

The Four Ancient Practices

A worksheet to help our souls



Communal Practices

SUGGESTIONS:

- Life-Story groups and Discovery Dialogues
- Interest Groups (craft, music, etc.)
- Spiritual friends network
- Growth-edge Groups

FOR ME THIS SEASON:

Contemplative Practices

SUGGESTIONS:

- Centering Prayer (Sun 12-2 modules)
- Examen of Consciousness (Wed pm modules)
- Quiet Reflection
- Solitude/Silence
- Sabbath Resting

FOR ME THIS SEASON:

Learning Practices

SUGGESTIONS:

- Sun. lessons; Wed. modules
- Learning groups
- Spiritual Reading (web list)
- Enneagram groups/seminars
- Conflict resolution (summer module; 1st Sundays) (self-awareness/self-disclosure)

FOR ME THIS SEASON:

Serving Practices

SUGGESTIONS:

- Serving your personal community
- Serving the NRCC community
- Helping NeighborServe support the Food Bank
- Helping NeighborServe support Haiti (Help One Now)
- Helping Neighborserve support the homeless (WIHN)

FOR ME THIS SEASON:
