

SPIRITUAL COMPANIONSHIP AND SECOND CHANCES

Who among us, hasn't wanted a second chance? Sometimes in little ways, to make amends for a poor choice of words, or a rush to judgment, or an unintended slight. Apologies, sincere and heartfelt, can go a long ways in these instances. And, if accepted, we come out the better for it, more empathetic and understanding on our end, and ideally heard, understood, and forgiven, on the other.

Occasionally the challenge is much bigger, and we need to reinvent ourselves, after spiraling down some deep hole that we can't easily get out of. Perhaps we have fallen prey to mental illness, addictions of various kinds, bad habits, toxic behaviours, or debilitating pain and grief. These scenarios require us to rearchitect ourselves more profoundly, and

redemption and forgiveness can be much harder to come by.

Still, we persist, because we want to heal, and we need others to see and recognize our new emergence. To tend to us with their open-hearted acceptance.

But what does it mean to get a second chance spiritually?

We may have spent a lifetime following a particular spiritual tradition or path, only to find that it no longer feeds our soul, or that we were following it for all of the wrong reasons, to please our families, perhaps, out of sense of obligation, or somewhat unthinking tribal allegiance. Or it simply no longer

continued on next page



addresses questions that we have come to be committed to in a way that is satisfactory.

Alternatively, we might realize, after some tremendous jolt to our system triggered by a significant loss, usually of someone or something we loved dearly, that we must now have deeper meaning to inform us.

An existential crisis can result, our own Dark Night of the Soul, filled with despair, heartbreak and longing, where despite our wanting to be lifted up, we are unable to rise to the occasion.

This is when we need to give ourselves a spiritual second chance.

And the first step before we embark on our demanding and uncertain journey is to ask for help. In this case from a spiritual companion, director, or guide. Someone trained to support and inspire us as we overcome our doubts and anxieties, and reach for the horizon, in spite of our fears.

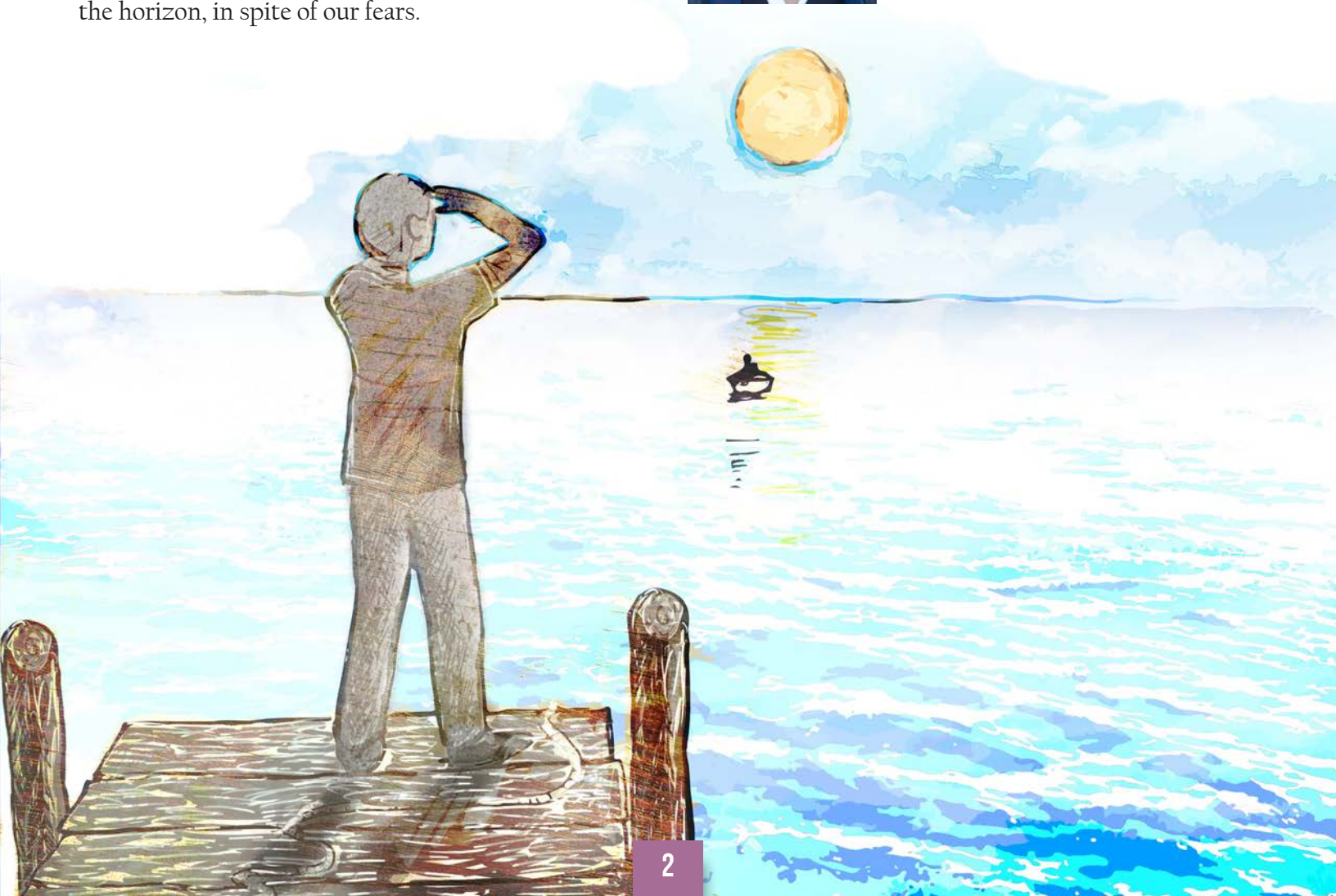
As our companions listen us into action, they will allow us to release our traumas and shame, so that we may begin to inhabit our new spiritual form, and our exploration of unknown waters, with courage and steady determination.

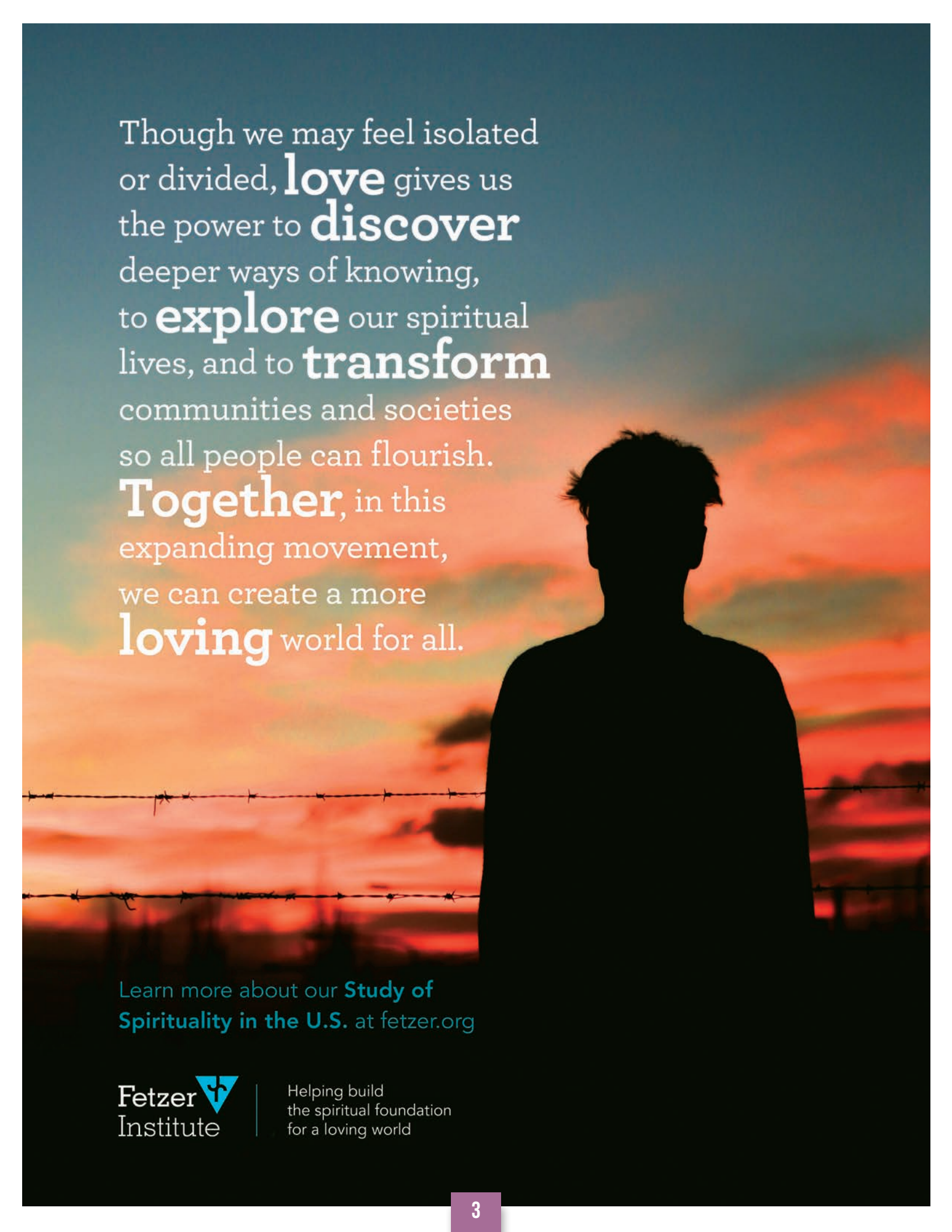
In the process, our own insights into the Eternal will emerge, ripen and mature, so that our own spirituality will now become deeply embedded. And with that, our understanding of our journey will become infused with confidence, conviction, and deep insight into what the spiritual leaders of the ages were really telling us, which we hadn't truly heard, or understood, before.



And then, and only then, will we be able to give others the second chance that they too so need and deserve.

Rev. Seifu Anil Singh-Molares
Executive Director, SDI



A silhouette of a person stands in the foreground, looking out over a landscape. In the background, there is a vibrant sunset or sunrise with orange and red clouds. Two strands of barbed wire are visible in the foreground, creating a sense of separation or barrier.

Though we may feel isolated
or divided, **love** gives us
the power to **discover**
deeper ways of knowing,
to **explore** our spiritual
lives, and to **transform**
communities and societies
so all people can flourish.

Together, in this
expanding movement,
we can create a more
loving world for all.

Learn more about our **Study of
Spirituality in the U.S.** at fetzer.org

Fetzer
Institute



Helping build
the spiritual foundation
for a loving world

THE CALCULUS OF PRAYER

In the morning, when I talk to God, I say,
I would love to find a clean pair of boxers
waiting for me on the laundry rack,
but then don't worry about me, God;
you must have much bigger matters to worry about – in fact,
tell you what,
why don't you cure an African child of tuberculosis instead.

Prayer probably doesn't work that way, number one,
and also, you're not to play with God.
But I think She understands.
She's known me longer than the Mississippi.

Every day I love God abundantly, and in return
she remunerates me in poetry. These days,
the poems flow easy, just
crazy easy.
Hey God, how about a poem, I say, and then they come –
these silly, worthless, light, fluffy, lovely poems.
If anyone were to ask where my inspiration comes from,
I'd probably have to laugh.
Where does your breath come from?

None of this chitter chatter amounts
to much. My life is birdsong
on someone else's pleasant walk.
And happily so.
I will say this though:

If one day you meet me and I smell a bit pongy,
I hope that you might
join me in praise
for the uneven calculus of prayer.

And if on another day, I find those undies,
let's curse the fresh air, and cry,
what gives, God, what gives?

Bob Janis-Dillon is a minister living in Merseyside, Northwest England and serving three Unitarian congregations in Wigan, Warrington, and Chester. His debut poetry collection, *Not Due Out Anytime Soon*, is not due out anytime soon. Bob is delighted to hear from you at bob.janis.dillon@gmail.com.



April 20-25, 2021

You are invited to join us, as we celebrate a new season of growth for spiritual companionship!



Lucy
Abbott
Tucker



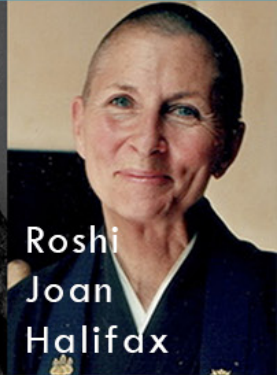
Dr.
Barbara
Holmes



Sr.
Joan
Chittister



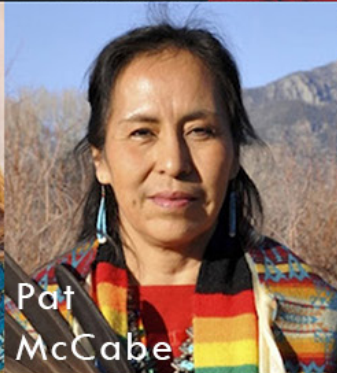
Adam
Bucko



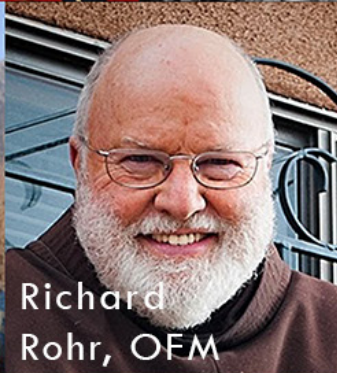
Roshi
Joan
Halifax



Mirabai
Starr



Pat
McCabe



Richard
Rohr, OFM



Gillian
Gonda

9 Renowned Wisdom Teachers | 40 Workshops
5 Full-Day Institutes | 3 Premium Workshops
COVID-Safe | Convenient Recordings | More!



Sponsored by the



Fetzer Institute

RENAISSANCE

sdicompanions.org

SDI - The Home of Spiritual Companionship

We may have spent a lifetime following a particular spiritual tradition or path, only to find that it no longer feeds our soul...

Alternatively, we might realize, after some tremendous jolt to our system...that we must now have deeper meaning to inform us.

This is when we need to give ourselves a spiritual second chance.

And the first step before we embark on our demanding and uncertain journey is to ask for help.

“Can Spiritual Directors Help?”

Spiritual companions offer to connect clients to the divine in their everyday life

Article appears in the January 14, 2021 issue of

The New York Times

Featuring comments by SDI's Executive Director
Rev. Seifu Anil Singh-Molares



Feminist Perspectives on Spiritual Companionship and Direction

A 12 week Online Course from SDI



Featuring: Karen Erlichman, Lyvonne Proverbs Briggs, Beverly Lanzetta, Pat McCabe, Diane Millis, Jasvir Rababan, Janet Ruffing, Sandra Smith, Ayo Yetunde, Beth Bartlett, and more.

SDI  **EDUCATION**

*What does Holy Listening really look
like in a Zoom World?*

*Come discover a new way of
meeting in 2021 -*

SDI  **WEBINAR**

How to Hold a Zoom Retreat

1-day workshop for Spiritual Companions



Facilitated by
Samuel Rahberg
and Becky Eldredge

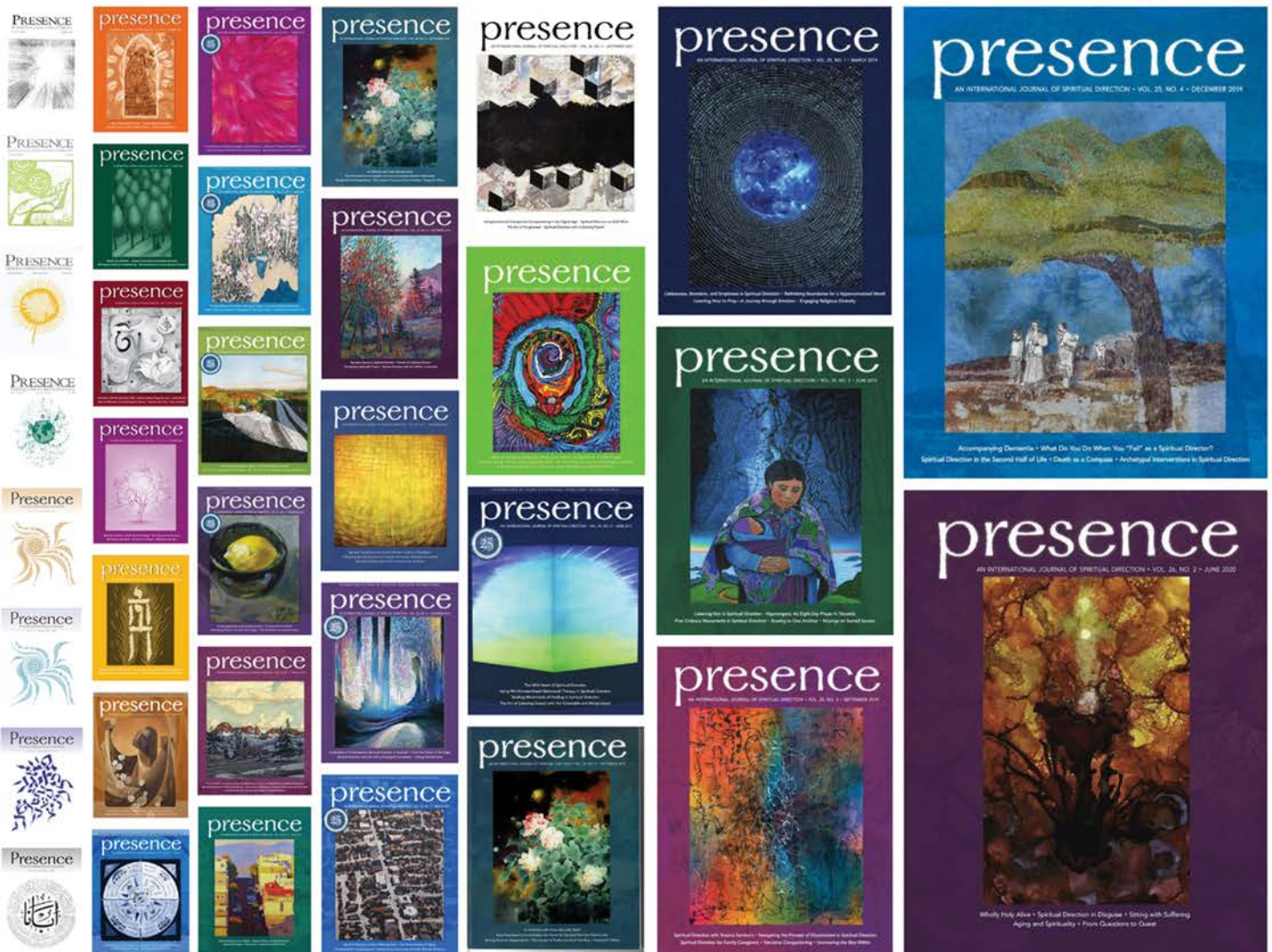
Friday, February 12, 2021 | 9-12pm Pacific
Register at sdicompanions.org



EVERY ISSUE. EVERY ARTICLE. EVERY WORD.

presence

The Digital Archive



A quarter century of the best thinking about spiritual direction and companionship, on demand and fully searchable. Available now!

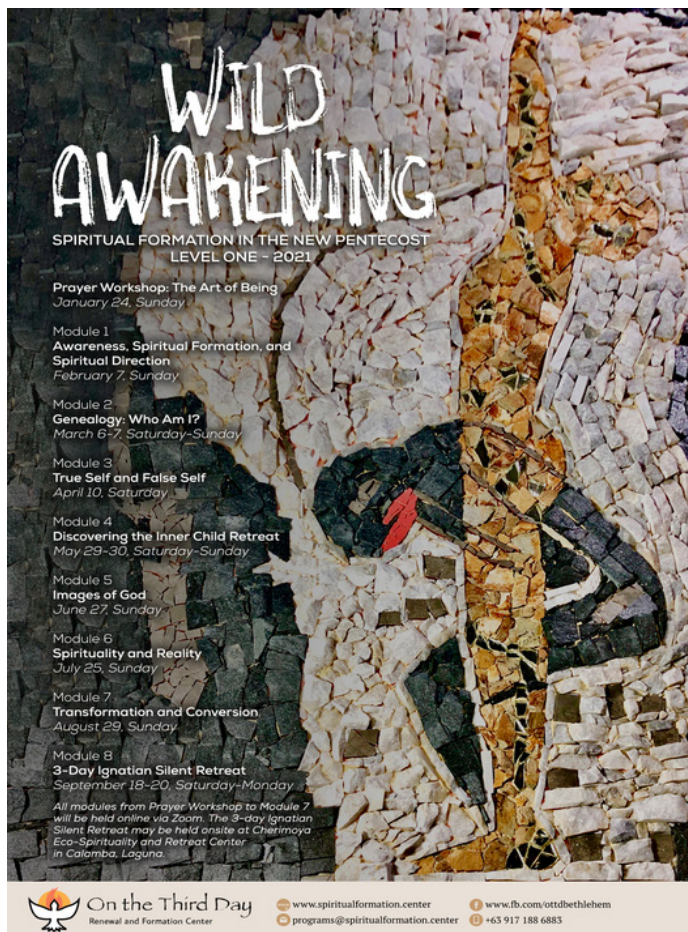
sdicompanions.org



DARK NIGHT

When all is stripped away
after the God of love takes all your loves
then
all the world will be grief
and the air shrill with silence.
Wait in the emptiness
for every touch is absence.
Remember
it is Mystery that draws you
beyond the jaws
grinding you into the night.

Lou Ella Hickman is a member of the Sisters of the Incarnate Word and Blessed Sacrament. She has been a teacher, a freelance writer and as a spiritual director. Her poems and articles have been published in numerous magazines and in poetry books.



WILD AWAKENING

SPIRITUAL FORMATION IN THE NEW PENTECOST
LEVEL ONE - 2021

Prayer Workshop: The Art of Being
January 24, Sunday

Module 1
Awareness, Spiritual Formation, and
Spiritual Direction
February 7, Sunday

Module 2
Genealogy: Who Am I?
March 6-7, Saturday-Sunday

Module 3
True Self and False Self
April 10, Saturday

Module 4
Discovering the Inner Child Retreat
May 29-30, Saturday-Sunday


Module 5
Images of God
June 27, Sunday



Module 6
Spirituality and Reality
July 25, Sunday



Module 7
Transformation and Conversion
August 29, Sunday

Module 8
3-Day Ignatian Silent Retreat
September 18-20, Saturday-Monday

All modules from Prayer Workshop to Module 7
will be held online via Zoom. The 3-day Ignatian
Silent Retreat may be held onsite at Cherimoya
Eco-Spirituality and Retreat Center
in Colombia, Laguna.

 On the Third Day
Renewal and Formation Center

 www.spiritualformation.center
 programs@spiritualformation.center

 www.ftd.com/ottdbethlehem
 +63 917 188 6883

Listen

PUBLISHER: Spiritual Directors International

EXECUTIVE DIRECTOR AND EDITOR:

Rev. Seifu Anil Singh-Molares, MTS

PRODUCTION SUPERVISOR: Matt Whitney

SUBMISSIONS: listen@sdiworld.org

ADVERTISING: ads@sdiworld.org

Listen is published four times a year. The names Spiritual Directors International™, SDIWorld™, and SDI™ and its logo are trademarks of Spiritual Directors International, Inc., all rights reserved. Opinions and programs represented in this publication are of the authors and advertisers and may not represent the opinions of Spiritual Directors International, the Coordinating Council, or the editors.

We WELCOME your feedback on any aspect of this issue of LISTEN, or on SDI as a whole. Please send your comments to
LISTEN@SDIWORLD.ORG



be. | meditation

A special offer for SDI Members.

Join Be Meditation's live online meditation community for \$15.00/month, a 50% discount. At Be's studio you will find support, connection and teachings to deepen or begin your practice.

Join us at Be Meditation for an inspirational and transformational meditation experience.

Discover something new or go deeper on your spiritual journey.

Be offers over 150 online classes each month from Zen Meditation, Visualization for a Healthy Body, Qi Gong to ending your stressful day with Yoga Nidra. We have you covered!



“The beginning is always today.”

- Mary Shelley

Listen is an outreach publication of SDI - The Home of Spiritual Companionship. When you visit the SDI website at www.sdicompanions.org, you can learn about retreats, programs, conferences, and other educational events related to spiritual companionship. You can read descriptions of the spiritual direction relationship from a variety of spiritual traditions, and discover excellent questions to ask yourself and any potential spiritual directors you choose to interview. To locate a spiritual director or guide, go online to *Find a Spiritual Companion Guide*. More than 6,000 spiritual directors are listed at

www.sdicompanions.org.

Whatever your
spiritual orientation,

wherever you are
in your journey,

We are with you.

BECOME AN SDI MEMBER

All SDI Members receive discounts on SDI's educational offerings, and gain exclusive access to our various online resources, such as Discussion Forums, Group Spiritual Companionship and our new, beautiful online version of Presence Journal.

Choose the membership that is right for you!



VENUS
(STUDENT)

For those who are
training to become
spiritual companions.



NEPTUNE
(STANDARD)

For all kinds of
spiritual companions
and deep listeners.



JUPITER
(ENHANCED)

For those who are
able to support SDI
at a higher rate.



COSMOS
(PREMIUM)

For our most active
and supportive
companions.

Join us today at sdicompanions.org.



The Home of Spiritual Companionship
PO Box 3584 | Bellevue, WA 98009