



# Local membership



## Who is it for?

Integrate your year with the Community into your current career or course of study (the program is particularly suited for Masters or PhD rhythm). Local membership is open to any Christian aged 21-33 who has the legal right to be in the US.

## When is it?

The program runs from mid-September to early-mid June. A summary of the time commitment for Local members is as follows:

- Weekly Monday evening gatherings
- 1 Saturday per month for a whole Community gathering
- 4 retreats spread across the year (amounting to around 8 weekdays).
- Bi-weekly spiritual accompaniment (roughly 1 hour)

For more precise dates or information, please [contact us](#).

## Where is it?

The majority of Community events will take place on site at the Cathedral of Saint John the Divine. The program is only offered in-person – therefore it is open to anyone within a commutable distance from the Upper West Side of Manhattan.

## Why be a Local member?

- Be transformed in the heart of your current work or study
- Learn to be contemplative in action
- Integrate rhythms of discipleship in my life
- Ongoing spiritual formation

### How does this happen?

Members commit to the Rule of Life. We are called to love God and others in all moments and all contexts (Matthew 22:37-39). Our Rule of Life aims to give us a common framework in how we do this, as each Member undertakes to shape their life around the Community's Rule of Life. Residential and Local members share the same Rule, but its incarnation may differ, particularly as regards the 5 Pillars & Rhythms. The incarnation of these pillars in the Local rhythm of life is to be discerned between the member and the Community leadership with the particular help of spiritual accompaniment.

Daily personal prayer solidifies your relationship with Christ. One-on-one bi-weekly spiritual accompaniment is the privileged place to review your growth into yourself and into the likeness of Christ. These practices, supported by ongoing formation in Ignatian spirituality gives tools for personal flourishing and discernment in all aspects of life.

Regular time of deep sharing and humble common life together enables strong relationships to be established and places of trust to be built. Remaining embedded in the worshipping life of your local church compliments life with Christians from other backgrounds and enriches your experience of the Church.

A varied program for community times from a wide range of voices and themes gives vast opportunity for learning, reflection, and discovery. Retreats spread throughout the year give space and time outside of the busyness of NYC to rest, reflect, and have intentional time set apart for formation, healing, and growth.

### A year in the life – a snapshot in time

#### **Daily**

- Personal prayer
- Bible reading program
- Current employment or course of study

#### **Weekly**

- Personal spiritual accompaniment
- Meal and time in sharing groups
- Community gatherings with all food and content covered
- Regular times of sharing with Community members
- Common worship and teaching with the whole community

#### **Annually**

- Spiritual Exercises of Saint Ignatius
- Life in the Holy Spirit retreat
- Monthly Community Days
- Retreat weekend in sharing groups
- Community celebrations