

## COMPANION COVENANT

Any persons, 18 years or older, who feel called to share their faith journey with one another and with the Sisters of Saint Francis of Perpetual Adoration are welcome to become Companions. They choose one of the three expressions of Companionship.

### THREE EXPRESSIONS OF COMPANIONSHIP

All Companions are united in their identification with the charism of the Sisters of Saint Francis of Perpetual Adoration. They express their relationship in one of three forms and declare their choice at the time of their commitment. The three expressions require participation in and completion of the information process before initial commitment. All three require a connection with a contact Sister or Companion. Following are the three expressions:

#### **1. COMPANION IN PRAYER**

**A Companion in Prayer** is one who bonds with the Sisters of Saint Francis, all other Companions and the Global Family through mutual daily prayer.

Prayer is the primary expression of these companions. They choose to:

- a. Pray for the Church and the OSF ministry within the Church.
- b. Pray for the needs of the sisters and other companions.
- c. Be faithful to daily personal prayer.
- d. Stay in contact with the sisters and companions as best they can.
- e. Share in Maria Theresia Bonzel's charism of all embracing adoration, especially Eucharistic Adoration. They are invited to participate in the OSF Community's Perpetual Adoration by committing to one hour of adoration weekly.

#### **2. COMPANION IN SERVICE**

**Companion in Service** is one who bonds with the Sisters of Saint Francis through mutual prayer and service. The companion and the sisters pray daily for the needs of the world, for each other, and for those commended to their prayer. In addition, the companion in Service commits to participate in acts of service that continue the mission of Jesus.

Prayer and Service are the primary expressions of these companions. They choose to:

- a. Be faithful to daily personal prayer and strive to live according to the Gospel of Jesus.
- b. Pray for the Church and the OSF ministry within the Church.
- c. Form supportive relationships and pray for the needs of the sisters and other companions.
- d. Stay in contact with the sisters and companions through phone calls, letters, visits, faith sharing, celebrations and social activities.
- e. Share in Maria Theresia Bonzel's charism of all embracing adoration, especially Eucharistic Adoration. They are invited to participate in the OSF Community's Perpetual Adoration by committing to one hour of adoration weekly.
- f. Share in the mission of the Sisters of St. Francis through prayer and service to the poor and needy.
- g. Regularly attend companion gatherings.

### **3. LIVE-IN COMPANION**

The Live-in Companion is one who bonds with the Sisters of St. Francis primarily through sharing in the common life and responsibilities of a local community. i.e. prayer, Eucharist, meals, household tasks, recreation, service to and with the community – sharing faith, time and talent.

Participation in community through prayer and service are the primary expressions of these companions. They choose to:

- a. Live with the sisters in community as stated above.
- b. Share in the Franciscan prayer life, be faithful to daily personal prayer and strive to live according to the Gospel of Jesus.
- c. Pray for the Church and the OSF ministry within the Church.
- c. Form supportive relationships and pray for the needs of the sisters and other companions.
- d. Share in Maria Theresia Bonzel's charism of all embracing adoration, especially Eucharistic Adoration. Participate in the OSF Community's Perpetual Adoration by committing to one to two hours of adoration weekly.
- f. Share in the mission of the Sisters of St. Francis through prayer and service to the poor and needy.
- g. Regularly attend companion gatherings.

Requirements to apply to the Live-in Companion Program:

- a. Request an interview with the Companion Director.
- b. Complete all required forms.
- c. Personal requirements:
  - i. Free from family obligations
  - ii. Relatively healthy
  - iii. Financially independent
  - iv. Ability to share as a volunteer or continue in their profession
- d. Companion Director will send a letter to the individual as to whether or not she qualifies as a Life-in Companion.