

Hospitality

Hosting meetings at home
Leaving margins for interruptions/hospitality
Making time for pastoral visits/coffee with friends
Prioritizing time with family
Leading OMS Cohort

Visionary Thinking
Strategic/Creative Problem Solving
Leading worship/Hosting
Song-writing

Creativity

Writing
Worship &
Prayer Events

Prayer

Silence & Solitude
Examen
Pilates

PAUSE

Mission/Pilgrimage

Visit Prayer Communities

Watercolour
Calligraphy
Bookmaking

Tuesday
Housegroup
Evenings

Journaling
PAUSE

Learning

Podcasts – JMC/EHD
Reading
Spiritual Formation – Find Spiritual Director
Enneagram

Lectio365
Prayer
Watches

Supporting Hope
For Justice
Intercessory
Prayer

Prayer
Walking

Litter-picking

Justice/Mercy

Supporting 'green'/ethical projects
e.g. Glesga Roasters, Koh, WGAC
Tearfund, Smiles