

Diane LeMay

As Spiritual Companions, we listen to stories. Allow me to give you a glimpse of my authentic self, uncovered by my formation in Wellstreams, as well as many experiences with which I have been blessed. I am a retired pediatrician, serving families and leading community initiatives for 26 years in Central Ohio. I am a “heart-listener” and have learned to trust its messages.

A Roman Catholic, I embrace ecumenical service through Kairos Prison Ministry, meeting the homeless in their sacred spaces and Spiritual Companionship. I am drawn to the margins to give voice to the oppressed. I belong to St. Thomas More Newman Center where I am nourished in faith and serve humbly. I am a Spiritual Companion for OSU students and adults entering the Catholic Church. My faith is the most important gift in my life as I have grown, awakening to the inner movements of the Spirit in my soul. It has brought and will bring me through the dark nights of life, as I have surrendered to God, with unconditional trust.

I became a contemplative while walking Spain’s Camino de Santiago. The rhythm of walking, surrounded by silence and nature, prayer and nothingness led me to the beginning of an awakening of my soul, returning to the Divine Call I knew since childhood. I am an Associate of the Dominican Sisters of Peace, deepening my faith and relationship to God through the charisms of community, contemplation, study, and service in pursuit of truth and justice. The Spiritual Exercises of St. Ignatius of Loyola, seeing the Divine in all things, invited me to explore the needs of my soul. I entered Wellstreams, began discerning religious life and opened my heart to the kind of vulnerability that frees oneself. I left a medical career in 2014 and earned a Master’s in Theology in 2017 to pursue that which was pulling me inward and toward. Silent Directed Retreats, Spiritual Direction and contemplative prayer was a new way of living.

A revelation from a death row inmate exposed my compassionate heart, and I invited my estranged brother to live with me, after a stroke left him unable to communicate. In God's perfect time, and with Wellstreams to support and hold space for me, I healed a child wound. I am blessed to have known my brother as friend before his death in 2021, just before my graduation from Wellstreams. The call to be a "Sister" was a call to be a "sister" companion to one on the margins of my heart, who I no longer needed to hold there.

I sing and serve with Columbus' Harmony Project, a 500-person community choir that breaks down barriers through common interests, singing and serving. We are composed of differently abled adults, professionals, incarcerated adults, caregivers, re-entrant adults, school children and adolescents from all walks of life, and anyone who loves and is afraid to sing. If the world is not a place of harmony and love for all, we are called to create that world with harmony and love for all. After being in this family for years, I see imperfect harmony as *the* perfect harmony for the world.

As Spiritual Companion, listening to and holding space for one's *perceived* and Sacred Imperfections allow for the actual uncovering of a true soul, layer by layer, exposing the beautiful harmony for which and by which it was created. I have a Spiritual Companionship practice, both in-person and virtual. I remain in formation for religious life as a Consecrated woman in the Church. I look forward to serving the Spirituality Network board whose vision and mission are dear to my heart in my awakening life seeking to transform the world.