

St Matthew's, Florence: Community Rule of Life

based on the Episcopal Way of Love: <https://www.episcopalchurch.org/way-of-love/>
<https://www.episcopalchurch.org/wp-content/uploads/sites/2/2021/09/Becoming-the-Church-Final-Practices.pdf>

(This rule of life expresses how we as a congregation agree to fulfill our baptismal promises together, in our shared mission as Christian community.)

TURN: Pause, listen, and choose to follow Jesus.

- Advent “Conspiracy” (e.g. Pimatisiwin Nipi: <https://pwrdf.org/water-project/>)
- Lenten community fast
- Easter renewal of baptismal vows

LEARN: Reflect on Scripture each day, especially on Jesus' life and teachings.

- weekly study group, following an annual learning plan
- Scripture study at Sunday liturgy (Morning Prayer)
- *Disciplines* lectionary-based daily reflection: <https://www.upperroom.org/disciplines>
- *The Bible in a Year* daily podcast: <https://media.ascensionpress.com/category/ascension-podcasts/bibleinayear/>

PRAY: Dwell intentionally with God each day.

- Daily office (BAS pp 47-71): <https://www.anglican.ca/wp-content/uploads/BAS.pdf>
- *Pray as You Go* lectionary-based meditation: <https://pray-as-you-go.org/>
- *d365* lectionary-based meditation: <https://d365.org/>

WORSHIP: Gather in community weekly to thank, praise, and dwell with God.

- Morning Prayer
- Evening Prayer
- Eucharist

BLESS: Share faith and unselfishly give and serve.

- Little Free Pantry (food bank)
- Mobile Market (food program)
- community meals
- EMS Community Paramedic Program
- Village Stitchers' outreach

GO: Cross boundaries, listen deeply and live like Jesus.

- advocacy initiatives (e.g. red dress for MMIWG)
- daily walks in the community
- visiting other churches
- visiting indigenous neighbours (e.g. Ode'mini Giizis)

REST: Receive the gift of God's grace, peace, and restoration.

- annual summer retreat day