

Personal Customary - Catherine Woodberry

Order of the Mustard Seed 2022



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Mustard Seed



ΟΥΔΕΙΣ ΗΜΩΝ ΕΑΥΤΩ ΖΗ - None of us lives for themselves

"A Rule of Life is a set of principles and practices we build into the rhythm of our daily lives, helping us to deepen our relationship with God and to serve Him more faithfully. If Creeds are what we believe and Christ is why we believe, a Rule is how we seek to live out that faith, day to day as disciples in the power of the Holy Spirit."

PETE GREIG / 24-7 PRAYER

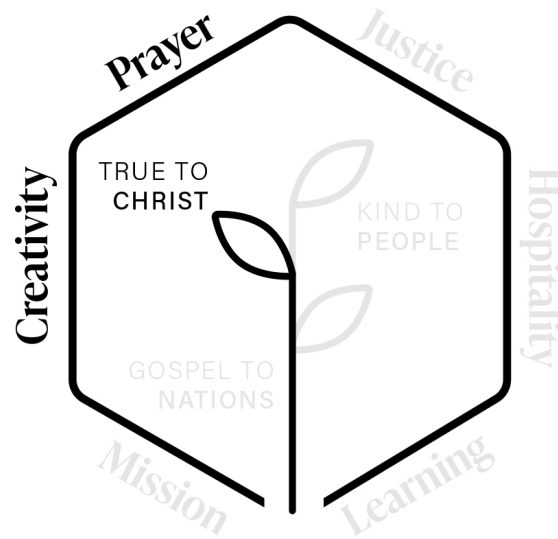
BE TRUE TO CHRIST - The Cave	
PRAYER	Continual - Breath Prayer Daily - Morning Quiet Time Daily - Regularly stopping to pray Weekly during Term Time - Community Prayer @ MRC When possible - OMS Prayer on Monday afternoons Bi-Annual - Discernment
CREATIVITY	Visio Divina Weekly - Journaling Postcards to mail out to people
BE KIND TO OTHERS - The Table	
HOSPITALITY & PILGRIMAGE	Bi-Annual - Pilgrimage/Retreats Monthly - IF:Table Fortnightly - Group Reunions
MERCY & JUSTICE	Weekly - Community Prayer @ MRC
GO TO THE NATIONS - The Road	
MISSION	Prayer & Support for GEM Missionary Jenn Oblemann • Belarus Prayer & Support for Compassion children: • Donald - Burkina Faso • Deborah - Tanzania • Victor - Togo • Supporting This is Eden in Myanmar
LEARNING & DISCIPLESHIP	Learning: • Ongoing - MA (Theology) • Daily - Bible Study in Morning Quiet Time • Reading/Listening - diverse books/podcasts Discipleship - Upstream • 6 Weekly - Spiritual Direction with Ellie • Cymbrogi meetings with Linda • Group Reunion x2 Discipleship - Downstream • Weekly - Small Group • Monthly - IF:Table • Annually - IF:Gathering

CAVE (prayer & intimacy)	TABLE (Community & Hospitality)
I need my morning time of learning, prayer and dedication of the day. That time is so precious and needs to be protected. Other 'reset' times do depend on the day's activities, but the Lord's Prayer to be prayed sometime during the day, and the breath prayer to be used regularly.	Linda (my Cymbrogi) has said I'm good at creating safe spaces to share and build relationships, which don't necessarily have to be in my home. Much as I would like to use my home, there are reasons I prefer to be at someone else's home or elsewhere. I would like to refine my 'hospitality' skills wherever I happen to be, creating safe, inclusive spaces to build community.
ROAD (Mission & Adventure)	FIRE (Refining Transformation)
My mission fields are the Marist Regional College, my family and my church family. I believe my mission is to share Christ and support the people in these spaces. I also pray for, communicate with, and financially support 3 children through Compassion, and a GEM missionary currently in Romania, as well as the group This is Eden based in Myanmar. My Pilgrimages and Retreats will have to be organised separately - and I'm hoping that I will be able to undertake one twice a year.	I need to continue listening to God to continue the transformation He's doing. - Continue reading His Word - Continue prayer - Listen to my Spiritual Director, Ellie - Share with Linda (my Cymbrogi) - Continue attending IF:Gatherings and other growth meetings - Continue undertaking listening retreats & pilgrimages

“The disciplines which we build into our rhythm of life help us to shed the “old self” and allow our “new self” in Christ to be formed... Ultimately a Rule should help you to love God more...”

“it serves as a framework for freedom – not as a set of rules that restrict or deny life, but as a way of living out our vocation alone and together... A Rule then is a means whereby, under God, we take responsibility for the pattern of our spiritual lives. It is a ‘measure’ rather than a ‘law’. The word ‘rule’ has bad connotations for many, implying restrictions, limitations and legalistic attitudes. But a Rule is essentially about freedom. It helps us to stay centered, bringing perspective and clarity to the way of life to which God has called us.” (Northumbria Community)

PERSONAL CUSTOMARY EXPANDED



True to Christ

Living Prayerfully - *Celebrating God's presence in all things, at all times, through a daily rhythm of prayer and worship.*

Every morning I will include different styles of prayer in my Quiet Time, making sure to listen more than I talk, and to offer my heart and seek God's before I make my requests.

I will practice praying the *Lord's Prayer* during the day - as close to midday as possible. I will also reset during the day using a variety of things which remind me to pray or reset my focus on God, or/and breath prayers.

I will cultivate the Breath Prayer - *I am Still, and I Know that You are God*

Community Prayer - I will attend the weekly MRC Prayer meeting, and encourage others to come. I will also attend at least one of the OMS prayers per week when possible.

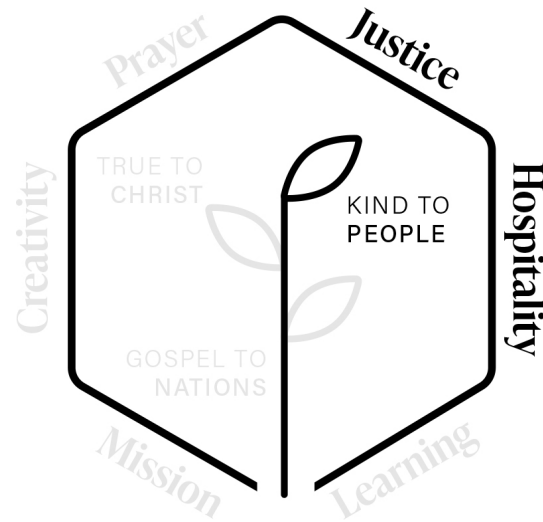
Other prayers with friends and family will be appreciated and enjoyed.

Celebrating Creativity - *Enjoying and expressing God's presence through colourful, generous and imaginative lives.*

I will practise Visio Divina - seeing God's beauty in nature and creative things like art and music and writings. This will also involve me creating in different ways, such as poetry, and art, and cards for gifts.

I will practise journaling the journey with my Father, keeping a track of prayers, gifts, and other special or significant events. This will be done using a variety of different mediums, including writing, poetry, drawings, and other creative methods as I have time and resources.

I will regularly send homemade postcards to friends, family, and anyone else who God lays on my heart to encourage and support.



Kind to People

Practising Hospitality - *Cultivating generous space for others in our hearts and homes, as if they were Christ Himself in our midst.*

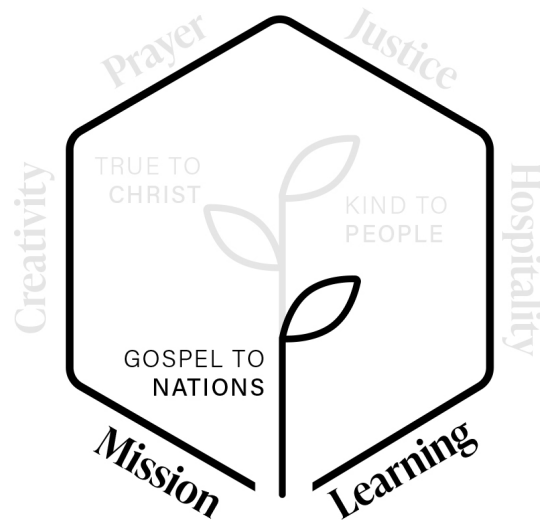
As my own home isn't currently usable as a regular place of hospitality, my focus is creating safe welcoming spaces wherever I am.

Some of these spaces happen during the monthly gatherings of my IF:Table group in my parents' home, and the two Cursillo Group Reunions which run in different homes and cafes. I will strive to make spaces available with whomever I am with.

I will also undertake different types of Pilgrimages or Retreats a couple of times a year in order to draw closer to God. This could be either alone, or with others.

Expressing God's Mercy and Justice - *Honouring God's presence in the poor and oppressed, through sacrificial compassion, reconciliation and advocacy.*

The MRC Prayer Meeting is aimed at inviting and honouring God's presence among the Marist Regional College community.



Taking the Gospel to the Nations

Engaging Mission and Evangelism - *Demonstrating God's presence and relevance in word and deed, wherever He currently seems to be absent or ignored*

My mission field is where I am in the here and now. So I will continue to strive to demonstrate God's presence and relevance to the people I meet, particularly those I spend time with or meet on a regular basis.

I will pray for, communicate with, and otherwise support This is Eden, Jenn Oblemann, Donald, Victor, and Deborah.

Learning and Discipleship - *Worshipping with all our minds and developing disciples who can carry Christ's presence powerfully into every sphere of society.*

As I love learning, I will continue to absorb all the information God shares through His Word, through different devotions, books, and podcasts. I will also work toward completing my Master of Arts (Theological Studies).

I will be disciplined through regular meetings with my Cybrogi, Linda, and the sharing at Group Reunion. Meetings with my Spiritual Director, Ellie, will help me to stay on God's path.

I will continue to disciple others through groups such as my Small Group, and IF:Table, as well as in Group Reunions, and any other way which arises.