

NAME _____



Attentiveness | Renewing The Mind

Silence · Solitude · Sabbath ·
Fasting · Scripture



Hospitality | Vocation

Table Welcome · Bearing Witness ·
Open-Handedness · Contribution



DAILY

365X



WEEKLY

52X



SEASONALLY

4X



ANNUALLY

1X

CPC.ORG/RULE



Movement · Nutrition · Care ·
Technology



RELATIONAL

Friends · Family · Mentor/Mentee

 DAILY

365X

 WEEKLY

52X

 SEASONALLY

4X

 ANNUALLY

1X

CPC.ORG/RULE