

## VALUES LIST

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The *way* we go about using our Methods and Tools may include:

- Honesty
- Fidelity
- Simplicity
- Responsibility
- Interconnectivity
- Health (nutrition, stress reduction, exercise)
- Rest
- Knowing that the steadfast love of God endures forever



Some comments on these:

### **Honesty**

Critical to the success of one's spiritual development is the ability to be honest with one's self, with God, and with others. Honesty comes from the soul, and not the false self surrounding it.

### **Fidelity**

We try to treat others and ourselves with respect, dignity, and justice. It is our understanding that all people have been called to live a life of responsibility and accountability through their vows.

We feel that we have a special obligation to hold creation and its universal family sacred. Like all sacred things, special attention is made in how we approach, touch and care for others. We recognize that God dwells within the hearts of each person, and we will try to act toward others as though they are the image of God Himself.

### **Simplicity**

We strive to live as simply as possible. The purpose of simplicity is to keep our heart free and clear of all encumbrances so that we focus is on the most valuable of all possessions, our life in God Himself. By not consuming more than we need, we leave more for others who may be in need.

### **Responsibility**

We must be responsible for our overall care. If a need has been identified (regardless of whether it is a medical, psychological, spiritual or emotional issue) it must be addressed by appropriate professionals.

**Interconnectivity**

The false self tries to convince us that we are alone and separated from God. The truth is that we are very connected with God since He is in us and our soul was made in His image. And since this is true of all people, we are therefore connected in a spiritual way to everyone. We are the family of God, the Body of Christ, together.

**Health**

We strive to live as healthy a life as possible. We need to learn what is best for our body and mind in terms of safety, nutrition and exercise, and work toward optimizing my health so that we can effectively serve God in prayer, reflection and service. We recognize that we are one of God's temples and that each person has a unique responsibility as custodians of His life-giving force.

**Rest**

The rhythm of nature has it that we must rest. The balance between work, play, and rest must be maintained for optimum health. The Sabbath Day should be observed as a rest from the activities of this world. Our prayer time serves the same purpose. Rest rejuvenates us and prepares us to re-enter our world of Service to others.

**God's Love**

God is love, and it endures forever. We must come to know that He really loves us, no matter what, and that some day He will bring us home to Him to complete His plan for us.