



MEMBER PROFILE

“What I enjoy most about the Companionship is just that – the companionship of amazing, faithful women on our spiritual journeys. I look forward to seeing them each month and have learned so much from them.”

You might say I meditated my way to Companions. I was searching for a group of women with a long-term commitment to spiritual growth. I noticed two of the authors in my meditation book were members of the Society of the Companions of the Holy Cross.

As anyone would do, I googled and devoured everything I could find. For some reason, my search kept taking me to a page called “Adelynrood.” I finally sorted that out as the group’s retreat center. Everything I read said to me, “this is what you’ve been looking for!” With a few links, I got to the Northwest Chapter and was warmly greeted as a visitor.

A highlight of my Discerner time was attending a Companion Conference at Adelynrood. I met and learned from so many wonderful women who opened themselves to me, sharing their struggles and victories. I also enjoyed the regular meetings with my two sponsors. The three of us are quite different, but they took me into their hearts right away.

Being a Companion has helped me develop regular practices of prayer and study. I’ve established a daily morning ritual of prayer, using the resources of the Companions. My devotional life, which was haphazard, is now a deep commitment as part of being a Companion.

My advice to any woman looking for a faith-based women’s group? Come visit and see! You’ll find as warm a welcome as I did. You can see what we are all about. You’ll meet some amazing women. I hope you’ll find that Companions is what you are seeking.



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Kathie is a former school nurse who enjoyed volunteering in her three grandsons’ schools when they were younger. Today, she still loves to spend time with them and to travel around the world and the beautiful Pacific Northwest.