

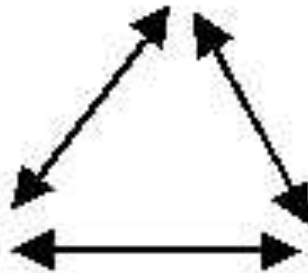
The Threefold Rule of Prayer: the functions served

Holy Eucharist

Connects us and grounds us: Unites us to God and others. Offers us a taste of the heavenly banquet in which we are fully ourselves and completely in communion.

Daily Office

Grounds us and enlarges our heart: In Scripture, adoration and prayer. We give ourselves to be influenced daily by the wisdom and rhythms of the church's common and ancient prayer



Reflection/Personal Devotions

Integrates us: In this age we each require an awareness of, and acceptance of, our own sin and human limitations and ways of seeing more clearly and acting on our informed conscience.

We engage this work in a manner that fits our temperament, gifts and competencies, and circumstances.

Eucharist & Office: Our life in community, our reflection, and our service are nurtured from the soil of Office and Eucharist. The daily connection with Scripture and common prayer and the weekly receiving of Body and Blood orient us to the ways of eternity and feed us for “real life.” We become familiar with the ways of heaven. We chose to place ourselves in the pathways of grace.

Reflection/Personal Devotions: A form of deepening and holy application. I believe that two are essential -- self-examination/confession and reflection. To live responsibly is to live in humility and a longing for holiness; it is to live thoughtfully as we engage the day-by-day issues of our lives. In addition, I do think that spiritual reading is likely to be a help for most of us. Spending time with the writings of -- Underhill and Thornton, Leech and Gatta, Williams and Lewis, deWaal and Heyne -- will aid us in becoming at home in the pathways of grace. All the rest is a matter of temperament, circumstances, gifts and proficiency. Engage a few of them if they are helpful. Engage none if you wish. In any case never attempt to engage all of them – it will make you mad.