

**METHODS AND TOOLS** (What we might use to help fulfill our vows.)

<b>PRAYER</b>	<b>REFLECTIVE STUDY</b>	<b>SERVICE*</b>
<ul style="list-style-type: none"> <li>• The Daily Office*</li> <li>• Communal Worship\Eucharist*</li> <li>• Lectio Divina</li> <li>• Centering Prayer</li> <li>• Stations of the Cross</li> <li>• Gathas (spot prayers)</li> <li>• Personal prayer space*</li> <li>• Personal prayer list*</li> <li>• Rosary / Chaplets</li> <li>• Other prayers:               <ul style="list-style-type: none"> <li>- Angelus</li> <li>- Serenity Prayer, etc.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Contemplation</li> <li>• Meditation</li> <li>• Prayer*</li> <li>• Remember the Sabbath*</li> <li>• Awareness Examen*</li> <li>• Spiritual Postures*<sup>o</sup></li> <li>• Silence*; Greater Silence</li> <li>• Journaling*</li> <li>• Retreats</li> <li>• Statio</li> <li>• Bible Studies*</li> <li>• Study of the Gospels*</li> <li>• Other Study (Reading List)</li> <li>• Reflection Questions</li> <li>• Labyrinth</li> <li>• Personality Inventories</li> <li>• Colleague Interaction</li> <li>• Fasting</li> <li>• Guidance Team:*               <ul style="list-style-type: none"> <li>- Spiritual Directors</li> <li>- Formation Guide</li> <li>- Pastor</li> <li>- Counselors / Therapists</li> <li>- Physicians</li> <li>- Friends</li> </ul> </li> <li>• Theological Reflection</li> </ul>	<ul style="list-style-type: none"> <li>• Use my gifts at:               <ul style="list-style-type: none"> <li>- Work</li> <li>- Church</li> <li>- Volunteering</li> <li>- Recreation</li> <li>- Hobbies</li> </ul> </li> <li>• Thanksgiving</li> <li>• Forgiveness</li> <li>• Reconciliation</li> <li>• A Life of Prayer</li> <li>• Being God's loving Presence in the world</li> </ul>

\* Members are strongly encouraged to use these tools and methods

<sup>o</sup> Includes: ego awareness, present moment awareness, acceptance, detachment and presence of God