

VANESSA'S RULE OF LIFE 2022: *WHAT + WHY*



MY CORE VALUES =

LOVE



INTEGRITY



FREEDOM



...AND LIVING WITH THESE HAS DEVELOPED A DESIRE IN ME FOR ...

Freedom from....	People-Pleasing (including cultural standards of beauty)	Perfectionism (= form of supreme-ism = related to white supremacy)	Consumerism (If only I had ____ then I'd be/feel ____.)
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...WHICH CORRESPOND WELL TO MY COMMUNITY'S THREE VOWS OF....

Communal Vows	Presence (i.e. <i>show up as I am with what I have</i>)	Prayer (contemplation & action)	Simplicity (<i>"Life in the spirit requires less & less; time is ample & its passage sweet."</i>)
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...I SHOULDN'T BE SURPRISED IF THIS FEELS....

Will feel...	VULNERABLE INSECURE COUNTER-CULTURAL	CRUCIFORM DAUNTING LIKE A DISCIPLINE	INCONVENIENT SLOW COUNTER-CULTURAL
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...SO, IN ORDER TO PERSEVERE...

Pray for the Grace of	Humility Audacity	Courage "Just Do It" Energy	Creativity Gratitude
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... WHICH REMINDS ME OF THE BEATITUDES....

Beatitudes	Creator's blessing rests on the poor, the ones with broken spirits. The good road from above is theirs to walk. - First Nations Version	Creator's blessing rests on the ones who hunger and thirst for wrongs to be made right again. They will eat and drink until they are full. - First Nations Version	Creator's blessing rests on ones who walk softly and in a humble manner. The earth, land, and sky will welcome them and always be their home. - First Nations Version
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... AND THESE POEMS....

Poems for inspiration & courage	Love III by George Herbert Welcome Morning by Anne Sexton When Death Comes by Mary Oliver Beloved is where we begin by Jan Richardson The Garden by Antonio Machado	Early in the Morning by Li-Jung Lee The Risk of Birth by Mad. L'Engle Now the Work of Christmas Begins by Howard Thurman Prayer by Marie Howe Praying by Mary Oliver	Manifesto: The Mad Farmer Liberation Front by Wendell Berry Psalm 23 by Bobby McFerrin The Peace of Wild Things by Wendell Berry On Generosity by Walter Bruegemann The Lost Words Blessing by Spell Songs
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...AND I PLAN TO DO THIS ...



LOVE (PRESENCE)

~~People-Pleasing~~

INTEGRITY (PRAYER)

~~Perfectionism~~

FREEDOM (SIMPLICITY)

~~Consumerism~~

VIA	LOVE <small>(PRESENCE)</small> People-Pleasing	INTEGRITY <small>(PRAYER)</small> Perfectionism	FREEDOM <small>(SIMPLICITY)</small> Consumerism
	<p>Tell the truth, Say “No” or “Let me get back to you” Invest in Sexuality > Appearance, Have makeup-free days, “Laugh with all of my laughter, cry with all of my tears” (i.e. don’t hold back) Wear a swimsuit & swim, Weekly Date Night, Hang out with my friends Notice & resist “thin supremacy,” Serve @ Mustard Seed 1x/month, Go to Community Meals, Make cards/gifts for people Go dancing & do karaoke Margins b/w transitions for neighborliness Have a skin care routine</p>	<p>Apologize Prayer (CP, Examen, Compline, & Prayer for Spiritual Freedom) Community AM Prayer Compline Confession Cold dips Daily walking Weekly exercise Monthly Supervision “Recovering from White Conditioning” Zoom 4x/yr Weekly Worship Stretching Contemplative or creative intercessory prayer</p>	<p>Avoid fast-fashion and consider packaging & waste b/f purchase, Have an ongoing “wishlist” (instead of buying non-essentials, & see what happens...) Refrain from shopping on Amazon (except stuff from friends; have an “Amazon Accountability partner” if/ when I do), Sew/mend, borrow, cook, share, ask, prep, Weekly Eucharist Egg Co-op, Nut/Cow/Fish Share? Pantry w/bulk dry goods, flours Walk > Drive when possible Apply for Co-Op Housing Make some of my own household products Clean House Don’t use plastic bags at grocery store Fasting 2x/year (Fridays Lent & Advent)</p>

VANESSA'S RULE OF LIFE 2022: *WHEN + HOW*

	Daily	Weekly	Monthly	Yearly
Asleep The first third of my day, week, month, year, life	<i>ZZZZZZZZZZ.....</i> (first 8 hours - OR THIRD - of my day)	<i>ZZZZZZZZZZ.....</i> (first 56 hours - OR 2.3 DAYS - of my week)	<i>ZZZZZZZZZZ.....</i> (first 224 hours - OR 9.2 DAYS - of my month)	<i>ZZZZZZZZZZ.....</i> (first 2,688 hours - OR 112 DAYS - of my year)
Awake The last 2/3's of my day, week, month, year, life	Prioritize sleep Daily Ig. Exercises Nightly Examen Journal or Write Supervision Work SD w. Adults & Kids Walking Read a good book Tea Time (or couch sit) Cook or Bake Skin Care	Sunday Sabbath 1x Community AM Prayer 1x Date Night w/husband 1x House Supper(w/upstairs) 1x Ocean or Forest Walk 1x Pilates Class & 1x Jog Spiritual Direction (Exercises) Sunday Worship & Eucharist 1x PM Neighborhood Walk 1x Family Board Game nt. 1x Family Documentary nt. Go to a Thrift Store Phone call w/a friend Text siblings	1x "Business" Mtg with husband 1x month Compline Service Pick a Restaurant (from <i>Best Of Vic List</i>) 1x Serve @ Mustard Seed Make a card for someone Take a "Pro D" Day for SD & Super. 1x "Day Trip" Outdoors Call Mom & Dad Call Mom & Dad (in-laws) Phone siblings Spiritual Direction & Supervision Connect with my friends Group Spiritual Direction	Extended "dreams/goals" getaway w/ husband. See CHI Family See CALI Family Visit BFF (PHILLY) 1x Solo Retreat 1x Group Retreat 2x HB Retreats 1x Facial 1x Massage Recovering from White Conditioning 12 Step Mtg quarterly Camp with family 2-4x