



Welcoming WINTER

Finding a season of rest

Week 4

A rule for winter

A rule of life can guide you spiritually Consider this a rule for winter

Community, silence, liminal spaces, and avoiding the “thieves” that rob us of abundant life
can be the work of winter.

These can form the basis for your Rule of Winter.

Using the work you’ve already done, write out three commitments you will make this winter
as you seek more abundant life. Don’t make them too elaborate - make them doable for
where you are now!

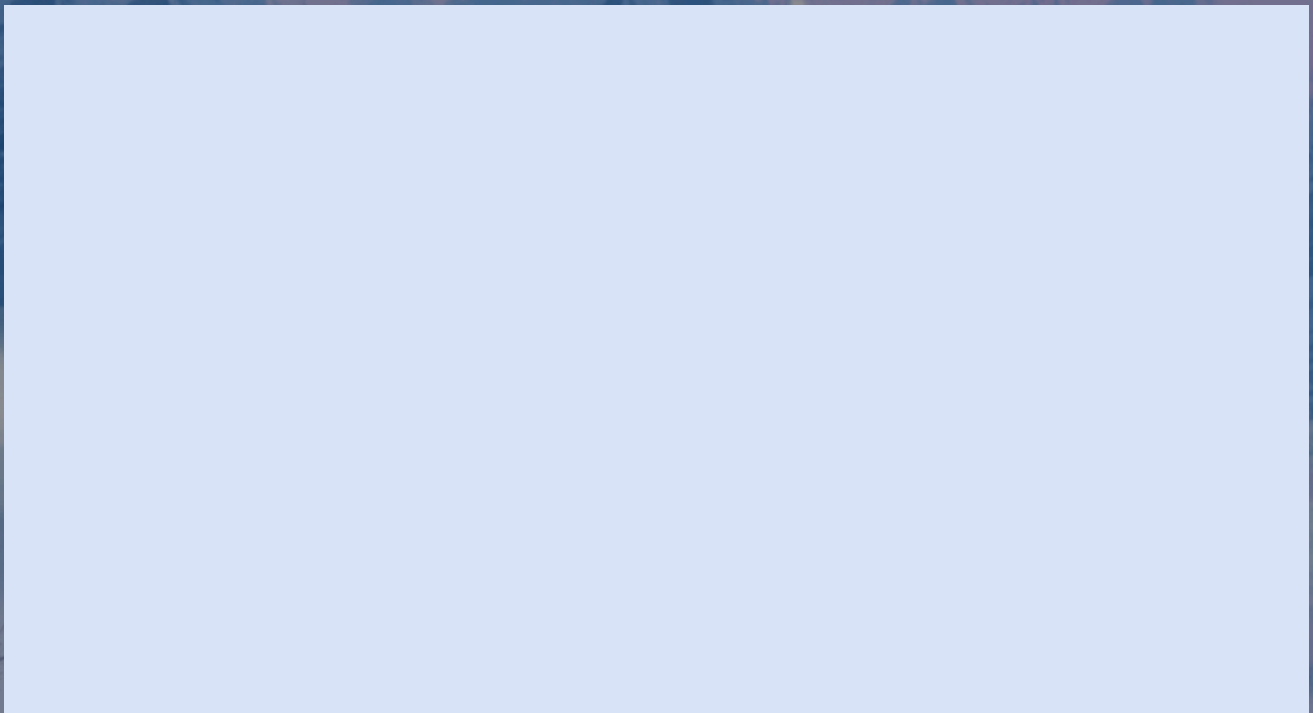
Examples:

I will take one silent long walk each week.

I will seek out community by re/connecting with a friend each week.

I will sit in silence for 10 minutes each day.

Share your plans with a friend and ask them to check on you and hold you accountable!

A large, empty white rectangular box intended for the user to write their three commitments for the winter. The box is centered on the page and occupies a significant portion of the lower half of the image.