

ANAM CARA

Are you looking for spiritual support on your journey of faith?

Could *Anam Cara* be for you?



What is *Anam Cara*?

Anam Cara is a phrase that refers to the Celtic concept of the "soul friend" in religion and spirituality. In the Celtic tradition "soul friends" are considered an essential and integral part of spiritual development, referring to persons who act as teachers, companions or spiritual guides.

A spiritual conversation group in the Ignatian (Jesuit) tradition, focusing each gathering on a selected piece of scripture for prayerful reflection and sharing, was established at Sychar as a follow-up to a First Spiritual Exercises Retreat offered in the last term of 2020. The members chose to refer to the group as *Anam Cara* since its purpose is to establish bonds of spiritual friendship and support on the faith pilgrimage. Subsequently, Our Lady of Lourdes parish has also established a group which is known as *Anam Cara* (Our Lady of Lourdes).

An *Anam Cara* group generally meets at Sychar each Friday between 1.00 pm and 2.00 pm. You are welcome at any time to make contact if you wish to attend. It would be helpful if on your first visit you arrived by 12.30 for introductions so that the prayer time can begin promptly at 1.00 pm.

