Introducing the Companions of St Aidan

**Rule of Life**
Explore the Rule of Life and consider the implications of living within it.
See how it relates to the Diocesan values.

**Joining Up**
Explore the joining up checklist, read the safeguarding guidelines and identify any other information that would be required to help to decide if signing up was a way forward.

**Prayer**
Explore the range of prayer resources and approaches to prayer that help to connect time with God with our busy life. Explore what is realistic for busy people.

**Website**
Explore the broad shape of the website and the website map. What suggestion do you have about ensuring effective communication within and outside the community.

**Living the Values**
Explore what are going to be the most challenging aspect of living the values in the Rule of Life.

**Mission Networks**
Explore the range of interests of Companions and how the Mission Networks might become an effective way of supporting each other and giving attention to God and the world.