

Way of St. Bartholomew Reflection Sheet

Greetings friends. You have received this email because you signed up to be part of the Way of St. Bartholomew this school year.

As you're aware the Way of St. B's involves us developing an intentional pattern of spiritual formation that monasticism calls a "rule of life". When we meet this Sunday we bring together our collective life experiences and try to develop a rule of life that will bring the right about of discipline and attainability. In short, if this thing is about learning to keep promises, then we need to acknowledge that part of that is not committing to that which you cannot do.

So that said, take about 5-10 minutes and reflect on these questions. Jot down your thoughts and then bring them to our meeting on Sunday. Each question refers to one of the vows:

What does your current regimen of spiritual practice consist of? Where do you feel like you're missing something? Where do you feel fulfilled?

What makes you angry in the world? Where are places you feel like somebody ought to do something to make it right!?

Check your availability for the weekends of March 5-7. Could you miss school the Friday of that weekend?

How much money are you in charge of managing in your life? What do you spend it on? Do you give any away?

How do you spend your time every week? Take 5 minutes and plot out the way you've spent your time so far this week? Where do your priorities seem to lie?

When do you rest? What makes it easy? What makes it hard?