

Embertide Report Guidelines and Suggestions

The Guardian may request confidential **Embertide (quarterly) reports** of postulants, novices, oblates, and professed and will communicate the dates well in advance. For 2021, Embertide reports are due on February 17 (Ash Wednesday), May 23 (Pentecost Sunday), September 14 (Holy Cross Day), and December 13 (St. Lucy's Day).

Embertide is defined as: "Groups of three days (always Wednesday, Friday, and Saturday) of prayer and fasting, the groups occurring after Pentecost, after the first Sunday of Lent, after the Feast of St. Lucy (Dec. 13), and after the feast of the Holy Cross (Sept.14)"—Free Dictionary. Embertide reports are often submitted in Anglican settings by those in Holy Orders to their Bishop as well as by monastics to the head of their community.

Please note that the format of Embertide reports is not fixed and will change according to circumstance and need. In some cases, the Guardian may accept or request oral reports. In other cases, responses to only two or three questions may be requested.

The content of the reports is strictly confidential and is seen only by the Guardian and the Formation Guide in the case of postulants and novices. The Guardian will determine if there are matters in the report that merit follow up in person or in writing. But this follow up may be requested by the person submitting the report as well.

The following format is indicative of the categories of reflections that may be requested in Embertide reports. It is not the default format or template and may change from Embertide to Embertide according to the Guardian's request.

Sample Embertide Report

Community of the Gospel



Name:

Date:

Embertide reports are important in several ways. They:

- provide accountability
- help the Guardian of the Community learn about on-going spiritual development, breakthroughs, brickwalls
- help each member reflect on his or her past several months, allowing for affirmations or corrections as needed. What is going well? What needs attention?

I. CHANGES, CHALLENGES, AND CURRENT EVENTS

This section offers a general overview of key events and changes in your life since the previous Embertide Report, and provides the context for the responses below.

II. DAILY PRAYER – Time with God

Prayer time is being present to God with or without words. How have you spent time connecting with God? What types of prayer have you used? How have you experienced God's love for you, others, and this world?

III. REFLECTIVE STUDY

Learning about ourselves, others, and the world. What have you learned about God's love for you, others, and the world? How did you learn this? What are you exploring now? What are you reading? Are you engaged in formal study of any kind? What would you like to dip into with your studies in the future?

IV. PERSONAL SERVICE

Based on *your* interests, talents, skills, and opportunities uncovered these past few months, how have you shared or expressed God's love for you, others, and the world? Please provide an update on your parish/church life.

V. GUIDANCE

Local spiritual support networks are vital to our formation journey. These networks are usually several trusted persons with whom you meet individually face-to-face (if possible) every month or so. How is this going for you? Are you seeing a trained spiritual director? Why or why not?

VI. COMMUNITY

Connections with other members of the Community help to strengthen community life, but can also be one of our greatest challenges as a dispersed community. In what ways have you been able to connect with other members? Is there a part of **A Common Rule for Monastics of the Community of the Gospel** that has been especially meaningful for you during the past few months?

VII. OTHER

What are you doing for leisure and fun?

Do you have any other comments, insights or concerns about your spiritual journey with the Community?

Please send a copy of this report to the Guardian via email or US Post. Embertide Reports for 2021 are due February 17 (Ash Wednesday), May 23 (Pentecost Sunday), September 14 (Holy Cross Day), and December 13 (St. Lucy's Day).

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