



### Companion Activities

1. Annual retreat at the end of July
2. Renewal and anniversary Commitment
3. Meetings throughout the year
4. Shared meals with family, friends and sisters
5. Companions are remembered in prayer on their birthdays
6. Monthly Mass offered for the Companions and their intentions
7. Opportunity to serve others
8. Opportunity for adoration
9. Opportunity to share in the Holy Hour on First Fridays
10. Companions receive the community newsletter "*Franciscan Peaks*" Feast Day messages, and NACAR Newsletters  
[North American Conference of Associates and Religious]
11. Companion directory

### Goals for 2019—2020

1. *Weekly participation with the Sisters in Eucharistic Adoration*
2. *Vocations—pray for all five vocations—married, single, vowed religious, diaconate and priestly life*
3. *Companions—inviting others to become Companions*
4. *Participation in the corporal and spiritual works of mercy needed in your sphere of influence*



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## Companion Relationship



### **Mission Statement**

We, Companions of the Sisters of St. Francis of Perpetual Adoration, are lay people, called to live our baptismal promises by sharing in the mission and vision of the Sisters of Saint Francis. We live our Christian commitment according to our gifts and circumstances in life.

As Companions, we share a mutual faith journey and promote the charism of Blessed Maria Theresia Bonzel, namely, *all-embracing adoration*. We support the Sisters of St. Francis by prayer and by assisting, when possible, in their ministries. We live the values of our Church community by our example and involvement.

## Companions: Journeying with the Sisters of St. Francis

### Who is a Companion of the Sisters of St. Francis?

A companion of the Sisters of St. Francis is any baptized person, at least 18 years old -

- who is called to a mutual faith journey with the sisters.
- wants to share in the mission and vision of the sisters.
- seeks a deeper spirituality to continue the work of Jesus.
- cherishes the charisms of St. Francis, St. Clare of Assisi and Blessed Maria Theresia Bonzel, the foundress of the sisters.
- is dedicated to bring about social justice
- is financially independent of the sisters.
- has a wholesome attitude towards people
- assists the sisters in their ministries when possible.

A Companion's relationship with the Sisters of St. Francis of Perpetual Adoration is a spiritual, not a legal bond.

### How to become a Companion

#### Invitation

Any Sister of St. Francis or Companion may invite an interested person to become a candidate or any interested person may contact the Director for information.

#### Interview-Application

The Companion Director her delegate interviews him/her, and gives the interested person an application form.

#### Preparation

When the completed application is returned, the applicant is called a candidate and a period of preparation begins.

#### Discernment

After prayer, reflection and discussion, the candidate decides if he/she is ready to become a companion. If so, he/she makes a like request to the companion director.

#### Choosing the level of relationship

- Level 1—Companions of Prayer  
A person who bonds with the sisters through mutual daily prayer.
- Level 2—Companions of Service  
A person who bonds with the sisters through mutual daily prayer, plus is able to share in community service both locally and provincially.

#### Commitment

The candidate publicly makes an annual commitment in a simple ceremony and becomes a Companion.

## COMPANION RELATIONSHIP 2019

### History

1983 Research of co-membership models for our province

1986 Rome's approval for Companions for the Province of St. Joseph

1987 Creation of a formal structure for "Companion Relationship"

1988 Acceptance of the first 13 Companions and appointment of a Director of Companions

2018 Companions celebrated their 30th anniversary

2019 Current statistics:  
71 companions  
5 candidates

