
Formation for Spiritual Companions

What the FSC Program Offers

Formation for Spiritual Companions offers spiritual formation within faith communities. It achieves this goal through:

1. Worship, faith-sharing, and self-reflection exercises.
2. Teachings on DVD that contain the knowledge, skills, and attitudes needed for spiritual companionship and personal growth.
3. Reading assignments that expand on the lecture materials and group experiences.
4. A live experience that occurs each week in groups of three (triads). Within triads, participants develop skill in:

Listening to one another with both heart and mind

Sharing their faith journey

Praying together

Recognizing and affirming each other's God-given gifts

Building Community and Enriching the Spiritual Lives of Participants



“I have come to bring you life, life in all its fullness.”

John 10:10

Many people want to experience fullness of life and draw closer God but aren't sure how to do so. They belong to a faith community but have no one with whom they can share their spiritual journey. They feel alone. And they want to help others but don't know how listen to people and support them. *Formation for Spiritual Companions* was created to address these needs.

Presented by:

**Institute for
Christian
Ministries,**

Seattle, Washington

Formation for Spiritual Companions (FSC) is an ecumenical program for faith formation. Taught from a Catholic Christian perspective, it is designed for use by Christian communities of all traditions.

The FSC program is approved and encouraged by the Prior Provincial of the Western Dominican Province in the U.S.

Contents of the FSC Program

Formation for Spiritual Companions has the following components:

- 1. COORDINATOR MANUAL.** 120 pages. Gives instructions for conducting the program, which is designed for a team of 2 to 4 coordinators.
- 2. STUDENT HANDBOOK.** 43 pages. Includes all the information needed for taking part in the program: outlines of presentations, class schedules, and instructions for homework.
- 3. FOUR DVDS.** Contain all the teachings used in the FSC program. Presentations are given by Jan Alkire.

DVD 1: *Worship teachings.* Show participants how to worship together as a class.

DVD 2: *Leadership training.* Contains the teachings used to train the coordinators who will put on the FSC program in their faith community.

DVD 3: *Opening retreat.* Introduces participants to the triad process used during the program. Presentations include:

- “Demonstration of a Triad”
- “Sharing with a Spiritual Companion”
- “Confidentiality”

DVD 4: *Weekly meetings.* Teach participants the knowledge and attitudes needed for being a spiritual companion. Presentation titles:

- “Prayer with/for a Spiritual Companion”
- “Listening”
- “Affirmation”
- “Reflection on Experiences of God”
- “Introduction to Discernment”
- “The Spiritual Companion Relationship”

Commitment

FSC is for Christians who want to deepen their relationship with God and grow in the ability to share their spiritual journey with others.

Participants commit themselves to:

- An opening one-day retreat
- Six weekly meetings of two hours each
- Weekly reading and self-reflection assignments

Role of Coordinators

While coordinators do not teach FSC (teachings take place via DVD recordings), they are vital to achieving its goals. The program needs the time and dedication of a team of several mature Christians who are willing to serve God through this process of spiritual growth.

To help coordinators succeed, ICM provides the following:

- **THE COORDINATOR MANUAL.** It takes coordinators through a step-by-step process for each session and each component of the program (e.g., class worship, small-group experience)
- **THREE COORDINATOR TRAINING SESSIONS.** These sessions, which are contained within the FSC packet, include DVD recordings and discussion materials that coordinators use for their own training. Topics include how to work together as a leadership team, and how to lead worship in the FSC program.
- **ICM STAFF SUPPORT.** Trained consultants are available by mail, phone, and email. Guidance is tailored to each group’s particular needs.
- **ADDITIONAL COORDINATOR TRAINING.** For a fee, ICM periodically offers weekend training retreats. Advanced reservation is required.

To Order the FSC Program

Formation for Spiritual Companions costs \$495 (U.S. Currency)
It is shipped upon receipt of full payment.



To Purchase the Formation for Spiritual Companions program:

Please phone ICM or use the form below to mail in your order.

The packet you receive will contain the following:

- A Coordinator Manual
- A Student Handbook
- A set of 4 DVD's containing 16 video presentations
- A Covenant Agreement describing your and our respective rights and responsibilities.

Detach and mail to:

The Institute for Christian Ministries

2551 NE 205th, Shoreline WA 98155

Phone: (206) 363-4394

Email: icmcentral@healingministry.org

Fax: (206) 362-1969

Website: www.healingministry.org

Order Form

Formation for Spiritual Companions Program \$ 495.00
Shipping and handling (\$30 within US) \$ _____
Subtotal \$ _____
Washington State residents, add 8.8% \$ _____
Total enclosed \$ _____

Please make check and money orders payable to ICM

Name _____

Organization _____

Address _____

Phone _____ Fax _____

Email _____ Website _____

About Institute for Christian Ministries



Mission Statement

ICM is an ecumenical Christian organization. Our mission is to encourage and support spiritual formation within faith communities, with special emphasis on training for healing ministry.

The Institute for Christian Ministries (ICM) was founded in 1977 by the late Father Leo Thomas, a Dominican priest who taught for seven years at the Dominican School of Philosophy and Theology, and who spent five years as co-director of the Dominican Center for Pastoral Training in San Francisco. In the 1970s, Father Thomas designed a program to help lay people learn how to be spiritual companions to one another - to share their spiritual journey with one another as peers. *Formation for Spiritual Companions* arose from, and was inspired by, that earlier program.

What People are Saying...

From Father Fabian Parmisano, OP:

“I am deeply moved by the seriousness with which prayer is taken and am impressed with the overall vision of the program.”

From FSC participants, describing their experience of the program:

“A spiritual companion is like - and more than - a refreshing drink of water. It is the ‘place of refreshment, light, and peace’ for my entire being.”

“I was impressed by the professionalism of the program and the depth of heart.”

“Powerful teachings and worship experiences!”

“Through this program I learned to trust God and be open with companions.”

“FSC gave me a new gift to use in my life - the gift of listening.”

Other ICM programs

Another parish-based program developed by ICM is available for faith communities who want to help people become mature, competent ministers of religious healing. *Formation for Healing Ministry (FHM)* fosters spiritual growth and knowledge through a process that is similar to the one used in FSC: worship, self-reflection exercises, recorded teachings, and small-group experiences that help participants discover their God-given gifts.

**To learn more about FHM,
please contact the ICM office
and/or visit our website at:**

www.healingministry.org