

Sharing Companioned Prayer™ without Mentors

If no learning experience or Companioned Prayer ministry is available in your area and you wish to learn the prayer with a few friends, start your own small group with the support of your pastor or religious leader as recommended on the CPCF's "Learning the Prayer" webpage (chapter 4 in the book, *Companioned Prayer*). However, if you are in a situation where a larger number of people wish to learn the prayer (e.g., six or more) and no mentors are available to guide them through the four introductory prayer sessions, you can still initially share the prayer by using the modified approach described in this section.

Someone will still need to be the group leader, even if they do not have any experience with the prayer. This leader or facilitator should obtain the support of the group's pastor or religious superior. The leader will need to read chapters 1 through 5 and chapter 9 of the book, *Companioned Prayer*, and will need to facilitate the group experiences in the four introductory prayer sessions.

The outlines for these four sessions without mentors are similar to the outlines for the mentored four introductory prayer sessions, except that the role of the companion is included in the first session, and in each case when it is time to break into small groups, i.e., pairs for companioning, each person will companion their partner and vis-versa, instead of being companioned by a mentor. A sample outline for the four sessions without mentors is provided on the CPCF's supplemental resources webpage.

In the first session each person will companion their prayer partner using the *Introduction to the Loving Heart of Jesus Companioned Prayer* form, instead of the standard Companioned Prayer form for Ordinary Time. This alternative form is similar to the standard form except that it lacks two prayer movements, *LETTING GO IN THE LOVING HEART OF JESUS* and *BEING OPEN TO GOD'S SPIRIT*. It also omits the reflection of symbols. This form can also be found on the Supplemental Resources page of the CPCF website.

Without mentors, participants in the first two sessions should not try to reflect the person's prayer experience when paired with one other person. However, individual journalling is encouraged after each prayer. Instead, simple sharing, reflection, and discussion can occur in the large group after individual companioning.

In the second session the full Companioned Prayer form can be used, but without the sharing of symbols. The discussion of symbols and their employment during the prayers can be postponed to the third session. Prior to breaking into pairs in this second session, the facilitator should hand out the standard Companioned Prayer form for Ordinary Time and talk about how to employ the two new movements, *LETTING GO IN THE LOVING HEART OF JESUS* and *BEING OPEN*

TO GOD'S SPIRIT. These discussions should not be extensive as they will not make any sense until the movements are tried out a few times.

During the third session the facilitator can lead a brief discussion of how to share symbols and how to reflect them. Encourage the participants to share and reflect symbols in order to experience what that is like.

In the fourth session continue to use the standard Companioned Prayer form and encourage sharing, questions, and discussion in the large group both before and after the individual companioning.

After participants have experienced these four sessions, and have continued in weekly prayer group meetings, encourage those who are fully engaged to participate in mentor preparation so that the more personal mentoring approach to sharing and learning may be offered to others by following the standard four introductory prayer session guidelines.