

## RULE OF LIFE WORKSHOPS:

some (unsolicited) comments from recent participants

“Thank you for an excellent afternoon. It was very helpful.”

“The quiet morning was helpful, useful and enjoyable. I also valued having a one to one chat with you about my ongoing/future calling/ministry.”

“Thank you so much for the Workshop yesterday. It was so helpful to be able to have time and space to pray and think things through. I had been quite daunted when I read the leaflet but your explanations made it less scary and do-able. Thank you for your prayer for us too. A real blessing.”

“A short note to tell you how much I appreciated your leadership of today's workshop...

In using the 5Fs and the silence, I worked with God on my personal Rule of Life. I sensed an encouragement into being more purposeful and intentional about my faith, and feel excited about it again!”

“I had meant to email long since to thank you for another very enjoyable and helpful workshop. It was really good to have an opportunity to revisit the idea of a rule of life. Before coming to the workshops I found the whole idea rather threatening but you were very successful in allaying those fears.

In some ways it seems as if it ought to be a natural part of living a life as a Christian. I very much agree with G. that the rather long time we had to think pray and reflect was really helpful. And to have a framework. It is so difficult in the business of life to set aside long chunks of time. Something intervenes.”

“I just want to thank you for today. It was a good time to reflect on the Journey God has in store for me.”

“I just wanted to thank you so much for spending your evening running the Rule of Life workshop. I really took a lot away from it, even after the hour deep in thought and the subsequent prayer. I'll have a chat with my vicar about how I can introduce it into our church. Thank you again, it was a wonderful evening.”