

the community of st anselm†

# A Year in God's Time

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Two ways of belonging: Integrated and Immersive



# **An Immersive Year in God's Time**

Immersive spiritual formation  
through shared life



# **An Integrated Year in God's Time**

Integrating spiritual formation  
with your working life

## Immersive Membership

**Each year, young adults from different countries and Christian backgrounds commit to live, serve, study and pray together for one year in a transformative shared life.**

This is a daring experiment in following Christ. The invitation is radical but not surprising – Jesus calls us all to take up our cross and follow him. We allow our differences to enrich our relationships and our disagreements to teach us reconciliation. We meet regularly with a Sharing Group and Spiritual Companion, to help us grow in trust, listening and accountability.

We eat, pray, study, serve and worship together under a simple Rule of Life and live in shared accommodation. We set aside one Saturday each month to explore our monastic spiritual inheritance from St Benedict, St Francis and St Ignatius. We gather for one evening each week for food and teaching with Integrated members. On Sundays, everyone participates in worship at a local church.

Our weekly programme balances theological study, prayer, worship, and practical service. We volunteer in charities who serve the vulnerable and marginalised. Our Ignatian style retreats outside of London help to deepen our understanding of ourselves and others, reflect on our calling and purpose, and learn to listen to God more deeply. Immersive membership gives us space to become more fully the person God has called us to be.

## Integrated Membership

**Each year, young professionals commit to a shared journey of prayer, study and service designed to equip them to follow Christ in the busyness of daily working life.**

This is a daring experiment in following Christ in our everyday life. Our Integrated members seek to live out a deepening faith and commitment to serve others within the rhythms of their own professional lives. We come from many different professional and denominational backgrounds, responding to Jesus' prayer for unity by learning to trust and listen to each other.

We set aside six Saturdays across the year to explore our monastic spiritual inheritance from St Benedict, St Francis and St Ignatius. We commit time during the week to leave our comfort zones and serve people in need in our own communities. We gather each Monday evening for food and teaching, to unpack our Rule of Life and explore issues around ethics, work, leadership and culture.

We find support and encouragement with a Sharing Group and Spiritual Companion. We take three residential retreats outside of London help to enrich our understanding of ourselves and others, to reflect on our calling and purpose, and to learn to listen to God more deeply. Integrated membership provides us with a space to get away and listen to God but not lose touch with the reality of our daily lives.

**"I wasn't expecting to find so much freedom in the stability of our daily rhythm. It allowed me to explore and expand my relationship with God in ways I never thought possible. The Rule of Life has become a solid foundation from which to adventure far beyond my imagination with God."**



**Ellis**

**"I wasn't expecting to discover that being still is the key to living life to the full. Being still has allowed me to concentrate better, invest in relationships more deeply and generally be more present. It's led to peace, joy, wisdom and love abounding."**



**Phil**

**"I wasn't expecting to discover that there is an emotional side to my spiritual life. During community God revealed to me things that touched deep within my heart and that it is an emotional experience to hear Him speak to you."**



**Steven**

**"I wasn't expecting to find such depth of community in London. Within four months of community I found a depth of knowing others and being known that was unlike anything else I'd known. The experience of listening and sharing without judgement was transformative."**



**Gillian**

# To find out more or apply

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