

# A Rule of Life

The Spiritual Practice of Being Present

## Steadfastness

*I am called to be faithful to both this place and these people.*

**The way I will practice this is through  
the spiritual discipline of :**

## Transformation

*I will participate in being change by God through this place and these people.*

**The way I will practice this is through  
the spiritual discipline of :**

## Listening

*I am willing to learn and be stretched in my understanding of God and others.*

**The way I will practice this is through  
the spiritual discipline of :**

## Sabbath

*I will value rest, and enjoy what is good.*

**The way I will practice this is through  
the spiritual discipline of :**

