

# St. Augustine's Way



*"Dearly beloved, we ought, above all things, to love Almighty God and then our neighbour."*<sup>i</sup>

The purpose of St. Augustine's Way is to support an intentional community to live richer lives. Jesus said that he came that we might have more abundant life.<sup>ii</sup>

My name	
My companion(s) <sup>iii</sup> along the Way this year is/are:  <i>'Anam Cara' is a Gaelic expression from the Celtic tradition meaning "soul friend"; someone with whom you could share your innermost self, mind and heart.</i>	
I will share honestly with them how following St. Augustine's Way is working for me, and look to them for support and encouragement in my journey.	
Together, this is how we intend to do this:	

I intend to attend the annual St. Augustine's Way moot<sup>iv</sup> where we will listen to all voices on how this document can be improved to reflect our experiences of following it. I welcome the chance to hold ourselves to account as a community with the help of someone outside it. Rev. David Austin will schedule this year's meeting in May 2018, and invite Rev. Simon Stokes, our Rural Dean, to do this for us. This will take up much of a day a day, and may be part of a weekend retreat away.<sup>v</sup>

To make contact easier across the community, I will share my address(es), telephone number(s), and birthday via Judy Reynolds, in person on Sundays at St. Augustine's or via [judyreynolds67@yahoo.com](mailto:judyreynolds67@yahoo.com). (Thank you, Judy!)

# 1. Appreciating the creator of all. This year...

Items from this section can be repeated in section 3

<p>1.1 Every time I find myself aware of God and my surroundings, I intend to:</p> <p><i>"Wherever you are, be all there!" - Jim Elliott</i></p>	
<p>1.2 To hear God within, I intend to:</p> <p><i>"God's first language is Silence. Everything else is a translation." - Thomas Keating</i></p>	
<p>1.3 In order to leave a light footprint in the earth's fragile environment, I intend to:</p> <p><i>"Re-use ~ Repair ~ Recycle ~ Reduce..."</i></p>	
<p>1.4 To help me learn about my creator from wise people who have gone before me on the Way, I intend to:</p> <p><i>"If I have seen further, it is by standing on the shoulders of giants." - Isaac Newton.</i></p>	

## 2. Appreciating my neighbours. This year...

Items from this section can be repeated in section 3

2.1 Because sometimes I give too little attention to people, I intend to appreciatively remember each of the special people in the St. Augustine's Way community on their birthdays.

2.2 I want to know people in this community better. I intend to be at the meal(s) arranged around a time period (e.g. '1980-1985', 'when we were in our teens') where we will be able to share about where we were living, and what we were doing during that time before perhaps we met other members of St. Augustine's Way.

2.3 I intend to spend time with people in the St. Augustine's Way community, and not just at the end of organised events.	
To achieve this, I intend to invite people to do the following with me:  <i>[A quote we like.]</i>	
2.4 To be a blessing to my neighbours, the people who live closest to me, I intend to:  <i>"Neighbours, should be there for one another. That's when good neighbours become good friends." - Australian soap opera.</i>	
2.5 To come alongside those from all walks of life I can share with, I intend to:  <i>"The poverty of being unwanted, unloved and uncared for is the greatest poverty." - Mother Theresa</i>	
2.6 To engage with what the world is currently engaged with, I intend to:  <i>[A quote we like.]</i>	

### 3. Appreciating the quiet rhythm of time

This section can repeat items from the previous two sections

3.1 To mark every day, as the sun does, I intend to remember God when I get going in the morning, e.g. putting on my glasses ('May I see today with Your eyes?'), washing ('Cleanse me within, Lord'), brushing teeth ('May I speak only Your words from my mouth'), putting on shoes ('Jesus has no feet but mine'). [At our meeting **on Sunday, 14<sup>th</sup> May 2017** we intend to come up with a baby liturgy of phrases that we can all adopt and share as we turn these tasks into a ritual of intention for the day.]

3.2 To mark Shabbat, the turning of the week, as God did at the beginning, I intend to:	
3.3 To mark every month, as the moon does, I intend to:	
3.4 To mark the four seasons <sup>vi</sup> , as the earth does,	
I intend to do this in the spring:	
I intend to mark St. Augustine's Day this summer on 28 <sup>th</sup> August by:	
I intend to do this in the autumn:	
I intend to do this in the winter:	

<sup>i</sup> The Rule of St. Augustine, Section 1, Hippo, North Africa, 423 AD

<sup>ii</sup> John 10:10

<sup>iii</sup> 'Companion' means a person I break bread (*pane*) with (*com*).

<sup>iv</sup> Moot: A regular gathering of people having a common interest; an assembly held for debate, especially in Anglo-Saxon and medieval times.

<sup>v</sup> Places in East Anglia include Belsey Bridge, Ditchingham; Clare Prior, Clare, Letton Hall, Shipdham; Quiet Waters, Bungay. Attendance at a retreat would be paid for through a common purse.

<sup>vi</sup> The equinoxes and solstices move around each year. In 2017, they're: Monday, March 20<sup>th</sup>; Wednesday, June 21<sup>st</sup>; Friday, September 22<sup>nd</sup>; Thursday, December 21<sup>st</sup>; The Church's fixed markers are the Annunciation to the Virgin Mary; St. John's Day; St. Matthew's Day, and Christmas Day.