

## The Companions of Christ

The Companions of Christ (CC) is a new Community within the Anglican Church, inspired by the spirituality of St Ignatius of Loyola (d 1556) and open to men and women over the age of 18. Grounded in the Anglican Church, the community is ecumenical and members of other Christian denominations are welcome. The Companions of Christ seek to express their Christian faith in the events of everyday life through **Spirituality, Community** and **Mission**.

### Spirituality

The Spirituality of the Companions of Christ is rooted in the spirituality of Ignatius of Loyola and his Spiritual Exercises which is expressed essentially in:

- + Developing a close relationship with Jesus Christ nurtured through daily personal prayer, meditation on Scripture, and reflection on the workings of God in our lives.
- + Participation in the Eucharist and regular times for retreats and spiritual accompaniment.

### Community

Community life is expressed in different ways. It is possible to opt for membership of Companions of Christ as a residential member or as part of a 'dispersed' community, parish membership. As a parish member of the Companions of Christ:

- + We enjoy the support and companionship of like-minded people who share our spirituality. We nurture this through regular gatherings to talk, worship, pray and eat together.
- + We commit to meet regularly in order to *listen* to how God has been at work in our lives and to support each other in prayer and service.

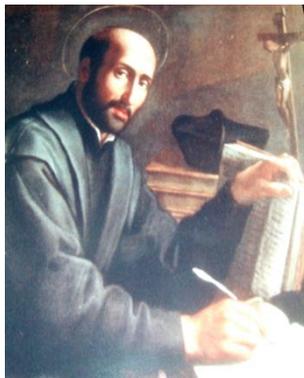
### Mission

The mission of Christ and the proclamation of the Gospel is at the very heart of the community's activity, which is lived within the context of the Christian Church, through the different ministries e.g. word and sacrament, spiritual formation and charitable work.

- + We are Companions of Christ in his mission to establish the reign of God wherever we live or work.
- + Each member is encouraged to find how they can serve Christ, at home, at work, in the parish, in the local community and through organisations working to reform the unjust structures of society.

### What is special about Companions of Christ?

- + The origins of the Companions of Christ are to be found in a way of life inspired by St. Ignatius, Ignatian spirituality. We embrace this way of life as a means of enabling us to bring together our faith and our lives so that we are aware of God working in every aspect of them.
- + We grow in our experience of the Spiritual Exercises of St Ignatius through retreats and by using Ignatian methods of prayer.
- + Some of us come to CC without any prior experience of Ignatian spirituality; others come after discovering Ignatian spirituality in various ways, such as weeks of guided prayer or retreats.



## Who was St Ignatius of Loyola?

Ignatius grew up in Spain in the sixteenth century. As a young man he served the King of Spain and was injured in a battle

against the French. Whilst recovering from being wounded in 1521, Ignatius read about the life of Christ and the biographies of a range of saints. Ignatius devoted the rest of his life to seeking how he could live more fully for Christ and proclaim the Gospel.

Ignatius studied at Barcelona and Paris and as a fruit of his experience wrote the *Spiritual Exercises*, a manual for a 30 day long retreat which is used worldwide offering a way of life rooted in a close relationship with Jesus. By 1540 Ignatius and a group of like-minded followers founded the Society of Jesus, commonly known as the Jesuits. By his death in 1556, the Society of Jesus had become an important missionary and spiritual arm of the Roman Catholic Church. Ignatian spirituality, grounded in finding 'God in all things and all things in God' has inspired Christians of many denominations into our own time.

You may wish to explore the Companions of Christ further if you are:

- + Searching for a committed way of life which helps you live out your faith.
- + Seeking a deeper spirituality to support your life of prayer and Christian service.
- + Looking to be part of a group where you can share your experiences.

**If you would like to know more about CC contact:**

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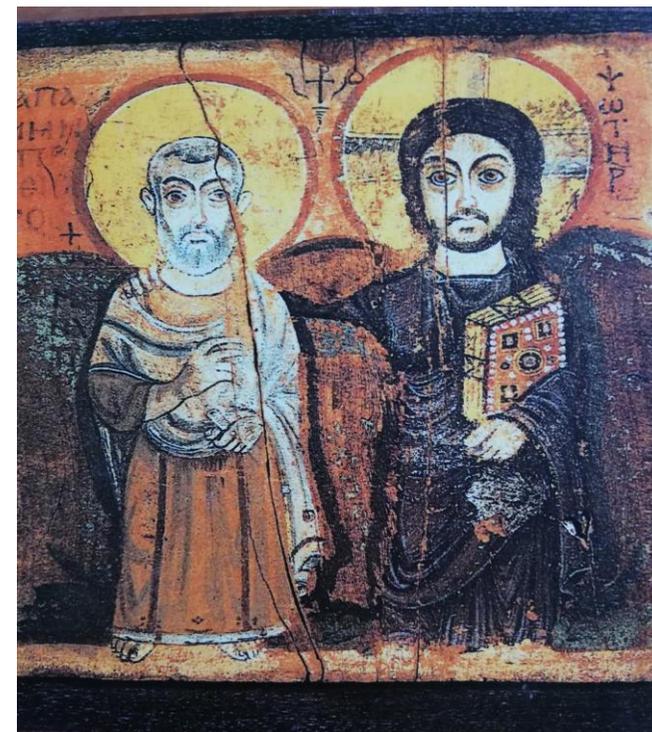
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## The Companions of Christ

- Parish membership



*A Christian Community inspired by the spirituality of St Ignatius of Loyola*

