

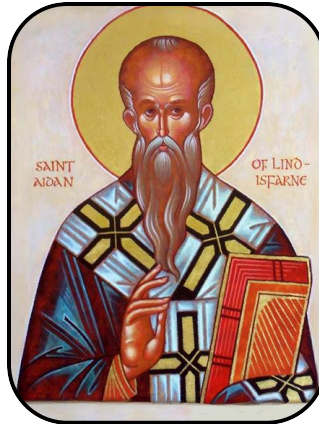
Beyond “Spiritual But Not Religious”

We live in an age of restlessness and spiritual drift. Even as institutional religion faces cultural decline, the longing for spiritual depth continues to grow.

Most people believe in something beyond themselves, yet many—especially emerging adults—feel **spiritually lost**.

Many are seeking transcendence and enchantment in an immanent and disenchanted age, navigating without mentorship or fellowship.

The St. Aidan Fellowship offers a **common Rule of Life** centered on worshipping the Father, Son, and Holy Spirit. Through a shared rhythm of Christian practices, rooted in the wisdom of the church catholic, we form emerging adults living in a secular age.



CONTACT US

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@ST Aidan Fellowship



THE ST. AIDAN FELLOWSHIP

SCRIPTURE • LITURGY • THEOLOGY • FELLOWSHIP

A MINISTRY FOR EMERGING ADULTS
HOLY SPIRIT ANGLICAN CHURCH
SAN DIEGO, CA

The Heart of the Fellowship

The **St. Aidan Fellowship** is a theological, scriptural, and spiritual formation program for emerging adults ages 22–35 in San Diego who desire to be deeply formed in Jesus Christ.

The Fellowship brings together a cohort for 10 months (August–May) to share a common life.

St. Aidan Fellows vow to practice and live a Rule of Life together, anchored in *The Book of Common Prayer* (2019).

Inspired by St. Aidan of Lindisfarne, this rule is lived out across three core pillars:

HOLY EUCHARIST | PARISH

Worshipping the Father, Son, and Holy Spirit in Word and Sacrament

DAILY OFFICE | CHAPEL

Sanctifying the day through corporate morning prayer and contemplation of the Scriptures

DEVOTIONS | STUDY

Forming the mind, instilling holy habits, and cultivating virtue and wisdom in Christ

Weekly Rhythms

Morning Prayer

Monday–Friday | 7:30 AM

Sunday Worship

Word and Sacrament in the Parish

Theological Study

A weekly seminar and reading cohort exploring the classics of the Christian tradition:

- **Patristic:** St. Athanasius, St. Augustine, and St. Benedict of Nursia
- **Medieval:** Julian of Norwich, St. Thomas Aquinas, and Dante
- **Reformation:** Thomas Cranmer, John Jewel, and George Herbert
- **Modern:** C.S. Lewis, Evelyn Underhill, and James K.A. Smith

Community Life

- Weekly fellowship and meal
- Fall and spring retreats
- Monthly Saturday seminars
- Spiritual direction
- Vocational discernment

Cohort Size | 6–10 Fellows

Program Duration | August–May

Who was St. Aidan?

Among other evidences of holy life, Aidan gave his clergy an inspiring example of self-discipline and continence, and the highest recommendation of his teaching to all was that he and his followers lived as they taught.

–St. Bede the Venerable

St. Aidan of Lindisfarne was an Irish monk who evangelized Northumbria in the 7th century by founding numerous churches, monasteries, and schools—including a formation center for future missionaries and clergy on Lindisfarne. His life left an indelible mark on English Christianity. St. Aidan and his disciples:

- **Contemplated** the Scriptures,
- **Chanted** the Psalms,
- **Fasted** and served the poor,
- **Provided** education,
- **Trained** ministers,
- **Celebrated** the Holy Eucharist

Partner With Us

Intercede | Pray for this ministry and for future fellows.

Invest | Host fellowship meals, mentor a fellow, or support us financially.

Invite | Share this vision with others.

Apply | Scan the QR Code to learn more and apply today.

