

The Community of Aídan and Hilda

Making a personal Way of Life



Dear Explorer,

You have begun to explore how to live our Way of Life, and to discern with us over a period whether God will call you to make commitments to the Way of Life and the Community by taking The First Voyage.

First, a period of spiritual formation and discipleship in The Way of Life is needed. This booklet sets out a basis for this. Each person's journey is unique – perhaps one person cannot read, or another has already completed some part of this programme – so it is adaptable. Look upon this, not as a burden or as something that restricts your freedom of spirit, but as a joyous resource. It will take about two years or more to work through.

Self-guided reading and reflection

We provide two years of daily readings which you can do on your own. The first year, use our Explorers Booklet *Readings from A Pilgrim Way* which suggests a section of the book *A Pilgrim Way: new celtic monasticism for everyday people* by Ray Simpson (Kevin Mayhew 2005) to read each day, plus a theme and a question to reflect upon. *A Pilgrim Way* is the Companion to our Way of Life. The second year we suggest you use the daily readings and exercises in *Waymarks ...* to be published by Kevin Mayhew in 2009, which explores and illumines our Way of Life. We also ask you to make the *Community Handbook* and *The Celtic Prayer Book* (especially our daily *Prayer Rhythms*) familiar companions.

Guided Spiritual Formation

As regards the spiritual formation, some Explorers may have a soul friend who is also a Voyager we have asked to engage with spiritual formation. If this does not apply to you, there may be a Voyager in your region we can ask. We suggest you meet at least four times a year to review your reading, reflection and journaling. If this is not possible, we will assign a Voyager who lives outside your region, with whom you may email or correspond. In this case we suggest you arrange to stay with or near them once a year (this could include one of the Holy Island staff).

We suggest you provide yourself with a loose-leaf book in which you may journal whose pages you can copy and give to your Advisor.

God bless your journey.

Ray Simpson

Now Draft a Personal Way of life.

The Community Way of Life describes WHAT we are called to. Your Personal Way of Life needs to set out HOW and WHEN. List the actions that you feel God is calling you to take in order to make practical the ten elements of the Community Way of Life. Go through it with your Soul Friend.

1. Life Long Learning Work out a plan for your spiritual formation		
I will study, memorise or learn the following...		
Specific	How	When
I will use my creative abilities in these ways...		
Specific	How	When
2. Spiritual Journey		
I will meet with my Soul Friendtimes a year.		
I will make a retreat.....times a year.		
I will make a pilgrimage.....times a year.		

3. Rhythm of prayer, work and recreation		
I will keep these private prayer times...		
I will keep these corporate prayer times...		
I will keep these contracted work hours...		
I will do voluntary duties at these times...		
I will keep these time for re-creation...		
Hobbies:		
Family:		
Social:		
Responsibilities:		
Others:		

4. Spiritual Initiative Through Intercession

I will seek to overcome these evils with good...

Specific	How	When

To intercede specifically for these needs...

Specific	How	When

5. Simple Lifestyle

I will keep these eating habits...

Specific	How	When

I will keep these shopping habits...

Specific	How	When

I will cut out... (possessions, activities, attitudes that clutter the spirit)

Specific	How	When

6. Care for Creation

I will be more careful of creation (e.g. recycling, keeping a bird table, walking to work) in these ways..

Specific	How	When

7. Healing Fragmented People and Communities

I will seek to mend these broken relationships...

Personal...

Specific	How	When

Corporate...

Specific	How	When

8. Openness to God's Spirit

I will listen to God in Silence at these times...

Specific	How	When

I will move out of my comfort zone into these unexplored areas of life...

Specific	How	When

9. Unity

I will weave together these separated strands of Christianity in these ways...

Specific	How	When

10. Mission

I will take these actions of...

Mercy...

Specific	How	When

Peace Making...		
Specific	How	When
Faith Sharing...		
Specific	How	When

Notes

Notes