

Rhythm OF LIFE

In our church community, we commit to supporting and enabling one another in living a Rhythm of Life.



Prayer

We commit to being people of prayer, so that our whole lives become shaped by our communion with God.



Scripture

We commit to being shaped by Scripture, as we discover more of God and live in light of that story.



Worship

We commit to gathering in worship, changed into the likeness of Christ as we encounter God in word, sacrament, music, and silence.



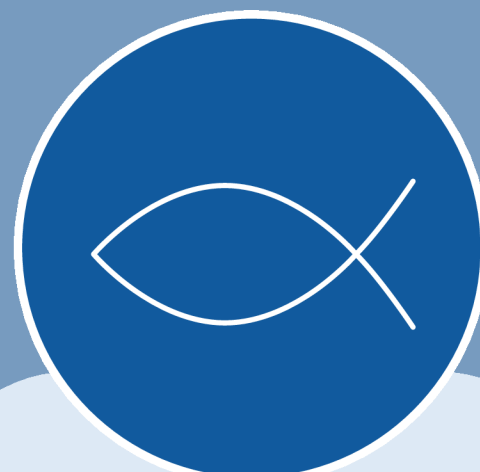
Love

We commit to being a community that shares God's love, by people people of peace and justice.



Generosity

We commit to being people who live generously, with a heart for our planet, the excluded, and those who live in deprivation.



Sharing Faith

We commit to sharing our faith in word and deed, by telling God's story and living our faith in everyday life.



Rest

We commit to resting as people made in the image of God, and intentionally putting time aside for things that bring us joy.



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For more information and resources,
follow this QR code, or visit
dioceseofyork.org.uk/rhythmoflife

