

LIVING BY A WAY OF LIFE

Why make a Way of Life?

Without one ...

- Choice fatigue
- Data overload
- Conflicting ego demands

Hijack our desire to live only for God

Then we....

- Get tangled up
- Go round in circles

Christianity began as a Way of Life
(Acts 9 v 2)

We want to recover this for the
21st century.

TEN WAY-MARKS

1. Life-long Learning
2. Spiritual Journey
3. Rhythm of Prayer, Work and Re-creation
4. Spiritual Initiative through Intercession
5. Simple Lifestyle
6. Cherishing Creation
7. Healing Fragmented People and Communities
8. Listening to the Spirit
9. Building Unity
10. Bringing Jesus and Justice to the World

1. LIFE-LONG LEARNING

FOOD PACK FOR SOUL FARERS

We learn from

- BIBLE
- CREATION
- PEOPLE
- LIFE



1. LIFE-LONG LEARNING – LEARN FROM THE BIBLE

Use the Bible as...

- A MEMORY PACK
- A MEDITATION SOURCE



1. LIFE-LONG LEARNING - LEARN FROM CREATION

*Each day hold
the Book of Scripture in one hand
the Book of Nature in the other hand.*

Look at a

- Scene
- Plant
- Creature
- or Mineral

1. LIFE-LONG LEARNING

- LEARN FROM INSPIRED PEOPLE

These are

- *A cloud of witnesses (Hebrews 12:1)*
- *Athletes of the Spirit (Desert fathers and mothers)*

Which of these most inspires you and what might God be saying to you through them?

- A person in the Bible ...
- A desert Christian ...
- A Celtic Christian ...

1. LIFE-LONG LEARNING

-LEARN FROM LIFE

Before you sleep, reflect on the day

Think of:-

- **A BLESSING: THANK GOD FOR IT**
- **A FAILING: SAY SORRY**

How might you behave differently next time?

SOMETHING YOU'VE LEARNED

Write or draw the most important of these that you don't want to forget

2. SPIRITUAL JOURNEY

We view our life as a journey

We have no permanent home on earth (Hebrews)

I have not yet arrived (Philippians)



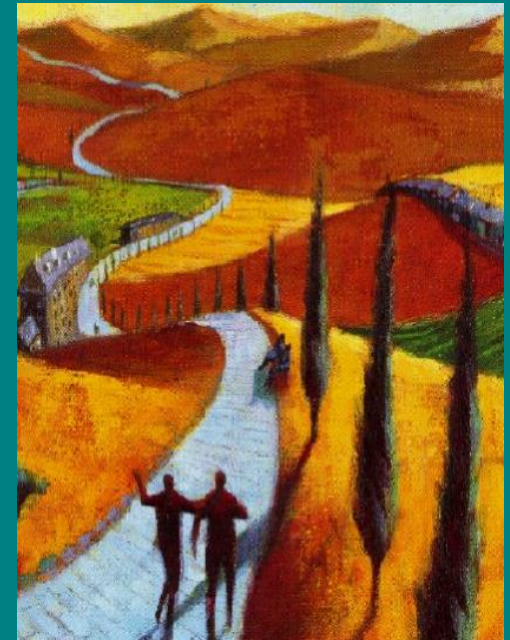
Three Aids on our Journey

- **THE SOUL FRIEND**
We meet at least twice, sometimes often each year
- **THE RETREAT**
We retreat in order to advance, at least once a year
 - in a wild place or retreat house
 - or quiet days in a poustinia.
- **PILGRIMAGE**
We act out the inner journey by making an outward journey
e.g. a prayer walk or a journey to a pilgrim centre

2. SPIRITUAL JOURNEY

QUESTIONS FOR YOU AND YOUR SOUL FRIEND

- When do you plan to meet with your soul friend this year?
- What question do you wish to ask?
- What weaknesses do you hope to overcome?
- What strengths do you hope to develop?
- What areas of life or Christianity do you need to learn more about?
- What kind of retreat do you need help to plan?
- Do you need help to plan a pilgrimage?

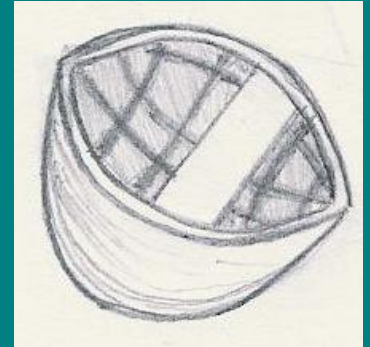


2. SPIRITUAL JOURNEY - PILGRIMAGE

We act out the inner journey by making an outward journey
e.g. a prayer walk or a journey to a pilgrim centre.

Traditional church liturgies liken baptism to a journey that starts at the font/baptistery and ends at the door.

We imagine this as a voyage, like Saint Brendan's voyage in a coracle, allowing God's winds to blow them where God willed.



A PRAYER TO LEARN

Be a bright flame before us
Be a guiding star above us
Be a smooth path beneath us
Be a kindly shepherd behind us

BIBLE PASSAGES TO READ

Genesis 12:1-9; Exodus 13:17-14:31 (or any of the other Exodus stories);
1 Kings 19: 1-9; Psalm 84:5-7; 121; Luke 9: 51-55; Hebrews 12:1-3; 13:14.

3. RHYTHM OF PRAYER, WORK AND RE-CREATION

Bible Christians (like Jews and Muslims) obeyed God by keeping a daily rhythm of prayer, work and re-creation.



The Aim is to have a good work-life and body-mind-spirit balance.

PRAYER

- Reflect the Sun's rising, zenith and setting
- Create spaces morning, noon and night

CREATE SPACES EACH DAY FOR

- Paid work
- Unpaid work
- Re-creation
- Social duties

SWAP THESE SPACES AS NEEDED, DON'T LOSE THEM!

Three Expressions of Rhythm

1. Say the 'Daily Office' at set times.

(Celtic Prayer Book or one's church)

2. Turn breast feeding into a 'holy communing'.

3. Use existing actions more mindfully.

e.g. rising, sitting, lying down

4. SPIRITUAL INITIATIVE THROUGH INTERCESSION

*Overcome evil with good (apostle Paul)
Prayer moves the Hand that moves the world*

- List areas of need God puts on your heart
- Constantly Pray “Your Kingdom Come” for them
- Fix a time to intercede



INTERCEDE >> THINK >> FEEL >> ACT

- *Visualise how these needy areas change*
- *Note these answers to prayer*

5. SIMPLE LIFE-STYLE

Cut out

- ACTIVITIES
- POSSESSIONS
- RELATIONSHIPS

That clutter your spirit

5. SIMPLE LIFE-STYLE

Cultivate habits that make us

**CLEAN,
CLEAR,
COMPASSIONATE,
CREATIVE**

e.g.

- **MINDFULNESS**
- **DIET**
- **EXERCISE**
- **FRIENDSHIP**



SIMPLE LIFE-STYLE - HOSPITALITY

Three expressions

1. Invite people to meals or to stay overnight.
2. Be fully present over a café coffee.
3. Let people be themselves in your company.

6. CHERISHING CREATION

Through Creation let God cherish us in our

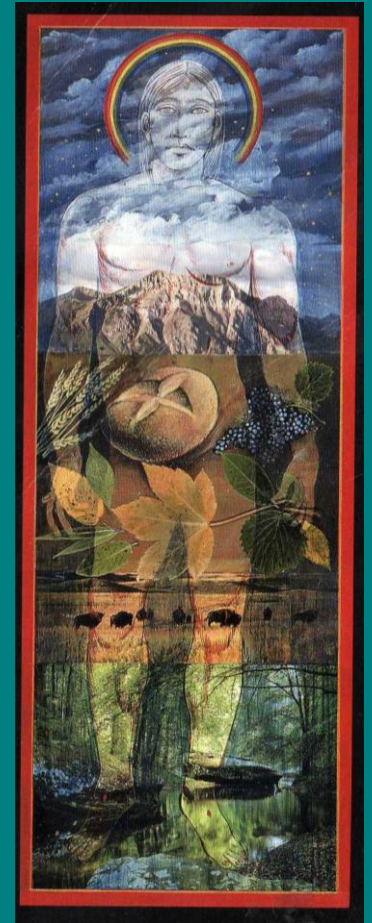
CONTEMPLATION
EXPLORATION
CO-CREATION

Focus on one of the five elements

air
earth
fire
water
Flowers

Ask God:

What do you teach me through this?



6. CHERISHING CREATION

THROUGH US LET GOD CHERISH CREATION
IN OUR ECO-FRIENDLY

- Shopping
- Travel
- Energy use
- Re-cycling

e.g. L.O.A.F. –

LOCAL, ORGANIC, ANIMAL-FRIENDLY, FAIR TRADE.

AND BLESS THE EARTH!

7. HEALING FRAGMENTED PEOPLE AND COMMUNITIES

Each person and community has wounds caused by abuse, neglect or selfishness

Healing is possible

Healing is a process

We seek healing of

- Ourselves
- Others
- Communities
- Places

We call this Healing the Land

7. HEALING FRAGMENTED PEOPLE AND COMMUNITIES

WE HEAL OURSELVES

by inviting Divine Love into our wounded parts



7. HEALING FRAGMENTED PEOPLE AND COMMUNITIES

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7. HEALING FRAGMENTED PEOPLE AND COMMUNITIES

WRITE WHAT THESE MEAN FOR YOU

- To be real means ...
- To live all out means ...
- The highest, deepest, widest means ...
- To bear another's pain means ...
- To love for better or worse means ...
- To laugh means
- To wonder means

7. HEALING FRAGMENTED PEOPLE AND COMMUNITIES

WE HEAL ANOTHER

**by listening to, loving and praying for
their wound**



7. HEALING FRAGMENTED PEOPLE AND COMMUNITIES

WE HELP TO HEAL A COMMUNITY

(organisation, work-place, church or town)

by

- Learning the story of its wounds
- Bringing representatives of wounders and wounded together
- Expressing sorrow and forgiveness
- Dedication and prayer

This can only be done when the time is right.

Only some are called to initiate this.

All should be aware of and practice principles of conflict resolution.

7. HEALING FRAGMENTED PEOPLE AND COMMUNITIES

CONFLICT RESOLUTION PRINCIPLES

- 1. Listen to the other side's story without interruption or judgement**
- 2. Explain your side's story**
- 3. Explain the hurt you feel without blame**

7. HEALING FRAGMENTED PEOPLE AND COMMUNITIES

WE HEAL OR RE-HALLOW A PLACE BY...
re-hallowing it with presence and
prayer

*“May Christ break the power of the past to
control the present.
Heal all that harms
Bless all that is of you.”*



8. LISTENING TO THE SPIRIT



WE CULTIVATE

- The Art of Listening
- Appropriate prophecy

8. LISTENING TO THE SPIRIT

A thousand voices shout at us.

We listen to the most urgent or alluring (e.g. they appeal to our pride or comfort),

and block out the rest.

Divine whispers are lost.

8. LISTENING TO THE SPIRIT

THE ART OF LISTENING

- Listen to what someone most wants to say to you.
- Listen to what is deepest in your soul.

8. LISTENING TO THE SPIRIT

APPROPRIATE PROPHECY

‘To communicate a thought or picture
we sense comes from God’



9. BUILDING UNITY

*At the heart of God is a flowing communion of Loves
God has designed us to reflect this on earth
'May they be one as you and I are one' Jesus' prayer on his last night*

WE BUILD BRIDGES BETWEEN FOES IN A

- Street
- Organisation
- Society



WE WEAVE TOGETHER SEPARATED GOD-GIVEN STRANDS OF SPIRITUALITY

e.g.

- Biblical
- Sacramental
- Pentecostal
- Justice
- Orthodox

9. BUILDING UNITY

WE MAKE MENTAL ACTS OF UNITY WITH JESUS

In the:-

- **Scriptures**
- **Sacrament**
- **Overseers (e.g. Bishop)**
- **Needy**

10. SHARING JESUS AND JUSTICE

WE OFFER A

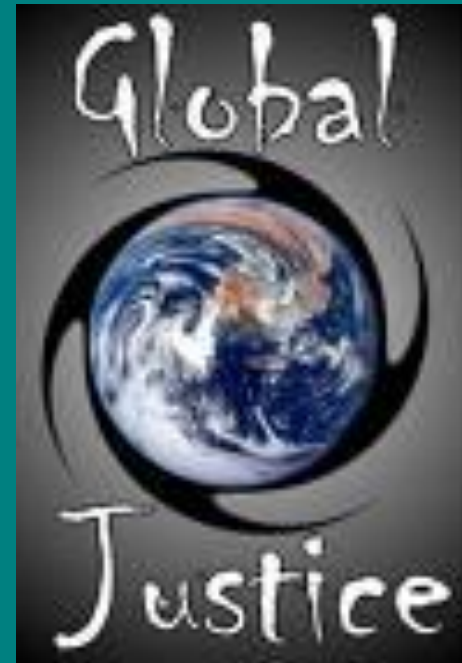
- **Listening ear**
- **Helping hand**
- **Mutual sharing of convictions**

TO EACH PERSON GOD DRAWS US TO

10. SHARING JESUS AND JUSTICE

WE SUPPORT SOME ACTION FOR A JUST
WORLD WITH OUR

- Money
- Service
- Words



THE THREE LIFE-GIVING PRINCIPLES OF

- **SIMPLICITY**
- **PURITY**
- **OBEDIENCE**

ARE APPLIED TO EACH WAY MARK

- **PURITY IN STUDY**

Means we love learning for itself, we do not grasp for prestige or diplomas

- **OBEDIENCE IN LIFE-STYLE**

means we accept the advice of a doctor or soul friend

- **SIMPLICITY IN RHYTHM**

means we follow our heart, not every person or pressure

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TD15 2SD

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email: grahamandruthbooth@btinternet.com