



FLOURISHING FAITH

A flourishing congregation is grounded in a simple, life-giving truth: when we stay rooted in Christ, our daily lives naturally overflow with joy, purpose, and spiritual vitality. To help our communities continue to grow a vibrant spiritual life, we are anchoring our faith formation around four practical, interconnected rhythms:

- Prayer & Spiritual Disciplines
- Christian Education & Study
- Worship & Sacramental Life
- Giving, Serving & Stewarding



ROOTED & REACHING · MICRO-PRACTICE

The Examen of Gratitude

Focus: Prayer & Spiritual Disciplines

THE PRACTICE

Before going to sleep, review your day from morning to evening like a film. Notice where you experienced energy, connection, or kindness (consolation), and where you felt isolated or hurried (desolation). Give both to God in trust.

TRY THIS AT HOME

Ask around the dinner table or text a family member: 'What was the brightest moment of your day today?' Give thanks together.

PARISH REFLECTION

How can our parish create more space for unhurried, contemplative listening in our regular gatherings?

"Be still, and know that I am God." — Psalm 46:10



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