



Regional Meetups for Spiritual Companions – *Start one in your area*

Perhaps you're wondering- just what is an SDI Community?

- It's an SDI-supported and locally-run independent group of spiritual directors/ companions.
- SDI Communities offers spiritual companions from all traditions and spiritual inclinations a chance to support one another, to learn, to network, share contemplative practice and to enjoy each other's company - all on a regional basis.
- An SDI Community can operate anywhere in the world.

What can SDI offer?

- SDI gives support by publicizing meetings through our network and creating a place for people to RSVP – if need be. (We send you the names and emails on a spreadsheet so you can keep track.) *This is important as we can often get the word out effectively and help grow the number of people who attend.*
- We can also offer free webinars and access to *Presence* articles for the educational benefit of the groups.

Grassroots Program

Each regional group gets to decide its own destiny. SDI is here to support you, but you decide how best to care for your region and your people.

Basic Requirements

We ask that the regional groups support the key tenets of spiritual direction/companionship – welcome, deep listening, respect for the agency of others, contemplative practice, etc. Our Portrait of a Spiritual Director/Companion is one way we have tried to sum up our community values. This from *Presence* : <https://www.sdicompanions.org/media/portrait-of-a-spiritual-director-companion/>

It's also important to us that SDI Communities offer welcome to all – regardless of spiritual tradition or inclination - and that the regional meetings are free of charge for participants, though donations or free-will offerings may be invited to cover expenses.

Here are some recent invites from our regional community groups around the United States. They give you a sense of what can be done. But please don't feel limited by what you read here.

<http://mailchi.mp/6675744cd1bd/lehigh-meeting-nov-2019-229377>

<https://mailchi.mp/4f74bbb6c197/portland-meeting-jan-2020>

<https://mailchi.mp/3b43dfc4b81a/bay-area-meeting-jan2020>

<http://mailchi.mp/4537fae46b71/heartland-states-meeting-nov-230197>

<http://mailchi.mp/5d644c00316f/wash-regional-meeting-mar-6-230482>

<http://mailchi.mp/da1f1fa62121/reminder-northern-virginia-meeting-digital-january2021-230454>

Here is a simple 5-minute video I made explaining how the program works:

<https://youtu.be/GFoj2Q7eFrY>

At our online conference, April 20, 2021, Mary Kay Whitacre (Heartland States), Rebecca Bass (Central Florida) and Bruce Calvin (Northern Virginia and Washington DC) gave a free training session on building SDI Communities. Recording here: <https://youtu.be/4-5lAx5poFg>

3 Case Histories – From Mary Kay, Becca and Bruce, these case histories may be downloaded and printed. They are of particular value for those of you who want to see in specific how local SDI communities got started and how they function ongoing:

- <https://www.sdicompanions.org/wp-content/uploads/2021/04/Case-Study-Tampa-Bay-Florida-SDI-Communities-April-2021.pdf>
- <https://www.sdicompanions.org/wp-content/uploads/2021/04/Case-Study-for-SDI-Regional-Community-Heartland-Kansas-Missouri-Nebraska-Iowa-April-2021.pdf>
- <https://www.sdicompanions.org/wp-content/uploads/2021/04/Northern-Virginia-case-study-SDI-Communities-April-2021.pdf>

Let's talk further if you have interest. We can schedule a call or a Zoom meeting as a first step.



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