



## MEMBER PROFILE

*“Being a Companion permits me to be part of a prayerful, inquiring, and supportive worldwide community. My advice to a woman seeking a faith-based group is do not delay!”*

I’ve always been active in my church, from teaching Sunday school to serving on the Vestry and co-leading the youth group. Yet, I was looking for something more in my spiritual life.

After moving from Michigan to California, a new friend mentioned she was not coming to a parish retreat because she was going to retreat with Episcopal women from all over California. Over the next few months, I asked her lots of questions about this group and was intrigued by their devotion to prayer and spiritual growth.

I visited what was then the California Chapter for about a year before making the prayerful decision to become a Companion. The next year was a wonderful journey. My sponsors and I met regularly to discuss books we were reading or various aspects of the Companionship. We planned a chapter meeting about prayer. Through it, I learned the diverse ways Companions integrate prayers into their daily lives. It was amazing. I decided I wanted to be a Companion for the rest of my life.

About a year later, a work promotion took me to New Hampshire. Within a month, I was attending the New Hampshire/Vermont Chapter meetings and was immediately welcomed into yet another amazing group of women. When I was admitted as a Companion, I went back to California for my ceremony so that the women who first welcomed me into their midst could help me celebrate.

Being a Companion constantly enriches my spiritual life. It permits me to be part of a prayerful, inquiring, and supportive worldwide community. My advice to a woman seeking a faith-based group is do not delay!



Alex Woody  
Bad Axe, MI  
*Companion, Ann Arbor Chapter*

*One of the first female engineers in her division at Ford Motor Company, Alex rose rapidly into multiple leadership roles. With each career move, she found a new Companion Chapter. An avid reader and a world traveler, she retired early to spend more time traveling and with her four grandchildren.*