

Companions for the Journey

(C4J)



*A Shared Ministry of Spiritual Formation at
Trinity Ecumenical Parish
Smith Mountain Lake, VA*

Our Mission Statement:

*To enable, share and enrich parish spiritual growth &
community by:*

- Practicing God's Presence*
- Discerning Our Pathways in Christ, by
listening to our lives*
- Seeking God Together, in which the
rhythms of silence and listening alternate
with the rhythms of sharing and service*
- Soul Support, in "Walking Together
Days," spiritual resources, dialogue, and
partnering, in person and online*
- Encouraging Emerging Contemplative
Prayer & Worship*