

**CG – CHARISM:** The charism of this Community is to live the monastic values of Prayer, Reflective Study and Service that lead to personal transformation at the hands of Christ which results in a unique response of love to all of God's creation.

**METHODS**

**CORE VOWS:**

- Prayer, Reflective Study & Service

**SUPPORTING VALUES:**

- Honesty
- Fidelity
- Simplicity
- Responsibility
- Interconnectivity
- Health (diet, stress reduction, exercise)

**TOOLS:**

- Worship
- Prayer books
- Lectio
- Statio
- Rosary
- Enneagram, Myers-Briggs
- Retreats, Rest
- Spiritual Postures

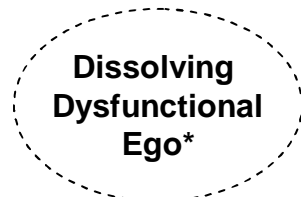
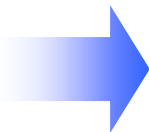
**PEOPLE:**

- Spiritual Directors
- Formation Guide
- Pastor
- Counselors/Therapists
- Physicians
- Friends

Key Question: Is this method bringing me closer to a loving relationship with God and His creation?

**TRANSFORMATION**

(Metanoia)  
(Enlightenment)  
(Awareness)  
(Our Inner Purpose)



\* Illusions; prejudices; unnatural fears, hatreds, worry or anxiety; desire for worldly power, wealth, or recognition; unnatural attachments; individualism, etc.

Key Question: Why am I really [doing/ thinking/ planning/ saying/ feeling] this right now?

**MEASURES / INDICATORS**

Gifts of the Holy Spirit:  
love, kindness, joy,  
generosity, peace,  
patience, gentleness, self-control  
(Galatians 5:22)

To see –  
- *people* as temples of God.  
- *things* as gifts from God  
- *nature* as being sacred.  
- *actions* as sacraments of His love.

Key Question: What is my relationship with this moment, right now? Am I seeing people as temples of God...

**RESPONSE**  
(Kenosis)  
(Our Outer Purpose)

**To know, love, and serve the Lord in our own unique way, as God made us.**



Key Question: Is my true, unique self serving God, or is my ego-self serving me?