

Grace-filled Rule of Life

I am often asked about routines and habits that make for a healthy spiritual life as well as a healthy parish. There are many such “Rules of Life,” or rhythms that order one’s life for fulfillment and meaning. St. Benedict crafted one such Rule. In order for any Rule to make sense, it must be a realistic way of approaching God for you. The Rule is not the goal, it is the means to the goal of a better life.



Welcome. I once heard John Tucker Sentamu, the Archbishop of York, say that evangelism was “one beggar telling another beggar where to find food.” We have an enormous board to offer of rich worship, generous hearts, good cheer and heart-felt concern for others.

Consider how you can welcome another into your heart each day. It may be that you deepen your relationship with a long time friend, or open your heart to one you know in need. But you might want to consider acknowledging the stranger hoping to be recognized as a human being of value. Each day, resolve to open your heart and let the stranger transform your soul.