**Rule of Life**

In our lifelong spiritual journey, we find these practices help us most on our path of following Jesus:

**We pray** by taking on a daily spiritual practice

**We rest** by taking time for weekly sabbath and yearly retreat

**We share** our stories and listen to the stories of others

**We discern** God’s call in our lives through reflection and sharing

**We invite** others who may benefit from this group as we have

**We participate** in God’s mission of liberation and justice, seeking and serving Christ in all people

This is our rule of life, the practices we have taken on as a community to deepen our connection to one another, to ourselves, and to God.