



Pillars and Rhythms

Our Rule of Life has 3 parts, with 12 chapters.

Part 1: Discipleship

1. Learning from Jesus
2. Interruption and Sanctification
3. Called by Grace

Part 2: Joy and Conversion in Community Life

4. Trust
5. Simplicity and Sacrifice
6. Reconciliation
7. Celebration

Part 3: Pillars and Rhythms

8. Study and Scripture
9. Prayer, Worship, and Silence
10. Service and Mission
11. Humility of a Shared Life
12. Unity of Christians

PART 3: PILLARS AND RHYTHMS

“They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.”

Acts 2:42-47

8. STUDY AND SCRIPTURE

Ignatius of Loyola said, “it is not an abundance of knowledge that fills and satisfies the soul but rather an interior understanding and savoring of things.” We seek not acquisition but application, to cultivate an intelligent and rooted faith which is capable of reading and responding to the signs of the times. We need to understand the complexities and history of what makes up our differences and our similarities. Scripture is the common ground of all our Christian traditions. Through its study and integration, we experience how both our spiritual life and missional activity are linked and find their source in the Word of God. Each needs the other.

Proverbs 9:9-10

Members receive teaching from speakers from across the world and across church traditions, speaking on a range of topics covering the themes of Bible & Theology, Spirituality & Personal Growth, and Social Engagement. Key to the year, and linked with the pillar of Prayer, is regular teaching about and practices of prayer from a variety of traditions.

Examples of speakers and topics from previous years

Bible & Theology

Old Testament Patriarchs and Matriarchs

Division & Unity: Family Tree of Christian Churches – Professor Aaron Hollander

Black Theology

Sacred Spaces: Liturgy and Art in Worship – The Very Rev. Pat Malloy

Patristics: founding the Christian Church - Fr. Nicolas Kazarian

The Gospel of John – Professor AJ Levine

‘How to think theologically about desire, sexuality and gender? Beyond the politics of libertinism and repression’ – Professor Sarah Coakley

Judaism – Benjamin Kamine

Spirituality & Personal Growth

Prayer: Ancient Foundations, Spiritual Renewal

Ecumenism & Visiting the Other

Contemporary Saints

Psychology

Non-Violent Communication and Leadership Profiles

Social Engagement

Listening to the Voice of the Poor

Creation and Integral Ecology

Reconciliation and Bridge-Building

Interreligious Dialogue & Discovery

9. PRAYER, WORSHIP, AND SILENCE

Prayer is the source of all intelligent action. We listen to and invite the Holy Spirit to act through us. Through the intimacy of prayer, we are transformed to become more agile instruments of grace in the world.

Worship brings us into the rhythm of the whole Body of Christ. We are reorientated to the infinite and reminded of our belovedness and finiteness. Worshiping with others strengthens and informs our personal worship, whilst our personal worship builds up and edifies the Church.

Silence is the gate to listening. It is a vital rhythm for creating space for God to intervene. Silence is not just absence of sound but entering into the very presence of God, here and now.

Luke 11:1

Prayer structures the day, with a mixture of personal and liturgical prayer, as well as a weekly half-day of silence and meditation.

An example of retreats from previous years

1. The Spiritual Exercises of St Ignatius

A 7-day silent retreat following the Spiritual Exercises of St Ignatius at Val de Paix (near Montreal, Canada)

Residents have the option to follow the 30-Day version of this retreat. Bethanian guest house welcomes the 30-Day retreat, organised by Chemin Neuf, every year. This house is found in the heart of Switzerland, a short hike away from the home of the patron saint of Switzerland, Nicholas of Flüe.

2. Sharing group weekend

A weekend away in smaller groups to know one another better and take a deep dive into shared life as a community

2. Life in the Holy Spirit

A week out of the City to delve into the life and work of the Holy Spirit throughout history, in the Church, and in our lives today

3. Bethany week (Residents only)

A week to be equipped through self-knowledge and communication exercises to better understand and love oneself and the other

4. Review weekend (Locals only)

Time to reflect and put into practice rhythms acquired throughout the year, and give thanks for and weigh the transformation and change in my life

5. Experiment/Mission (Residents only)

(‘Experiment’ is a Jesuit term used to refer to the time of ‘testing’ one’s vocation).

- 30 Day silent retreat (see above)
- Experience in Europe - Visit different places in Europe, from a Carmelite monastery in Cornwall, England, to an abbey in France, to a guesthouse and pilgrimage in Assisi, Italy.

- Other experiences - Providence Pilgrimage, Experiment in religious communities, individual discernment experiences

10. SERVICE AND MISSION

Jesus calls us and sends us into the world. We are sent as individuals and as part of Christ's Body to proclaim the kingdom of God in both words and acts. We desire to imitate Jesus in serving the poor as he did. Through our sending and our service, we discover that there is more joy in giving than in receiving. We are called to be stewards, not spectators; to co-create and to inhabit the earth. Through our grounded, imperfect, holy lives we encounter Jesus who is present in everything – our actions, our relationships, our living spaces.

Acts 20:35

Members serve in different charities across New York City, ranging from homeless shelters to addiction centers to hospital chaplaincies to disability groups.

Member placements from previous years

MJHS Hospice Care Services (chaplaincy)
Cathedral Community Cares
Advancing the Community of Tomorrow (ACT)
Habitat for Humanity ReStore
El Barrio Angels

11. HUMILITY OF A SHARED LIFE

It is small, daily acts of love that bring real change to the world. We use our freedom to restrict our choices, in the shared rhythm of a body of sisters and brothers. The humble path of a common life must be intentional. It is not about compromise, but rather about mutual obedience and community discernment. Through shared life, we experience the mystery of unity that is more than the sum of its parts.

John 13:1-15

Jesus lived in community. By choosing to share life with other people profoundly different from ourselves, we encounter Jesus through life's big adventures, as well as the small triumphs and trials of our everyday.

Members share daily community life:

- Shared spaces, meals, times of prayer
- Shared responsibility for house tasks and life of the Community
- Evenings and outings together, space for sharing and reconciliation

12. UNITY OF CHRISTIANS

When we realize that we have as much to receive as we have to give, that we need one another, we discover that diversity is a source of riches rather than a threat. We are Christians, and we belong to different denominations and traditions. Unity in diversity is not about seeking neutral territory, but rather better understanding each one of our traditions, which may mean accepting discomfort and pain as well as joy and delight. Unity is a mystery, which belongs to Christ and is in Christ. Our divisions are part of the mystery - whilst we may not find unity between us, we remain his Body, and he the Head.

True unity comes only through conversion led by the Holy Spirit, who grants us to share in the suffering caused by division and convicts us of our sin. Disunity is scandalous, affecting much more than our expressions of faith. To strive for Christian unity is to work for peace in the world across all spheres and divisions. We desire to be disarmed, to truly listen to one another, to learn to disagree well. We lay down our own judgments in favor of God's means and vision. We are called to be bold and creative, and to hope beyond all hope.

John 17:20-23

Unity is the overflow of community life. Jesus prayed for unity of Christians (John 17) – this starts with participating in what we can already do together, which in turn gives us hope and opens doors to navigating our differences. We seek and build unity through our shared daily life, and by allowing our different church heritages to inform how we worship together, visiting one another's churches, as well as pioneering and praying new ideas to reignite dialogue between different Christian confessions. The Community at the Crossing is open to any Christian from any denomination.