

CAMINO COMPANIONS SESSION 1

*Sunday 20 October 1pm-2pm at St James's
Monday 21 October 6.30pm-7.30pm on Zoom*

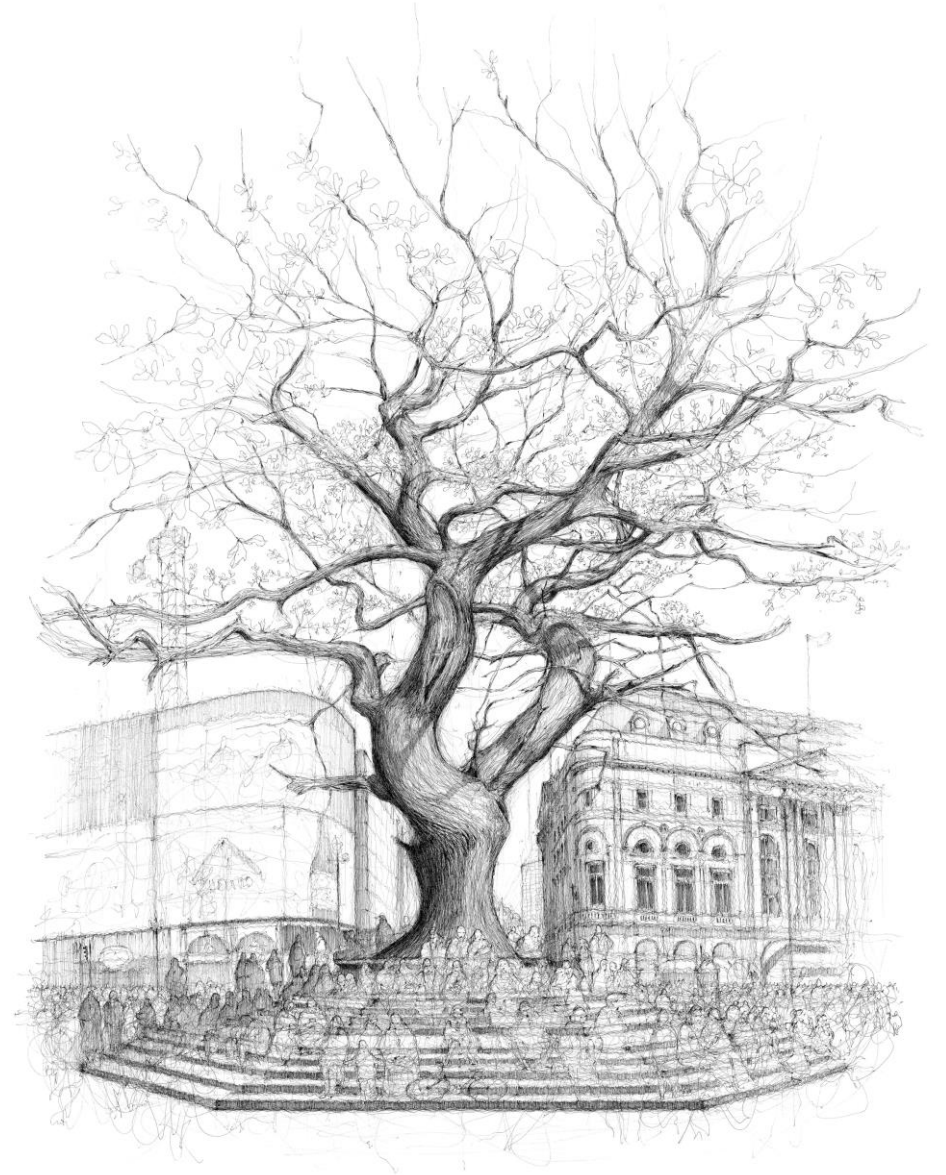
Being a Companion:
Community, Contemplation, Connection

- What is a pilgrimage?
- What makes a journey worthwhile?
- What is needed to build a community?
- What is needed to connect with God?



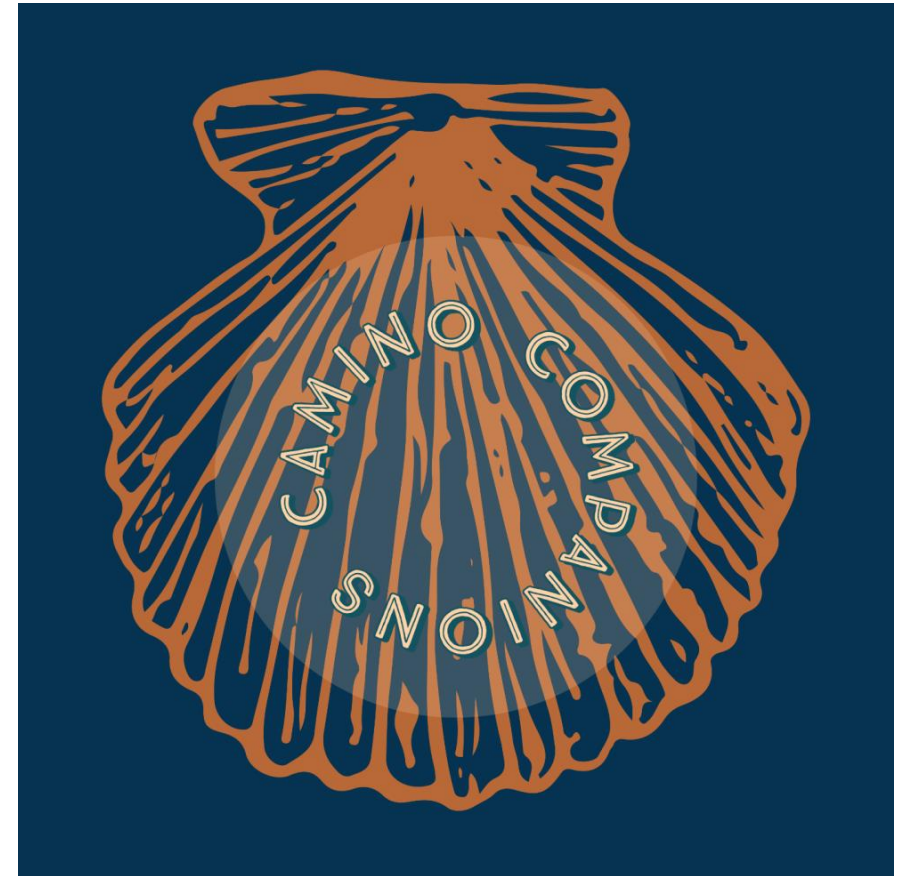
'Prayer is a form of communication between God and humanity, and humanity and God... I am always impressed by the fact that it is recorded that the only thing that the disciples asked Jesus to teach them how to do was to pray.'

- Howard Thurman



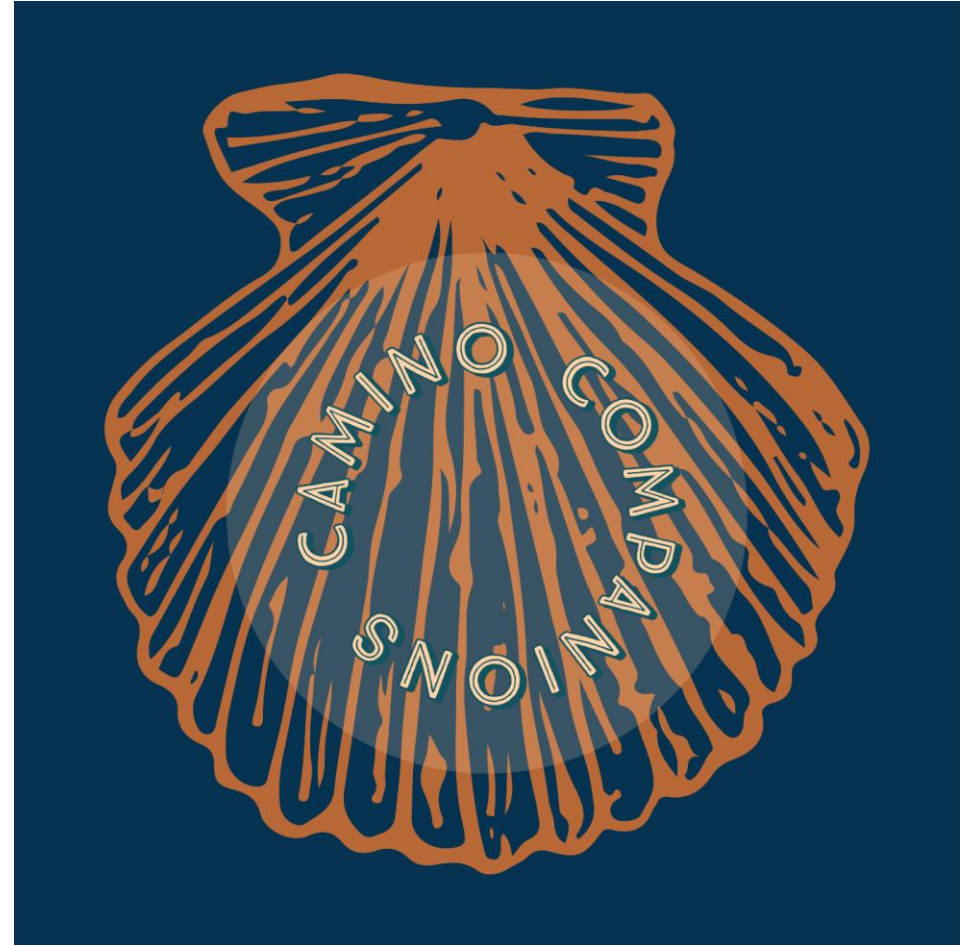
Conversations & Reflections

- What does hospitality look like?
- What does it feel like?
- When a space is open-hearted and open-minded, what might be possible?
- What does the phrase 'imagine the world to be different' mean to you?



Camino Companions Prayer

God of our pilgrimage, you sustain us along our path, wherever it may lead and however long the road. Inspired by St James, and all who have gone before us and will come after us, help us to follow you as our Creator and the source of life itself. Unite us as we seek justice, peace, and truth. In your world and in your church, guide us in our travels together so that we may be transformed and shaped by your divine love, today and forever. Amen.

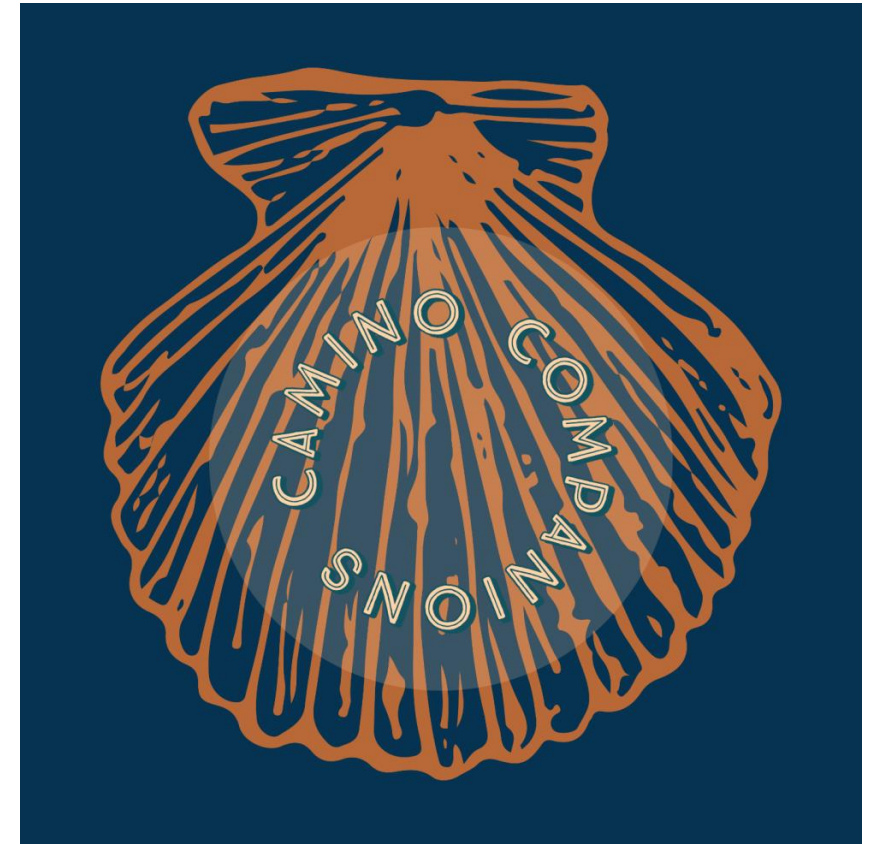


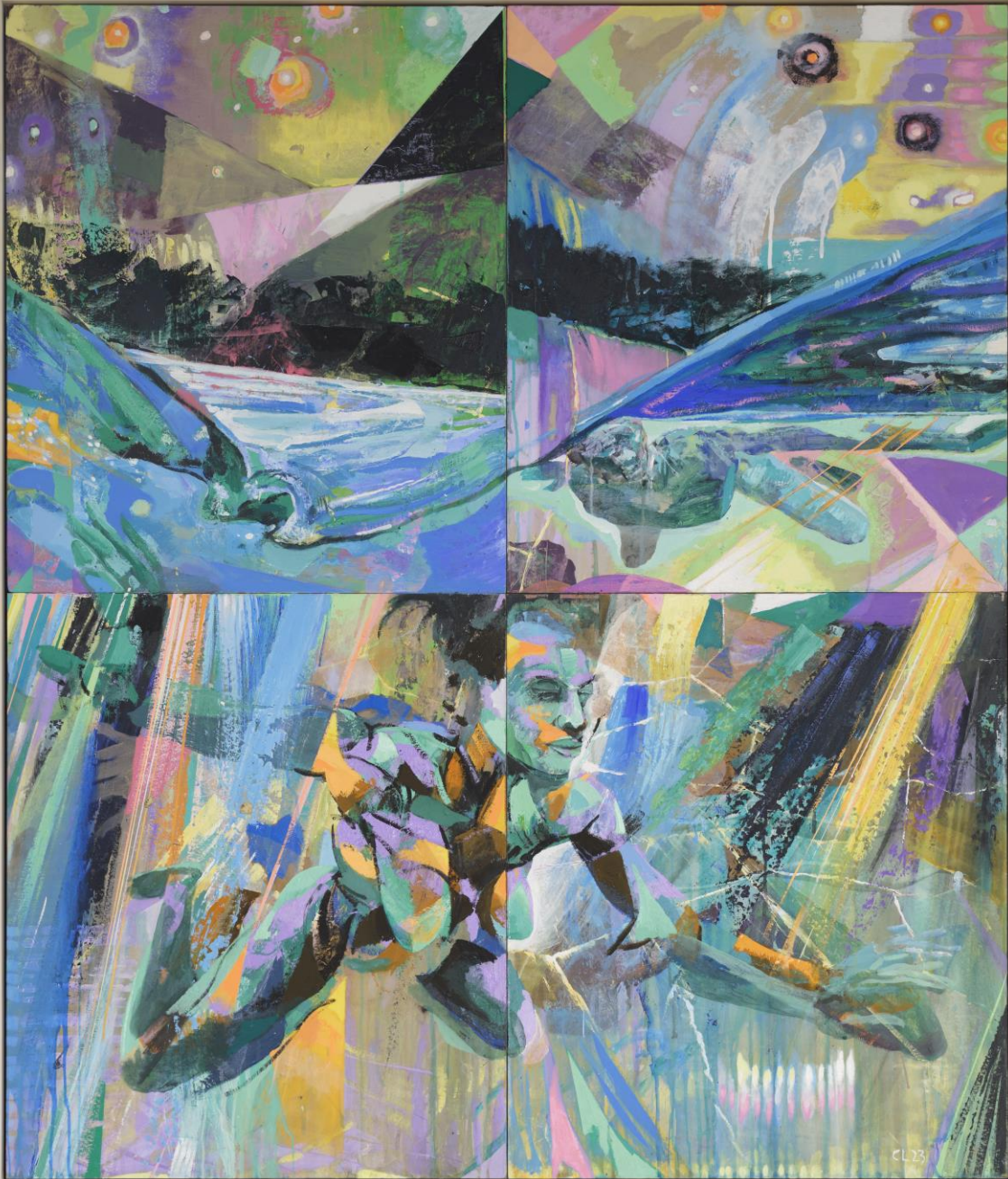
Some ways to pray at St James's...

- Eucharist
- Morning Prayer
- Holding the Silence
- Alone
- Together

God hears our words and our silences...

- Why do people come to St James's?
- What do they seek?
- What might they find?





Spending time with Che Lovelace's painting...

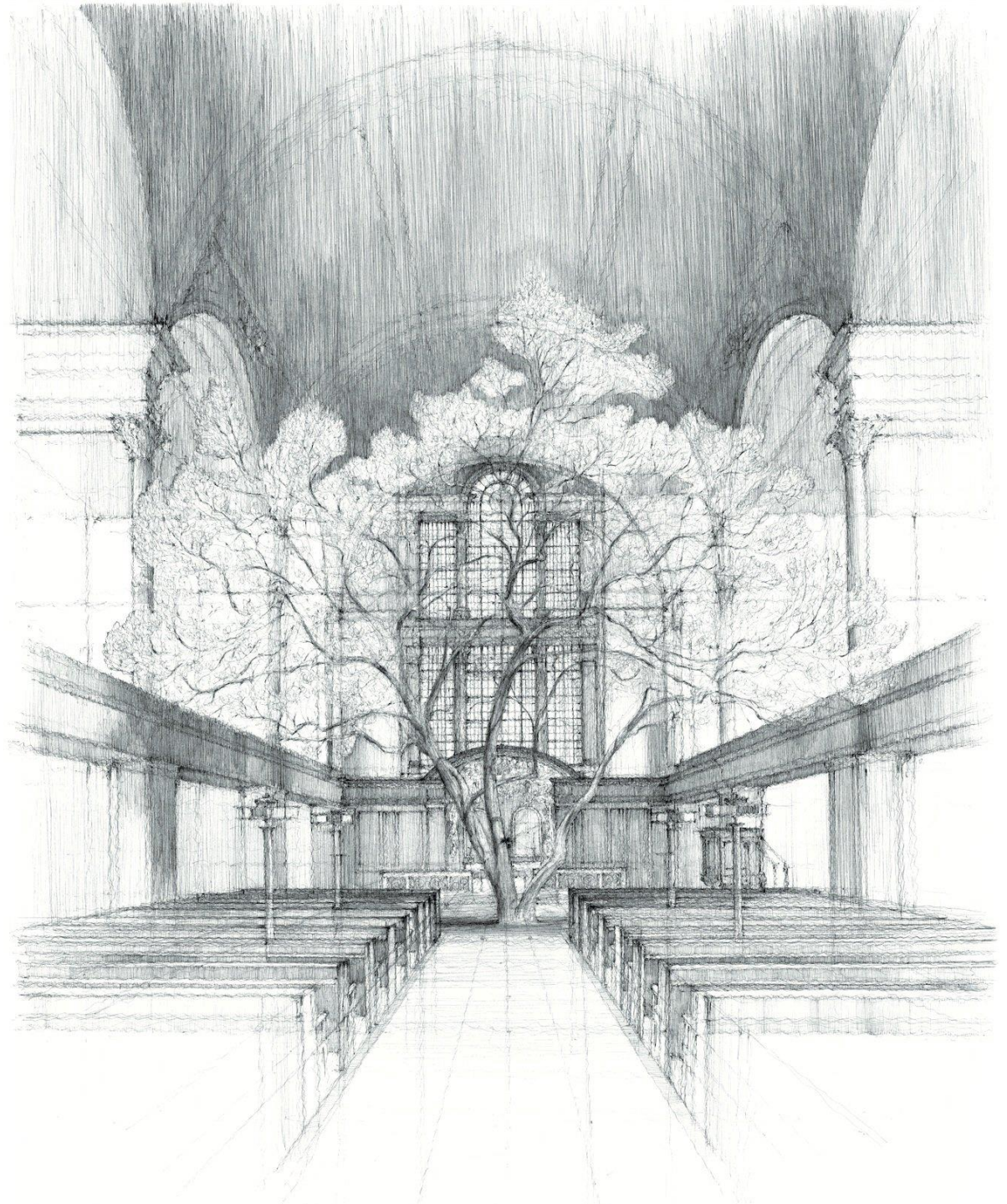
What do you see?

What connections might you make?

What kind of journey is this?

'I've accepted that the whole of my life will be a pilgrimage toward the sound of the genuine in me. This may sound troubling to those who've been conditioned to believe that our journey is to God and God alone, but I say the two paths are one. My journey to the truth of God cannot be parsed from my journey to the truth of who I am. A fidelity to the true self is a fidelity to truth. I won't apologize for this.'

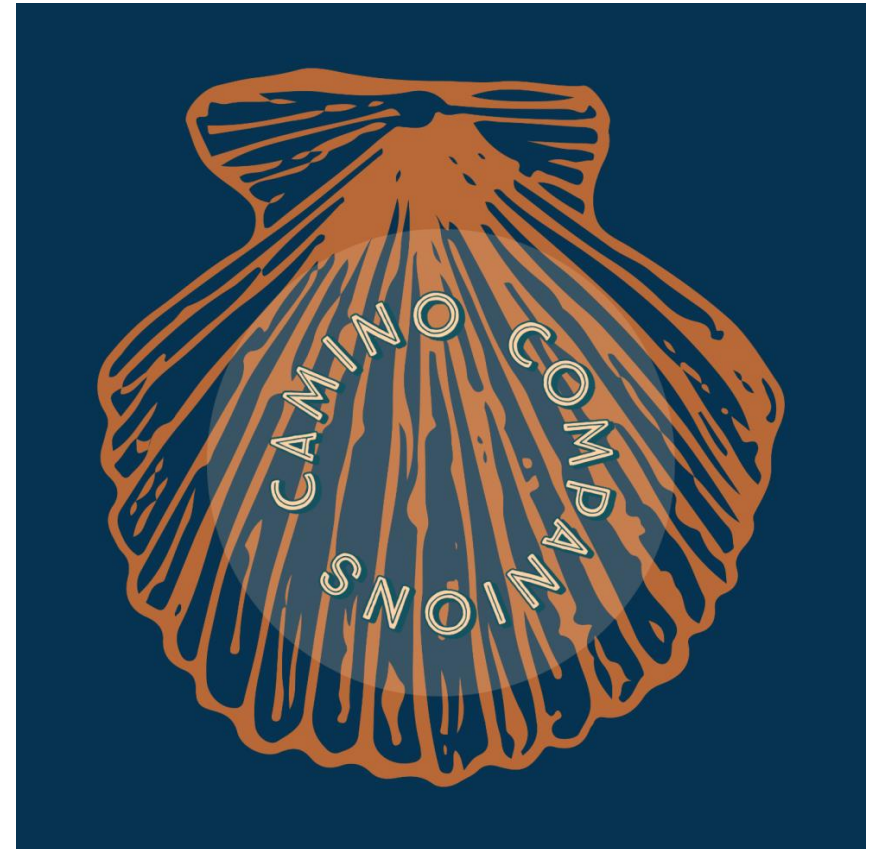
- Cole Arthur Riley



During the week ahead...

'Listen for what the Spirit is saying'

- Five minutes of silence
(or more, or less - try some silence and see what happens)
- Come to a weekday service at St James's
- Pray with art
- Pray in nature
- Pray through gesture, breath, and body



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