

Across the Threshold

Engaging with Wisdom on the Boundaries

'Doing' expressed as contemplation-in-action or compassionate living.

Allowing oneself to be drawn by the Holy Spirit, the breath of God, out of one's comfort zone into a deeper and more costly loving

- ❖ **Caring for the earth**
- ❖ **Compassionate outreach**
- ❖ **Simplicity of lifestyle**
- ❖ **Generous giving.**

The Wordless Space

At the centre of the trefoil, the centre of the rhythm of our lives is the Wordless Space, representing God who is beyond our words, who can be known and never known, who is Mystery, who is Love as expressed in Jesus. As Companions on the Way all aspects of our lives are rooted in the vastness of our known/unknown God.

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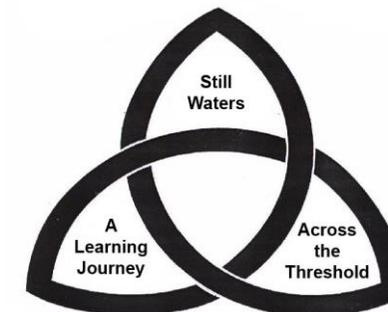


Rhythm of Life

Travelling Light, Dwelling Deep

Travelling Light: Dwelling Deep, our Rhythm of Life, embraces a threefold pattern of 'Being, Knowing and Doing'; or 'Prayer, Study and Action' as symbolised by the Celtic trefoil. This flows from a Trinitarian understanding of the nature of God and is explored through reflection on Scripture.

Prospective *Companions on the Way* are asked to engage with the Contemplative Fire rhythm of life at three different levels: the personal, the small local group, and the regional and/or national expression of this body of Christ.



A Personal Rhythm – Each *Companion on the Way* shapes their own practice within these boundaries.

	BEING	KNOWING	DOING
 <p>The Threefold Journey</p> 	<p>“Still Waters”</p> <p>Encountering the Present Moment in Quietness</p>	<p>“A Learning Journey”</p> <p>Equipping, Exploring and Accompanying Others</p>	<p>“Across the Threshold”</p> <p>Engaging with Wisdom on the Boundaries</p>
	<p>And He said: “Walk with me”</p>		
	<p>Gatherings</p> <p>Pilgrimage to Now/here</p> <p>Annual Retreat</p> <p>Stillness</p> <p>Deep Listening</p> <p>Contemplative Practice</p>	<p>‘Living the Mystery’</p> <p>Study/retreat days</p> <p>Open Circles</p> <p>Story Sharing</p> <p>Creative Practice</p>	<p>A Garden Inside – working with the marginalised</p> <p>Compassionate Practice</p>
	PRAYER	STUDY	ACTION

A Local Rhythm – Each *Companion on the Way* finds local small and large groups to attend from the above listing.

Still Waters

Encountering the Present Moment in Quietness

A rhythm of prayerful 'being'.

- ❖ Dwell deep. Drink daily from the well of contemplative prayer, committing to some form of silent prayer, morning and /or evening. Be attentive in prayer to the movement of the heart towards compassionate action and intercession.
- ❖ Retreat - an annual retreat, with the Contemplative Fire community if possible.
- ❖ Let the Holy Spirit, the beauty of creation and the gentle discipline of love be your teachers
- ❖ Discover the freedom of letting the body express prayer.

The Learning Journey

Equipping, Exploring and Accompanying Others

A 'knowing' that brings the theory together with the practice. As members of the Contemplative Fire community, we are willing and prepared to:

- ❖ Explore and ask questions of the Judaeo-Christian tradition
- ❖ Wrestle with tough theological questions
- ❖ Undertake a daily or weekly commitment to some form of study, that enriches your understanding of the contemplative Christian tradition
- ❖ Accompany others on this transformational journey