

Our Life

- +Above all, we seek first the Kingdom of God
- +pray the Divine Office and Rosary in common
- +attend Daily Mass
- +respect and practice silence and stillness
- +have spiritual enrichment courses
- +hold all things in common
- +enjoy simple accommodations and meals



Simple cell



Work Room

The work room is for quiet handiwork as
formation courses are
assimilated.



While the primary work
is prayer, a small vegetable
garden supplies fresh food
and fresh air.



Sr. Courtney Haase, O.C.
Convent of Peace and Good
627 Middle Road
Skowhegan, Maine
207-431-2664
or.courtney@beeline-online.net
www.companionsofclare.org

By embracing the spiritual needs of
our geographical area in prayer,
we bear witness to God's presence.



We have as spiritual sponsors and
brothers the
Franciscan Friars
of the Sacred Heart Province.

Companions of Clare



A New Franciscan-Spirited
Contemplative Group
For Roman Catholic Women

*Are you interested in joining a new group of
Franciscan-spirited women based in
Skowhegan, Maine?*

*The contemplative life is simple living based on
the ideals of St. Francis and Clare.
Those who come here listen and discern.*



For those discerning, we look for:

- +A deep yearning for union with God*
- +profound interest and involvement in
the liturgical life of the Church*
- +a desire to live simply, humbly and
obediently*
- +To live and contribute intensely to
community life*



*Clare: We her companions live in poverty of
spirit and material goods;
embrace prayer and simplicity of living
create a peaceful environment.
Rejoice because you preferred poverty...and
have been found worthy to be called sister,
bride and mother of the Son of the Most High
and the glorious Virgin Mother.*



-Clare to Agnes of Prague

*"Dedicated life is a gift to the
Church, is born of the Church, it
grows in the Church, it is entirely
directed to the Church.*

*-St. Francis, Apostolic Letter
Year of Consecrated Life 2015*



Chapel of Inner Quiet



*Reclaiming Sunday as a
day of the Lord offers
time for quiet walks,
music, extra reading.*



*Francis
(He needs no
introduction)*

*In light of the affection Francis had for
the earth and all that is in it, the
Companions of Clare strive to create a
sacred space of peace and good. Our goal
is to keep a small footprint and be
respectful of all creation.*



The Divine Office Schedule

*Matins (Readings), 4:00 am
Lauds, 5:30 am Terce, 10:00 am
Sex, 12:30 pm None, 3:00 pm
Vespers, 4:30 pm
Compline 5:30 pm*