**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 |
| **WORK & ACTIVITY**   * Pattern for work * Service and Mission * Care for the physical body | **RELATIONSHIPS**   * Emotional Health * Family * Community (Companions for the Journey |