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## **Lenten focus: Rule of Life 101**

Several weeks ago I wrote a brief introduction to a Rule of Life and its importance. I said we would be talking more about it, and well we will. During Lent we will be learning about a rule for our lives and how the holy disciplines can change us inwardly, outwardly and corporately. A rule of life can help us become more honest and intimate with Christ and, of course, it ultimately leads to spiritual renewal. Now the end product is often more than private renewal. You see, because we most often embrace a rule as a group, the group experiences a re-energizing renewal!

And please do be at ease, because though our education will be based on established rules such as the Benedictine Rule or the tradition of the Little Gidding Community, a rule can pretty well be designed for any individuals who would like a little more Christ in their lives.

The rule reaches into our daily practice of devotion. A typical rule asks us to commit to daily prayer. It goes further to ask for Christian action in our lives, such as hospitality, serving the poor and helping the aged. Your custom rule may involve a Christian discipline such as fasting or the practice of simplicity. And, yes, the rule reaches also into our corporate lives of prayer, worship and Christian practice, enriching it and giving it fresh dedication.

Our course will begin on Ash Weds. and continue every Wed. in Lent. We are truly excited about this offering and its potential to encourage and challenge us to add more God to our lives and commit more of our lives to our God. ja+ /gs+

Watch your mailboxes as a more complete description will be sent soon!