**VINTAGE PASADENA RULE OF LIFE**

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| **PRAYER & WORSHIP*** Scripture
* Silence and Solitude
* Daily Office (prayer)
* Study
 | **REST*** Sabbath
* Simplicity
* Play and Recreation
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| **WORK & ACTIVITY*** Pattern for work
* Service and Mission
* Care for the physical body
 | **RELATIONSHIPS*** Emotional Health
* Family
* Community (Companions for the Journey
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