

' The Pilgrim Way '



Reading & Reflection for each day of the year

**Readings are taken from
'A Pilgrim Way' by Ray Simpson**

Produced by The Community of Aidan & Hilda



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The Community of Aidan and Hilda is a world-wide pilgrimage people who follow a Way of Life. There are pearls in this Way of Life – strings of them – use time to appreciate them all.

When the Commentary on this Way of Life (**'A Pilgrim Way: New Celtic monasticism for everyday people' by Ray Simpson. Kevin Mayhew Ltd**) was published in 2005, it was said this was the most significant book since the author's first title, **'Exploring Celtic Christianity'**.

So much is packed in to this life-changing commentary that it was decided to make it available in a daily reading format as **'The Pilgrim Way Daily Reading Companion.'** This comprises a year's readings from 'A Pilgrim Way' together with a Key Theme Thought and, for Sundays, a quotation from an early related Celtic Rule of Life.

Week 52

Those who become Explorers of the Community's Way of Life are invited to engage in a period of spiritual formation or discipling.

The foundation of this is to read and reflect daily on The Way of Life and the commentary on this: 'A Pilgrim Way: new celtic monasticism for everyday people', using this Booklet to provide a year's daily readings and reflections.

Further copies of this booklet may be purchased from St Aidan Press or be downloaded from the web site.

Copies of the **'The Pilgrim Way' by Ray Simpson**
may be obtained from any good bookshop

or from St Aidan Press,
The Open Gate,
Holy Island,
Berwick-upon-Tweed,
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Email: grahamandruthbooth@btinternet.com

Monday: Monotheist religions

(page 227 last paragraph)

All are children of Abraham. Visualise yourself listening to God with a Jew and a Muslim. Look out for a chance to do so.

Tuesday: Buddhism

(page 228)

Practice meditation that embraces and then transcends the layer of ego and selfish desire. Look for a chance to dialogue with a Buddhist friend. Let God do the Acts 10 bit.

Wednesday: God-guided nations

(page 228-9 ending with ...public services)

We seek to dialogue and work with people of good will. In your meditation, become aware of where these people might be.

Thursday: New leadership

(page 229 from Oswald ...to...Frank Buchman)

Ask God to give you a dynamic that calls out responsibility for your immediate sphere of action.

Friday: Relationship

(p230-1 from In English speaking...to...a realisable programme.)

The world is created to reflect relationship. A healthful society provides the conditions where "birds may fly and animals may graze". Visualise in prayer how you may help this to be.

Saturday: Add to these Applications

(page 231-2)

Improve on this limited selection.

Sunday

When Bede notes that, throughout the six years of debilitating illness preceding her death in 680, Hilda "never ceased to give thanks to her Maker", we may regard this as a practice which we who take Hilda's name are meant to do also. Hilda warned all her flock to serve the Lord dutifully when in health, and when in adversity "always to return thanks to the Lord faithfully".

Week 51

Monday: Materialism

(page 222-3 from We counter ...to...union with God)

God wants the material-spiritual well being of all people – but we do not live by material goods alone. Pray through adverts and shop signs – let go of those that have got a hold on you.

Tuesday: Replace ‘Spin’ with truth

(page 223)

Review whether you are defensive or fearful of being questioned. Bring all out into the light.

Wednesday: Spirits can compete and control

(page 224 from Neo-pagan ...to...in the face.)

We do not evoke spirits unless through the name of Jesus. We do evoke God-given potential in each person. Are you clear about the difference?

Thursday: God’s force-field

(page 225)

Slowly, with imagination, pray St Patrick’s Breastplate, visualising God as the leader of the Divine Force-field

Friday: Working with other faiths

(page 226)

Visualise rays from the Sun of suns percolating through other religions. What holy and true things are you aware of?

Saturday: No misrepresentation

(page 227 ending withMatthew 25:31-46)

Think through ways that Christians misrepresent founders of other religions. If you are not sure, ask a wise member of another religion to advise you.

Sunday

Under Hilda, no less than five bishops were sent out to parts far removed from the Irish Mission, and Whitby was very much in touch with the incoming currents of the Universal Church. It is likely that the Rule at Whitby evolved to blend the purity of Aidan’s way with the broadness of continental ways.

To help you use this booklet

We suggest that each day you:

- Read the passage in ‘The Pilgrim Way’ as indicated in this booklet.
- Think about the key thought.
- Use the reflective question in a time of meditation.

To begin a meditation, sit in a relaxed position and breath deeply.

The style of meditation can vary to suit different temperaments.

Two styles are:

1. Let the mind’s surface pressures ebb away. Invite God’s Holy Spirit to bring to the forefront the thing that you most need to hear and help you to respond well to what you hear.
2. Prayer visualisation. Use your imagination as suggested in the text.

Try to understand the truth in which you meditate. Decide the most suitable way to do this.

For example, if the subject is an inspirational example from Biblical Christian history, recall the main facts, and the transformation God brought about. Then place yourself in that situation and visualise God working a transformation in you, in a way that is true to you and your situation, or in those for whom you pray.

To end the meditation, offer thanks to God and decide what practical steps you can take.

We suggest the meditation takes from between five and thirty-five minutes.

Week 1

Monday: A Way of Death

(page 4)

Reflect on world terrorism and the 'clash of civilisations', on the chain of cause and effect between oppression and revenge; and on how a 'Way of Life' – traces the chains of cause and effect that lead to life.

Tuesday: Why a Way of Life? The World Needs a Way Forward

repage 7)

In what ways do societies based on these four big ideas carry the seeds of their own destruction?

'Our confused world is in search of a soul': what signs of this search do you detect?

Wednesday: Making a Personal Rule

(page 7-8)

Two applications of the principle of a simple lifestyle are given. What others can you think of?

Several reasons why people embrace a Way of Life are given. Give other reasons.

Thursday: Christianity Began as a Way

(page 8-9)

Look up the Bible references. Describe in your own words how you see the difference between a Way of Life and legalism.

Friday: Take Responsibility

(page

9-10)

'A complete way of life': which bits of your life do you tend not to think of as 'Good Bits'? How could this become different?

Saturday: The Bible teaches the Value of a Way

(page 10-11)

How would you answer the question 'where do you find this call of A Way of Life in the Bible?'

Sunday

If your conscience leads you to keep away from crowds, be alone in a separate place near a major city.

Week 50

Monday: Justice

(page 218-9 ending withchanged)

What does it mean for you to purchase justly? Ask God to show you what causes you should support or speak up for.

Tuesday: Freeing the oppressed

(page 219-20 ending with ...all people.)

We are to be vigilant on behalf of the human rights of others. Ask God which people who lack human rights He wants to draw your attention to?

Wednesday: A prejudice free world

(page 220)

Call to mind any elements of prejudice in you towards individuals or groups of people. Ask God to change your heart. Bless these people and enjoy their specialness.

Thursday: A manifesto

(page 220-1)

In prayer, visualise a world that is like this. Change or hold to this manifesto.

Friday: The oppressed

(page 221-2)

In what way do we need to take responsibility for a needy relative, neighbour, town or country? By acts of restitution, reconciliation or service?

Saturday: Countering untrue teachings

(page 222)

Think through what teachings – secular or religious - are based on greed, ignorance or desire to control. Let repentance begin with us.

Sunday

When Hilda became abbess of the influential mixed monastery of men and women at Whitby, doubtless she, like Cuthbert, had to combine new ways with old, following the 664 synod that was held there.

Week 49

Monday: Connect with Natural Patterns

(page 213-4 toEurope)

Visualise the Celtic Way being the experience of Christ planted in the natural patterns of our society. What changes will this mean for you?

Tuesday: Aidan's conversion of the English

(page 214-5)

Aidan's mission spread like wildfire. It was soon "of the people, for the people, by the people". Aidan would not ride a horse; he had 'street cred'. What changes do I need to make in order to be 'of the people'?

Wednesday: Witness that springs from the heart

(page 215)

The Spirit of God is giving us a heart for those estranged from Christ. Invite the Spirit to give you such a heart. Practice being real in conversations and sharing what is important to you.

Thursday: Cuthbert's evangelism

(page 215-6 form Cuthbert ..to...God centred life.)

Cuthbert had a heart for the person that others overlooked. Visualise "being a Cuthbert".

Friday: Signs and wonders

(page 216-7)

Think through the signs Jesus used, and any signs the missionaries used that you know of. These are about the extra-ordinary in the ordinary. Seek to see God's presence in ordinary things today.

Saturday: The poor

(page 217)

Whether you are rich or poor – how do you "stand with the poor"? Invite Christ to "stand with the poor" in you.

Sunday

The absence of Rules from the earliest Irish and British monasteries may be explained by the fact that in some monasteries the abbot or abbess was the Rule. They modelled the disciplines and gave detailed directions in person as they were needed. Even in the time of Cuthbert and Hilda, when written Rules were being introduced, there was still a sense in which the abbot or abbess was the Rule.

Week 2

Monday: Objections

(page 11-12)

What objections to adopting a Way of Life can you think of? And what answers would you give?

Tuesday: Why Some Have Adopted a Way of Life

(page 13 –14)

Can you add to this list of reasons? If so, why not email them to us to be put on the Community of Aidan and Hilda website.

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Wednesday: The Community's Way of Life

(page 17)

Think about the four parts of the Community's vision. Describe what each of these might involve for you.

Thursday: The Three Life Giving Principles. Simplicity

(page 18)

Examine the roots of your motivations.

Simulate the worst and the best possible scenarios.

Are you really willing to be rich or poor for God?

Friday: Purity

(page 18)

Giving our whole being to God, including our sexuality, is easier said than done.

What might this mean – mentally, emotionally, physically?

If 'generosity and openness' are indicators that our sexuality is godly, how do you think you are doing?

Saturday: Obedience

(page 18-19)

"Attentive listening" Make a quick list of leaders in the different spheres of your life whom you have encountered this week or month.

How would you rate your quality of "attentive listening" to them?

Sunday

Always have a naked spirit in imitation of Christ and the Evangelists.

Week 3

Monday: The Soul Friend

(page 19)

How often do you think it appropriate to meet with a soul friend?

What type of person do you look for? What format would you like a soul friend session to have?

Tuesday: The Ten Elements 1. Life-long Learning

(page 19)

What do you think Bible study should entail?

What do you understand by the 'History of the Celtic Church' 'The Desert Fathers and Mothers', and the 'Eastern Church'? What else would you include?

Wednesday: Spiritual Journey

(page 20)

What do you understand by the words 'Spiritual Journey'? How do you picture it? What is not part of the journey?

Thursday: Regular Retreats

(page 20)

What do you understand by a retreat? What ingredients would you include in your ideal retreat?

Friday: Pilgrimage

(page 20)

What kind of pilgrimage do you think most draws you into a deeper devotion to Our Lord Jesus?

Can you think of other 'places of resurrection'?

Saturday: A Rhythm of Prayer, Work and Recreation. Prayer

(page 20-21)

Half the world is run by clocks – what we might term man-made rhythm; this is influenced by the rhythms of sun but averages them out. What do you think about this?

Sunday

Be clear with your soul friend about the possessions you have at your disposal.

Week 48

Monday: Solidarity

(page 207 first four paragraphs totemperament)

What is the difference between true community and issue dominated groups?

Visualise the battle line between good and evil running through you and your group, as well as others.

Tuesday: Ways to build community

(page 207-8 ending withour difference.)

What community building might you do?

Wednesday: Making ourselves one with others

(page 203)

Become aware of those who sustain your civic life. Practise setting aside your agenda and making yourself one with the other.

Thursday: Priorities

(page 209)

Which, if any, of these should you adopt? What application do you make your priority?

Friday: Mission – the big picture

(page 211-2)

Meditate on the phrase "the Christification of the world". How does the healing of mistrust contribute to this?

Saturday: Witness

(page 121-3)

Mission is rooted in God's nature which is to draw all people by love. The Trinity expresses this love, as St Patrick thought. Visualise the three loves in God's heart animating you and drawing others.

Sunday

In fellowship with all the brothers learn this virtue from one, and that virtue from another. Never judge another.

Week 47

Monday: A Cosmic Tree

(page 203-4 ending with ...in a spirit of brotherhood)

Visualise the past, present and future human networks as a cosmic tree, of which you are a leaf. Now pray for the world by praying for this tree.

Tuesday: Solidarity

(page 204 second paragraph from Loyalty)

Personal loyalties include family and nation. Visualise members of your family and national government - honour them by praying for them to fulfil their role well.

Wednesday: The herd instinct

(page 204 last two paragraphs)

Why do you think God has given us a herd instinct? When we put this first, Hitlerism can ensue. When we disregard it, anarchism can ensue. Pray for the herd as God sees it.

Thursday: Feel a Nation's Soul

(page 205 first paragraph)

Gandhi felt the soul of his nation. Try and feel the soul of your nation. The common womb is the land, the past and the present we share. Pray for the healing of the womb and those that are in it.

Friday: Attentiveness

(page 205-6 to ...flow with.)

Attentiveness (awareness) is a means to unity. Think through what pulls you in different directions. Become fully present to each thing you think, do or say.

Saturday: Being fully present

(page 206 last two paragraphs)

Think through what you need to "switch off" in order to be fully present. Learn from the dying Cambodian "skeleton" who was fully present and thankful to another in her dying gesture. Visualise your gestures in the days ahead.

Sunday

Accept the discipline of one spiritual father; love and trust him with everything.

Week 4

Monday: Work

(page 21)

Are we clear what our work is? Are we whole hearted about it?

If not, what needs to be put right?

Tuesday: Rest

(page 23)

Provision for rest/recreation should be part of each member's way of Life.

What provision do or should you make?

Wednesday: Spiritual Initiatives through Intercession

(page 21-22)

What does or should 'ceaseless struggle' mean for you?

Thursday: Simple Lifestyle

(page 22)

Our belongings, activities and relationships are ordered in a way that liberates the spirit. How do or should you order them?

Friday: Care for Creation

(page 22-23)

'We seek to meet God through His creation'.

What do you become aware of as you think about this?

Saturday: Healing Fragmented People and Communities

(page 23)

What does it mean for you to lay hands on a part of God's world in order to recognise its right to wholeness?

Sunday

Make sure your dwelling is enclosed and has one door.

Week 5

Monday: Openness to God's Spirit

(page 23)

'We desire this openness to the leading of the Spirit'. What experience have you had of this? What part of your life is meant to become more open?

Tuesday: Unity

(page 23-4)

'.....resist all gossip and destructive talk about our own denomination or others.'

What comes to mind?

What would Jesus do about this if He were in your shoes?

Wednesday: Unity

(page 24 last 2 paragraphs)

'We seek to shed attitudes and practices that put up barriers between the church and the people'.

What are some of them?

What can you do about them?

Thursday: Mission

(page 24 first paragraph)

'Our aim is that the whole created order may be reconciled to God through Christ (Colossians 1:20)'.

Meditate on this visionary aim, what does it mean for you?

Friday: Mission

(page 24-27, 2nd paragraph)

'The Holy Spirit leads us into new initiatives to bring God to the people'.

Any inklings what these are right now?

Saturday: Mission

(page 25, 3rd paragraph)

'We ask God to work through us in signs and wonders'- Really?

How might shy Christians in conventional churches do this?

Sunday

If you are a leader, invite several members of your nearest monastery to study the Bible with you on Christian festivals or else join a monastery Bible Study.

Week 46

Monday: Reviving the Synod of Whitby

(page 200-1 from A husband ...to...Wendy Ward)

Those who agree with WHAT was imposed can agree that HOW they were imposed was insensitive at the 664 Synod. Visualise a reconvened synod, chaired by Christ. What might happen?

Tuesday: An act of unity with Jesus

(page 201 middle paragraph)

Make an act of unity (in your heart and mind) with Jesus in His Word, His ordained ministers, in Holy Communion and in forsaken people.

Wednesday: Our local church

(page 201-2)

If you are a member of a local church, pray for love to fill its routine life. If you are not, take a step in furthering a relationship.

Thursday: Building a community

(page 202 first two paragraphs)

What attitudes and practices put barriers between you, or your church, and people? How will you shed these?

Friday: Jesus got into their boats

(page 202-3)

What are the boats of people today? Imagine we accompany Jesus into these boats.. what happens?

Saturday: Making oneself one

(page 203 second to fourth paragraph)

A Christian felt at home in a Muslim country when he made the basic act of Islam, surrender to the will of God. How can you become at home in a sub-culture new to you?

Sunday

Be aware of proud independence. Watch that you do not avoid taking counsel because you secretly nourish your own desires.

Week 45

Monday: To my brother in Christ the Pope

(page 197-8 from In his 1995 encyclical .. to ...unChristlike ways.)

The Iona Community responded to this invitation and wrote its suggestions to the Pope. Write out, and even send, your suggestions.

Tuesday: The conditions for unity

(page 198 second paragraph)

Meditate on how you can value the presence, understand the mind and grow in prayerful friendship with those in a church other than your own.

Wednesday: Re-Union of the saints

(page 198 from How may we ..to....oversight of them))

As you reflect on these paragraphs, what strikes you most? How will you respond and what is your part in a healing action of the Holy Spirit?

Thursday: Destructive gossip

(page 199 from We resist ...to...done together)

This one wee paragraph must not be skipped over. Gossip is a killer of unity. Review your speaking this past year. Recall and repent of destructive gossip and bless the people and churches you have run down.

Friday: Weaving together the strands

(page 199)

Clarify in your mind why sectarianism is not of God. Open yourself, in your meditation, to receive from people in other church streams.

Saturday: Learning from church streams

(page 200 first two paragraphs)

What have you learned, and what might you learn, from these and other church streams?

Sunday

Take time to often seek counsel from a wise senior person. Do not make decisions on your own that should first have been considered with your soul-friend.

Week 6

Monday: Mission

(page 25, 4th paragraph)

'Our mission includes speaking out for the poor'.
How? And what if you are one of the poor?

Tuesday: Mission

(page 25, 5th paragraph)

Can you think of countering something that is false in one of these four ways – through love, sound argument, prayer, or demonstrations of God's power?

Wednesday: Mission

(page 25, last paragraph)

'We seek to dialogue with people of good will'. Which people come to your mind?

Thursday: The Dawning Story

(page 27 Opening Quotation)

This chapter tries to be honest about the downs as well as the ups of the Community's early years.
What in your experience are 'the shadows' which we need to see through if we are to drain them of power.

Friday: The Beginnings

(page 27-28, 1st and 2nd paragraphs)

What does the phrase 'contemplative in the market place' mean to you?

Saturday

(page 28 – 29)

A call to a new cradling. 'I am calling my people to live close to the earth, to the people, to the world of the Spirit, saints and angels, to travel lightly with hospitality in their hearts'.
Reflect what this means to you – and what you think it means for the Church.

Sunday

Refuse entry to those who want to gossip or talk about trivia; send them on their way with a blessing if appropriate.

Week 7

Monday: Red Hill

(page 29)

A prayer meeting felt God told them that the bathroom suite should be champagne colour.

Do you think this is fanciful or do you know of some similar example of God's guidance in practical detail?

Tuesday 1990s: Groundbreaking Years

(page 30 –31)

'The last time our land (*Britain*) was healed and the Church was truly endogenous, was in the time of the 'Celtic Mission'. - Russ Parker

Say in your own words what you think this means for his land and for your land.

Wednesday: A Prophecy

(page 31-32) *Erratum: the last paragraph should begin: 'a prophecy that Michael wrote down years later'.*

Express in your own words why God needs an army of listeners.

Thursday: A Way of Life

(page 32-33)

The Three R's: How do you think the experiences of the Celtic Church, and research into it, relates to God's purposes today?

Friday: The Launch

(page 33-34)

God was calling into being a new creative partnership between male and female, masculine and feminine.

How do you see this working out now?

Saturday: Another Angle

(page 34, 3rd and 4th paragraph)

Also read 1 Chronicles 14. 1 – 15

'Was God calling us to confront the enormous needs of our own world from another angle, through the way of life God had given us?'

Do you have any insights that help to answer that question?

Sunday

Choose as your helper someone who is discreet, spiritually minded and always ready to oblige, though do not over-work them.

Week 44

Monday: How should we look upon the Church

(page 195 first two paragraphs)

Fellow Christians are not strangers – we are fellow pilgrims and family members. Visualise members of different churches to yours in this light and pray for them.

Tuesday: The Church as a garden

(page 195 third paragraph)

Visualise the universal church as a garden. Identify beautiful plants and weeds. Commit yourself to the Garden and the Divine Gardener.

Wednesday: The inner life of the Church

(page 195 last paragraph)

Meditate on the universal church as Christ's body which He cherishes; and on us breastfeeding through the sacraments.

Thursday: Cherishing the Church

(page 196 first three paragraphs to ...we are a family)

Even if this offends you, try doing one exercise in which you visualise the Church as a mother – embrace and forgive her faults. Give thanks for her calling, gifts, care and presence.

Friday: Dead and living tradition

(page 196-7 from ...to regard....to other than their own.)

What is meant by living tradition? Read Luke 15:11-32. Pray for a branch of the Church which is thought to be "wayward" or a "baby" or as "dead" - as the Father related to his wayward child in Jesus' parable.

Saturday: Restoring the broken Christian cord

(page 197 from Many new)

What relationship can you help to restore, what strands can you weave together, what common cause can you make?

Sunday

Develop ...growth into wholeness, knowing what justice requires, the fruits of the Spirit and humility.

Week 43

Monday: Inviting God to speak

(page 191-2)

We can invite God to speak to us about something as small as a cabbage patch or as big as a continent. Decide what you want God to speak to you about.

Tuesday: Applications

(page 193)

Which of these are your priorities – or have you one of your own?

Wednesday: Unity

(page 193 first two paragraphs)

Think about the different strands of Christianity. What others would you hold? Which of these have you made your own? Which others could you explore?

Thursday: One Christian people

(page 193-4 first paragraph)

In the first millennium the Christians who lived in one place found one church there and gathered as one. What is the gathering in your area which brings together the greatest cross section of churches together? Pray for these..

Friday: Grief for schism

(page 194-5 ending with ...separated from us)

When we are brought up in a denomination we tend to think this is normal. There is no grief until we know about the tearing apart

Saturday Transformations

(page 194 last paragraph)

When church leaders of different streams pray together for their town etc – transformation comes. Think how you can encourage this in any way.

Sunday

Develop wisdom, balance, discernment of good and evil, of excess and moderation.

Week 8

Monday: Open to Children

(page 34 – 35)

'A portable cabin..... Open to children'.

'The Community must always be open to children'.

How? Why not send your suggestions to the Guardian?

Tuesday: A Poet in Me?

(page 35 – 36)

Bards. Maybe there is a poet in you or in someone you know?

How can 'the poet' in us or in our community best be used?

Wednesday: Into the Desert

(page 36-37 1st and 2nd paragraph)

Have you encountered and found disillusionment – is this a phase we need to go through? If you haven't encountered this, think about how a person would handle it.

Thursday: The Forging

(page 37 – 38)

Difficulties and heartaches: In a foundry metal is broken, heated until it melts, poured into a shape the Maker wants,..... The Founders went through this, are we sure we want to go through it too?

Friday: Lindisfarne

(page 38)

The real Aidan was shorter than the regal statue and had sore feet. Jacqui felt that the founders were trying to be too big for their boots. How about us?

Saturday: Wild Goose

(page 39, 1st and 2nd paragraph)

The Wild Goose (the Holy Spirit) flew ahead. Is there a place you need to invite the Holy Spirit to fly ahead to?

Sunday

Willingly carry out any guidance given to you which fosters devotion.

Week 9

Monday: God's Teaching

(page 39 – 40)

'I thought about what God had been teaching us.....'

What had God been teaching? What is God teaching you?

Tuesday: St Chad's House

(page 40)

'A place where soul-friends could share their journey; where the Community's prayer patterns were observed. They excelled in hospitality.'

What about our place?

Wednesday: Against the Powers of Darkness

(page 40-41)

The Saints go marching in.

'I realised that we are a community that spans earth and heaven.'

Visualise and cherish this.

Thursday: John of Red Hill

(page 42)

On all Saints Eve, they rededicated the land of Red Hill.... David thought of how St Patrick had come with prayer and fire against the powers of darkness....

What land does God call us to rededicate ? What darkness to pray against?

Friday: A New Caim Council Grasps the Nettle

(page 42)

The Lindisfarne Mustard Seed project was the support group set up by Ray Simpson.

What might be the connection between the unifying of this with the Community and some people feeling that the real birth of the Community dated from this time?

Saturday: The Open Gate

(page 43-44)

'The Open Gate is the invitation to adventure and to grow, the call to be among the living and vital elements of the world.'

Are you aware of ways in which others or yourself have responded to this invitation?

Sunday

Have a mind prepared for red martyrdom.

Week 42

Monday: Discern the Script

(page 188 second paragraph)

Become aware of the script written by others that we have assumed is our own.

Visualise yourself binning this script. Now listen for the script of the real you.

Tuesday: Brushing aside the Obvious

(page 188-9 beginning with Blueprints)

As you reflect upon the piece "God speak to me" ask yourself what am I brushing aside that could be God speaking to me?

Wednesday: Listening to others

(page 189)

Choose a piece of music, a painting or a friend to listen to. Write down what you hear.

Thursday: Listening to God

(page 189-90)

Choose a Gospel episode. Ask God to speak to you through it. Is there a challenge, a promise, an example, a warning?

Friday: The seven Cs

(page 190)

Ask "what do my circumstances point to?". What speaks to me in creation just now. What co-incidences do I detect? Where does my conscience pull me? What is my deepest conviction? As I wait in silence does anything click?

Saturday: Check it out

(page 191 paragraph beginning The Celtic teacher ...161,162)

Think through your imminent proposals and plans. Check them out against the standards of absolute honesty, purity, unselfishness and love. What is left?

Sunday

The ceaseless prayers of the heart, not external uniformity, is what binds everyone together.

Week 41

Monday: Columba's and Aidan's Prophecies

(page 184-5 beginning with Some people are called ...)

In which context, if any, do you find it most helpful to prophesy? What do you learn from Columba's and Aidan's prophecies?

Tuesday: Warnings about prophecy

(page 185)

Is your temptation to over – or to under – prophesy? What are you going to do about this? Visualise yourself as you think God wants you to be.

Wednesday: Listening

(page 185)

The Bible, from beginning to end, is a story of people who did and did not listen to God – and of the consequences. Think through the stories of some of these people.

Thursday: Learning to listen

(page 186)

Some of us, when we listen, only hear our own undealt with primal material. How do we hear the voice beyond that? Invite the Holy Spirit to reveal what needs dealing with and what is beyond it.

Friday: Silence

Page 187 first two paragraphs)

In silence, become aware of the place of your deepest fear or lust and invite God into that place.

Saturday: Reflection

(page 187 last two paragraphs and first on 188)

Practice breathing deeply and embracing stray thoughts as suggested in these paragraphs, and then reflecting on a Scripture passage.

Sunday

Pay heed to the season of your life, to your temperament, ability and energy levels.

Week 10

Monday

(page 44)

'Many had thanked them for the loving ethos, peace and prayerfulness of the house.... But hopes that it not be driven by commercial pressures had to be deferred'.

Life is full of tensions between a vision and a present reality. How should we live with these?

Tuesday: Clare and Jan

(page 45)

'They had to struggle and wait longer than they anticipated'.

How can their experience encourage you in your disappointments?

Wednesday: Community Houses

(page 46-47)

The Cairn (not 'Caim House') was dedicated to God.

Why do you think they decided to call it 'The Cairn'?

Does your home stand for anything?

Thursday: Taking Root in the Churches

(page 47-48)

'The Way of Life is for Churches as much as individuals'.

What do you think about this?

How could it take root in your church?

Friday: Village of God

(page 48 last 2 paragraph)

Churches as villages of God.....with a 'hearth' at the centre....

Is this vision too far-fetched or can you see stepping stones towards it?

Saturday: Church Values

(page 49 first 2 paragraph)

Some churches spell out the values they live by.

What values does your church live by? Could one or more of the Ten Elements in the Way of Life be embraced by your church? How?

Sunday

Have a mind fortified and steadfast for white martyrdom.

Week 11

Monday: Aidan and Hilda

(page 49-50)

Aidan and Hilda are symbols. Some key words are: 'Gentle', 'prophetic', 'rhythm', 'multi-cultural', 'fire', 'calling', 'friendship'. What words would you add?

Tuesday: Holistic Study

(page 50)

Holistic education uses the head through the heart. How do you or can you live this in your study?

Wednesday: Who Carries the Community?

(page 51)

'After ten years, we had an infrastructure that could sustain the Community and a Members' Handbook'. Run through in your mind what the infrastructure consists of and what is in the Handbook.

Thursday: The New Monasticism

(page 52)

What does the monastic voyager observe and forego? Do you know what the four types of monasticism are?

Friday: Sean

(page 52)

'My heart tells me to go to people's homes.....' What does your heart tell you to do?

Saturday: Charlotte

(page 53)

Charlotte told God she was willing to live like a nun for the rest of her life but was led into marriage. What do you need to be willing for?

Sunday

Extend forgiveness from the heart for everyone.

Week 40

Monday: Prophecy

(page 180 first three paragraphs)

In the quiet, listen for any thoughts, visions or words that seem to be from God and not from your own routine mind set. Share any that is likely to encourage and illumine others.

Tuesday: Moses and prophecy

(page 180 last three paragraphs)

Read Acts 7:20-30. What do you learn about prophecy from Moses?

Wednesday: Inspirations

(page 181)

Do you accept that a prophetic spirit is meant in some measure for all Christians? If so, write down your inspirations in a time of quiet, and pass these on at an appropriate time.

Thursday: Misuse of prophecy

(page 182 from Prophecy .. to....permission)

Since it is so easy to mix God's message with our own wishes and fears, it is vital to sift prophecy in the light of the three life giving Principles. Reflect upon recent inspirations you have shared and test them by the three Principles.

Friday: The stages in prophecy

Page 182 from It is helpful ...to...agenda for it is.)

Think through recent sharing of convictions or prophecies in your church – or the lack of them. How can these three stages help to make this process more effective?

Saturday: Disuse of prophecy

(page 183)

Think through how far the four reasons why prophecy can wither apply to you. Write down an inspiration for a friend and share it with them at the first opportunity.

Sunday

In your private prayer and study, go with the ebb and flow.

Week 39

Monday: Openness to God's Spirit

(page 177 first two paragraphs)

"Each day I have to put back into God's hands what I have taken into my own hands." Reflect on this and do this now.

Tuesday: Blown by God's wind

(page 177-8 from Sometimes ...to...God's love)

Blowing us out of our safe little boxes. Where is the Spirit blowing you from, and where is He blowing you to?

Wednesday: The Wild Goose

(page 178)

In what ways did Jesus cross over from familiar to unfamiliar territory? In what ways is the Spirit calling us to do the same?

Thursday: Obedience

(page 178-9 From Here the principles of obedience .. to ..have a go.)

Obedience is being receptive to every sign of God's will, to every motion and sound of the Spirit. In the silence, allow these signs, the opposite of human control, to come into your awareness.

Friday: Openness

Page 179 second and third paragraphs)

Reflect upon the difference between being blown by every wind and being blown by the Wind of the Spirit. Say "no" to each ungodly wind, and "yes" to God's Wind.

Saturday: Growing in the Spirit

(page 179-80 from Our faith ...to...still centre)

Deeply breathe in God's air, invite the Spirit to animate every part of your being, welcome the Spirit's fruits and gifts and say the prayer from your heart.

Sunday

Follow the rhythm of the seasons in corporate worship; pray together for longer during the long summer days.

Week 12

Monday: Brad

(page 53-54)

Holy persons who lived for God alone drew disciples who grew into faith communities – that's what draws Brad.
What draws you?

Tuesday: Sally

(page 55)

Sally hopes that listening skills may become a tool in reconciliation within a future healed Burma.

What place do you strive to see healed in the future?

Wednesday: Manfred

(page 55)

The Sinnan project helps to sustain an indigenous economy that preserves a rain forest.

Do you contribute to 'sustainable development' at any point?

Thursday: Simon

(page 55-56)

'As soon as I read something (in 'Exploring Celtic Spirituality') it was as if I had always known it'

This experience is not uncommon. Have you any experience like this?

Friday: Sheila

(page 56)

Sheila does peace-making in a city of race riots. Her focus is relevant to her situation.

How far is the focus of your energies relevant to the context you live in?

Saturday: Afro-Celtic Movement

(page 57)

The best thing to do when all around you is fragmenting, is to change people who can build the future.

As you ponder this, what comes to mind?

Sunday

Offer constant prayers for those who trouble you.

Week

Monday: Keeping Our Eye on the Ball

(page 57-58)

Targets starting big, in descending order should be:
Healing the land (Is 42:1)
Restoring waste places (Is 51:1,3)
Reshaping the church (Is 49:5)
Being a task force like an arrow (Is 49:2)
Let this sink in.

Tuesday: Four Features of Aidan's Mission

(page 58-9) From 'Aidan.....'

What were the four features of Aidan's mission?
How may we develop prophetic training and study courses?

Wednesday: The End of the Beginning

(page 59 1st two paragraphs)

Image of the Community – the text mentions four supports of an oil rig platform.
It omits the most important feature of all – the ceaseless pillar of fire.
Ponder this.

Thursday: Revolution of Little People

(page 59 –60) from 'Jesus listened....'

What are the four types of response to this Way of Life?
What do you understand by 'a revolution of little people'?

Friday: Life-long Learning

(page 63-64)

Hilda's students learned in two ways.
What were these? What other ways of learning are there?

Saturday: Head through the Heart

(page 64-65 from 2nd paragraph)

Learn 'with the head through the heart'. What does this mean to you?

Sunday

Have fervour in singing the order of prayer for the dead, as if every deceased faithful believer was a particular friend of yours.

Week 38

Monday: Becoming fully human

(page 170 first two paragraphs of this section)

To be fully human is to tie in with our original intention, to become truly who we are. To be fully human means we cease to act out the script that our peers have written for our lives, and live out of our creative, God-given core. Slowly visualise yourself as each of these qualities fully ripen in you.

Tuesday: Wholeness

(page 170-1)

Visualise the disparate or immature elements in your life becoming integrated around the deep call in your core.

Wednesday: Accepting Ourselves

(page 171-2 from How do we become more fully human ..to ..invincible)

Once we have accepted ourselves, Jesus can show us how to be fully human.
Visualise Jesus showing you how to do the things mentioned in the text.

Thursday: The trial of the full human being

(page 172-3 from Western people ...to..fullness)

Meditate on this riveting Declaration and then write you own.

Friday: Our true selves

(page 173 last three paragraphs)

To be fully ourselves we have to separate the ego from our true core which is love. Make a mental list of things you are aware of in yourself which spring from each of them.

Saturday: Applications

(page 174-5)

Choose the three applications you think should be your priorities or make your own.

Sunday

Cultivate humility and purity

Week 37

Monday: Inner healing

(page 166-7)

We invite Jesus, who knows no time constraints, to accompany us into any period of our lives where unhealed wounds disfigure our present. Why not do this now?

Tuesday: Healing myself

(page 167-8 first two paragraphs)

Invite the non-possessive friendship of the Trinity to all the insecure parts of your life; by faith, visualise yourself reflecting this to a person you find threatening.

Wednesday: Healing of relationships

(page 167-8 from the last paragraph on 167 to ...spoken with your lips)

Visualise someone you find it hard to forgive and do what the Sudanese pastor did.

Thursday: A Celtic example of healing

(page 168)

What lesson do you learn from Samson?

Friday: Healing the land

(page 168-9 to ...hallowing of places)

Bad things done upon the earth create dis-ease or sterility in the earth. That is why we need to pray for the earth. What bad things are you aware of that affect the earth? Pray for its healing.

Saturday: Inheriting the Earth

(page 169-70 from One clue)

In the light of these two paragraphs. Meditate on Jesus' promise that "the meek shall inherit the earth".

Sunday

Live simply in order to purge vices and foster perpetual love of God.

Week 14

Monday: Key Areas of Study - The Bible

(page 65)

What four things does St Paul say scripture is useful for?

Can you think of an example of each?

Tuesday: An Order of Revelation

(Page 66 1st to 3rd paragraph)

In what order would you read the books of the Bible? Why?

Wednesday: Praying for Insight

(Page 66 last paragraph)

Samson, a great Briton and Saint, fasted and prayed until God's understanding of the Bible text broke through.

Is there something that seems important that you don't yet understand in the Bible?

Thursday: Lectio Divina

(page 67)

lectio (reading)

Meditatio (reflection)

Oratio (prayer)

Contemplatio (communing)

Choose a passage of scripture and try these four steps.

Friday: Memorising

(page 68)

We encourage people to use the Scriptures as a Memory Pack.

Why not write out a verse and repeat it during the day.

Saturday: Creation

(page 68 – 69)

Can you add to this list of Bible people who learned about God through creation?

What about yourself? Can you add a personal example?

Sunday

Stand up when you sing hymns in honour of departed friends.

Week

Monday: Creation

(page 69) from 'Columbanus....'

'The Great Spirit has provided you and me with an opportunity to study in nature's university....'

This university is universal even in city centres. What have you learned/ought you to learn today?

Tuesday: Earth Teaches

(page 70 –71)

'Earth teach me....'

What does the earth teach you?

Wednesday: Nature's Symbols

(page 71)

'Bees are a symbol.....'

Add to this list of creatures that are symbols of something in the soul.

Reflect on this during the day.

Thursday: Creative Arts

(page 72 1st and 2nd paragraph)

Through experiencing great art we are opening up to that which lies at the horizon of our being.

Take a second look at a piece of great art.

Friday: Experience

(page 72)

We learn through self knowledge, honesty, observation. As we dethrone the ego and invite the Holy Spirit in, mistakes become learning opportunities.

Why not do that now?

Saturday: Examen

(page 73 1st paragraph)

Reflect back on today or yesterday. What were its blessings, failings, lessons?

Place them all in God's hands.

Sunday

Let your vigils be constant, from evening to evening, and under the direction of another person.

Week 36

Monday: Praying for creation

(page 161-2)

As you read how a Dakota Indian and an African pastor pray, reflect on how you can pray in the same spirit.

Tuesday: Creation: Applications

(page 162)

After reflection, make your own list.

Wednesday: The Part and the Whole

(page 163-4 end second paragraph)

Read this section again and again until you are sure you grasp how, in the western psyche, (that includes you and me) the part has been split from the whole.

Thursday: Making the world whole

(page 164-5)

Meditate in front of a Celtic knot design and bring to God the parts of your life that have become disconnected from the Whole.

Friday: Reconnecting the fragments

(page 165)

This section gives examples of how people in industry, design and medicine reconnect with the Whole. Reflect how people in your sphere may do this.

Saturday: Physical healing

(page 165-6)

Pray first as suggested for the diseased organ of someone to be healed. Now pray for the healing of the whole person for someone who it seems will not recover an organ or their life.

Sunday

Possess only what you need or what you can offer as love gifts.

Week 35

Monday: Care for the earth in our shopping

(page 156-7 first 4 paragraphs)

How do we respect nature in our shopping practices?

Tuesday: Care for the earth in our habits

(page 157 final 3 paragraphs)

There are many ways of helping to care for the earth. What do (or should) you do?

Wednesday: Meeting God through creation

(page 158)

After reading how Saint Antony and Sergius Bulgakov met God through His creation, do you have any further insight as to how you can, too?

Thursday: Celebrating God through creation

(page 158 final paragraph to page 159 fourth paragraph)

Part of our vocation is to rediscover creation as sacred. Decide how to express this in song, prayer, tokens or meal thanksgivings.

Friday: Awareness

Page 159 to mid page 160)

Practice awareness in the ways suggested.

Saturday: Science and creation

(page 160-1)

In the Celtic tradition, there is no contradiction between science and faith. If you are a creationist or an evolutionist, put yourself in the shoes of the other and wonder at the mystery of God.

Sunday

Eat and drink nothing that overloads the stomach or confuses the mind.

Week

Monday: Wisdom

(page 73 2nd paragraph)

Reflect on these ten ingredients of wisdom. Look out for opportunities to use any of these today.

Tuesday: Desert Members

(page 73)

What do you understand by the phrase 'desert spirituality'?

Can you create a little space today where you cannot hide behind 'distractions' and can begin to discover your deepest calling?

Wednesday: Connecting with Another

(page 74 – 77) from 'although they prized....'

If we win our brother we win God'.

Try to connect each person you meet today with God, as far as it lies within you.

Thursday: Celtic and Later Saints

(page 7, first 4 paragraph)

Talk about the story of how the first English speakers were changed through Aidan's mission – or the story of another saint mentioned here.

Friday: Close to a Saint?

(page 75)

'Those who are close....least expect it'.

Sometimes a saint in heaven appears unsolicited as a gift. Can you think of an example?

Saturday: Heavenly Companions

(page 75-76)

'All Christians.....if you want to'.

In what ways can saints who are no longer on earth be our companions or inspiration?

Sunday

Three labours in the day, prayers, work and reading.

Week

Monday: Heavenly Household

(page 77)

Is there a barrier between your household and the great, eternal household?
Visualise members of that household busy in your house.

Tuesday: How the Three Life-Giving Principles affect the way we study

(page 77 – 78)

Study without sidetracks, with balance, humility, integrity.
Review the way you study in the light of these principles.

Wednesday: Applications of Element One - Life-Long Learning

(page 78 – 79)

Which of these examples do you most want to practice yourself?
Can you add a further example?

Thursday: Spiritual Journey - Travellers for Life

(page 81, 1st two paragraphs)

‘To cease to move is to die’.

Is any part of your life stuck? Why not give this ‘stuck bit’ to God?

Friday: What then are you, human life....? Columbanus

(page 81-82)

Express in your own words what you think Columbanus was getting at?

Saturday: ‘The scriptures.....to travel light’.

(page 82)

We trek with God into places of need, wildness, silence, challenge, wisdom, change, and eternity.

What is God nudging you to walk towards?

Sunday

Divide your work into three parts: the work that needs to be done in your own place; the work of your brother; helping your neighbours in practical ways such as making clothes and study.

Week 34

Monday: Care for creation

(page 153, first 2 paragraphs)

In the Biblical examples, creation was affirmed. How do you affirm it?

Tuesday: Transform Creation

(page 153 third and fourth paragraphs)

Creation groans but we seek to have a transforming relationship with it. How?

Wednesday: God’s Word through Creatures

(page 153,154)

In Celtic tradition, the earth has its own life and spirit. Each thing is a “word” addressed to us by the Creator. Look for such a word today.

Thursday: The blighting of creation

(page 154,155 first paragraph)

Despite this blighting, certain mystics and First World nation people have kept this vision of creation alive. Visualise nature saying “the Great Spirit has put me here to nourish you”.

Friday: The web of Life

(page 155,156)

Chief Seattle’s UN Statement on the Environment; what most speaks to you in this; what response can you make?

Saturday: The groaning of creation

(page 156)

The effects of sin and evil on creation are there for all to see: blighted lands, polluted air and water; mistreated animals. How does the insight of Romans 8:19 (and perhaps of new physics) throw light on how we can bring creation into a deeper relationship with God?

Sunday

Only speak when God gives you something to say. Avoid mindless or boastful talk.

Week 33

Monday: Obstacles to living a simple life

(page 149 first 3 paragraphs)

Divorce (complicated relationships), debt (complicated dealings and long working hours) hinder us from living a simple lifestyle. What else hinders this? The question to ask is – am I taking what steps I can to live a simple life?

Tuesday: Obstacles — Clutter

(page 149, fourth paragraph)

“Some of us unconsciously surround ourselves with untidy or unfinished business to create an illusion that we are indispensable...” Review your possessions in the light of eternity.

Wednesday: Obstacles - Self-importance

(page 149 last paragraph)

Everything we do and teach must be so that we simply love Jesus. Review everything you do and teach in the light of this.

Thursday: Applications - possessions

(page 150)

Money and Possessions. Which of these applications challenges you?

Friday: Applications — celebration

(page 150)

Disciple and Celebration. Which of these challenges you?

Saturday: Applications – relationships

(page 151)

Relationships. Which of these challenges you?

Sunday

Let our bearing towards one another be that of Christ, honouring and listening intently, in particular to those in oversight who focus on the unity of the community. Never grumble or hit back.

Week

Monday: Protecting Spiritual Walls

(page 82 last paragraph)

‘If we try to walk straight along God’s route, we need spiritual walls either side of us’.

Reverence of God and remembrance of our end are two of these walls. Another is holy fire – God’s Glory.

Focus on these today.

Tuesday: To Journey is to Grow

(page 83)

But we get frozen into frameworks of comfort, fear, prejudice or ego.

How did God prise King David out of a frozen framework?

Ask God to meet our deepest needs and then move on.

Wednesday: What We Leave Behind

(page 82 – 83)

We leave behind plans, points of view, relationships, that are ego-centric.

Lay them at God’s feet and experience how the present becomes the Presence.

Thursday: Flowing with God

(page 84)

from ‘A helpful way to pray.....these folk flow with God’.

Keep swimming, flying, running and flowing – we have an adventure to live, a beauty to win and a battle to fight.

What form do these take in your life?

Friday: Journeying where you are

(page 84-85)

‘It is all very well.....fasting and prayer’.

Focus on the fixed points of your life.

How can you inwardly journey with God even in these contexts?

Saturday: Guide Me

(page 85 last three paragraphs)

‘An ancient practice....’

Try keeping a journal today but first slowly pray the prayer ‘Lead me....’

Sunday

Do everything in its proper order.

Week

Monday: Accompanied by a Soul-Friend

(page 86 1st two paragraphs)

Which of the next steps listed here do you most need help with?

Tuesday: Soul-Friendship

(page 86-87)

If you were to meet with a soul-friend today, how would you describe places you have been led to or have got stuck in?

Wednesday: Retreat to Advance

(page 87 1st three paragraphs)

What is the point of a retreat?

Thursday: Retreats

(page 87-88)

'In most countries.....'

What kind of retreat most meets your present need.

Friday: Pilgrimage

(page 88 – 89 ending with 'meal in spring')

Drifting, climbing, or moving towards a meeting place with God?

Recall a pilgrimage and visualise its inner meaning.

Saturday: Pilgrim Places

(page 89-90 ending with 'great basilicas were erected')

Sunday

Give money or goods to others as your first priority.

Week 32

Monday: Hospitality

(page 145-146, to second paragraph)

Hospitality is more than a custom in a home, it is a principle of the Kingdom of God.

How should you apply this principle?

Tuesday: Desert Hospitality

(page 146, from 'Celtic Christians..')

What can we learn from the hospitality of early desert and Irish Christians?

Wednesday: St Brigid's Hospitality

(page 147)

What can we learn from St Brigid's hospitality?

Thursday: St Cuthbert's Hospitality

(page 147, from 'St. Cuthbert....')

What can we learn from St Cuthbert's hospitality?

Friday: Hospitality of the Heart

(page 148)

How do you avoid being a doormat and sustain the hospitality of the heart?

Saturday: A Celtic Rune of Hospitality

(page 148-149)

What do you learn from the Rune? Perhaps you could write your own rune?

Sunday

Columbanus also supplied detailed rules for the well-being and correction of faults in the monastic households. These emphasise healing the eight major sins by developing their opposite virtues, constant Scripture meditation, and frequent, transparent sharing with a soul-friend. Some of these would have been too restrictive for modern life.

Week 31

Monday: No Dominating

(page 140-141, 'when a man.....God alone')

No dominating, no abuse, no casual cheap sex – think through this and pray.

Tuesday: No Clutching

(page 141-142)

'The ability to make deep friendships with people of both genders is our ideal.'

We also need to release each person from our desire.

Work at this today.

Wednesday: Celebration

(page 412)

What particular events do you intend to celebrate? What about celebrating the gift of life and the presence of God in your heart, now and always?

Thursday: Abstinence

(page 143, 1st three paragraphs)

To fast is to abstain from things we are addicted to. What are these things in your life?

Friday: Fasting

(page 143-144, from 'Those Christians.....Passion of Christ')

Which of these four reasons why people fast are valid for you?

Saturday: Discipline

(page 144-145, from 'We see variations.....prayer and fasting (Matthew 17:21)').

These examples show that the spirit, not the letter, of fasting, is most important.

In what way do you think you should fast?

Sunday

Aidan invited Hilda to build up faith communities in Northumbria. Scholars think it likely that Hilda based the rule of her monastery at Whitby on that of Columbanus, the Irish monk who established faith communities on the continent of Europe.

Week 20

Monday: Pilgrim Psalms

Read a Psalm of ascent (psalms 120 – 134).

Tuesday: Exile from Home Securities

(page 90 from 'In the time of the Celtic mission')

What was different about the pilgrimages of the 'peregrinatio'?

What might you learn from them? Even so, think of actual pilgrim places you could realistically visit.

Wednesday: False and True Pilgrimage

(page 90 –91 ending with 'sisters in Christ')

What do you understand to be the difference between false and true pilgrimage?

Think through how you might pray when you visit sites of biblical or other godly persons.

Thursday: Moving out of Comfort Zones

(page 91-92)

'My very act of pilgrimage thrust me out.....'

Think about how you could turn a routine holiday into a sort of pilgrimage?

Friday: What Do People Do on Pilgrimage?

(page 92-93)

Acts of dedication, letting go, off-loading, waiting, receiving.

Think what actions or rituals you may make on a pilgrimage.

Saturday: What a Pilgrimage Can Mean

(page 92-93 ending with....to lead us.)

Which thing in this list would you find most helpful?

Sunday

Do not eat until you are hungry.

Week 21

Monday: Place of Resurrection

(page 94-95)

Have you an intimation of your 'place of resurrection' – of the context that will bring maximum blessing?

Tuesday: Applications

(page 95-96)

Which of these applications most resonates with you? What is your application?

Wednesday: A Rhythm of Prayer, Work and Recreation

(page 97, 1st three paragraphs)

This rhythm is the summit of the Way of Life, yet society robs us of godly rhythms.

Are you determined to restore God's rhythm to your life?

Thursday: Rhythms in Scripture

(page 97-98, 2nd paragraph)

Jews have long prayed in the rhythms of the day. Look up some of these scripture references.

Friday: The Secret of Balance

(page 98-99)

Rhythm is...a pattern....a means of health.....the secret of balance and belonging. Why?

Saturday: Seasonal Rhythms

(page 99-100)

Flow....

Predictability...

Stages of Life...

Seasons....

Think about each of these.

Sunday

Do not sleep until you are tired.

Week 30

Monday: Earn, Save and Give

(page 137, last two paragraphs)

What does it mean to you to earn, save and give all you can – neither overworking, nor investing in unethical ways?

Tuesday: A Philosophy of Wealth

(page 137)

Creativity can create wealth well, generosity can use it well. Are you as creative and generous as possible?

Wednesday: Belongings

(page 138-139)

Which of our belongings clutter the spirit and should be given away?

Thursday: Activities and Speech

(page 139)

'Do fewer things and do them well'.

Well?

Friday: Relationships

(page 140, 1st two paragraphs)

The key to good relationships is to have no hidden agendas. Another is to work at them everyday. Is that enough to be getting on with?

Saturday: Free of resentment

(page 140, from 'Resentment.....of a relationship'.)

Resentment and clinging both spoil relationships. Is there anything we need to let go of?

Sunday

He followed the example of the saints, fulfilling the duty of peace among the brothers; he held fast to humility also and the excellent gift of love without which every other virtue is worth nothing.

Week 29

Monday: Human Responsibility

(page 132-133)

If people should have free will, why bother to intercede? And how can prayer move the hand that moves the world?

Tuesday: Applications

(page 133-134)

Do you think you should adopt any of these?

Wednesday: Elegant Simplicity

(page 135)

What does 'elegant simplicity' mean for you?

Thursday: Simple Lifestyle

(page 136, first half of page)

Godly simplicity is to do with being true to the deepest impulses of the heart and to God's commands.

Attend to these.

Friday: Money and Possessions

(page 136, 1st two paragraphs)

Hold your money and possessions before God.

Saturday: Debts

(page 136, last paragraph to p.137, 2nd paragraph)

If you are in debt, consider the steps you can take to reduce it.

Sunday

His discourse was pure and frank, full of gravity and probity, full of sweetness and grace, dealing with the ministry of the law, the teaching of the faith, the virtue of temperance, and the practice of righteousness.

Week 22

Monday: The Soul's Rhythms

(page 101, first paragraph)

Rhythm as poetry of the soul is linked to being natural, and real. How are spontaneity and rhythm linked?

Tuesday: Tides

(page 101, second paragraph)

How can the symbol of the tidal rhythm of Holy Island – a rhythm of contemplation and outreach – become a reality to those who live on the mainland?

Wednesday: Blocks to Rhythms

(page 101-102, beginning at the last paragraph)

The opposite of godly rhythms is the hard or stiff-necked heart. What bits of you are hard or stiff-necked?

Thursday: Rhythm, Making It Practical

(page 102-103)

Examples of how different people live this rhythm are given. What about you?

Friday: Rhythm of Prayer

(page 103-104, to second paragraph)

In a 24 hour society, the 'eight hours of prayer' make more sense. What are these eight hours? Do you know a key prayer for each of these?

Saturday: Prayer, Themes and Formats

(page 104-105)

See if you can remember the theme for each day, and find and memorise the Community of Aidan and Hilda's basic Midday Prayer.

Sunday

If you are given something, such as food or clothing, give away something to someone else who needs it.

Week 23

Monday: Holy Communion

(page 105-106)

In this sacrament, we commune with God who pours his suffering love into our lives. Think of a facet of this diamond (the sacrament) which is different to the facets your Church focuses on.

Tuesday: All Kinds of Praying (1)

(page 107-108)

Can you make yourself familiar with a way of praying from the Catholic stream?

Wednesday: All Kinds of Praying (2)

(page 108)

Can you make yourself familiar with a way of praying from the Evangelical stream?

Thursday: All Kinds of Praying (3)

(page 108-109)

Can you make yourself familiar with a way of praying from the Orthodox stream?

Friday: All Kinds of Praying (4)

(page 109)

Can you make yourself familiar with a way of praying from the Celtic stream?

Saturday: All Kinds of Praying (5)

(page 110-111 to....contemplative work)

Practise being still and loving God without using words.

Sunday

Love God with all your heart and strength.

Week 28

Monday: Strategy

(page 128 –129, 1st two paragraphs)

'God always reveals a strategy to overcome evil with good. It varies from place to place'.

Reflect upon what the strategy is in the place you have concern for.

Tuesday: All night Prayer Combat

(page 129)

Columba averted a plague through all-day prayer combat.

What are you called to combat? How?

Wednesday: Demons

(page 130, 1st paragraph)

Have you ever felt as if you were being attacked by demons? Macarius' actions were surely unique, yet is there anything we can learn from it?

Thursday: Some Principles of Intercession

(page 130, 1st paragraph)

Identifying. Embracing. Persevering.

Apply these modes of intercession.

Friday: Four Steps in Intercession

(page 130-131 from 'Rees Howells,.....the person we pray for')

Identify the need. Identify the tools of transformation. Visualise the transformation, Carry out the action required. Try doing these.

Saturday: National Initiatives in Intercession

(page 131-132)

John Mulinde urged every home to have an altar and every church to remain open.

What about us?

Sunday

Our earliest source of information on Cuthbert is the anonymous Lindisfarne monk who wrote his *Life*.

This states:

Cuthbert dwelt (at Lindisfarne) also according to Holy Scripture, following the contemplative amid the active life, and he arranged our rule of life which we composed then and which we observe to this day along with St Benedict.

Week 27

Monday: For What Should We Intercede?

(page 124-125, 1st paragraph)

Which of the listed intercession targets speaks to you most? Is there something different to any of these that God has put on your heart?

Tuesday: Ninian's Intercession

(page 125-126, from 2nd paragraph)

What can we learn from Ninian's intercessory life?

Wednesday: Overcoming Evils Within Ourselves

(page 126)

Ask God to show you what is the deepest evil in you that he wants to replace with its opposite virtue. Let the 'adult' within you pray for this dis-eased part of you.

Thursday: Overcoming Evils in Institutions and Neighbourhoods

(page 126-127)

Try to become aware of the mindset of an organisation in a place that troubles you. Imagine that mind-set, that stronghold, is a prisoner you are placing into the custody of Christ.

Friday: Overcoming Evils in the Unseen World

(page 127)

Have you thought of speaking out God's truths to unseen powers; whoever they are? For example, you could say 'Jesus is Lord – every knee shall bow to him'.

Saturday: Discernment of Spirits

(page 127-128)

Jesus could 'read' people and places, without a trace of self-righteousness or revenge.

Practise doing this today.

Sunday

Bede tells us that many Irish monks came to instruct the English children, as well as their seniors, not only in studies, but also 'in the observance of the discipline of a Rule'.

Week 24

Monday: Contemplative Prayer

(page 111)

Contemplative prayer may be the primary calling of those who are more renewed by solitude than by company or activity. They need to be affirmed. How can we affirm them?

Tuesday: Meditation

(page 112)

Make a meditation.

Wednesday: Celebratory Praise

(page 112-113)

'We seek to restore celebrations which use a wide range of musical instruments, prophetic words and creative actions'.

Do you make a contribution? If this is alien to you, could you make an annual visit to a large celebration?

Thursday: Work

(page 113)

If work for you is neither a calling nor a blessing, what needs to change? How do you steward your time and talents?

Friday: Whole-hearted Work

(page 114, 1st three paragraphs)

Work is meant to be wholehearted. What hinders that in your experience?

Saturday: To Work is to pray

(page 114-115, from 1st paragraph on p.114 to....each is worthy'.)

Try praying over everything you do.

Sunday

Love your neighbour as yourself.

Week 25

Monday: Dignity in Work

(page 115-116)

We struggle for dignity in working conditions and good values in business practices. Which of the values listed here do you wish to work at?

Tuesday: Rest

(page 116)

The divine pattern is that we work from rest. Be attentive to 'rest' spaces today; savour each moment of life and its Creator.

Wednesday: Wasting time with God

(page 117 to.....waste time with God')

What robs us of rest? Try and repeat Ishmael's words through the coming hours.

Thursday: Play

(page 117 from 'once the desert father Antony....')

What is the equivalent in your life of the arrow shooting that never stops, and when/how do you 'waste time with God'?

Friday: Keep Sunday Special

(page 118)

Individualistic Christians may keep any day of the week as their 'Sabbath'. But God calls us to live so that society as a whole can be rested. What does that say to us (if we live in the west) about keeping Sunday special?

Saturday: Re-Creation

(page 118-119)

What most re-creates you? What incipient creativities are waiting to be experienced?

Sunday

Live in the Old and New Testaments at all times.

Week 26

Monday: Applications of Rhythm

(page 119)

Which of these most speaks to you? What might you add?

Tuesday: Applications of Prayer

(page 120)

Which of these most speaks to you. What might you add?

Wednesday: Applications of Work and Re-creation

Which of these most speaks to you. What might you add?

Thursday: Spiritual Initiative Through Intercession

(page 123, first paragraph)

A ceaseless outpouring of lived prayer:- Christ, the Head of the body of which we are part, models this. Bear this in mind throughout the day and try and reflect it a little.

Friday: Re-presenting People Before God

(page 123, 2nd paragraph to page 124, 1st paragraph)

To intercede is to re-present a person or a situation to God, Imagine there is a queue waiting for you to re-present their cases. Who are your priorities? Re-present them today.

Saturday: Overcoming

(page 124 from 'Jacob wrestled..')

Our birthright is to struggle with God and to overcome evil. What bit of overcoming can we apply ourselves to today?

Sunday

Columba's Rule concludes: You will know that you are really praying or working if tears come; or, if tears don't come freely, if you perspire.