

The Companions Residential Program

Who is the program for?

- For women who are seeking, discerning or desiring to enter into a deeper relationship and walk with God and others in a community setting.

What do Companions do?

- Cultivate an appreciation for counter-cultural values, while growing in peace and freedom
- Deepen their rootedness and spiritual intimacy with God and others in community
- Discover a personal path to spiritual growth and transformation and discern their gifts and vocation



For more information or to apply

Shannon Frank-Epp, Companions Coordinator

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Phone: 416-226-2201, Ext. 342

Applications for the 2023–2024 year

Start: January 1, 2023

End: May 15, 2023

In choosing Companions, we strive for a balance of background and experience necessary for effective group interaction and community building. Applicants will be notified by July 15, 2024 if they have been accepted.

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Companions

alongside the Sisters of
St. John the Divine



Spending a year discovering

God's Rhythm

A 10-month residential program for
women who are seeking, discerning,
and desiring a closer relationship
with God and others

September 2023–June 2024

What does a day look like?

- Morning: Individual quiet time
Breakfast
Morning prayer together
Class time
- Noon: Eucharist
Dinner
Personal time (resting, walking, reading)
- Afternoon: Some manual work
Study time
Meeting with your mentor
- Evening: Evening Prayer together
Supper
Dishes and clean-up
Recreation
Compline (night prayer)
Quiet time



CLASSES INCLUDE:

- Vocation and Discernment
- Contemplative and Benedictine Prayer
- Journaling and Awareness Reflection

Who can be accepted?



Women who wish to apply should be:

- A practising Christian of any denomination
- Actively committed to discerning God's will in their life
- Desirous of deepening their relationship with God, a willingness to follow Jesus in his radical obedience and an openness to the leading of the Holy Spirit
- Able and willing to contribute to effective group processes and to live in community
- In good physical, mental and emotional health.

What does the program cost?

- \$100.00/month is suggested toward expenses.
- Companions live at the convent and share the same free time, retreat opportunities and vacation as the Sisters do.
- To benefit most fully from the program, Companions need to commit to staying the full time. If cost is a hindrance, please contact the Companions coordinator.

