

Practices

personal					
family					
religious					
cultural					
social					
work/professional					
voluntary					
recreational					
community					
environmental					
seasonal					
holiday					

Draw up a chart like the one above on a large sheet of paper or a spreadsheet/table/chart on whatever device you are using. Record aspects of your own spirituality by listing your various practices or rituals under the suggested headings (they may be daily, weekly, monthly, etc.):

For example: Sunday Mass, daily prayer, litter walk (weekly), two hour shift at SVdeP/CAB/Red Cross/Soup Kitchen (weekly), child minding (weekly), tramping (monthly), rosary (daily), coffee with friends (weekly), Bible prayer group (weekly), help with transport for child's team (weekly), walking bus (weekly), community garden help (weekly), church linen laundry (weekly), church cleaning (monthly), hospital visitor (weekly), lawn-mowing for neighbour, shopping for elderly person (weekly), lunch time run (daily)., etc.

Now list some of the beliefs that inform/shape/underpin these practices. **For example:** giving back to the community, the value of outreach, care for our planet, respect for elders, importance of community, Eucharist is the source and summit, Jesus came that we may have life to the full, the dignity of every person, etc.

Write a couple of sentences/paragraph beginning with/including: A spirituality of service...