

GOOD RHYTHM

7 Tips for

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly. *Matthew 11:28-30* From *The Message, the Bible in Contemporary Language* by Eugene Peterson

1 STOP

And attend to your breathing.

Breathe deeply in - out - in - out - relax.

Enjoy simply being yourself in God's presence.

Do this ten times.

2 SLOW

Down and attend to your walking.

Put your weight on the right foot, then the left foot.

Let your body sway side to side.

3 PLAN

Pauses for rest. Exercise. Have fun today.

Say 'NO' to, or reschedule whatever crowds this out.

Hold on to your pauses.

4 BE AWARE

Of the Sun's rhythm of rising and setting.

In the morning pray 'I arise today in the radiance of the True Sun...(use a prayer of the heart or from a book morning, noon or night).

5 PRAY

At noon, 'As the sun rides high at noon may the Sun of Righteousness shine upon me/us/them'.

6 RELAX

Before bedtime with the prayer 'As the sun sets in the west may I settle down with you'.

Recall failings to off-load and blessings for which to give thanks.

7 ELIMINATE

What destroys rhythm. Rhythm is being natural. The false ego is unnatural, such as Pride, Possessiveness Stubbornness Or ...?

Now dance and sing in the rhythms of your soul!



A world-wide people who journey with God, reconnecting with the Spirit and the Scriptures, the saints and the streets, the seasons and the soil, through a way of life, a rhythm of prayer and a network of soul friends.

FLAME AND STRUGGLE - AIDAN AND HILDA'S SIGNIFICANCE FOR AUSTRALIA

Aidan was invited to a land where settlers had dispossessed the indigenous Celtic people. He brought the ways of Christ to both peoples, not by imposing them or by making a show, but by gentle listening, authentic living, and shared community. He taught his disciples to earth their faith in the land and to retreat with God in order to advance. He respected and walked among the indigenous people. He let Jesus and the Creator Spirit confirm to them what was good and purify what was bad.

If rich landowners gave him money he gave it all to the poor, or went to the slave market and bought a slave his freedom. He believed that everyone could learn something more about God every day. So, he taught people to memorise the Gospels and Psalms so they could meditate on them.

He did not think that an individual faith was enough – he created villages of God, called monasteries, where people shared a rhythm of prayers, meals, work, study and hospitality to guests. This inspired people to make their existing villages more like that. Perhaps he realised that only spiritual mothers, like those in his native Ireland, could reach the most hardened parts of the English. He inspired the Saxon Princess Hilda to start communities for men and women. She became a 'merciful mother' to people from conflicting traditions. She released the songs in the heart of an illiterate cowherd.

Aidan's name means Flame and Hilda's means Struggle. Together they are a universal symbol of people from different races and genders who become soul friends for the common good.

A modern movement in many lands which invites Jesus' disciples to again become 'Followers of the Way' is named The Community of Aidan and Hilda. It invites people of all races to spread Christ's ways in the gentle spirit of Aidan, to heal the land, to unlock the song in every human heart and to follow the trail of the full human being through Flame and Struggle.