



## Companions In Ignatian Service And Spirituality: An Overview

Companions in Ignatian Service and Spirituality is a program for mature women and men who desire to deepen their awareness and love of God through accompanying the poor and marginalized and engaging with fellow Companions in dialogue, prayer and reflection rooted in the spirituality of St. Ignatius Loyola.

### PROGRAM COMPONENTS:

**Service Component:** Participants commit to volunteer with a program that serves and poor and marginalized in their community. It is recommended that the commitment be weekly and of sufficient hours to provide an opportunity to engage in meaningful direct service. Companions currently serve in prison ministry, with homeless seniors, in health clinics serving the uninsured, in tutoring programs preparing individuals for the GED, in meal programs feeding the hungry, with victims of sex trafficking and many others.

**Spiritual Formation Component:** Participants have a strong desire to deepen their spiritual life, a willingness to explore Ignatian Spirituality and a commitment to participate in:

- A program of daily prayer and meditation; first year participants use a comprehensive *Guide for the Journey*, based on the Spiritual Exercises of St. Ignatius of Loyola.
- Monthly program meetings with other members of their group, consisting of reflection on prayer and its connection with service experience.
- Individual monthly meetings with a spiritual director, focusing on where God is calling the Companion in prayer and service.
- Beginning and ending one-day retreat.

**AFFILIATIONS AND PARTNERSHIPS:** Ignatian Companions is a program of the Ignatian Spiritual Life Center at St. Agnes Parish in San Francisco. Companions meet at Santa Clara University, the Jesuit School of Theology in Berkeley and at the Ignatian Spiritual Life Center. We are an endorsed work of the Western Province of the Society of Jesus, the Jesuits.

**COST:** Our approach is simple: We invite participants, alumni, community foundations and Jesuit partners to share in the stewardship of our program resources. Participants are asked to provide \$250 in fees at the start of the program year. This fee includes registration and retreats. In addition, first and second year participants are also expected to provide an additional donation of \$250 to cover program materials and facilitator stipends. Companions has a scholarship fund. If financial assistance is needed, please let us know when you apply. No one will be turned away due to cost. The cost for monthly meetings with a spiritual director is not included in the fee.

### FOR MORE INFORMATION

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