

CAMINO COMPANIONS

SESSION 8

19 & 20 MAY 2024

**RHYTHMS & PATTERNS FOR LIVING**



# Conversations & Reflections

connecting, deepening faith,  
walking together, building open-hearted spaces

**What will this look like? How will it feel?  
How will we know when we've got it right?**

**Kind, open, curious, deeper, listening deeply, challenging, radical,  
receptive, accepting diversity, accepting different opinions, honest,  
confidential, non-judgmental, caring, respectful, compassionate,  
courageous, supportive, patient, searching, attentive, prayerful, giving  
each other space, gentle, accepting of silence, generous, uplifting,  
sympathetic, creating a space in which people feel 'held', creating safer  
spaces, equanimity, sense of humour, belonging**

# 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.





Lord,

Introduction  
if I could ask for one thing,  
as I sit alone by the shore,  
it's the courage to do  
what you ask in this life,  
and the wisdom to  
listen more.

**'All of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind.'**

**(1 Peter 3:8)**

**'I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.'**

**(John 13:34)**

**'It was your hands that made me and shaped me'**  
**(Psalm 119:73)**



Know the ways of the ones who take care of you, so that you may take care of them. Introduce yourself. Be accountable as the one who comes asking for life. Ask permission before taking. Abide by the answer. Never take the first. Never take the last. Take only what you need.

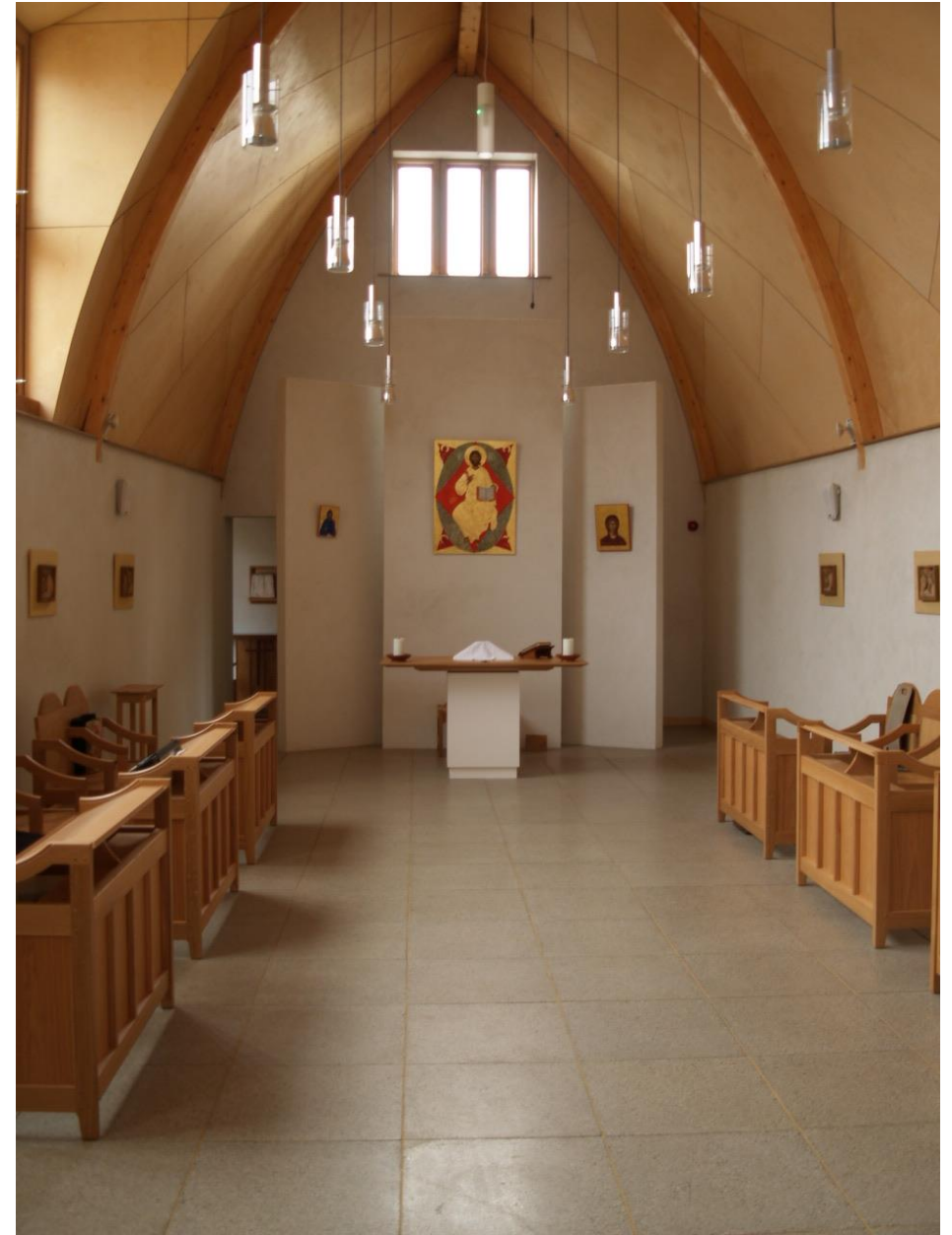
Take only that which is given. Never take more than half. Leave some for others. Harvest in a way that minimizes harm. Use it respectfully. Never waste what you have taken. Share. Give thanks for what you have been given.

Give a gift, in reciprocity for what you have taken.

Sustain the ones who sustain you and the earth will last forever."

— Robin Wall Kimmerer







1

Daily prayer, worship with others and regular engagement with the Bible and other material which nourishes us.

2

Working for justice and peace, wholeness and reconciliation in our localities, society and the whole creation.

3

Supporting one another in prayer and by meeting, communicating, and accounting with one another for the use of our gifts, money and time, our use of the earth's resources.

4

Sharing in the corporate life and organisation of the Community.



Every Christian is called to live in community as a member of the Church. Christ in his wisdom draws each disciple into that particular expression of community...Our way of life in this community is one of many expressions of the common life in the Body of Christ. We can be confident that Christ has called us together because he knows that the challenges and the gifts it offers are the very best ones we need for the working out of salvation.

*(Rule of the Society of St John the Evangelist, founded in 1866)*

Silence

Prayer

Hospitality

Community



# Questions to explore...

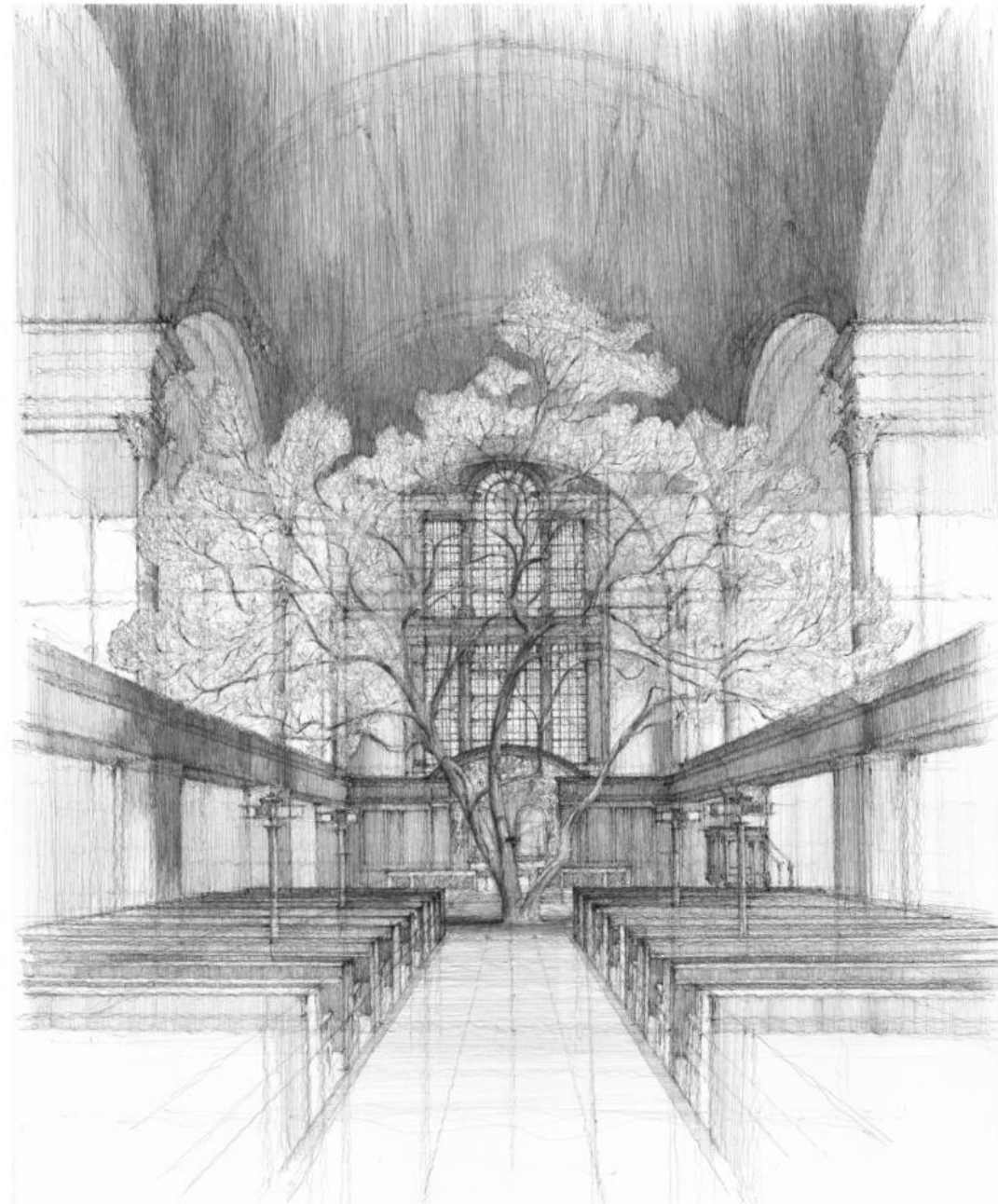
1. What is a Christian 'rule of life'?
2. What rhythms and patterns shape your life already? What rituals are important to you?
3. What might you need in order to create a 'rule of life'? What might be helpful?





*'Imagine the World to Be Different'*

What rhythms of life could contribute to a personal, congregational, and social 'different world'?





# CHANGING OUR MINDS

LEARNING TO BE ECOZOIC

a season of online conversations



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## Church of England sets 2030 Net Zero carbon target



Five Benedictine principles & practices:  
**Prayer, Work, Study, Hospitality, Renewal**

Third Order Franciscans principles & practices:

- **To make our Lord Jesus Christ known and loved everywhere**
- **To spread the spirit of love and harmony**
- **To live simply**

Nazareth Community principles & practices:

**A large group based at our Bread for the World congregation who commit annually to vows of monastic life while in their everyday lives. They meet for silence 3 times per week as well as for fellowship meals, devotional time and acts of service through the month.**

I would hurl words into this darkness and wait for an echo, and if an echo sounded, no matter how faintly, I would send other words to tell, to march, to fight, to create a sense of the hunger for life that gnaws in us all.

— Richard Wright

Even a wounded world is feeding us. Even a wounded world holds us, giving us moments of wonder and joy. I choose joy over despair. Not because I have my head in the sand, but because joy is what the earth gives me daily and I must return the gift.

— Robin Wall Kimmerer



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