

Welcome to First Presbyterian Church Norfolk's Spiritual Companion Training

First Presbyterian Church's (FPC) Center for Prayer and Spiritual Growth has been established as a sanctuary in the way of Jesus Christ. The ministry offers opportunities for Christian seekers to learn methods for seeking God at a deeper, richer level through a growing understanding of spiritual disciplines.

This Spiritual Companion Training is intended to equip members of FPC with the skill and understanding of companioning people who are interested in growing in the faith. For those people who know *about* God, but who want to come *know* God in their daily lives, a wise and helpful companion on that journey becomes invaluable. This training hopes to develop a roster of spiritual companions capable of accompanying spiritual seekers from within and outside our congregation, to listen to them compassionately, to offer reflection and insights which will be helpful as they dive deeper in their relationship with the Lord.

The training begins with this series of on-line lessons and reflection exercises. These exercises will help set the framework for understanding what spiritual companioning is, and what it is not. The lessons will help you understand the importance of active listening in companioning. Most importantly we believe the lessons and exercises will help you grow in your spiritual life and determine your readiness to lead a companioning relationship with another person.

The leadership of the Center for Prayer and Spiritual Growth is always available to you as you study these lessons. Ellen Pearson, Director of the Center, will be the primary contact but you may be assigned another leader to guide you through this curriculum. Your leader for the training will be assigned prior to your beginning the on-line lessons.

Once this on-line experience is completed, you will be invited to attend a retreat day which serves as the final training and discernment opportunity. If there is mutual agreement that you are prepared, you will be assigned a spiritual seeker who has requested a companion. Further details of the ministry will be provided as you proceed through the training.

We thank you for your compassionate interest in helping others on their journey of spiritual deepening. We trust this training will be enlightening for you. We wish you blessings throughout the experience!

Contact: Ellen Pearson: 625-1697, ellen@fpcnorfolk.org