutes [use LD-01 and use TA-05c or similar wording; and a chime or bell at the end] * Sharing: What was that like? What did you notice? |
|  | 5 |  | **Closing**   * Next week: more discussion and practice of Lectio Divina * Any questions, comments or suggestions? * I will be emailing everyone the LFG disclaimer, HO-02b * Remember to unmute your phones * Thank everyone for participating * Closing prayer/scripture |

With the meeting invitation, include the LFG disclaimer (HO-02b).

**Second meeting – Continuing to discover Lectio Divina – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Welcome to *Listening for God in our Lives* * Anyone have any announcements? * [Any new participants? (If so, do brief introductions all around) ] * Today’s topic: continuing to discover Lectio Divina   **Follow up**   * Any questions, comments, or suggestions from last time? |
|  | 20 |  | **Discussion of experiencing God within us** (5 min)   * How do we experience God in our lives? Or when do we experience him? (Ask for responses) * A common experience we all have sometimes. Recall how natural and good it feels: safe, peaceful, full… (Ask, What else?)   **Lead the exercise of interior awareness of the mystery of God within us**  (10 min) [use TA-04]   * Sharing (5 min)   + What was that like?   + What did you discover? |
|  | 10 |  | **Discussion about sharing during our entire *Listening for God* program**   * Sharing is a very important part of this entire *Listening for God* program. Experiencing our prayers and sharing our prayer experiences are the heart of the program. This relies upon you. I need you to engage in this so we can all learn and explore together.   + This means that you must sit close to your computer so we can see you and you can see us; and importantly,   + These are not learnings that you can pass on to someone else who is not in our meeting. This is “real-time” experience and sharing. * Some rules: Confidentiality of sharing; and privacy. No recording. * Different ways to share: sharing our personal experiences versus sharing about our experiences, e.g., you don’t need to share the details of an experience in order to share its general sense. * “Mystery” = beyond speech; beyond words. * Does sharing change the experience? Yes, it can change how we recall it. Journaling can help us retain a link to our experiences. * How much to share (if at all), and how to share, is each person’s choice. In discerning whether or not to share, try to follow the promptings of the Holy Spirit. Share as you sense it is right and okay, and as you may feel prompted from within. You should never feel pressure to share from our group or the leader; and you should never share if you do not want to. * All that said, sharing of what you experience, and of your thoughts and feelings, are encouraged. The emphasis is to share your direct experiences rather than just theology by itself; that is, sharing of a theological insight should be tied to the sharing of an experience. [give an example] * Sharing that you did not experience anything is equally valuable, and is also encouraged.   + Not experiencing anything is normal, it is common; it is not a sign of any deficiency.   + This reinforces for all of us that just listening by itself is a gift. * Advice or criticism of what a person has shared is not appropriate. * Creating a safe sharing environment; fellowship in faith. * Sharing is an integral part of being a community. * Any questions or comments? |
|  | 10 |  | **Discussion about Lectio Divina**   * Read out loud Becky Eldridge’s description of Lectio Divina from any of the TA-05s. * Discussion of what to do in the silence   + Coming inside to that quiet place where we are touched by him.   + Handling thoughts, distractions, etc. * The basics:   + Being held and cared for within God’s love   + Being open to his grace   + Noticing and following   + Coming back to our intention and any words or meaning that stood out |
|  | 35 |  | **Practice of Lectio Divina (LD-02)**   * Explanation (5 min): this lectio will have four readings, with 5 minutes of silence after the fourth reading.   + Don’t worry if you get bored, etc.   + Be open to God and do not expect anything; just allow yourself to be responsive to what comes   + Don’t have to follow the reading to the end if something calls you * Experience (20 min): Lead the lectio (2/2/2/5) [use LD-02 and use TA-05a; and a chime or bell] * Sharing (10 min)**:**   + What was that like? What stood out to you?   + Did you experience any challenges or difficulties in practicing the Lectio? Did your mind wander? Were you looking for something that didn’t materialize? Were you concentrating or open? |
|  | 5 |  | **Closing**   * Why are we listening for God in our lives? * Suggestion: might want to try lectio on your own with a scripture reading * Next week: more discussion and practice of Lectio Divina * Would anyone like to offer the next meeting’s opening or closing prayer? * Any questions, comments or suggestions? * Closing prayer/scripture |

With the meeting invitation, include the list of Lectio resources.

**Third meeting – Continuing to discover Lectio Divina – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Welcome to *Listening for God in our Lives*; any announcements? * Today’s topic: Continuing exploring Lectio Divina   **Follow up**   * Check-in: How is everyone doing? * Any questions, comments, or suggestions from last time? * Did anyone try Lectio at home? |
|  | 15 |  | **Again, experiencing God within us**   * Experience: Lead the exercise of interior awareness of the mystery of God within us (10 min) [TA-04] * Sharing:   + What was that like?   + What did you discover? |
|  | 5 |  | **Discussion about Lectio (repeat of the previous meeting, as necessary)**   * Discussion of what to do in the silence   + Coming inside to that quiet place where we are touched by him.   + Handling thoughts, distractions, etc. * Being held and cared for within Gods love   + Being open to his grace   + Noticing and following   + Coming back to our intention and any words or meaning that stood out or felt special |
|  | 35 |  | **Practice of Lectio Divina (LD-03)**   * Explanation: this lectio will have 5 minutes of silence after the fourth reading.   + Don’t worry if you get bored, lose your attention, etc.   + Be open to God and do not expect anything; just allow yourself to be responsive to what comes * Experience: Lead the lectio (2/2/2/5) [use LD-03 and TA-05b; and a chime or bell at the end]   + Instruction; followed by the exercise. * Sharing**:** What was that extra time like? What did you discover? What seemed meaningful to you? |
|  | 5 |  | **Closing**   * Why are we listening for God in our lives? * I will email everyone a list of lectio Divina resources. * Suggestion: explore some of these resources and let us know what you find * Next week we will talk about what are called the “liturgical” and “monastic” practices of Lectio Divina. * Suggestion: try lectio at home with a scripture reading * Would anyone like to offer the next meeting’s opening or closing prayer? * Any questions, comments, or suggestions? * Closing prayer/scripture |

**Fourth meeting – The Liturgical and Monastic forms of Lectio Divina – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Welcome to *Listening for God in our Lives*; any announcements? * Today’s topic: Continuing exploring Lectio Divina - the ‘Liturgical’ and ‘Monastic’ methods of praying Lectio Divina   **Follow up**   * Any questions, comments, or suggestions from last time? * Did anyone look into any of the resources? What did you find? * Did anyone try Lectio at home? |
|  | 20 |  | **Discussion: the “Liturgical” and “Monastic” forms of Lectio Divina**   * Overall, common to all forms: in faith being in God’s presence; being open; noticing what may come; and nurturing our appreciation of it. * The “liturgical” or “scholastic” form: someone reading the scripture for us to listen and respond to. (Lectio in a group environment.)   + Traditionally, 4 movements each associated with   + *Lectio* (reading/listening)   + *Meditatio* (meditation/pondering)   + *Oratio* (prayerful dialog with God)   + *Contemplatio* (contemplation)   + The four movements understood in this way may be artificial/non-helpful, or helpful.   + Relate these movements with the introductory phrases we are using in TA-05a and TA-05b. * The “monastic” form of Lectio Divina: reading scripture on your own.   + A more continuous prayer/listening process with the timing set by the Holy Spirit: our noticing and responding to it.   + No set or timed pauses for noticing or reflection   + Timing is in response to the Holy Spirit   + Same essential Lectio elements of openness in faith, listening, waiting, noticing, responding, nurturing and thankfulness.   + Do not need to complete the entire reading or repeat it a set number of times, if you feel drawn into what has come.   + Allowing plenty of time to notice and follow is key. Do not rush through it.   + Can easily transition into longer contemplative prayer, e.g., 30 minutes of silence. * Fr Basil Pennington says, “Take a Word with you into your day.” |
|  | 35 |  | **Practice of Lectio Divina (LD-04)**   * Explanation: this lectio will have 5 minutes of silence after the fourth reading.   + Don’t worry if you get bored, lose your attention, etc.   + In faith be open to God and do not expect anything; just allow yourself to be responsive to what comes   + Allow your thoughts or awareness to come back to what stood out to you; but do not recite it or question it (which are forms of control). Just be open and present within it, in the presence of God. * Experience: Lead the lectio (2/2/2/5) [use LD-04 and TA-05b; and a chime or bell] * Sharing**:** How was that longer silence? What happened or didn’t happen during it? How was it different than the two preceding shorter periods of silence? [Confirm that a variety of experiences is usual. Discuss how to handle the mind wandering, distractions, etc. as needed.] |
|  | 10 |  | **Discuss how to end periods of long silence, and why it is important**   * The mind can be drawn into a place of more intimate quiet in the longer time of silence following the last reading. * We want our transition to greater activity to be smooth, not jarring. * We want to retain awareness of what was special in our experience. * Especially important if there is a significant period of silence after the last reading. * Take a little while to open the eyes. Do not do so suddenly. * Begin listening to sounds around you. * Become aware of your breathing. Take a few larger breaths. * Wiggle your toes, move your feet, roll your neck, stretch, etc. * Softly say a very short prayer to yourself, silently. It can be related to your time of reflection; or it might be just a word or very short phrase such as, “Glory be to the Father, Son and Holy Spirit” or “Thank you Jesus.” |
|  | 5 |  | **Closing**   * Next time: discussion will be about the variety of ways that Lectio Divina is practiced. * Recommend continuing to explore the list of Lectio Divina resources. * Recommend trying Lectio on your own using the “monastic” method. * Try taking a Lectio Word with you into your day, as Fr Basil Pennington recommends. * Would anyone like to offer the next meeting’s opening or closing prayer? * Any questions, comments, or suggestions? * Closing prayer/scripture |

**Fifth meeting – Variety of ways Lectio Divina is practiced – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Welcome to *Listening for God in our Lives*; any announcements? * Today’s topic: Variety of ways that Lectio Divina is practiced; and experiencing a longer period of silence at the end.   **Follow up**   * Any questions, comments, or suggestions from last time? * Did anyone look into any of the resources? What did you find? * Did anyone try Lectio at home using the “monastic” method? |
|  | 15 |  | **Discussion: the contemplative aspect of a longer period of silence at the end.**   * Transitioning into 10, 20 or 30 minutes of silence after the last reading; the last *“Contemplatio”* part of the prayer. * An intentional silence in faith; not a silence of “mindfulness.” Intentionally:   + Being with God, being with Jesus Being drawn by him into a closer intimacy with him.   + Resting in his presence, in his gentle love.   + Continuing to be with whatever came to us, and allowing our self to go deeper into it (following it, rather than analyzing it).   + Being effortlessly alert and awake in the enfoldment of God’s love. * Easily coming back to our intention when distracted. * Similarities and differences between this and Centering prayer. |
|  | 45 |  | **Practice of Lectio Divina (LD-05)**   * Explanation: this Lectio will have 10 minutes of silence after the fourth reading.   + Don’t worry if you get bored, lose your attention, etc.   + In faith be open to God and do not expect anything; just allow yourself to be responsive to what comes   + Allow your thoughts or awareness to come back to what stood out to you; but do not recite it or question it (which are forms of control). Just be open and present within it, in the presence of God. * Experience: Lead the lectio (2/2/2/10) [use LD-05 and TA-05b; and a chime or bell] * Sharing**:**   + How was that longer silence? What happened or didn’t happen during it?   + How was it different than the two preceding short periods of silence?   + [Confirm that a variety of experiences is usual. Discuss how to handle the mind wandering, distractions, etc. as needed.] |
|  | 15 |  | **Discussion: Varieties of Lectio Divina in a group setting**   * What are some of the different ways that you have experienced Lectio Divina? * Common varieties of how Lectio Divina is practiced in group settings:   + Introductory comments/instructions before each reading; or no such introductions.   + No long periods of silence; or a longer silence after the last reading.   + A chime used as a prelude to each reading, or after each reading; as well as at the end of the last period of silence (end of session).   + A different person reads each time.   + People share out loud a word or phrase of what stood out to them after each reading.   + People reflect upon the significance of what came to them after the last reading; or expand upon another person’s reflection.   + Read different translations of the same passage for each reading.   + Use non-scripture readings, e.g., statements by the saints, poetry, or other religious autobiography or literature.   + Ending with Our Father.   + Sometime the last longer period of silence is practiced as 20 to 30 minutes of Centering Prayer; or Lectio Divina and Centering Prayer are practiced sequentially. * Lectio is not a printed commentary called “Lectio Divina”; it is a living encounter with God through scripture; it is a prayer, not a study or a homily, even if such a homily was inspired by a Lectio Divina experience.   + Common confusion with this. |
|  | 5 |  | **Closing**   * Next time: we will explore Lectio Divina as a regular spiritual practice. * Recommend continuing to explore the list of Lectio Divina resources * Recommend continuing with Lectio Divina on your own or with a friend or spouse. * Any questions, comments, or suggestions? * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

**Sixth meeting – Lectio Divina as a regular spiritual practice – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Welcome to *Listening for God in our Lives*; any announcements? * Today is our last meeting dedicated to Lectio Divina. * Today’s topic: Lectio Divina as a regular spiritual practice.   **Check in sharing:**   * How is everyone doing? |
|  | 40 |  | **Practice of Lectio Divina (LD-06)**   * Explanation: this lectio will have 10 minutes of silence after the fourth reading like last time. But it will have no instructions before each reading.   + Don’t worry if you get bored, lose your attention, etc.   + Be open to God and do not expect anything; just allow yourself to be responsive to what comes.   + In the additional time after the last reading, during the 10 minutes, allow yourself to go beyond where you have come to; be open to allowing yourself to be silently drawn beyond, into the light of God, into God’s presence. Silently means quietly, without effort. With any inspiration received from your Lectio experience, simply surrender into the tender embrace of God. * Experience: Lead the lectio (2/2/2/10) [Use LD-06, but do not use any  TA-05 (do not preface each reading). Use a chime or bell at the end of the ten minutes] * Sharing**:**   + What stood out to you?   + Were you moved in some way to a new understanding of the scripture?   + How might your experience of this lectio influence your faith, your life? |
|  | 20 |  | **Discussion of Lectio Divina as a regular spiritual practice**   * How is listening and being with scripture in this way, different from how we usually read or hear scripture? What about experiencing the same scripture reading both ways? * The gospel of John begins by saying, “In the beginning was the Word, and the Word was with God, and the Word was God.” We often hear it said that scripture is the “word of God” and after we hear the readings during Mass, we say, “The word of God.” Has your experience of Lectio Divina affected your understanding of this doctrine? * Lectio Divina” is Latin for “holy reading” or “divine listening” * What do you think of Lectio Divina as a spiritual practice?   + How often would be best to practice it?   + With or without the added silence?   + What might happen if you practiced it regularly? * Is Lectio Divina a spiritual practice, a spiritual exercise, or a prayer?   + Depends upon how you approach it. * What do you think of Lectio Divina asa small faith community experience?   + Should our/your parish have a Lectio group that meets regularly? Anyone want to organize that?   + What Lectio format is best? Try out several. Rotate leadership if possible. |
|  | 5 |  | **Closing**   * Next time we will begin part 2 of our program: listening for God in our *daily activities* – St. Ignatius’ daily Examen * Would anyone like to offer the next meeting’s opening or closing prayer? * We will continue to use our same Zoom invitation. * Closing prayer/scripture |

**Part 2: Listening for God in Our Daily Activities  
with St. Ignatius’ Daily Examen**

**Seventh Meeting – An Introduction to St Ignatius’ daily Examen – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Welcome to *Listening for God in our Lives*, part 2: listening for God in our daily activities with the practice of St. Ignatius’ Daily Examen * Any announcements? |
|  | 10 |  | **Lead the exercise of interior awareness of the mystery of God within us**  (10 min) [use TA-04]   * Sharing   + What was that like?   + What did you discover? |
|  | 20 |  | **Discussion of St Ignatius**   * Who he was and what he is known for * His full 30-day *Spiritual Exercises* program versus his “Daily Examen” * There are a variety of Examen formats. A classic Examen is in five parts:   + Call upon God: to be able see your day as God sees it.   + Be thankful: call to mind everything in the last day you are thankful for.   + Notice God’s presence: in each hour of the past day.   + Notice the lack of God’s presence: and what you were doing.   + Look to the future: ask God for what you need for the next day. |
|  | 30 |  | **Practice of St Ignatius’ daily Examen**   * We will be listening to Fr. James Martin’s podcast of the daily Examen. He uses ten movements, so he offers more step-by-step guidance. It will take about 18 minutes. Afterwards we will have time to share. * Experience: Play James Martin’s podcast (18 minutes) * Sharing (10 minutes)   + What was that like? What do you think of it?   + Was anything surprising revealed to you?   + How did this practice make you feel about the presence of God in your life? |
|  | 5 |  | **Closing**   * Why are we listening for God in our lives? * I will be emailing everyone a list of daily Examen resources, including Fr. Martin’s daily Examen podcasts * Suggestions:   + Explore some of these resources and let us know what you find   + Begin listening to Fr. James Martin’s daily Examen podcasts daily * Next week: continuing with St Ignatius’ daily Examen * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

With the eighth meeting invitation attach the pdf of James Martin’s Examen HO-06 and ask everyone to print it. Also attach the list of resources for the Examen.

**Eighth meeting – Continuing with St Ignatius’ daily Examen – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 10 |  | **Opening**   * Opening prayer/scripture * Welcome to *Listening for God in our Lives* * Any announcements? * Today’s topic: continuing to discover St Ignatius’ daily Examen * Confirm that everyone has printed the pdf of James Martin’s Examen (HO-06).   **Follow up**   * Any questions, comments, or suggestions from last time? * Did anyone look into any of the Examen resources? What did you find? * Did anyone try either lectio or the daily Examen at home? |
|  | 20 |  | **Discussion about the daily Examen**   * Breaking it down: the ten movements offered by Fr James Martin’s version (Refer to the printed pdf version, HO-06) * In common with Lectio: in faith being in God’s presence; being open; noticing what may come; and nurturing (look at the words of the handout) * Is the Examen a prayer or simply a spiritual exercise? What would make it a prayer? (The difference between technique and prayer; the experience of transitioning from an exercise to prayer over time) * Can be done at home: listen to the podcast or try it with a friend |
|  | 30 |  | **Practice of St Ignatius’ daily Examen**   * Introduction: We will again be companioned by Fr. James Martin in his podcast of the daily Examen. It will take about 18 minutes. Afterwards we will have time to share. * Experience: Play the podcast (18 minutes) * Sharing (10 minutes)   + What was that like? What do you think of it?   + Was anything surprising revealed to you?   + How did this practice make you feel about the presence of God in your daily activities? |
|  | 5 |  | **Closing**   * Next meeting: companioning each other in the daily Examen (no podcast needed!) You will need your printed version of HO-06, James Martin’s Daily Examen, and you will also need a clock or watch with a second hand. * Would anyone like to offer the next meeting’s opening or closing prayer? * Any questions, comments or suggestions? * Closing prayer/scripture |

With the ninth meeting invitation ensure that everyone has a printed copy of HO-06, James Martin’s Daily Examen. And let everyone know that they will need a clock or watch with a second hand.

**Ninth meeting – Accompanied daily Examen – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Any announcements? * Today’s agenda: how to share the daily Examen with others: the art of companioning someone else in their prayer practice. * Confirm that everyone has a printed version of HO-06 to use for companioning each other. * Confirm that everyone has a clock or watch with a second hand. * Today we will start as we are, all together, and later separate into pairs, and then all come back together again on Zoom. Questions? |
|  | 15 |  | **Discussion of companioning**   * I [or we] have been your lectio companion[s] in the first part of our program by reading the Lectio scripture passages to you. In the last two meetings Fr. James Martin has companioned you in the Examen. Now you will explore what it is like to be a companion for another person. * Refer to HO-06, Fr. Martin’s daily Examen.   + Any questions about the format? * General principles:   + Both of you are held and cared for within God’s love   + Neither of you can make anything happen (so don’t try)   + The prayer is between the person praying and God; not between the person praying and the companion * How to be a companion:   + You already know what it feels like to be companioned in prayer. You appreciate sensitivity and patience; no expectations. You know something holy is going on. So, when you companion, do so from that same place of faith inside you, knowing that you are accompanying someone in their personal time with God.   + You are not directing the other person. You are inviting them.   + What Pope Francis calls “the art of accompaniment”: faith, sensitivity, support, and presence for the other person.   + Do not read out loud the paragraph titles.   + You can keep your place by placing your thumb and finger on the step you are doing; or check it off with a pencil or pen. * How to be companioned in prayer:   + Keep your eyes closed throughout and stay focused interiorly in your time with God.   + Do not try to have any kind of experience. Just be open in faith in the presence of our Lord.   + Your prayer experience is private. You do not need to share your experience out loud while you are being companioned. |
|  | 40 |  | **Practice: Companioning each other with St Ignatius’ daily Examen**   * Via the Zoom Breakout Rooms, take turns companioning each other using the printed HO-06 version of James Martin’s Daily Examen.   + Once in your breakout room, confirm the sound levels with your prayer partner before starting. * Return to our main Zoom meeting when you have both had an opportunity to read for each other; should be by **insert time** [adjust as needed] * Questions? |
|  | 10 |  | **Sharing and discussion**   * What was it like to companion another person? * When you were being companioned, was the experience of the Examen different in any way? (e.g., were you self-conscious?) * How might this companioned Examen be used in ministry? |
|  | 5 |  | **Closing**   * Next meeting will be very interesting. We are going to do what might be termed “responsive companioning” of the Daily Examen. * I will email everyone HO-07, the companioned version of James Martin’s Daily Examen. You will need to print HO-07 for the meeting. You will not need a clock or a watch. * Any questions, comments or suggestions? * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

With the tenth meeting invitation ensure that everyone has a printed copy of HO-07, the companioned version of James Martin’s Daily Examen.

**Tenth meeting – Accompanied daily Examen – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Any announcements? * Today’s we will be doing a more responsive form of companionship with the Daily Examen. * Confirm that everyone has a printed version of HO-07, the Examen we will be using to companion each other. This is different than HO-06 that we used last time. * We will again be breaking into pairs to companion each other. * Questions? |
|  | 20 |  | **Discussion of how we will be companioning each other**   * Same as last time, where one person reads the Examen text to the other person who has their eyes closed – except, that instead of pausing after each paragraph for a set amount of time before reading the next paragraph, today you will stop after each paragraph and wait for the person you are companioning to let you know when they are ready to go on. * Let’s look at HO-07 to see how this works (review HO-07 with everyone).   + What “wait” means.   + When they say that they are ready, then you read the next part. They can simply say “okay” to let you know that they are ready. * This more responsive companioning:   + Allows the person praying to better follow the interior nudging of the Holy Spirit with us, and being responsive to him – in the same way as in the monastic form of Lectio Divina.   + Allows responsiveness to the interior timing of prayerful listening.   + Allows for smooth transitioning from each movement without any sense of startle of suddenly imposed instruction from the companion. Another words, the person praying controls the pace. * Review of general principles from last time:   + Both of you are held and cared for within God’s love   + Neither of you can make anything happen (so don’t try)   + The prayer is between the person praying and God; not between the person praying and the companion * How to be companioned in prayer:   + Keep your eyes closed throughout and stay focused interiorly in your time with God, even when letting your companion know that you are ready to go on.   + Let your companion know when you are ready to go on to the next movement by keeping your eyes closed and saying, “Okay.”   + You do not need to share with your companion what you are experiencing. This is private; just between you and God.   + Take plenty of time to linger, to notice and to nurture God’s presence within your prayer without expectations. This is the most important understanding. Do not rush. * Questions? |
|  | 45 |  | **Practice: Companioning each other with St Ignatius’ daily Examen**   * Via the Zoom Breakout Rooms, take turns companioning each other using the printed HO-07 companioned version of the Examen   + Once in your breakout room, confirm the sound levels with your prayer partner before starting. * Return to our main Zoom meeting when you have both had an opportunity to companion each other; should be by **insert time** [adjust as needed] * It is the responsibility of the companion to keep track of the overall time. If time is running out, the companion informs the person who is praying, and the person who is praying decides whether to continue or not, or for how long. * Questions? |
|  | 10 |  | **Sharing and discussion**   * What was it like to companion another person? * When you were being companioned, was the experience of the Examen different in any way? (e.g., were you self-conscious?) |
|  | 5 |  | **Closing**   * Next meeting will be the same as today. It will be our last meeting of Part 2 (focusing on the practice of the daily Examen). * Any questions, comments or suggestions? * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

Same as previously: With the eleventh meeting invitation again attach the pdf of the companioned Examen, HO‑07, and ask everyone to print it.

**Eleventh meeting – Accompanied daily Examen – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Any announcements? * Today’s agenda: same as last time, companioning each other in the daily Examen. * Confirm that everyone has a printed version of the Examen (HO-07) to use for companioning each other. * Questions, comments or suggestions? |
|  | 5 |  | **Discussion of companioning**   * Any questions or comments about companion each other using Fr. Martin’s version of the daily Examen? * Reminders:   + Both of you are held and cared for within God’s love   + Neither of you can make anything happen (so don’t try)   + The prayer is between the person praying and God; not between the person praying and the companion   + Take plenty of time to linger, to notice and to nurture God’s presence within your prayer without expectations   + Let your companion know when you are ready to go on to the next movement by keeping your eyes closed and saying, “Okay.” |
|  | 50 |  | **Practice: Companioning each other with St Ignatius’ daily Examen**   * Via the Zoom Breakout Rooms, take turns companioning each other using the printed HO-07 companioned version of the Examen   + Once in your breakout room, confirm the sound levels with your prayer partner before starting. * Return to our main Zoom meeting when you have both had an opportunity to companion each other; should be by **insert time** [adjust as needed] * You should each have plenty of time, so no need to feel under time pressure. * Questions? |
|  | 10 |  | **Sharing and discussion**   * What was that like? * Was it different in any way from last time? * What did you discover? * How might this companioned Examen be used in ministry? |
|  | 15 |  | **Examen resources and the variety of approaches to the Examen**   * Did anyone have an opportunity to review some of the Examen resources that were provided? What did you find? * Review some of the listed resources. * Other versions of the Examen offer different movement details   + What other versions have you practiced?   + Fr. Thibodeau’s many different daily Examens (refer to his book) |
|  | 5 |  | **Closing**   * This concludes the first two parts of our [Lenten portion of] listening for God – in scripture and in our daily activities.   + This was meant to be an introductory exploration of these prayer practices. Hopefully they deepened your [Lenten] spiritual experience.   + To really deepen your spiritual experiential growth, you may want to consider continuing to pray Lectio and the Examen routinely over a longer period of time in order to allow God to quietly work within you, surrendering yourself into the experience of his presence. * Recommendation: keep practicing Lectio Divina (use the monastic form of Lectio), and the Daily Examen (you can use James Martin’s podcast). * Our next meeting will move us into the third part of our program: Listening for God in our hearts with Companioned Prayer. [We are taking a one-week break for Holy Week before we begin that part, so] our next meeting will be **day and date**. This third exploration is the best part of the program. * We will continue to use our same Zoom invitation. * Would anyone like to offer the next meeting’s opening or closing prayer? * Any questions, comments or suggestions? * Closing prayer/scripture |

**Part 3: Listening for God in Our Hearts  
with Companioned Prayer**

With the meeting invitation, attach HO-01 *Bishop Quinn*; and HO-05 *The Prayer Movements*.

**Twelfth meeting – An introduction to Companioned Prayer – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 10 |  | **Opening**   * Opening prayer/scripture * Welcome back. [How was everyone’s Holy Week and Easter?] * A welcome to part 3 of *Listening for God in our Lives*, listening for God in our hearts with the practice of Companioned Prayer. * Our meetings in this part of the program will take every bit of our available time, so I again ask that everyone log into our Zoom meetings at least five minutes early. * Reconfirm what to do if Internet connection is lost. * With Companioned Prayer, we will be exploring many fascinating topics associated with how to experience the prayer. Many of these topics will have associated handouts which should also be read in order to enable full participation and a deeper prayer experience. * Today’s topic: noticing, and being in God’s love; Jesus’ love for us. |
|  | 10 |  | **Discussion: Companioned Prayer is a prayer of experiencing the love of Jesus**   * What is the loving heart of Jesus?   + Being held and cared for within God’s love   + Being open to his grace   + Noticing, following, and abiding in his love * What would it feel like to know the richness of this love in our lives?   + Hint: you already have experienced it and known it intimately   + Love felt from other people at different times in our lives. |
|  | 15 |  | **Noticing God’s love in our lives**   * A guided experience of noticing personal love and God’s presence within it (the Fred Rogers experience with an Ignatian twist) [use TA-02] * Lead the experience (5 minutes) * Sharing (5 minutes)   + Was anything surprising revealed to you?   + How did this practice make you feel about the personal presence and love of God in your life? |
|  | 30 |  | **Discussion: Introduction to Companioned Prayer**   * What is Companioned Prayer? Where it is from, and how I learned it, and why it is part of this program [Share your personal prayer experiences and how they have shaped your faith and spiritual life]. * Similarities with Lectio and the Examen. * Emphasizes being within Jesus’ loving heart – a more direct encounter. * Relationship between Companioned Prayer and Adoration; and between Companioned Prayer/Adoration and Centering Prayer. * This prayer takes quite a bit more time to learn, and we will be learning this prayer in many stages, including through the optional 4-week program extension. |
|  | 20 |  | **A group prayer experience using the Reflective Prayer format**   * Inform: Very briefly introduce the format of Reflective Prayer * Experience: Lead the group through a *Reflective Prayer for Ordinary Time* using HO-03. * Sharing: what was that like? |
|  | 5 |  | **Closing**   * Next meeting: The loving heart of Jesus in Companioned Prayer * Handouts will be: *The Loving Heart of Jesus* (text) [HO-09] and the *Introduction to the Loving Heart of Jesus* prayer form [HO-08]. * The handouts are very important since there is more info than we can discuss; and next time you will be companioning each other with the prayer form. Ask everyone to read HO-09 before the next meeting. * Next week we will be breaking into pairs again. * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

With the invitation to the thirteenth meeting provide: HO-09 the text on the loving heart of Jesus; and HO‑08 the prayer form *An Introduction to the Loving Heart of Jesus*. Have the Sacramento Bee’s picture of the man holding a baby (in TA-03) available to share during the meeting. Ask everyone to read HO-09 before the meeting. This meeting, and all future meetings, have a lot of activities in a short timeframe, so you must keep pace with the schedule if the meeting is not to be extended. Ask everyone to arrive a little early. Do not shorten the times for prayer.

**Thirteenth Meeting – Experiencing the loving heart of Jesus – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Our second meeting of listening for God in our hearts, with Companioned Prayer. * Today we are going to:   + Discuss the experience of the love of Jesus;   + Have an exercise of what that his love might feel like;   + Look at the companioned movements of the prayer; and   + Companion each other within the loving heart of Jesus * Ensure everyone has a printed copy of HO-08, the LFJ prayer form |
|  | 10 |  | **Discussion: Experiencing the loving heart of Jesus in Companioned Prayer**   * Any reflections to share from reading the pamphlet, *The Loving Heart of Jesus*? * Did anything resonate within you, or with your own experiences? |
|  | 15 |  | **Experiencing the body-feel of Jesus love** (the exercise of holding a baby)   * Briefly:   + Reiterate the centrality of Jesus love in Companioned Prayer.   + Point out that the exercise is guided imagery, not Companioned Prayer. * Exercise: Lead the holding baby exercise [TA-03]   + Refer to the Sacramento Bee picture of a man holding a baby * Group sharing:   + Would anyone like to share what you experienced, or what that felt like?   + Could you notice the body-feel of tenderness and compassion?   + How did it change as the story progressed?   + Did you notice that you didn’t have to force any experiences? They just happened. It was easy; even effortless. |
|  | 10 |  | **Discussion: Companioning each other using the intro to the LHJ prayer form**   * Just as we did for companioning each other in the daily Examen, we will break into pairs and then rejoin the larger Zoom * How the *Companioned Introduction to the Loving Heart of Jesus* prayer [HO‑08] is the same as the *Reflective Prayer* [HO-03] we experienced last time   + Exactly the same, except intended for personal companioning, responsive to the timing of the Holy Spirit like the monastic forms of Lectio and the Examen, and as we experienced with the accompanied or companioned form of the Examen   + In common with them: in faith being in God’s presence; being open; waiting; noticing what may come; and nurturing * Reminder of the basics of companioning:   + Both of you are held and cared for within God’s love   + Neither of you can make anything happen (so don’t try)   + The prayer is between the person praying and God; not between the person praying and the companion   + Take plenty of time to linger, to notice and to nurture God’s presence within your prayer without expectations   + Let your companion know when you are ready to go on to the next movement by saying “Okay”. * Briefly review the six movements of the prayer   + Similarities to Reflective Prayer that we have been experiencing   + Added instructions for the Companion, including ‘wait’ and ‘pause’ – with the pauses being 10 to 15 seconds. |
|  | 35 |  | **Practice: Companioning each other with the *Intro to the Loving Heart of Jesus***   * Via the Zoom Breakout Rooms, take turns companioning each other using the printed version of the *Companioned Introduction to the Loving Heart of Jesus* prayer (HO-08)   + Once in your breakout room, confirm the sound levels with your prayer partner before starting. * Return to our main Zoom meeting when you have both had an opportunity to companion each other; should be by **insert time** [adjust as needed] * What to do if time runs out (your choice) * Questions? |
|  | 10 |  | **Group sharing and discussion**   * What was that like? * What was it like to companion someone else; or to be companioned? * Is there anything of your prayer experience that you would like to share? |
|  | 5 |  | **Closing**   * Next meeting: We will companion each other using the full Companioned Prayer form, with two additional movements. * The next handouts will be: *General Guidelines for Companioned Prayer* [HO-10]; the standard Companioned Prayer form [HO-12] which must be printed. * Please read the handouts before the meeting in order to be able to companion each other next time we meet. * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

With the invitation to the fourteenth meeting, attach HO-10 *General Guidelines for Companioned Prayer*; and HO-12 the standard Companioned Prayer form*.* Ask everyone to read these before the meeting.

**Fourteenth Meeting – Companioning each other with the standard Companioned Prayer – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Does anyone have any announcements, comments or suggestions? * Today we are going to continue to explore the experience of Jesus’ love within us, within our prayer experience * Today we are also going to expand our prayer experience by using the full standard Companioned Prayer form, which has two more prayer movements * Confirm that everyone has a printed copy of the standard Companioned Prayer form |
|  | 20 |  | **Discussion: the two additional prayer movements**   * Ignore the instructions to share or repeat shared symbols for now. * The full Companioned Prayer form offers an opportunity for a much more intimate experience of Jesus’ personal love. * Go over the wording of the two additional Companioned Prayer movements:   + *LETTING GO IN THE LOVING HEART OF JESUS*   + *BEING OPEN TO GOD’S SPIRIT* * Questions/contributions? |
|  | 50 |  | **Practice: Companioning each other using the standard Companioned Prayer form**   * Via the Zoom Breakout Rooms, take turns companioning each other using the printed companioned version of the prayer. * Do not rush through the two additional prayer movements * Return to our main Zoom meeting when you have both had an opportunity to companion each other; should be by **insert time** [adjust as needed] * Again, do not rush; there should be plenty of time. * Questions? |
|  | 10 |  | **Group sharing and discussion**   * What was that like? * What did you notice about the two additional prayer movements? * Is there anything of your prayer experience that you would like to share? |
|  | 5 |  | **Closing**   * Next meeting: We will again companion each other using the full Companioned Prayer form. * The handouts will be HO-13 Guidelines for *Letting Go in the Loving Heart of Jesus*; and HO-14a Guidelines for *Being Open to God’s Spirit – without sharing symbols.* * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

With the invitation to the fifteenth meeting provide HO-13 Guidelines for *Letting Go in the Loving Heart of Jesus*; and HO-14a Guidelines for *Being Open to God’s Spirit – without sharing symbols*, and mention that they must have a printed copy of the full standard Companioned Prayer form, HO-12.

**Fifteenth Meeting – Discerning what to pray about within the full Companioned Prayer experience – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Does anyone have any announcements, questions, comments or suggestions? * Today we are going to continue using the full standard Companioned Prayer form, which has the two additional prayer movements. * Confirm that everyone has a printed copy of the standard Companioned Prayer form. |
|  | 10 |  | **Discussion: Discerning what God wants us to pray about**   * Asking God what he wants us to be with in prayer is so very different than how we usually pray. * Coming before God with openness, humility and honesty. * Not intellectually reasoned or emotionally prioritized. * We don’t imagine what we believe God wants us to listen to and be with in prayer. It is not about how we believe we are supposed to feel or be. * It is about how we actually are right now, as we come before God. * It can be anything from any part of our life. * How? By being open to God’s loving presence. * Sensing what stands out rather than listening for God’s voice. Perhaps a thought repeats itself or carries more energy or somehow feels different. * Can be just a feeling, a sense, an image or a memory. * We don’t analyze it or explore it. We simply accept it. * If nothing comes, let your companion know (your companion can then repeat the entire instruction, *ASKING GOD*). * Questions/contributions? |
|  | 10 |  | **Discussion: review the two additional prayer movements**   * Review the processes of the two additional Companioned Prayer movements:   + *LETTING GO IN THE LOVING HEART OF JESUS*   + *BEING OPEN TO GOD’S SPIRIT* * Questions/contributions? |
|  | 50 |  | **Practice: Companioning each other using the standard Companioned Prayer form**   * Via the Zoom Breakout Rooms, take turns companioning each other using the printed companioned version of the prayer. * Do not rush through the two additional prayer movements. * Return to our main Zoom meeting by **insert time**. * Questions? |
|  | 10 |  | **Group sharing and discussion**   * What did you notice about the two additional prayer movements? * Is there anything of your prayer experience that you would like to share? * Did anyone notice that the experience of being a prayer companion can be like being a Eucharistic Minister? Has anyone done that? |
|  | 5 |  | **Closing**   * Next meeting: We will companion each other using the full Companioned Prayer form the same as we did today; so you will need your printed copy of the full standard Companioned Prayer for Ordinary Time (HO-12). * Next meeting will be our last meeting with *Companioned Prayer*, unless you participate in the program extension beginning **insert date**. * The handout for the next meeting is not instructional. It simply talks about Companioned Prayer: [HO-04, the pamphlet, *A Summary of Companioned Prayer.*] * I will also provide Handout HO-11, *Discerning what God wants us to pray about*. This is simply a recap of today’s discussion about this topic. * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

At the conclusion of the meeting, email everyone HO-04, the pamphlet, *A Summary of Companioned Prayer*, and HO-11, *Discerning what God wants us to pray about.*

With the invitation to the sixteenth meeting mention that they must have a printed copy of the full standard Companioned Prayer form HO-12. Attach the *High-level Outline for the extension*, HO-14b Being Open to God’s Spirit – with symbol reflections.

**Sixteenth meeting – Learning to reflect symbols – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer * Today we are going to focus on reflecting symbols within the prayer. * Continue to log in at least five minutes before our meeting begins. * Does anyone have any announcements, questions, or comments? * Reminder what to do if Internet connection is lost. * Does everyone have their printed copy of the full standard Companioned Prayer for Ordinary Time? (HO-12). |
|  | 15 |  | **Discussion: Symbol reflections**   * Why you may wish to share a symbol * How to select and share a symbol * How to reflect a symbol * Any questions or contributions regarding symbol reflections? |
|  | 50 |  | **Practice: Companioning each other using the standard Companioned Prayer form**   * Pair up using your separate Zoom breakout room invitations, and take turns companioning each other using the printed companioned version of the prayer (HO-12). * Share and reflect symbols as you pray and companion each other – this is important to do for this session since we are learning how to reflect symbols. * Return to our main Zoom meeting by **insert time**. [Adjust as necessary] * Questions? |
|  | 10 |  | **Group sharing and discussion**   * How did the symbol reflections work? * Did they help you to notice more of your prayer, and to be present to it? * Is there anything of your prayer experience that you would like to share? |
|  | 5 |  | **Closing**   * In our next meeting we will be looking at experiencing the prayer as a single flow instead of as discrete movements. * No handouts, but you will need your printed copy of the prayer, HO-12. * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

No new handouts are required with the invitation to the seventeenth meeting, but participants must continue to have a printed copy of the full standard Companioned Prayer form HO-12.

**Seventeenth meeting – The prayer as a continuous experience – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer * Today we are going to discuss the prayer as a continuous experience instead of separate steps or parts. * Does anyone have any announcements, questions, or comments? * Does everyone have their printed copy of the full standard Companioned Prayer for Ordinary Time? |
|  | 25 |  | **Discussion: experiencing the prayer as a single continuous flow of surrender instead of experiencing discrete parts or independent movements**   * Review how each movement forms into the next; a continuation. * Read out loud “A Prayer Experience” (from the perspective of the person praying) from chapter 2 of the book Companioned Prayer. Or, alternatively, create and read your own, from your own prayer experience.   + Before reading, point out that this reading does not include about ten minutes of quiet waiting, listening, noticing and nurturing. * Discussion and Q&A of the experience shared:   + What stood out to you? How did you respond to this reading?   + The attention of the person was always focused inside, within the interior experience, even when responding to the companion.   + The prayer could not have developed if any movement was considered an end to the prayer (and the importance of cycling).   + The importance of allowing the necessary time for waiting and allowing the Holy Spirit to show itself fully; to develop and to be noticed |
|  | 50 |  | **Practice: Companioning each other using the standard Companioned Prayer form**   * Pair up using your separate Zoom breakout room invitations, and take turns companioning each other using the printed companioned version of the prayer. * Continue to share and reflect symbols as you pray and companion each other. * Also spend more time in the pauses and waits. When you are the companion, extend all the pauses to 10 to 15 seconds. When you are praying, know that you will have all this extra time, so be comfortable in using it. * Return to our main Zoom meeting by **insert time**. [Adjust as necessary] * Questions? |
|  | 5 |  | **Group sharing and discussion**   * How was your experience an entire prayer instead of discrete parts? * In what ways was that different? Or were there any difficulties? |
|  | 5 |  | **Closing**   * Handout HO-21: the second part of chapter 2, the companion’s experience; or if you have read your own prayer experience, also write the prayer experience from the companion’s perspective and hand that out. * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

With the invitation to the eighteenth meeting attach HO-21, the second part of chapter 2; and HO-04, the pamphlet, *A Summary of Companioned Prayer*. Also mention that they must have a printed copy of the full standard Companioned Prayer form HO-12.

**Eighteenth Meeting – continuing to experience Companioned Prayer – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Today we are going to continue to experience Companioned Prayer, companioning each other in the prayer * Does anyone have any announcements, questions or comments? * Any comments as a result of reading HO-21, the companion’s experience of what was read in our last meeting? * Any thoughts as a result of reading HO-04, *A Summary of Companioned Prayer*? * Does everyone have their printed copy of the full standard Companioned Prayer for Ordinary Time? (HO-12) |
|  | 5 |  | **Discussion:**   * Companioned Prayer has eight movements. What are the most important parts of the prayer? (This is a trick question! The answer is the “waits” and the “pauses”.) * Any questions or contributions regarding the full prayer as we experienced it or as we have read about it? |
|  | 50 |  | **Practice: Companioning each other using the standard Companioned Prayer form**   * Via the Zoom Breakout Rooms, take turns companioning each other using the printed companioned version of the prayer. * Do not rush through the two additional prayer movements. * Return to our main Zoom meeting by **insert time**. [Adjust as necessary] * Questions? |
|  | 10 |  | **Group sharing and discussion**   * How did the two additional prayer movements go this time? * Is there anything of your prayer experience that you would like to share? |
|  | 5 |  | **Optional program extension**   * An optional continuation of our program begins **insert date**. * Each meeting will include Lectio Divina and Companioned Prayer, and will continue to provide information and focused Companioned Prayer experiences in:   + Learning the prayer forms for each church season;   + Shifting our attention from seeking experiences to abiding in God;   + A better understanding of the spirituality and role of the body in the prayer;   + Learning an abbreviated form of the prayer;   + Learning an intercessory form of the prayer; and   + Using the prayer in church ministry * All of the Lectio Divina will be three readings of two minutes each (2/2/2). A longer time of silence will not be used because each meeting also includes Companioned Prayer. |
|  | 10 |  | **About the Companioned Prayer Christian Fellowship (CPCF)**   * Who the CPCF is, and its purpose. * CPCF resources * You can find out more at [www.CompanionedPrayer.org](http://www.CompanionedPrayer.org)   + Using Zoom’s screen sharing, lead participants through the website. |
|  | 5 |  | **Closing**   * Next time (in the program extension) we are going to discover the various forms of the prayer for the different church seasons. * Handout the Companioned Prayer form for the season of Lent [HO-18], which we will be using to companion each other. * Encourage everyone to explore the Companioned Prayer website * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

**Extended Lectio and Companioned Prayer Program**

(six meetings)

This program extension is offered only to those *Listening for God* participants who wish to continue experiencing Lectio Divina, Companioned Prayer, and additional instruction.

With the invitation to the nineteenth meeting attach HO-21 the second part of chapter 2, and HO-18 the *Companioned Prayer form for Lent*, and ask everyone to print HO-18. Also attach a file of all seven of the Lectio Divina readings for the extension meetings and the program wrap-up meeting. Finally, let participants know that is nineteenth meeting will last ten to fifteen minutes longer than usual (please log-in/arrive early).

**Nineteenth meeting – Companioned Prayer for each church season – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer * Any discussion from last week or from reading the handout HO-04,  *A Summary of Companioned Prayer*? * Today we are going to discuss the how the prayer changes for each church season. * Does anyone have any announcements, questions, or suggestions? * Does everyone have their printed copy of the full standard Companioned Prayer for the Lenten season? (HO-18) |
|  | 15 |  | **Lectio Divina**  Will be read three times with about two minutes of silence after each (2/2/2)   * Lead the Lectio [use TA-05c or TA-5d, and a chime or bell at the end] * Opportunity for brief sharing: How did you respond to the reading? |
|  | 15 |  | **Discussion: Companioned Prayer for each church season**   * Discuss each prayer/season: Ordinary time; Advent; Christmas; Lent; Triduum; and Easter. [See “Forms for all of the Church Seasons” in chapter 9 of the book, Companioned Prayer.] * These forms are all available at [www.companionedprayer.org/resources](http://www.companionedprayer.org/resources) * Discuss the Lenten form:   + Differences in the *Beginning Group Prayer*   + Differences in the *Opening Prayers*   + Difference in *Asking God*   + Lenten reflections within the *Closing Prayer* * Any questions or contributions? |
|  | 50 |  | **Practice: Companioning each other using the Lenten Companioned Prayer form**   * Pair up using your separate Zoom breakout room invitations, and take turns companioning each other using the printed Lenten version of the prayer * Return to our main Zoom meeting by **insert time**. [Adjust as necessary] * Questions? |
|  | 10 |  | **Group sharing and discussion**   * How was that different from Companioned Prayer during Ordinary Time? * How was your experience personal to you and your situation? * How might your Lenten prayer experience effect your faith? * What would it be like to pray the Lenten form all through Lent? |
|  | 5 |  | **Closing**   * In our next meeting we will be discussing expanding our attention from seeking prayer experiences to abiding within God; and we will be companioning each other using the prayer form for Advent. * The handout will be the Advent prayer form [HO-16]. * Ask participants’ help in outreach for the Lenten LFG program. * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

With the invitation to the twentieth meeting attach HO-16 the *Companioned Prayer form for Advent*, and ask everyone to print it.

**Twentieth meeting – Shifting from seeking experiences to abiding in God – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Today we are going to discuss the shift from seeking experiences to abiding in God; and we will be companioning each other using the Advent form. (Does everyone have a printed copy of the Advent prayer form?) * Does anyone have any announcements, questions, comments or suggestions? |
|  | 10 |  | **Lectio Divina**  Will be read three times with about two minutes of silence after each (2/2/2)   * Lead the Lectio without any prefaces (do not use a TA-05), and end with a chime or bell] * Opportunity for brief sharing: How did you respond to the reading? |
|  | 5 |  | **Discussion: Companioned Prayer during Advent**   * Advent is a time of waiting, longing, looking forward to, and also a time of humility, introspection and preparation. This is how we approach Companioned Prayer during Advent, holding all of these at the same time. We can bring this attitude into our *OPENING PRAYERS*. * In the Advent form, the *ASKING GOD* movement asks, “What are we longing for?” * Even though Advent anticipates the coming of Christ, do not seek a religious answer when asking the question in Companioned Prayer for Advent. Do not seek any particular response. Turn it over to God and wait for him. |
|  | 50 |  | **Practice: Companioning each other using the Advent prayer form**   * Pair up using your separate Zoom breakout room invitations, and take turns companioning each other using the printed Advent version of the prayer * Return to our main Zoom meeting by **insert time**. [Adjust as necessary] |
|  | 5 |  | **Group sharing and discussion**   * Does anyone want to reflect on their prayer experience from the perspective of being nourished by God’s presence and abiding in him? * How did your prayer experience inform your faith? How did your faith inform your prayer experience? What happens when we pray? * How was your experience with using the prayer form for Advent? * Did the Advent form open up for you something that you might not otherwise have become aware of? |
|  | 10 |  | **Discussion: Shifting our awareness from seeking experiences to abiding in God**   * What happens when we stop seeking and simply surrender?   + Waiting and letting go into all of it, with the comfort of the Holy Spirit and Jesus our Companion * Seeking experiences in only natural. But it prevents us from being open to God. Desiring experiences becomes an idol that we crave. * What is the larger picture? How are our encounters with God changing us?   + When does our view of what we are doing change?   + Being open to God’s real presence * A developing personal relationship with Jesus. * How we are changed silently in our awareness, even without our awareness. (Bishop Quinn’s personal statement)   + An intimacy beyond knowledge * Group questions, reflections and discussion |
|  | 5 |  | **Closing**   * In our next meeting we will be discussing the spirituality and role of the body in the prayer; and we will be companioning each other using the Companioned Prayer form for the Triduum. * The handouts will be *Grace in our body in prayer* [HO-22]; *Coming before God as we are* [HO-24]; and the Triduum prayer form [HO-19] * In our meeting one week from today, our discussion topic will be whatever you want us to talk about. What would you like to discuss?   + Our discussion will only be exploratory since it will be limited to about 20 minutes.   + Solicit ideas now. What would you like to explore?   + I will email everyone a list of possible topics, including the one just suggested, and additional potential topics. Email this list right after today’s meeting [there may not be enough time to go over this list in today’s meeting]:     - Topics identified from our discussion (list them).     - Companioned Prayer and the future of the Church – how the prayer might impact the Church.     - Are our experiences in Companioned Prayer something new?     - Companioned Prayer and the Eucharist - what is the relationship?     - How do we know that our experiences in Companioned Prayer are of God?     - How to create and sustain Companioned Prayer small groups, including how to companion in a small group of three people.     - Outreach: planned or simply spontaneous? What is the best way to share the prayer? Who do you want to share it with?     - Sharing of a personal Companioned Prayer experience.     - How Companioned Prayer affects our relationship with Jesus.     - The effects of long-term practice.     - Is Companioned Prayer suitable for children, teens and families?     - Is Companioned Prayer a personal or contemplative prayer?     - Companioned Prayer and our identity, and the correlation to society's divisions and challenges.     - The abbreviated forms of the prayer.     - Other ideas or topics???   + Ask participants to email their recommendation before the next meeting. * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

With the invitation to the twenty-first meeting attach HO-22 *Grace in our body in prayer*; HO-24 *Coming before God as we are*; and HO‑19 the *Companioned Prayer form for the Triduum*, and ask everyone to print HO-19. Ask everyone to read HO-22 before the meeting. Finally, include the list of potential discussion topics (see the list in the previous meeting’s closing) and remind everyone to email their suggestion for our discussion topic before the meeting.

**Twenty-first meeting – The spirituality and role of the body – [add day and date]**

|  |  |  |  |
| --- | --- | --- | --- |
| Start time | Minutes | Led by | Activity |
|  | 5 |  | **Opening**   * Opening prayer * Today we are going to discuss the spirituality and role of the body in the prayer; and we will be companioning each other using the prayer form for the Triduum. Does everyone have a printed copy of the Triduum prayer form? * Does anyone have any announcements, questions, comments or suggestions? |
|  | 10 |  | **Lectio Divina**  Will be read three times with about two minutes of silence after each (2/2/2)   * Lead the Lectio without any prefaces (do not use a TA-05), and end with a chime or bell] * Opportunity for brief sharing: How did you respond to the reading? |
|  | 10 |  | **Discussion: The spirituality and role of the body in Companioned Prayer**   * Did anyone have an opportunity to read HO-22, *Grace in our body in prayer*?   + Questions, discussion, reflections… including: * The mystery of the spirituality of our created physical nature, the body:   + The incarnation of the Spirit.   + Christ’s body when on earth, and his risen body.   + Our share in the incarnation of Spirit here and now, and in Christ’s body. * Awareness of our body in Companioned Prayer:   + The *AS WE ARE* part of the prayer is not a prelude to the prayer experience, but is an integral part of it.   + Shifting to awareness that is other than analytical or emotional   + Noticing how we actually are as we come before God. The purpose is not to relax, so do not suggest relaxation even though that is a common outcome.   + Being present in the moment where God meets us.   + Sensing how a prayer subject feels in our body, a ‘felt-sense’.   + Taking our time with this in *AS WE ARE* and elsewhere in the prayer. * Group questions, reflections and discussion. |
|  | 5 |  | **Discussion: Companioned Prayer during the Paschal Triduum**   * One of the striking aspects of Jesus’ time on earth was the physicality of his mission; and what God asked of him. * In the *ASKING GOD* part of the Triduum prayer form, we ask, “What is God asking of me?” This is a very powerful question. Can we be open to this question in faith? * The Triduum in relation to Lent and Easter. A time of Jesus’ great sacrifice. The Triduum prayer form in relation to the Lenten prayer form. |
|  | 50 |  | **Practice: Companioning each other using the Triduum Companioned Prayer form**   * Pair up using your separate Zoom breakout room invitations, and take turns companioning each other using the printed Triduum version of the prayer. * Return to our main Zoom meeting by **insert time**. [Adjust as necessary] * Questions? |
|  | 5 |  | **Group sharing and discussion**   * Does anyone want to reflect on their prayer experience from the Triduum and what God may be asking us? * Did the Triduum form open up for you something that you might not otherwise have become aware of? |
|  | 10 |  | **Closing**   * In the next meeting we will be companioning each other using the prayer form for the Christmas season. I will email everyone that prayer form. * In our next meeting we will discuss whatever topic you have selected. Our discussion will only be exploratory since it will be limited to 20 minutes. Let’s pick the topic now.   + Review the topics submitted by the participants.   + Ask if anyone has any other requests or suggestions.   + Facilitate the group’s selection of one, and confirm it.   + If no topics were offered, review the suggested list previously provided, and select one. * Also encourage everyone to read HO-04, *A Summary of Companioned Prayer*, if they have not already done so. * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

With the invitation to the twenty-second meeting attach HO-17, the *Companioned Prayer form for the Christmas season*, and ask everyone to print it. Also provide handouts either before or after this meeting that are applicable to the discussion topic selected at the end of the previous meeting, and confirm the topic.

**Twenty-second meeting – A discussion topic selected by the participants – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer * Today we are going to discuss the topic selected by you at our last meeting. * Today we will be companioning each other using the prayer for the season of Christmas. (Does everyone have a printed copy of that prayer form?) * Does anyone have any announcements, questions, comments or suggestions? |
|  | 10 |  | **Lectio Divina**  Will be read three times with about two minutes of silence after each (2/2/2)   * Lead the Lectio without any prefaces, and end with a chime or bell] * Opportunity for brief sharing: How did you respond to the reading? |
|  | 50 |  | **Practice: Companioning each other using the Companioned Prayer form for the Christmas season**   * Pair up using your separate Zoom breakout room invitations, and take turns companioning each other using the printed version of the standard Companioned Prayer for the Christmas season, HO-17. * Return to our main Zoom meeting by **insert time**. [Adjust as necessary] * Questions? |
|  | 5 |  | **Group sharing and discussion**   * How was that different from using the standard form? * The standard form for the Christmas season is on the *CompanionedPrayer.org/resources* webpage |
|  | 20 |  | **Discussion: A topic selected by the program participants**   * Discuss the topic previously selected by the participants for this meeting.   + Prepare detailed notes for the discussion – refer to the book, *Companioned Prayer*, for material.   + Keep the discussion collaborative.   + Consider asking: What is it about this topic that interests you? |
|  | 5 |  | **Closing**   * IF AVAILABLE: Some folks from the **name of church** Companioned Prayer ministry will be invited to join us in the next two meetings. After our program ends, I hope that you all join their regular Companioned Prayer meetings, which are every **insert day(s) and times**. * In our next meeting we will be discussing intercessory Companioned Prayer; and we will be companioning each other using the Intercessory Companioned Prayer form. * The handouts will be the intercessory prayer form [HO-27] and *Guidelines for Intercessory Companioned Prayer* [HO-28]. You will need to print the intercessory prayer form so you can companion with it. * Another handout will be *Guidelines for the Opening Prayers* [HO-15]. Due to lack of time, there will not be a prepared discussion of this topic, but you are encouraged to read this handout and ask any questions. * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

With the invitation to the twenty-third meeting attach HO-28 *Guidelines for Intercessory Companioned Prayer*; HO‑27 the *Intercessory Companioned Prayer form* and ask everyone to print HO-27; and HO-15 *Guidelines for the Opening Prayers*. Prior to the meeting confirm who will be participating from existing Companioned Prayer ministry group(s) and include them in the invitation (and include the Zoom link).

**Twenty-third meeting – The intercessory prayer form – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer/scripture * Introduce members of **name of church** Companioned Prayer ministry group(s). * Any questions or comments from reading the *Guidelines for the Opening Prayers*? * Today we are going to discuss Companioned Prayer as an intercessory prayer; and we will be companioning each other using the Intercessory Companioned Prayer form. (Does everyone have a printed copy of the intercessory prayer form?) |
|  | 10 |  | **Lectio Divina**  Will be read three times with about two minutes of silence after each (2/2/2)   * Lead the Lectio without any prefaces (or with TA-05d), and end with a chime or bell] * Opportunity for brief sharing: How did you respond to the reading? |
|  | 15 |  | **Discussion: The Intercessory Companioned Prayer form**   * Who is our intercessor? Our risen Lord, Jesus   + How do we take our prayers for others to him in Companioned Prayer?     - To his loving heart * Discuss HO-27, the standard Intercessory Companioned Prayer form, and discuss how and why it is different:   + An opening prayer for others   + What can come when we ask God who needs his love and care   + Not a petition on someone’s behalf as in regular intercessory prayer   + Letting God tell us what we should hear about the person   + Taking all this to the loving heart of Jesus   + Jesus and the Holy Spirit is the intercessor, not us   + A closing prayer that might pertain to the intercessory subject * Group questions, reflections and discussion |
|  | 50 |  | **Practice: Companioning each other using the Intercessory Companioned Prayer form**   * Pair up using your separate Zoom invitations, and take turns companioning each other using the printed intercessory version of the prayer. * Return to our main Zoom meeting by **insert time**. [Adjust as necessary] * Questions? |
|  | 10 |  | **Group sharing and discussion**   * How was that different from typical intercessory prayer? * How was your prayer experience different from the other forms of Companioned Prayer? * Was your *CLOSING PRAYER* different in some way? |
|  | 5 |  | **Closing**   * Our next meeting will be our last in this program. It will go at about 15 minutes longer than usual, unless Lectio Divina is omitted (ask everyone what they would like to do.) * Encourage everyone to think about forming a Companioned Prayer ministry group to support each other with continuing Companioned Prayer, and who of you will lead it; or to join an ongoing prayer group. * The handouts will be: (please look them over before the meeting)   + HO-20, the Companioned Prayer form for the season of Easter   + HO-29, *Companioned Prayer in Service Outreach*   + HO-31, *Prayer Partners and Groups* * Would anyone like to offer the next meeting’s opening or closing prayer? * Closing prayer/scripture |

With the invitation to the twenty-fourth meeting attach HO-31 *Prayer Partners and Groups*; and HO-29 *Companioned Prayer in Service Outreach*. Also attach HO‑20 the standard *Companioned Prayer form for the Easter season*, and ask everyone to print it. Prior to the meeting confirm who will be participating from existing Companioned Prayer ministry group(s), and include them in the invitation (and include the Zoom link). Let everyone know that the meeting will go at least 10 to 15 minutes longer than usual [unless Lectio Divina is omitted].

**Twenty-fourth meeting – Companioned Prayer in Church ministry – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer * Welcome members of **name of church** Companioned Prayer ministry. * Today we are going to discuss Companioned Prayer in church ministry; and we will be companioning each other using the standard Companioned Prayer for the Easter season. (Does everyone have a printed copy of the standard prayer form for the Easter season?) * Today’s meeting will go 10 to 15 minutes longer than usual [unless Lectio Divina is eliminated]. |
|  | 10 |  | **Lectio Divina**  Will be read three times with about two minutes of silence after each (2/2/2)   * Lead the Lectio without any prefaces (do not use a TA-05), and end with a chime or bell] * Opportunity for brief sharing: How did you respond to the reading? |
|  | 5 |  | **Discussion: The Companioned Prayer form for the Easter season: “How is God calling me?”**   * Each time Jesus reappeared after his death, it was a very personal encounter in which he called those he appeared to, to some purpose; such as to believe in him, to understand, to “feed my sheep”, to follow….   + In what way is Jesus calling you? * Review *ASKING GOD* in the Easter prayer form, HO-20. |
|  | 50 |  | **Practice: Companioning each other using the standard Companioned Prayer form for Easter**   * Review *ASKING GOD* in the Easter prayer form, HO-20 * Via Zoom breakout rooms, companion each other using the printed standard version of the prayer for the Easter season. (companion in pairs, not in groups of three) * Return to our main Zoom meeting by **insert time**. [Adjust as necessary] * Questions? |
|  | 5 |  | **Sharing**   * What was your prayer response to this prayer’s Easter question,  “How is God calling me?” * Recall how you responded to your intercessory prayer on Tuesday. How might your responses to both the Easter and the Intercessory prayers affect your faith journey?   + Do they suggest a reaching out or being with someone else or others? – Is this a ministry? How is it personal? Is God calling you? |
|  | 15 |  | **Discussion: Companioned Prayer in Church Ministry**   * What is ministry? Is it a program or is it an attitude, a bearing, such as openness, comfort, accompaniment, listening, or kindness?   + What makes ministry Christian? [the presence and love of Christ] * Introducing or using Companioned Prayer in ministries:   + Any reflections on the handout about Companioned Prayer in service ministries? Did anyone consider how you might include Companioned Prayer into your Church or personal ministry?   + Working together in pairs (or more).   + Remember that Christ is our Companion.   + Discuss any examples of having brought Companioned Prayer into a ministry (e.g., Mercy McMahon Terrace).   + Use of the companioned Reflective Prayer in lieu of Companioned Prayer (HO-03 and HO-08). * Any further ideas or thoughts on Companioned Prayer in ministry?   + What about new programs, such as our LFG program, in your parish to introduce Companioned Prayer to others? Would that be a ministry? Would you like to be involved in that?   + Read out loud Bishop Quinn’s quotes from HO-01. * How about Lectio Divina and/or the Daily Examen in ministry? * Anyone want to get together for some ministry planning?   + The potential for a Ministry workshop – what it would look like and what it could cover (extra meetings and training, program design, field trials, feedback and support, etc.) |
|  | 5 |  | **Discussion: Forming or joining a Companioned Prayer ministry group**   * Any reflections based on the handout about prayer partners and groups?   + In a Companioned Prayer group, we minister to each other by supporting each other in prayer and fellowship. Usually no instruction; or only very minimal if someone joins who has not been through a program. * Participating in an ongoing Companioned Prayer group. [Provide relevant information about existing groups.] Or start your own group. * Start and lead a *Listening for God* program in your parish.   + All material is available at www.CompanionedPrayer.org/resources. |
|  | 5 |  | **Closing**   * Handouts: I will email two handouts for our discussion next meeting:   + *Companioned Prayer and the Church* [HO-30]   + *What happens when we practice Companioned Prayer over time?* [HO-32] * If new Companioned Prayer or *Listening for God* programs are planned, ask for outreach help. * I will email information on existing Companioned Prayer groups. * Closing prayer/scripture |

**Listening for God in Our Lives  
Program Wrap-up**

With the invitation to the twenty-fifth meeting attach HO‑30 *Companioned Prayer and the Church*, and HO-32 *What happens when we practice Companioned Prayer over time?* Be sure to invite participants who did not participate in the program extension.

**Twenty-fifth meeting – Program wrap-up – [add day and date]**

| Start time | Minutes | Led by | Activity |
| --- | --- | --- | --- |
|  | 5 |  | **Opening**   * Opening prayer * This is our last meeting of our program, *Listening for God in our Lives* * Today we will begin with a Lectio Divina reading; but today we will not pray the Examen or Companioned Prayer. |
|  | 15 |  | **Lectio Divina**  Will be read three times with about two minutes of silence after each (2/2/2)   * Lead the Lectio [use TA-05c or TA-05d and a chime or bell at the end] * Opportunity for brief sharing: How did you respond to the reading? |
|  | 25 |  | **Before-and-After Reflection and Sharing**   * Describe the reflection (not a prayer). * Lead the before and after reflection: * Close the eyes, settle in, take your time, notice your breathing. *[pause]* * Now recall how you felt about your relationship with God prior to our *Listening for God in our Lives* program. *[pause]* Perhaps recall why you initially joined the program; what you had hoped for. *[pause]* * Now take a few moments to recall your experiences within the Lectio Divina part of our program, and how that all felt. *[pause]* * Now take a few moments to recall your experiences within the Daily Examen part of our program, and how that all felt. *[pause]* * Now take a few moments to recall your experiences within the Companioned Prayer part of our program, and how that all felt. *[pause]* * Now come to your relationship with God now, at present. *[pause]* * Let go into how all of this feels inside, and savor all this. *[pause]* * Now take a moment to be thankful in all of this, and then when you are ready, slowly open the eyes. * Sharing (potential topic starters:)   + What was your experience from this exercise?   + What happened to your initial goal or desire for joining this program? Did it change, or was our desire expanded?   + Has your relationship with God become more intimate?   + Are we experiencing the love and grace of our risen Lord?   + Do we feel more spiritually awakened?   + [How does your program experience affect your Easter experience?]   + What has been the outcome of the program for you? For us as a group?   + Any other overall reflections on our extended retreat?   + How have we grown in our faith? As a community? In our personal relationship with Jesus? |
|  | 10 |  | **Discussion: Experiencing the personal love and grace of God in our lives**   * Is Jesus’ love real? How do we experience it? * What happens to us if we really develop this ability to be open to his grace and his mercy?   + What happens to our faith?   + How might our experience of Mass (and especially the Eucharist) be changed? * Requires practice and experience; not study or knowledgeable expertise   + Jesus’ love for us is personal; he is all we need.   + Allowing us to be drawn into his love, into himself; abiding in his love. * Long term practice   + Experiencing spiritual growth over time (the opening of our hearts and minds within God’s love and compassion) |
|  | 25 |  | **Is God calling us to do anything more?** (only do the exercise part of this topic if the previous discussion did not already move into this area)   * Exercise: Lead a group reflection on being open to being called: * Close the eyes and allow yourself to be drawn to that personal place within you where you feel close to God. *[pause]* * In this place with God, recall how your experiences in this program have felt; how they have affected you. *[pause]* * Staying with how this all feels inside, ask yourself if it feels like God is asking anything more of you? *[pause]* * Take all this to that special place within you where you experience God’s love and grace, the loving heart of Jesus, and let go into all of it. *[pause]* * Be thankful and then open the eyes. * Discussion: What next? Do we feel moved by the Spirit to do anything more?   + Do we want to offer any or all of this to other parishioners? How?   + Do we want to offer any of this in ministry to others? What would that look like? Discuss the idea for a Ministry Workshop.   + Do you want to get individually involved?   + Encouragement to continue to practice Lectio Divina, the Daily Examen, and Companioned Prayer, both on your own and with each other. How to continue as prayer groups? * **CONFIRM**: If another program is planned, ask for help in outreach.   + What can you do? |
|  | 10 |  | **Feedback and suggestions to improve the program**   * Any recommendations for how the LFG program might be improved?   + Overall (e.g., more sessions)?   + In the Lectio Divina portion?   + In the Daily Examen portion?   + In the Companioned Prayer portion?   + Anything else? If you think of anything else, please let me know by phone call, Zoom, or email. * Please provide feedback to your priests and church program or faith formation staff.   + There is no other way for them to know about this program, except from your personal testimonies.   + **CONFIRM:** Encourage them to promote the new LFG program. |
|  | 5 |  | **Closing**   * This was our last meeting in this program. No more handouts!!   + But more information on Companioned Prayer is available on the CPCF website, [www.CompanionedPrayer.org](http://www.CompanionedPrayer.org).   + Also see the resource lists previously provided for Lectio Divina and the Daily Examen.   + I hope you all continue to incorporate Lectio Divina, the daily Examen, and Companioned Prayer into your spiritual routines. * Potential for additional follow-on retreats, potlucks, ministry, etc. * Thank you all for participating and contributing so much of yourself and your faith. * I encourage you to personally ponder what you might do with this gift of special intimacy with God in Companioned Prayer. * I encourage you all to form or participate in Lectio, Examen and Companioned Prayer ministry small groups or programs. * Closing prayer/scripture |