

Introduction to Common Liturgy

Welcome to Common Liturgy. We'll send you short notes throughout the year as part of a rhythm of reflection and intentionality. Each Sunday you'll receive a note encouraging you to reflect on one of your core values during the week. During the 7th week, you'll get an encouragement to put your thoughts into action. The process repeats every seven weeks as we move through the year.

Instructions:

To get started, you need to identify seven words that represent your deepest values. You can use our community values or customize your own. We'll customize reminders around what you submit.

Your core values are the qualities and characteristics that you most want to cultivate in your life and in the world around you. By identifying these and putting them in order, you can create a rhythm of reflection throughout the year that brings you into deeper relationship with what they mean and what they look like when lived out.

The form below is pre-filled with the seven core values at Common Liturgy. They are designed to progress and build on one another. You can start by using these, or you can customize the list below by entering your own words. Whatever words you enter will appear in the calendar on Page 2.

Enter Your Core Values Below

Core Value #1

Core Value #2

Core Value #3

Core Value #4

Core Value #5

Core Value #6

Core Value #7

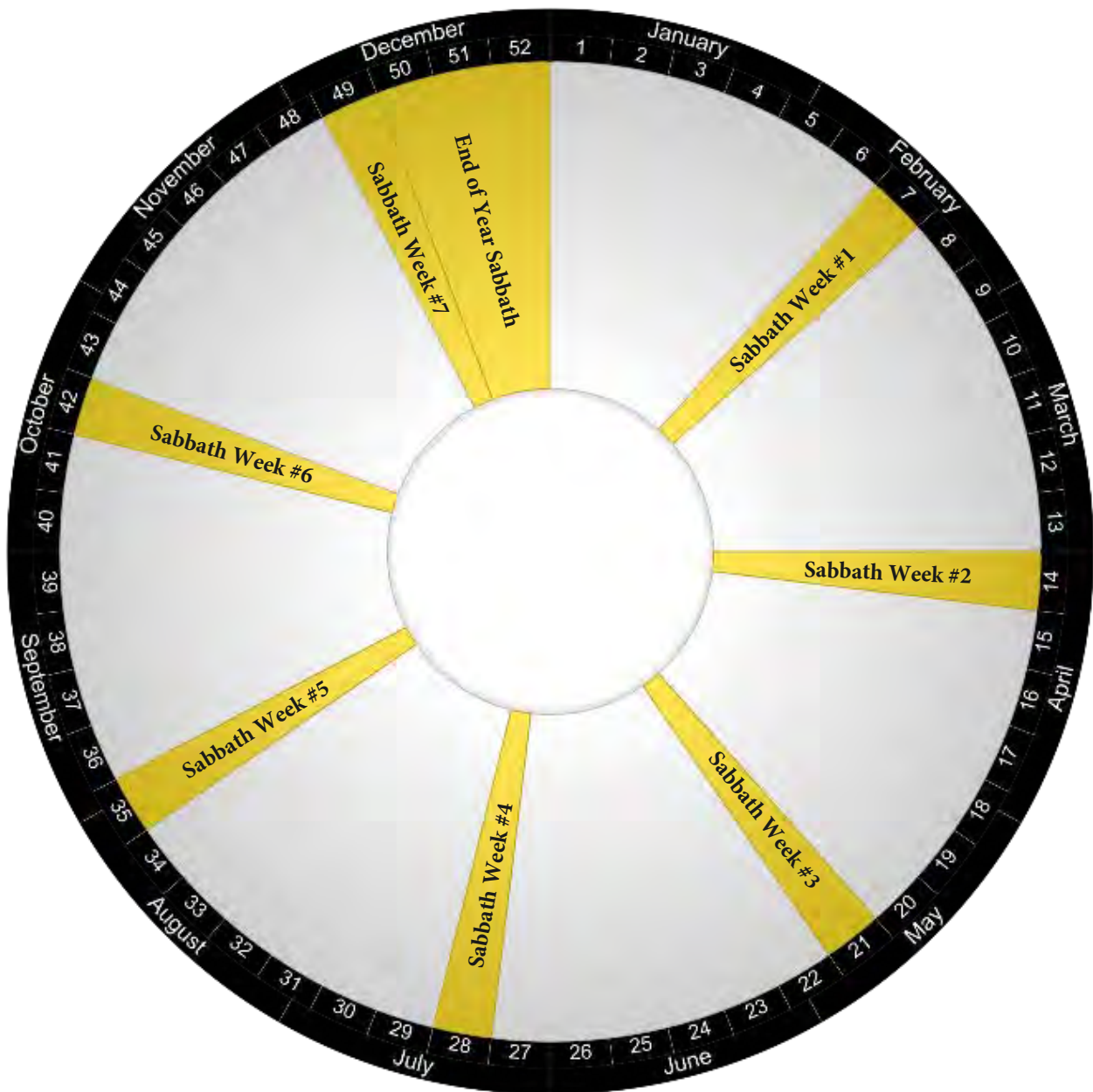
When you are finished:

- Save this document for your files and print Page 2 for a helpful guide that shows each value you choose above and its order in the cycles of the year.
- Submit your information [online](#) to complete the signup process at Common Liturgy and to receive customized notifications based on your values.
- Refer to Page 3 for a schedule of specific dates for the coming year and enter them into your calendar for easy reference.

Common Liturgy

A rhythm of intentionality to guide thought and action across the year.

Use this annual calendar as a creative way to cultivate and engage with your deepest values and to develop a Sabbath practice of rest, reflection, and blessing.



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Below, you can see a list of dates for the seven cycles of the year and the 2022 Sabbath weeks. Consider adding these to your calendar, or scheduling a personal day at the beginning or end of a cycle to lean into the full Sabbath rhythm.

<u>2022 Cycles (7 weeks each)</u>		<u>2022 Sabbath Weeks</u>
Cycle 1:	01/01 - 02/20	Feb 14th - Feb 20th
Cycle 2:	02/21 - 04/10	Apr 4th - Apr 10th
Cycle 3:	04/11- 05/29	May 23rd - May 29th
Cycle 4:	05/30 - 07/17	Jul 11th - Jul 17th
Cycle 5:	07/18 - 09/04	Aug 29th - Sept 4th
Cycle 6:	09/05 - 10/23	Oct 17th - Oct 23rd
Cycle 7:	10/24- 12/11	Dec 5th - Dec 11th