

GLOUCESTER
CATHEDRAL
COMMUNITY

Rule of Life



What is a Rule of Life?

Just as a trellis provides support for a growing plant, a Rule of Life is a framework which provides support as we lead our Christian lives.

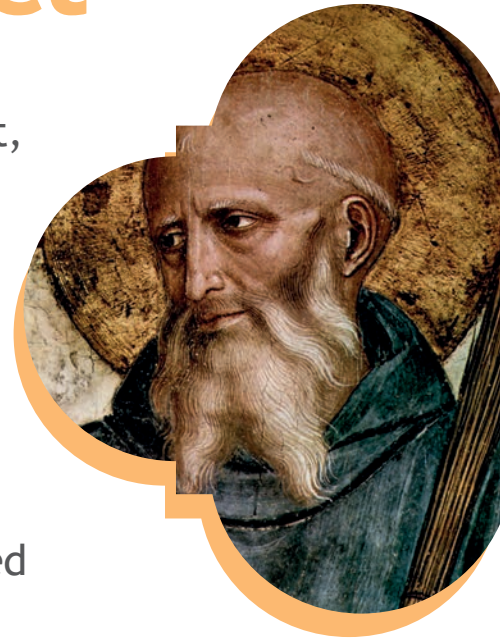


The Rule helps prioritise our lives; it gives equal weight to each area

St Benedict

Possibly the most famous Rule was that of St Benedict, who through it gave his monks some wise insights about Christian living, with practical suggestions about how to put those insights into practice.

Gloucester Cathedral started life as a Benedictine abbey.



It feels balanced, right, I feel held

At the heart of Gloucester Cathedral Community's Rule of Life is our Cathedral's vision that as a community and as individuals we seek to live *in tune with heaven and in touch with daily life*.

Our Rule pays special attention to five Benedictine 'rules' or rhythms of life - **prayer, study, work, re-creation** and **hospitality** - which hold our lives in balance.



Committing to our Rule both helps us to build up our common identity as a cathedral congregation and be accountable, in love, to one another.



Seeking to develop and sustain a pattern of personal and corporate prayer and worship that honours God and deepens our relationship with God and one another.

Prayer



Taking time, both individually
and with others, to nurture
our discipleship, reflecting on
our life and experiences, and
discovering deeper meaning
in the riches of Christian
writings, art and music.



Study



Seeking to exercise our
God-given time and talents
for the common good in work,
whether paid or unpaid; giving
integrity to our Christian
calling in the way we carry out
our work and in the way we
relate to those around us.

Work



Attending to our rhythm of life and allowing times for retreat, rest and refreshment, individually and socially, that we might find creativity, contentment and inspiration.

Re-creation



Living the values of the Gospel
in the way we encounter
people, offer them welcome,
time and space, listen to them
and build relationships through
conversation and loving action.

Hospitality



Personalising the Rule



Finding a pattern
of prayer and
worship in the
Cathedral and
in daily life



Creating time for
reflection on my own
life and engaging
with the experience
of others



Seeking to be
distinctively
Christian in my
work and my
values



Giving myself
time and space to
ensure re-creation
is a regular part
of my life



Offering my
unconditional
attention to the
people I encounter,
in the spirit of Christ



What will I do?

I am seeking to live in tune with heaven and in touch with daily life through...



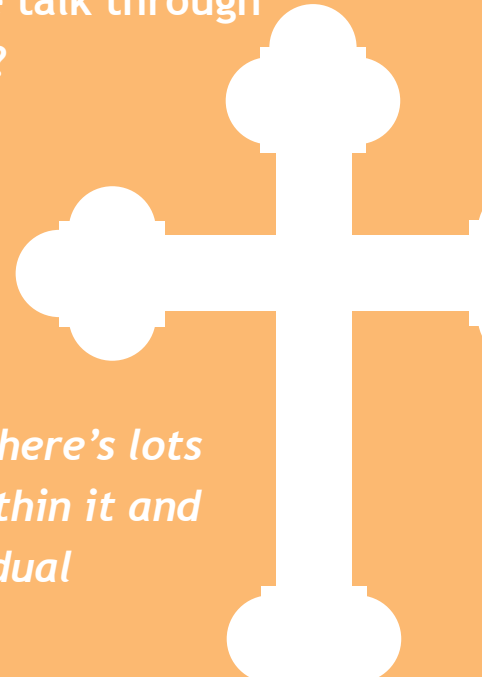
Commitment

I will need the help of God and the support and encouragement of others if I am to keep my Rule.

Who could I ask to help me talk through my Rule on a regular basis?



Although it's a Rule, there's lots of room to expand within it and be flexible and individual



This Rule of Life was
developed by members
of the Cathedral Community
who welcome you to try it too

www.gloucestercathedral.org.uk



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