



## Regional Meetups for Spiritual Companions

*Would you like to 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, creating webpages for meetings, 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.
- We can also offer some money to pay for refreshments and other necessities, like rent for the meeting venue.

### 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.sdiworld.org/sites/default/files/portrait\\_of\\_a\\_spiritual\\_director\\_presence\\_version.pdf](https://www.sdiworld.org/sites/default/files/portrait_of_a_spiritual_director_presence_version.pdf) It's also important to us that all 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 in Lehigh Valley, PA, Northern Virginia, Portland, OR, the SF Bay Area and Kansas. They give you a sense of what we can do.

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

<http://mailchi.mp/3ae2d9a595f5/northern-virginia-meeting-jan-2020>

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

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

<https://www.sdiworld.org/educational-event/kansas-missouri-regional-gathering-october-15>

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

<https://youtu.be/GFoj2Q7eFrY>

At our conference this April in Santa Fe, we have a free training session on building SDI Communities, though this is not mandatory.

<https://www.sdievents.org/communities>

Let's talk further if you have interest. We can schedule a call or a Zoom meeting as a first step. Please email me to start a conversation: [steven@sdeworld.org](mailto:steven@sdeworld.org).

And please know I am grateful that you are part of our global community and grateful for the spiritual care you offer others.

Blessings to you in all you do.



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