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 accompany the poor and marginalized in their community. We recommend that the commitment be weekly and of sufficient hours to be able to engage in meaningful direct service. Companions currently serve in prison ministry, with homeless seniors, in health clinics serving the uninsured, tutoring GED candidates, feeding the hungry, mentoring survivors of sex trafficking and advocating for justice in their communities.

**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 an *Ignatian Companions Spiritual Exercises Guide*. Many Companions choose to continue for a second year which focuses on *Laudato Si*, Pope Francis’ writing on the care for the environment.
- 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.

**COST:** Participants are asked to contribute $500.00. This includes registration, the *Ignatian Companions Spiritual Exercises Guide*, two retreats, and monthly group sessions with a facilitator from September to June. Companions has a scholarship fund; no one will be turned away due to cost. The cost for monthly meetings with a spiritual director is not included.

**FOR MORE INFORMATION**

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