**Iona School for Ministry**



**Rule of Life**

**Junior Students**

**February 17, 2021**

**The Rev. Carol Petty, D. Min.**

**Class Description**

This class includes both introspection and group interaction,

as we think together about a personal Rule of Life.

**Class Objectives**

In this class, students will:

* Define *Rule of Life*, exploring examples and metaphors.
* Review the concept of a value-based Rule of Life
* Examine their own practices and create/review their personal Rule

**Class Schedule**

1. Topic introduction
2. Review Personal praxis/values and create/review Rule
3. Share Rule and Intention with classmate(s)

**Suggested Resources**

**For further reading:**

*Always We Begin Again: The Benedictine Way of Living*. John McQuiston II, Morehouse Publishing, 1996.

*The Rule of the Society of Saint John the Evangelist.* SSJE North American Congregation, Cowley Publishing, 1997.

*The Rule of Benedict: Insights for the Ages*. Joan Chittister, Crossroad Publishing, 1992.

**Handouts:**

Rule of Life activity sheet.

Excerpt from McQuiston. *Always We Begin Again*, “Each Day,” p. 19-20.

Poem “Days” by Billy Collins.

Poem “A Summer Day” by Mary Oliver.