SACRED RYTHMS

ORIENTING OUR LIVES AROUND LOVE

"'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'" (Matthew 22:37-39).

Practices of Faithful Presence	**Love of God** *Rooting deep and growing wide in God's healing love, communion, and presence in everyday life.* **Prayer** **Silence** **Solitude** **Scripture** **Meditation** **Lectio Divina** **Worship** **Creation**	**Love of Neighbor** *Shared way of life together with covenant community, family, neighbor, and stranger.* **Presence** **Relationships** **Hospitality** **Generosity** **Justice** **Proximity to Poor** **Creation Care** **Service**	**Love of Self** *Coming home to love to connect, heal, and integrate our true self– mind, soul, and body.* **Rest** **Reflection** **Self-Awareness** **Movement** **Nourishment** **Body Work** **Integration** **Healing**
	S a b b a t h *Resisting the cultural tyranny of productivity and scarcity to orient our lives around faithful presence in the abundance of God's love and goodness.* **Rest Delight Community Feasting Worship Beauty Celebration Creation Goodness**		
Daily			
Weekly			
Monthly			
Quarterly			
Annually			