

BE TRUE BE KIND GO

The Customary of Emma Miles, OMS

Regular Rhythms:

Weekly morning of silence and solitude

Monthly- day retreat somewhere not home!

Annually- encourage church in prayer through participation in Thy Kingdom Come



PRAYER

Daily- Lectio 365, plus one OMS watch while the season lasts; silent prayer time

Weekly- prayer in community- Cymbrogi, homegroup, church

CREATIVITY

Weekly- participate in local orchestra, honing my skills on cello- participate in worship group as and when allowed

Monthly- hone my writing skills by creating a piece of liturgy for personal use or use in church



JUSTICE



Engage actively with Tearfund through participation in prayer and engaging in Tearfund campaigns, promoting them in my church context

Actively engage in looking for and confronting injustice within my own community

Commit to praying for and supporting TLG working from church to tackle educational inequality



HOSPITALITY

Weekly- make time to engage in a screen free conversation- being fully present to the other person

Monthly- invite someone to lunch who is not in my immediate circle of friends.

Annual pilgrimage to 24-7 Gathering

Volunteer on OMS Welcome Team as Befriender and Sponsor

MISSION

Weekly- volunteer in Stepping Stones toddler group reaching out to mums in local area

Weekly- lead small group at Awana Kids Club

Weekly- volunteer at Renew Wellbeing Space



LEARNING

Commit to reading, reflecting upon and journalling at least 4 books a year

Bible study in preparation for preaching

Continue to explore contemplative practices and rhythms of prayer

