



RHYTHM OF LIFE SERVICE REFLECTIVE PREPARATION

Introduction

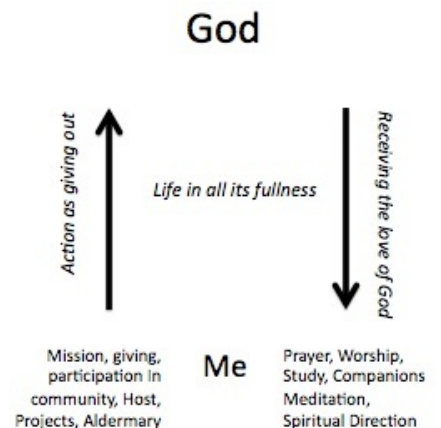
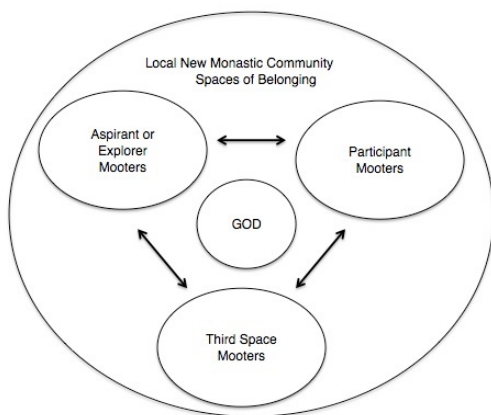
On Pentecost Sunday in May, we will again hold our Rhythm of Life Service where all those who consider Moot to be the or one of their spiritual homes, affirm elements of this rhythm for the year ahead before the Archdeacon of London. We do this as individuals and as a community. In the run up to this event, we encourage all those in our community to reflect for themselves in times of prayerful reflection and meditation, to explore where God seeks to take you for the year ahead drawing on the Rhythm. For those who affirmed the ROL last year, it is also an opportunity to explore those parts which have felt impoverished, or where you may feel that you have not been focused.

Our Rhythm of Life is a dynamic guide to life which has a number of elements. Firstly we start by seeking to live out life by receiving the love of God and a calling to strive to live another way – reception of the love of God leading to action. This is why at its heart, prayer and worship are vital ways of receiving love from God, and mission and community as largely action or giving out to God and others.

We affirm the Great Commandment of the Gospels, that we are called to love God, love ourselves and love others. It is usual to struggle with all these elements, particularly loving yourself! The ROL seeks to help us get this living balance and to receive the love of God to enable us to strive and persevere with the challenge of Christian discipleship.

We therefore seek to hold onto the things that give us life – the Virtues, and seeking to not engage with the thoughts and things that impoverish our humanity – the Sins. Practically then, we seek to live this way through the practice of the Aspirations, Spiritual Practices and Postures.

In Moot we have three spaces of belonging in our one community – Exploring Space (where people are encouraged to affirm the Aspirations who want to explore Christian spirituality but are not ready to commit to following the way of Christ), Participants (where people confirm the Aspirations, Spiritual Practices and Postures who seek to follow the way of Christ) and Third Space (for those who want to dig deeper with being New Monastic Christians and greater mutual accountability).



Suggested Process

1. Firstly explore where you think you are, what space of belonging you are? Where is God calling you for the year ahead? Re-read the following pages on the Virtues, Aspirations, Spiritual Practices and Postures. Notice what jars, irritates and what affirms your heart.
2. Prayerfully consider where you think God is calling you with this ROL. What do you need to face, what do you need acknowledge, what might you need to let go of to go deeper with this expression of the Christian spiritual life?
3. Where might you have some learning needs or encouragement around prayer, companionship, spiritual direction and elements of the ROL? Acknowledge what needs you may have to help you go deeper. How will you nourish yourself to receive from God to be able to live this way?
4. Make notes about your discernment – there is space left for this at the back of these sheets.

Virtues and the Thoughts that Distort Us

We live the rhythm of life by responding to the thoughts that distort by giving attention to the virtues that give us life.

	Virtues	Thoughts that distort
About the body	Moderation (Sobriety) Chaste Love (Innocence) Generosity (Non-attachment)	Gluttony (Intemperance) Lust (Shamelessness) Greed (Avarice)
About heart and mind	Patience (Serenity) Gladness Courage Spiritual Awareness	Anger (Impatience) Sadness Fear (Anxiety) Spiritual Carelessness
About the human spirit	Magnanimity Humility Honesty (Truthfulness)	Vanity Pride Deceit (Untruth)

THE ASPIRATIONS

We live the rhythm of life through presence, acceptance, creativity, balance, accountability and hospitality.

Presence

We commit to journeying together with God and each other, by meeting together as a community in prayer and worship, in friendship and grief and happiness. We aim to be more than just a group of individuals or anonymous people in the city, rather an open community, a hopeful sign.

Acceptance

We desire to accept both ourselves and other people as they are, and to allow people to say what they believe without fear of judgment. We want to create a safe space where people feel welcomed and at home. We hope to learn from all those in and outside the community.

Creativity

We want to have an open approach to how we learn, live and encounter God in the plurality of our city and the world. We wish to be creative in our worship, in prayer, and with the Christian tradition, in our lives, in learning, in our theology and with the arts.

Balance

We aspire to live with integrity in the city, striving as a community for balance between work, rest and play. We wish to develop healthy spiritual disciplines such as daily prayer, meditation and contemplation, drawing on the ancient Christian paths. We want to live sustainably, and within our means. We desire to not be simply consumers, but people committed to giving and receiving in all of life.

Accountability

We desire to be accountable to one another, to grow and journey together, listening to each other and the wider Christian community for wisdom rather than trusting only ourselves. We want to have a willingness to share life, rather than to privatise it; we seek to walk together in a deep way rather than as strangers who only know the surface of each other.

Hospitality

We wish to welcome everyone we encounter, when we are gathered and when we are dispersed, extending Christ's gracious invitation to relationship, meaning and life in all its fullness.

Through the Spiritual Postures of:

(Which we seek to live in ordinary life everyday as an act of worship)

- Openness
- Mindfulness
- Expectancy
- Wonder
- Gratitude
- Compassion
- Obedience

Through the Spiritual Practices of:

- The practice of prayer and meditation *(daily, rhythmic, individual and in community)*.
- The practice of mercy and justice *(personally, locally and globally)*.
- The practice and facilitation of communal worship *(Contemplative services, Afternoon Service, Eucharist and Compline)*.
- The practice of learning *(discussions, biblical reflection, reading, spiritual direction and retreats)*.
- The practice of presence *(mindfulness, meditation, prayer, developing and maintaining deep relationships in the community, and the practice of financial presence)*.
- The practice of mission *(assisting people to explore and experience Christian spirituality, being a soul friend to those in and outside of the community)*.
- The practice of passionate living *(living life to the full, but also the passion of sharing in God's suffering for the world)*.

SPACE FOR NOTES AND REFLECTIONS