

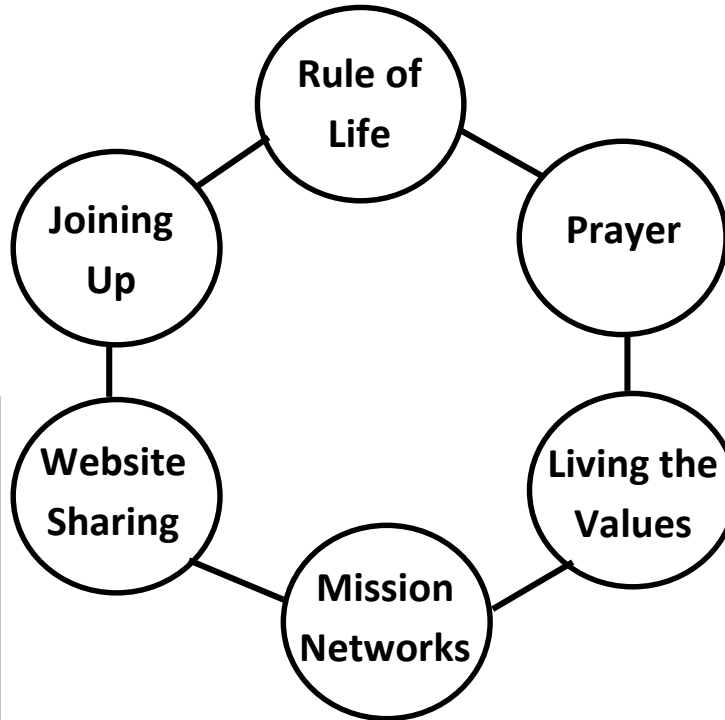
Introducing the Companions of St Aidan

Rule of Life

Explore the Rule of Life and consider the implications of living within it.
See how it relates to the Diocesan values.

Joining Up

Explore the joining up checklist, read the safeguarding guidelines and identify any other information that would be required to help to decide if signing up was a way forward



Prayer

Explore the range of prayer resources and approaches to prayer that help to connect time with God with our busy life.
Explore what is realistic for busy people

Website

Explore the broad shape of the website and the website map.
What suggestion do you have about ensuring effective communication within and outside the community

Living the Values

Explore what are going to be the most challenging aspect of living the values in the Rule of Life

Mission Networks

Explore the range of interests of Companions and how the Mission Networks might become an effective way of supporting each other and giving attention to God and the world.