

Title: The Daily Rule of Life

Subtitle: A gentle rhythm of communion

Intro:

Common Threads becomes real when it becomes practiced. This rule is intentionally small. It is designed to be returned to, not conquered.

Morning Alignment:

1 minute of presence prayer

2–3 minutes of breath and recollection

one act of love intended for the day

gratitude

Midday Recollection:

pause

breathe

remember indwelling presence

bless the ordinary

choose one micro-act of self-gift

Evening Eucharistic Examen:

gratitude

review the day

notice where love was present

release and forgive

short stillness

Weekly Rhythm:

Eucharist

service

nature reverence

longer contemplation