

To be open to the spirit

We seek to cultivate inner stillness so that we can hear the voice of God. We cultivate a willingness to let God move us beyond where we are comfortable and into the new or unfamiliar. We affirm the prophetic word and its appropriate use to speak God's word to us today or through us to others.

Eg. from a Way of Life: I will take time to reflect and listen after each chapter of a book for spiritual reading.

I will take 20mins silence each day for evening prayer.

To live in unity

We are all one in Christ; there is no hierarchy or division. We honour the leaders and members of different Christian groups and churches. We do not speak ill of one another. We seek to worship and meet regularly with others from our church fellowship. We look upon all Christians 'not as strangers but fellow pilgrims on the journey'. We desire the healing of people divided; whether by class, religion, gender or colour; we repent of our part in such divisions.

Eg. from a Way of Life: I will work in the ecumenically run soup kitchen once a month.

I will work to build relationships with my Muslim neighbours.

Mission

The Trinity was a source of life and inspiration to our Celtic forebears; we can learn from them; we see that love flows from Father to Son to Spirit and to us. We receive that love and share it. We share the love we receive from God and our faith with others through our actions and words. We speak out against injustice, we give of our own riches to others, we seek to give our time generously.

Eg. From a Way of Life: I will tithe my whole income.

I will give an hour a week to help with the church youth group.

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The Community of Aidan and Hilda



Drafting a Way of Life

The 10 Elements

Drafting a Way of Life:

Remember to be as specific as you can. It's like setting a specific sail to the wind to help you on your journey deeper into God. This Way of Life should be life-giving and liberating, and it will challenge and direct you. When you first draft your Way of Life with your Soul Friend, remember to include things you already do — you are already on a journey with God.

Life Long Learning

We learn from the Bible and from creation. We learn from other people and from our own life journey; in particular we seek to learn from the examples of the Celtic saints. We listen to the voice of God; hearing him becomes not just a message but an event and an encounter. We learn not for the sake of study itself but that we may live more fully and wisely. We learn also through creative skills.

Eg. from a Way of Life: I will read and study the Bible every morning.

I will remember significant Celtic saints on their special

Spiritual journey

We see our Christian life as a journey, but we don't travel alone; we share our journey with a Soul Friend. The Soul Friend seeks to discern with us where the Spirit is leading and what God is doing in our lives. Our Soul Friend can help us with two particular practises that we encourage:

- 1) Regular times of retreat – a time for quiet and reflection.
- 2) Pilgrimage-times to visit significant places and places of our spiritual heritage that we may walk the places that Christ or his saints have walked, to learn from them and to reflect in those places.

E.g. from a Way of Life: I will meet with my Soul friend 4 times a year.

I will have a quiet day every 6 months.

I will go on Pilgrimage once a year.

Rhythm of work, prayer and recreation

The whole of creation lives by rhythm; good rhythms do not bind but allow time for growth, time for fruitfulness and harvest and time for rest. Good rhythms lead to good habits.

We pray regularly at times through the day that work for us personally. The community has prayer patterns for Morning, Midday, Evening and Night worship but you are free to pray in the way that is life-giving to you, our personalities guide how we pray, but we also learn new ways of prayer.

Work is a gift from God whether it is paid, voluntary or simply fulfilling the tasks of everyday life. We avoid work that conflicts with our Way of Life and seek God in every task. Church meetings often need to be included as work.

We build in time for rest and recreation. The Old Testament gave the land a rest every 7 years, people were instructed to rest every seventh day.

Eg. from a Way of Life: I will pray each morning as I breast feed my child.

I will examine my life before God with each full moon

I will restrict meetings to 2 evenings a week so that I have time with my family.

I will have 30mins each day and 1 day of rest each week.

Intercession: overcoming — prayer

We recognise the reality of the supernatural in the overcoming of evil with good. In intercessory prayer we pray for God's will to be done on earth as it is in heaven.

Eg. from a Way of Life: I will pray daily for peacemakers in the Middle East.

I will pray at midday for those I know who are ill or struggling.

To live a simple lifestyle

We wish to 'live simply so that others may simply live'. We seek to be hospitable and generous and order our possessions, relationships and activities in a way that frees us to be fully attentive to God. Our clothing and surroundings should reflect our God-given personality, expressing beauty and rejecting the spirit of materialism.

Eg. from a Way of Life: I will give something away in place of each gift I receive.

I will seek to have one part of each day that has nothing in my diary so that I can be free for the unexpected.

To cherish and be cherished by creation

We are a part of creation. We seek to tread lightly upon this earth. We celebrate, bless and learn from creation and see it reflecting the glory of God.

Eg. from a Way of Life: I will avoid the use of chemicals that harm creatures in my garden.

I will buy local produce wherever it is available in

To heal fragmented people and communities

Christ came and demonstrated healing; the Spirit works in us and through us for healing. In the name of Christ we pursue wholeness in body, mind and spirit for ourselves and for others. We seek to be peacemakers between estranged people and in divided communities.

Eg. from a Way of Life: I will work to restore relationship with my brother and I will refrain from criticising him.

I will pray daily for the places where I know drugs are bought and sold in my local community.