

# Companions of Christ, Chatham



September ~ December 2018

## Who are we?

The Companions of Christ is an emerging, ecumenical, apostolic (i.e. mission focused) community rooted in Ignatian Spirituality and open to women both lay and ordained. The Companions of Christ seek to live the Gospel values through a simple life style and through celibacy, following and imitating Christ. The community is a part of the Diocese of Rochester and is based in the centre of Chatham in Medway, Kent.

At the heart of the community's life is the mission of Christ. A part of that mission is to provide an open space for prayer and celebration. In this leaflet you will find the things coming up this autumn.

We hope that you will be able to join us in some of these events!

**With Every Blessing,**

*Susanne & Madeleine*

**Companions of Christ**

65 Maidstone Road

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*United Kingdom*

**Rev Susanne Carlsson**

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**Rev Madeleine Dahl**

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# Sharing Bread & Life

One Thursday evening every month we invite you to a meditative Eucharist followed by a shared meal. You are welcome to come for the whole evening or only for the Eucharist.

**6.30 pm Eucharist**

**~ 7.15 pm We cook together and share a meal**

We will meet the following dates:  
27/9, 25/10, 22/11 and 27/12



# Quiet Days

## FAMILY QUIET DAY

*"The Lord is my shepherd"*

**Saturday 29<sup>th</sup> September**

**10am-2pm**

Led by Madeleine Dahl, Sue Smith &  
Glynis Elmore



A Family Quiet Day is an opportunity for different generations to come together in prayer. We will start the day with a short introduction and then you as a family are invited to visit different creative and reflective prayer stations in the house and in the garden. We will end the day with a short service and lunch together. Please bring a packed lunch.

The Quiet Day is aimed for Primary School children together with their parents and other carers.

## ADVENT QUIET DAY

*"O Come, O Come Emmanuel"*

**Saturday 8<sup>th</sup> December**  
**10am-4pm**

Led by Madeleine Dahl & Sue Smith



Advent is a time when we are invited to prepare ourselves to receive the great mystery of God being made man for our sake. During this Quiet day we will ask ourselves, through different meditations, what it means that God became one of us. There will be an opportunity to receive one to one spiritual direction. The day will end with a Eucharist.

The Quiet Days are organized in partnership  
with Rochester Spirituality Network

## YOUNG PEOPLE'S QUIET DAY

*"Time for God"*

**SUNDAY 9<sup>th</sup> December**  
**3-5.30 pm**

Led by Susanne Carlsson &  
Madeleine Dahl

This shorter Quiet Day is an opportunity for young people to come and explore how God talks to us through silence. In a busy world, where there is a constant danger of getting too occupied, we invite to a couple of hours to tune in with God. We will end the day with a Eucharist followed by S'mores.





## CHRISTMAS QUIET DAY

*"Mary did you know?"*

**SATURDAY 22<sup>nd</sup> December**

**1-4 pm**

Led by Susanne Carlsson



During one of the most hectic days before Christmas we will pause for a few hours to be with Mary as she awaits the birth of Jesus.

### **Practicalities & how to book**

Light refreshments will be provided during all Quiet Days. Bring your own packed lunch for the Quiet Days, which last a full day. There is no charge, but donations are welcome.

You are advised to book as soon as possible as there are a limited number of places, at least by one week before.

#### **Contact:**

Madeleine Dahl, 07469 246443  
madeleine.dahl@outlook.com

## Open Day

**Advent Sunday**

**2<sup>nd</sup> of December**

**2-5pm**



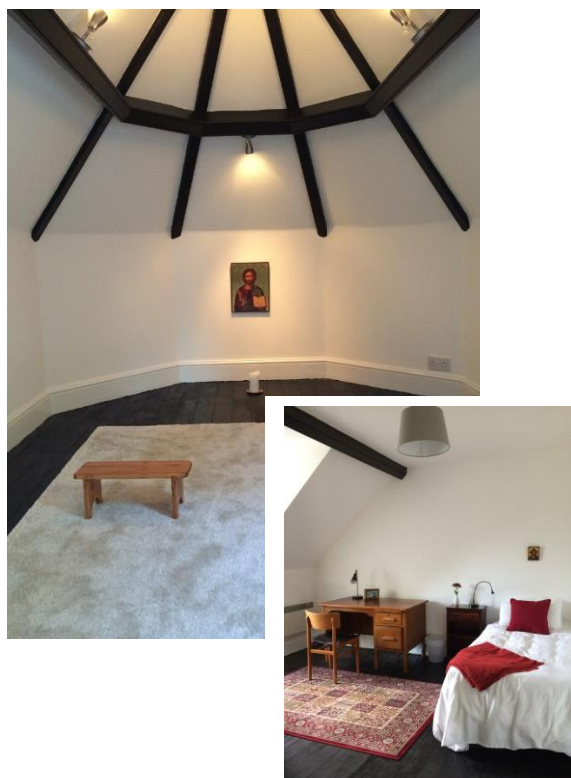
There will be Advent 'fika'\* from different parts of the world.

Join in a craft workshop i.e. candle making with Rosie Ambrose. (There will be a small charge to cover the cost of the materials.)

Tours of the house will be available.

*\*Fika is originally a Swedish word, meaning tea, coffee + different kinds of cakes.*

# Attic Retreats



In our attic we have created a space dedicated for retreats. This retreat space has two bedrooms, a prayer room, a bathroom and a small kitchenette for self-catering. You are welcome to come to 'Attic retreats' to spend a quiet day on your own or a longer retreat with or without spiritual accompaniment.

*Please contact one of us to book:*  
Madeleine Dahl, 07469 246443  
[madeleine.dahl@outlook.com](mailto:madeleine.dahl@outlook.com)

Susanne Carlsson, 07795 167 603  
[susannecarlssons@hotmail.co.uk](mailto:susannecarlssons@hotmail.co.uk)

# The Spiritual Exercises

The Spiritual Exercises grew out of Ignatius' own personal experience of seeking to grow in union with God and to discern God's will. Eventually Ignatius gathered these prayers, meditations, reflections and directions into a carefully designed framework of a retreat. He called this "The Spiritual Exercises."

The Exercises are a creative and flexible programme of prayer centred on the life of Christ. Their purpose is to help you develop a deeper and more active relationship with God and the world. 'The Spiritual Exercises' of St Ignatius is not a book to be read for spiritual enlightenment; instead it is a set of guidelines to help the retreat director to give the Spiritual Exercises to others.

The book describes a series of meditations and contemplations on Christ, the world and ourselves.



St. Ignatius of Loyola was born in 1491 in northern Spain and he is the founder of the Society of Jesus, the Jesuits.

### **We offer three ways of making the Spiritual Exercises:**

- 30 day silent guided retreat
- 3 separate 10 day silent guided retreats
- A guided retreat as part of you daily life (meeting a Spiritual Director regularly and praying at home every day).

*For more information contact:*  
Susanne Carlsson, 07795 167 603  
[susannecarlssons@hotmail.co.uk](mailto:susannecarlssons@hotmail.co.uk)

## **The Emmaus Garden**

From the name of our community 'The Companions of Christ', we have created a prayer garden centred around the Emmaus story (Luke 24:1-35)

The garden has five prayer stations which follow the Emmaus story. They start with the confusion after Jesus's death and resurrection and continue with the experience of the journey. On the way we are invited to learn more about who we are and who Jesus is.

The stations can also be used individually, without relating them to the Emmaus story.



If you wish to have access to the garden please contact one of us. There is an "Emmaus house" (see photo) in the garden, which can be booked for private prayer or for a group (max. 9 people). The house can be heated by a log burner and logs are provided.

# Interested in Community Life?

Would you like to know more about what it means to live in a community? Have you ever considered that God could be calling you to this way of life?

If you would like to explore living with others in community, you are welcome to come to visit/ stay with us and spend some time participating in our daily life or prayer and service in the light of the Gospel. Please contact one of us.

*“The one who calls you is faithful,  
and he will do it.”*

*(1 Thess 5:24)*



Follow us on  Companions of Christ Chatham