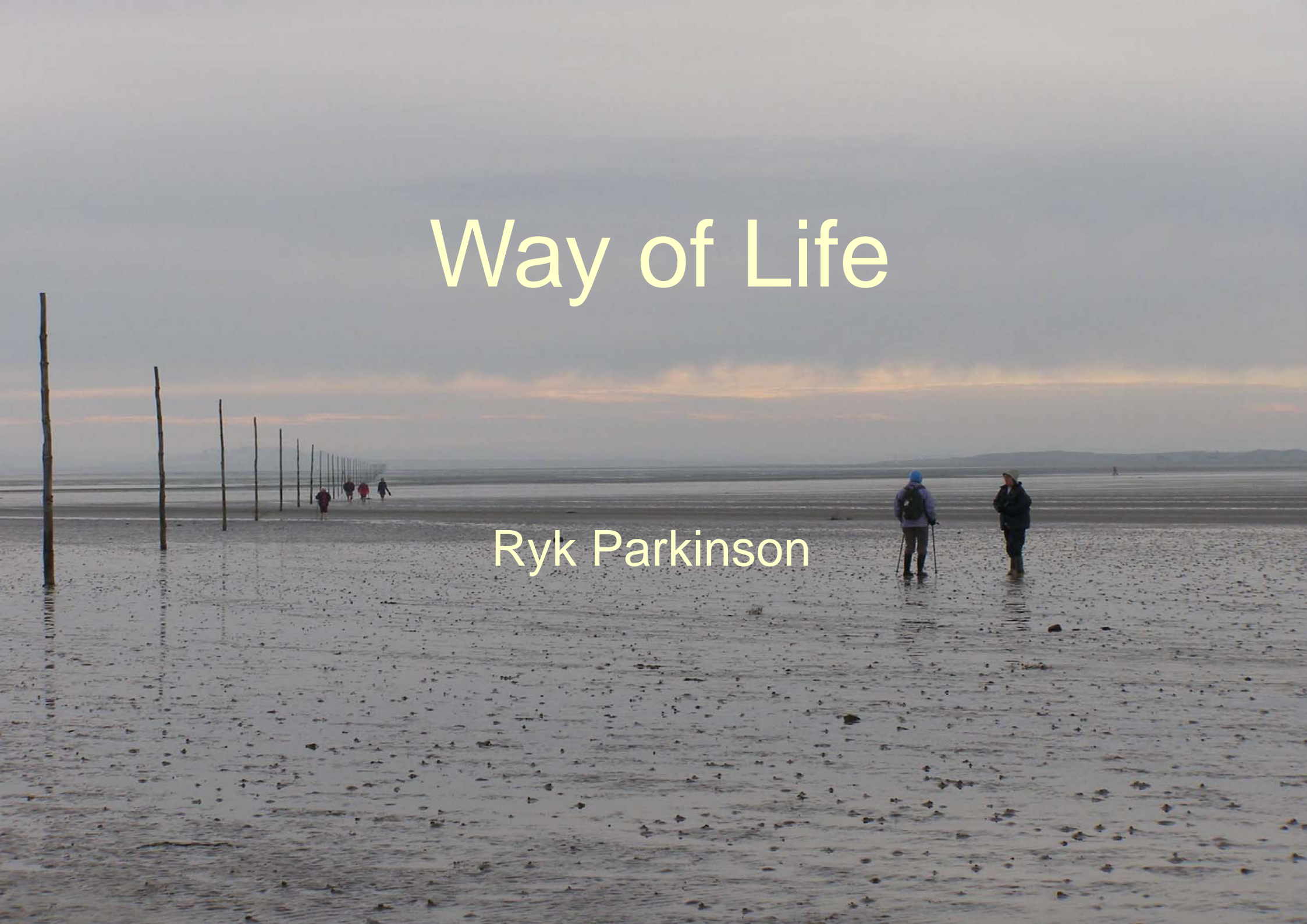


Way of Life

Ryk Parkinson



Community Vows

- Poverty
- Chastity
- Obedience



The Ten Elements Of The Way

1. Life-long learning.



The Ten Elements Of The Way

2. Spiritual journey

a. Regular retreats

b. Pilgrimage



The Ten Elements Of The Way

3. Rhythm of prayer, work and re-creation

- Prayer

- b. Work

- c. Rest (Re-creation)



The Ten Elements Of The Way

4. Spiritual initiative through intercession



The Ten Elements Of The Way

5. Simplicity of life



The Ten Elements Of The Way

6. Care for creation



The Ten Elements Of The Way

7. Healing fragmented people and communities



The Ten Elements Of The Way

8. Openness to God's spirit



The Ten Elements Of The Way

9. Unity

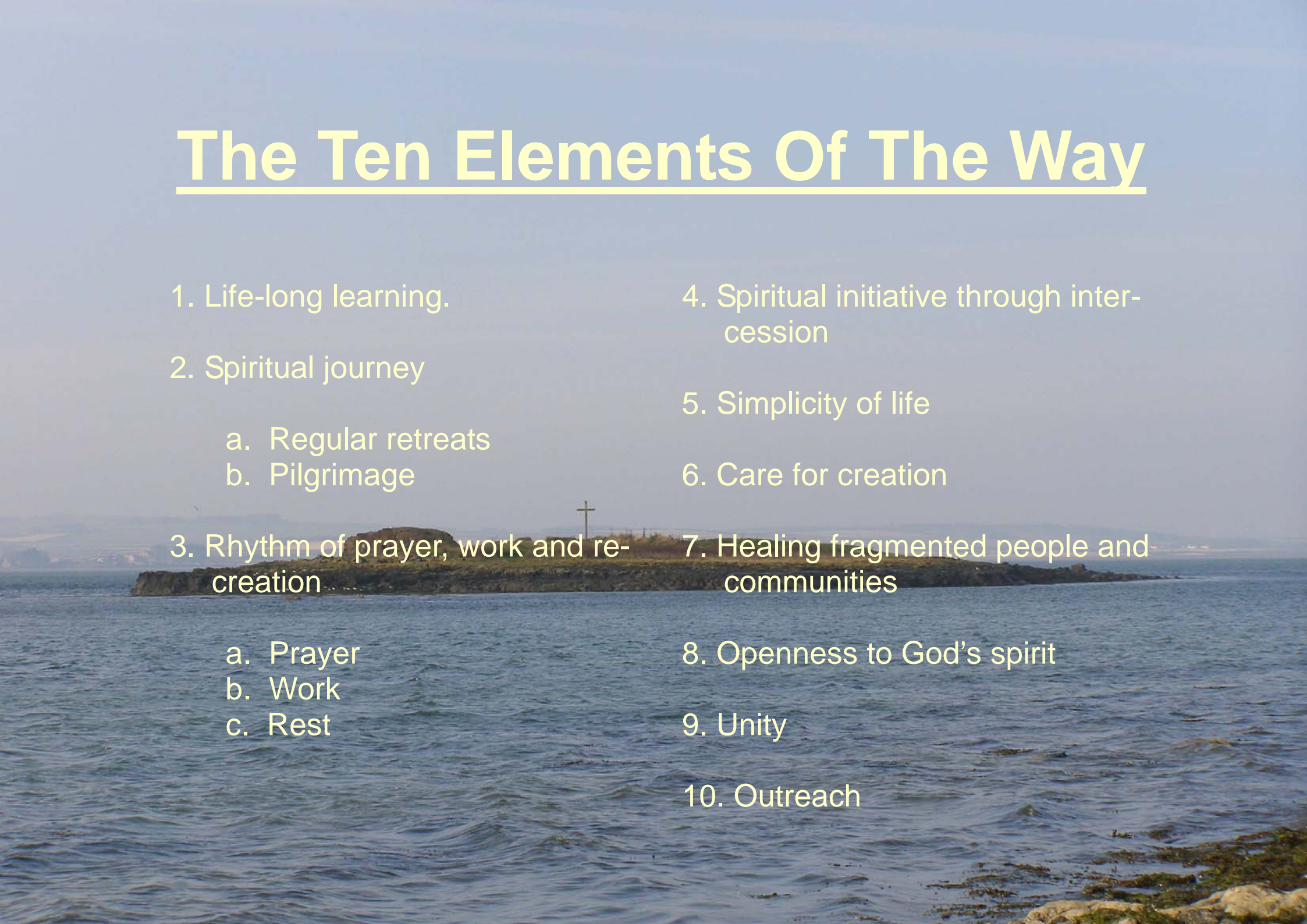


The Ten Elements Of The Way

10. Outreach



The Ten Elements Of The Way

1. Life-long learning.
 2. Spiritual journey
 - a. Regular retreats
 - b. Pilgrimage
 3. Rhythm of prayer, work and re-creation
 - a. Prayer
 - b. Work
 - c. Rest
 4. Spiritual initiative through intercession
 5. Simplicity of life
 6. Care for creation
 7. Healing fragmented people and communities
 8. Openness to God's spirit
 9. Unity
 10. Outreach
- 
- A coastal landscape with a cross on a cliff in the background. The foreground shows the ocean with gentle waves. In the middle ground, a dark, rocky cliff extends into the water, topped with a simple wooden cross. The background shows a hazy horizon under a clear sky.