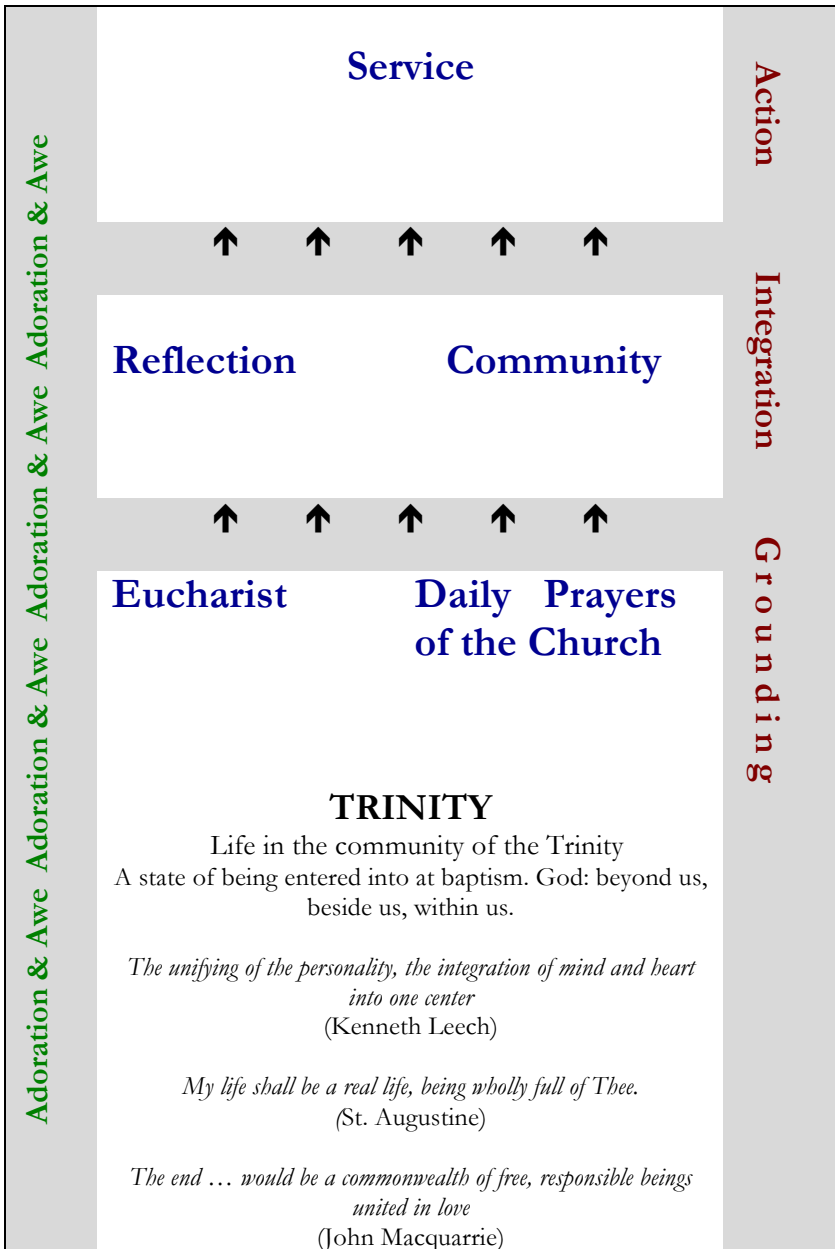


# In Your Holy Spirit

## Spiritual Map



**Weekly Practice: Holy Eucharist**

Being present for the Holy Eucharist at least once a week.

**Daily Practice: The Daily Prayers of the Church**

Saying the Daily Office in some form each day.

**Reflection**

Identifying and maintaining ways of being reflective, and gaining perspective, that works for you. Creating space for stillness and silence.

**Parish Community**

Participating in the parish community in some manner. This is a community where our differences can be expressed and will be accepted; in which we can fight with those we love without fearing the loss of the relationship.

**Serve**

To the extent we have given ourselves to awe and adoration, our service in daily life—with friends, family, at work, in civic life, and in all the places and circumstances we find ourselves—our service will flow organically from that awe and adoration.

Much of the above comes from the *In Your Holy Spirit* books of Fr. Robert Gallagher and Michelle Heyne. Ascension Press, 2011; Gallagher's *Fill All Things: The Dynamics of Spirituality in the Parish Church*, and the various works of Martin Thornton.