

Introductory						
	Who – membership and size	What	When	Where	Why	Success Needs
The Companion's Journey (no UK equivalent)	Open (not need to be a Companion) (1)	Introduction to Contemplative Fire and rhythm of life	6 sessions over 2 to 6 months	Flexible, where a 1 to 1 can take place	To learn about Contemplative Fire, develop a rhythm of life, discern if you are a Companion.	Willing hearts and a good leader
Rhythms (no UK equivalent)	Open – for those interested in exploring Contemplative Fire or wanting to be Companion – small group size -5-8 members	An alternative to Companions Journey. Introduction to Contemplative Fire and rhythm of life – a retreat day with ample reflective time to build their rhythm of life and begin community building	1 day workshop with possible follow up in 6 weeks	Flexible – comfortable, spacious room possible out of door space for movement/reflection	To learn about Contemplative Fire, develop a rhythm of life, discern if you are a Companion	Willing hearts and a good leader
Small Group Processes						
	Who – membership and size	What	When	Where	Why	Success Needs
Story Sharing (7's) The Way Beyond Religion	Open (7)	Share a meal, liturgy, scripture focussed on part of Christian Year	Monthly	Home Attractive Setting Church possibility	To learn the Christian story and to share our own story	Participants to listen to and respect each other. Capable leader who is a Companion
Open Circle	Open (Up to 12)	Study together in a contemplative manner	Monthly	Home Attractive Setting Church possibility	To learn about the Christian faith and contemplative life	Participants to listen to and respect each other. Capable leader who is a Companion
Deep Listening (3's)	Open (3)	Meet together for silence, speaking and listening	Monthly	Home Attractive Setting Church possibility	Experience God through another person and come closer to each other and God	Participants to listen to and respect each other.
Stillness (Still Waters)	Open (Unlimited Number)	Meet for Christian meditation and teaching	Weekly	Home Attractive Setting Church possibility	To be connected to God and to others. Discover God's love within.	Quiet place Willing participants Capable leader who is a Companion
Pathway Prayer (The Prayer of the Heart)	Open (Small group)	Group discernment prayer utilizing scripture	As needed as decision to be made	Home Attractive Setting Church possibility	Group desires to make a decision together	Good facilitator

Large Group Functions

	Who – membership and size	What	When	Where	Why	Success Needs
Gathering	Open (Any Number)	Creative worship experience	Monthly	Flexible worship space or out of doors	To worship God	Planning (leadership) Openness to Spirit
Pilgrimage to Now/Here	Companion status desired but flexible (Any Number)	An Awareness walk	2 to 3 times a year	Out of doors	Slow down and commune with the out of doors and find God present there	Good Leader Good eyes
Living the Mystery	Companion status desired but flexible (Any Number)	A study day	6 times a year, flexible, as needed	Church or meeting area	To learn about our faith and the contemplative tradition	Good Teacher
Annual Retreat	Companions Only (Any Number)	Community retreat for a weekend or four days	Once a year	Retreat setting	To bind the community together, renew vows and hear God speak	Location Leadership Involvement of community
Community Day or Weekend	Companions or those very interested in finding out more	Annual community event with meal, reflective time, teaching and business	Annually – has been 1 st Saturday in Feb, could be September	Any comfortable setting	To reset our intention to follow our Rhythm of Life, and build community life. We have done a day. UK does a weekend	Location, meal, leadership, involvement of community