

Saint Stephens Episcopal Church

RHYTHM OF LIFE
MARY BEA SULLIVAN
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What is a Rhythm of Life?

A commitment to live in ways that deepen our relationship with God, ourselves, and the created order.

Guided by questions related to all aspects of our lives, each person prayerfully discerns their own Rhythm of Life.

Ideally lived out in community.



When we get in touch with what truly matters to us, we discover what makes us most alive.

When we find that which rests at our core and gives us life, we rediscover the value God intended in us and for us.

BECOMING OURSELVES AGAIN RECLAIMING OUR CORE VALUES , CHURCH PENSION GROUP

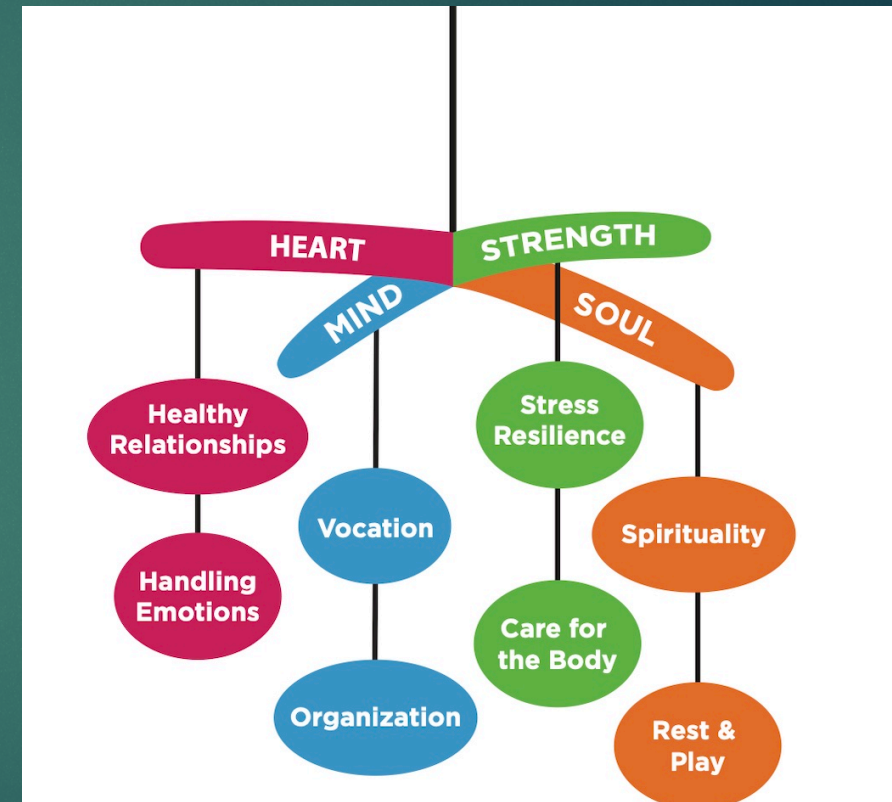
Rhythm of Life: Tuning My Heart Toward God



- Benedictine—6th c. Wisdom for 21st c. Lives
- Rule—Trellis
- Daily Office
- Rhythm—Tuning
- Flexible

Whole-Person Centered

- Spiritual
- Relational
- Physical
- Financial/Organizational
- Vocational



Living Compass

But this is the covenant I will make with the house of Israel after those days, says the Lord: I will put my law within them and I will write it on their hearts; and I will be their God, and they shall be my people.

Jeremiah 31: 33

Practice

“To what may one whose deeds exceed his wisdom be compared? To a tree with few branches but many roots. Even if all the winds of the world come and blow against it they cannot dislodge it from its place.”

Rabbi Elazar ben Azarya, 1st C. CE



In what ways are
you yearning to
deepen your
relationship
with God?



God is growing us

- Humility
- Love
- Joy
- Peace
- Patience
- Kindness
- Gentleness
- Self-Control



A new command I give you: love one another. As I have loved you, so you must love one another. By this everyone will know you are my **disciples**, if you love one another. John 31:34-35

Check it out...

- Start where you are curious
- Prayerful conversation with God
- May choose only one or two questions
- Individual, Family, Small Group, Buddy
- Small Group Sign Up Sheet
- Pilot Study...more to come



SAINT STEPHEN'S
EPISCOPAL CHURCH

Saint Stephen's Rhythm of Life:
Tuning My Heart Toward God™

Small Groups

- Tom Robertshaw, Tuesdays 2/20-3/19 8:30 am, Terrace Room dosomething@bellsouth.net. All are welcome, special invitation to military and first responders.
- Virginia Hillhouse, Wednesdays 2/14-3/18 9:30 am, Room 228 vchillhouse@gmail.com
- Jessica Garrison, Wednesdays 2/21-3/18, 5:15 pm, Terrace Room Women's Group. jessicakimbrough@yahoo.com
- Marie Blair and Betty Shivers, Thursdays 2/15-3/19, 10 am, Terrace Room mariehurleyblair@gmail.com bshivs@gmail.com
- Sandra Giraourd, Thursdays 2/22-3/21, 6:30 pm, Zoom sandragirouard@gmail.com
- Not sure where to plug in contact Mary Bea marybea@ssechurch.org