

“It’s so sweet to find one another, have friendships deepen, and hatch plots to improve the lives of all.”

In 2008 I was invited to lead a workshop on chanting as a spiritual practice. Joy Kiser, a Companion, sat in on the workshop and we just hit it off. She was so thoughtful, kind and funny. That week we shared meals, talked about music, books and gardens. We’ve been friends ever since.

Joy introduced me to many amazing women, so I became very interested in becoming a Companion. The highlight of my Inquirer period was when Joy handed me the directory of Companions and said, “See if you know anyone.” There were a lot of people I knew yet had no idea they were Companions. So I said, “Yes, I want to be a Discerner.”—the second step to Companionship.

Knowing that there are so many of us praying with and for one another every day is beautiful. Even though we may never meet in person, we are connected by a common love of God and neighbor.

I’m a traveling musician and wherever I go, Companions introduce themselves to me, and “poof” a new friend! It’s so sweet to find one another, have friendships deepen, and hatch plots to improve the lives of all.

If your spiritual life can welcome a few more companions to walk and learn with, if you are thankful for what you’ve been given, you pray early and often, and work toward social justice and simplicity of life, come pray and play with us! That’s what it’s all about: learning to love the people the Spirit puts in your path.



Ana Hernández
Kingston, NY

Companion, New York Chapter

Ana lives in New York state with her wife Michelle Meech, an Enneagram teacher and Episcopal priest, and they are caretakers for Michelle’s mom Judie. Ana loves to compose music, lead singing at La Iglesia Santa Cruz in Kingston, NY, garden, watch birds, feed people, and walk around in the woods. She has just released her ninth album, Banquet of Love.