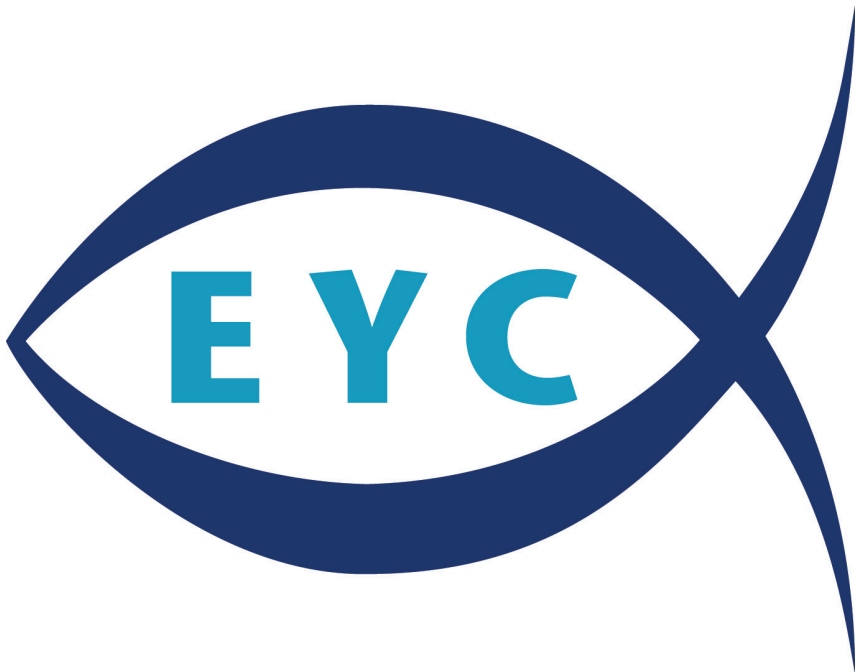


Rule of Life

The Episcopal Youth Community
at Christ Church Bronxville



Written and lived by the members of EYC 2015-2020

EPISCOPAL YOUTH COMMUNITY (EYC) is a community of teens united by a shared desire for God. EYC is more than a common place for fellowship; it is a family.

A Rule of Life is an intentional pattern of spiritual discipline that gives structure and direction for growth. It provides a rhythm that is helpful in opening oneself fully to being shaped by the Holy Spirit.

We all agree that EYC is a place we feel comfortable to be our truest selves, a place where we can fully present ourselves to God. Through our weekly practices and experiences together and at the Monastery at Taizé, we have come to appreciate the ways in which practicing a Rule of Life can enhance our lives. By writing and committing ourselves to our Rule of Life, we are making a conscious commitment to practice these each time we are together.

These rules and the purposes behind them also carry over into all aspects of our lives. Through our commitment to the EYC Rule of Life, we know our lives as a whole will be transformed by God's love.

“Assured of your salvation by the sole grace of our Lord Jesus Christ, you do not impose discipline on yourself for its own sake. Gaining mastery of yourself has no other aim than to render you more available You are afraid that a common rule may stifle your personality, whereas its purpose is to free you from useless fetters Like every Christian, you need to accept the tension between the total freedom given by the Holy Spirit and the impossibilities in which you are set by human nature—both your neighbors and your own.”

Rule of Taizé, pages 7-9

OUR RULE

WE PRAY

We pray for each other, for ourselves, for our loved ones, and for our community. Framing our time together with prayer allows us to truly feel God's presence among us. Furthermore, prayer allows us to focus on learning from and following Jesus' example. It keeps us open to the work of the Holy Spirit. Praying together also provides shared spiritual experiences, which bring us simultaneously closer to God and to one another. In addition to common prayer and weekly church services, we are encouraged and taught to maintain a personal prayer life.

WE EAT TOGETHER

When we eat together we deliberately build relationship with one another. Our time together provides a sense of community, connection, and belonging for all. EYC gives us a break from the everyday stresses we have, while at the same time feeding us in mind, body and spirit. Each of us takes this out into the world by speaking and connecting with people whom we may not know well, thus providing others with a sense of belonging and importance.

WE LOVE, CARE, AND LISTEN TO EACH OTHER

Without this, our EYC family would not work. We promise to love and care for everyone around us, and ensure that the joy and love of Jesus Christ is spread to them. We are there for each other at all times, and go the extra mile to make people feel appreciated for who they are. Through a common love for God and one another, we create a sense of belonging for all. Listening to each other is an important way we show respect, care, and love. We try to listen to each other at all times, but especially during meals, discussions, and activities. There is much to learn by listening to our peers, and a lot of love shared when we do so. One way we show our commitment to this is by turning in our phones at the beginning of each meeting to remove any distractions from the present moment and conversation.

WE LOVE OUR COMMUNITY

Jesus teaches us to love our neighbor. In addition to caring for each other, we regularly serve and connect with the communities around us in Westchester, New York City, and beyond. About once a month, the EYC participates in an outreach project. We serve through partnerships with various organizations, including Midnight Run. In addition, we go on a mission trip every summer. We reach out to support and welcome our friends from Young at Arts and the Episcopal Diocese of New York. These practices are a way of spreading God's love in the world and living fully into God's will. They allow us to learn about our neighbors, reminding us that the world is bigger than our experiences.

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