

A Prayer

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.

O Divine Master, grant that I may not so much  
seek  
to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.  
Amen.

### What Do You Have To Do?

A Companion promised to keep the obligations and is encouraged to draw up a rule of life based on the guiding principles.

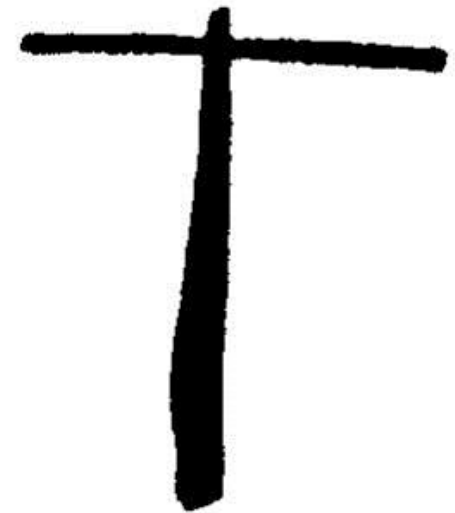
#### Obligations

1. To pray regularly for the Society of St. Francis and support its life and work through alms giving.
2. To aim at simplicity of life, avoiding all waste and extravagance.
3. To help those in need.
4. To strive to bring others to the knowledge and life of Christ.

#### Guiding Principles

1. To pray to God every morning and evening.
2. To read some verses of the Bible each day.
3. To regard the Eucharist as the central act of Christian worship and to have a rule of regular communion.
4. To use sacramental confession when conscience requires.
5. To devote some portion of one's money, on a systematic and thought out plan, for the help of the needy and the work of God's Church.
6. To be ready to undertake some service for others in the sphere of one's life and work.
7. To deepen one's knowledge of God and one's faith through religious reading retreats and conferences as opportunity allows.
6. To review one's rule of life on or about the feast of St. Francis (October 4<sup>th</sup>) each year.

## The Companions



## Of The Society Of St. Francis

**Who, What are the Companions  
of the Society of St. Francis**

The Society of St. Francis is a religious community of men and women whose rule of life is based on that of St Francis of Assisi, who lived a life of absolute poverty, in love with Jesus Christ the incarnate Son of God in the service of all creation.

**A Companion is one who accompanies:** The companions of the Society of St. Francis are those who, in the course of their Christian journey have met or heard of the Sisters and Brothers , and have a desire to accompany them in the way of Christian commitment. While they do not wish, or are not in a position to live a life in community, companions wish to support those who have been called to this way of life.

**A Companion is one who prays:** The companions of the Society of St. Francis are encouraged to deepen their spiritual life through prayer. Prayer is the chief means by which they journey together with the Sisters and Brothers, for it is out of their regular prayer that the society gains much strength. To assist them in their prayer for the Society throughout the world, companions are encouraged to subscribe to the Society’s publication “*Franciscan*,” published three times a year. This magazine contains lively and interesting articles on a wide variety of subjects. It also gives news of Sisters and Brothers throughout the world, and includes intercession lists of members and some of their engagements. Companions have their own publication which is produced by them and comes free twice a year.

**A Companion is one who serves:** The companions are encouraged in active service of those in need and some feel drawn to help or support a project or particular ministry of one of the Society’s houses. This help is gratefully accepted. In some areas Companions meet together for fellowship, prayer and mutual support. Meetings are not obligatory but are valuable in the exchange of ideas and thoughts of those following the same commitment and service.

**A Companion is one who seeks:** The companions are encouraged to read and study the scriptures and to strengthen their spiritual life. The four obligations set out in this leaflet are meant to assist them.They are also encouraged to visit the Sisters and Brothers who have a number of houses throughout the U.K. Some of these houses have guest accommodation where people may stay, either singly, or as a group, for rest and relaxation, or a retreat, for meeting or to study or just to get to know members of the Society. Some of the houses have special events or open days which companions are always welcome to attend.

**How to become a Companion:** If when you have read this leaflet and prayed about it, you decide that you would like to become a Companion then:  
1. Complete the slip below and send it together with a 2<sup>nd</sup> Class large letter stamp to the Secretary of the Companions.  
2. You will then receive an admission card, a *franciscan* Magazine Subscription form and other useful information.  
3. Your vicar in your parish Church, or a Sister or Brother in a Society house may perform the admission service. They may have lapel

badges for you to buy and use during the service if you would like one. Otherwise they can be purchased from the Secretary of the Companions once the admission card has been received.

4. When you have been admitted as a Companion, the person admitting completes the form on the admission card and returns it to the Secretary of the Companions.
5. On receipt of the completed admission card, as a Companion you may request a lapel badge, if you did not receive one at your admission service. (Details of how to do this will be included with the Welcome letter sent upon receipt of the completed admission card).
6. Unless you already subscribe, the completed *franciscan* magazine subscription form should be sent to the Subscriptions Secretary at the address on the *franciscan* subscription form.

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***The Secretary for the Companions:***

The Friary of Saint Francis, Alnmouth, Northumberland.  
NE66 3NJ

**I would like to be admitted as a Companion of the Society of St. Francis**

**Name:**-----

**Address:**-----

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**Post Code:**-----

**Telephone:** -----

**Email:** -----

**I hope to be admitted by:**-----

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**Address:**-----

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