



# St Augustine's Way

*“Dearly beloved, we ought, above all things, to love Almighty God and then our neighbour.”*

The Rule of St Augustine, Section 1, Hippo, North Africa, 423AD.

As pilgrims on *St Augustine's Way*, we commit to supporting, encouraging and challenging fellow travellers through attending quarterly Pause on the Way 'moots', sharing our experiences and any resources which have helped our journeys.



# St Augustine's Way

- **Appreciating the creator of all**
  - Practicing being aware of the presence of God.
  - Being open to hearing and finding God.
  - Looking for ways to leave a light footprint in the earth's fragile environment.
  - Seeking wisdom about the creator from those who have gone before.
- **Appreciating my neighbours**
  - Finding ways to appreciate fellow 'pilgrims' on St Augustine's Way.
  - Making opportunities share our stories with each other.
  - Seeking opportunities to be a blessing to others, especially those who live near me.
  - Finding ways to come alongside people from different walks of life.
  - Keeping abreast of current world issues and find ways to engage with them.
- **Appreciating the quiet rhythm of life**
  - Every day setting aside time to remember God.
  - Making time to rest at the turning of the week.
  - Looking for ways to mark the four seasons.