

## Our Styles of Connecting

<b>Mind</b>	– study, discussion, training, truths	
<b>Action</b>	– social action, advocacy, challenge, prayer walking	
<b>Senses</b>	– food, art & colour, music, fragrance	
<b>Heart</b>	– contemplation, worship, prayer, dance	
<b>Tradition</b>	– rhythm & ritual, symbolism, power of words	
<b>Creation</b>	– nature, outdoors, 'eye of faith'	
<b>Emptying</b>	– solitude, simplicity, stillness, fasting	
<b>Caring</b>	– serving, supporting, loving & meeting needs	
<b>Celebration</b>	– mystery, dreams, praise, creativity, children	

Book: "Sacred Pathways: Discover your soul's path to God" by Gary Thomas  
 Website & questionnaire: <https://irp-cdn.multiscreensite.com/2988a589/files/uploaded/sacred-pathways.pdf>

## Our Spiritual Seasons

Winter Activities	waiting, abiding, pruning & cutting back, secret soul work, nothing external-dormant preparation & resting
Winter Gifts	rest, pruning of priorities, intimacy, learning to inhabit the moment
Suggested verses	Ecc 12:1-8, Ps 88, 2 Cor 1:8-9 & 4:16-18, Luke 24:13-25, John 15:4
Spring Activities	ideas, planting, repentance & renovation, looking for shoots of what God is doing and watering, reconnecting community
Spring Gifts	blessing showers, refreshed hunger, reassurance of John 10:10, sound stewardship, re-emerging hope
Suggested verses	Is 55:10-13, Is 35:1-10, John 10:10, Songs 2:11-12, Zech 10:1, 1 Cor 3:6
Summer Activities	work & play, tending, give & receive unreservedly, early harvesting, can be hot/dry (find refreshment in God) and don't slack
Summer Gifts	foretaste of Heaven, visible fruitfulness, new insights, free-flowing
Suggested verses	Luke 21:29-31, Rev 22:1-5, 1 Peter 2:3, Ps 34:8, Prov 10:5, 2 Cor 10:5
Autumn Activities	Harvest, thanksgiving, feasting (incl on word of God), things falling away, tidying & some pruning, storing shelter from some rains – building trust in God
Autumn Gifts	joy in fulfilment, gathering future seeds, deepening thankfulness, celebration
Suggested verses	Gal 6:7-10, Prov 24:30-34, 2 Cor 9:6-15, John 4:35-38, Heb 12:7-11

Book: "Spiritual Rhythm" by Mark Buchanan

**Scope of our Practices**

