

# The Rule

We worship together

We read the Bible often

We pray every day

We reflect and are quiet

We give to God

We give to others

We work for justice, peace  
and the integrity of creation

St Anne and All Saints  
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a rule of life for  
**ADVENT**



St Anne and All Saints South Lambeth

## We worship together

Whether able to attend church or not, for each of the four Sundays in Advent, spend time in a spirit of reflection and self-examination as we anticipate the coming of Christ.

## We pray every day

We pray every day, and try to say The Lord's Prayer 12 noon:

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those  
who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever. Amen.

## We reflect and are quiet

At the end of each day take time to be still. Look back over the day and give thanks to God for the moments when you felt particularly close to him. Offer him the difficult moments. Ask for his forgiveness where necessary.

## We read the Bible often

During Advent we are reading the gospel of **Mark** together. Here's a schedule you can use as part of your daily devotions.

- |                                     |          |               |
|-------------------------------------|----------|---------------|
| <input checked="" type="checkbox"/> | Sun 29th | Mark 1:1-45   |
| <input type="checkbox"/>            | Mon 30th | Mark 2:1-17   |
| <input type="checkbox"/>            | Tue 1st  | Mark 2:18-27  |
| <input type="checkbox"/>            | Wed 2nd  | Mark 3:1-19   |
| <input type="checkbox"/>            | Thu 3rd  | Mark 3:20-35  |
| <input type="checkbox"/>            | Fri 4th  | Mark 4:1-20   |
| <input type="checkbox"/>            | Sat 5th  | Mark 4:21-41  |
| <input checked="" type="checkbox"/> | Sun 6th  | Mark 5:1-43   |
| <input type="checkbox"/>            | Mon 7th  | Mark 6:1-29   |
| <input type="checkbox"/>            | Tue 8th  | Mark 6:30-56  |
| <input type="checkbox"/>            | Wed 9th  | Mark 7:1-23   |
| <input type="checkbox"/>            | Thu 10th | Mark 7:24-37  |
| <input type="checkbox"/>            | Fri 11th | Mark 8:1-21   |
| <input type="checkbox"/>            | Sat 12th | Mark 8:22-38  |
| <input checked="" type="checkbox"/> | Sun 13th | Mark 9:1-50   |
| <input type="checkbox"/>            | Mon 14th | Mark 10:1-31  |
| <input type="checkbox"/>            | Tue 15th | Mark 10:32-52 |
| <input type="checkbox"/>            | Wed 16th | Mark 11:1-12  |
| <input type="checkbox"/>            | Thu 17th | Mark 11:13-33 |
| <input type="checkbox"/>            | Fri 18th | Mark 12:1-17  |
| <input type="checkbox"/>            | Sat 19th | Mark 12:18-44 |
| <input checked="" type="checkbox"/> | Sun 20th | Mark 13:1-37  |
| <input type="checkbox"/>            | Mon 21st | Mark 14:1-31  |
| <input type="checkbox"/>            | Tue 22nd | Mark 14:32-72 |
| <input type="checkbox"/>            | Wed 23rd | Mark 15:1-47  |
| <input type="checkbox"/>            | Thu 24th | Mark 16:1-10  |

## We give to God

Throughout Advent, continue your giving to support God's work – both giving to church and to other charities. If you are not yet part of a regular giving scheme in church, please ask for more information.

## We give to others

*Jesus said, "I was hungry and you fed me."*

Vauxhall Foodbank supports families and individuals in real need. Each week drop an item of food from the following list into the box at the supermarket:

Milk (UHT or powdered) • Fruit juice (carton)  
• Pasta sauces • Tinned meat/fish • Tinned meals (meat/vegetarian) • Tinned vegetables • Tinned tomatoes • Soup (meat/vegetarian) • Baked Beans • Instant mash potato • Sponge pudding (tinned) • Rice pudding (tinned) • Tea bags/instant coffee • Cereals • Jam • Biscuits or snack bars • Sugar (500g)

## We work for justice, peace and the integrity of creation

Pray for governments and world leaders. Sign a petition. Write to your MP about action on climate change. Buy fairtrade gifts. Choose charity Christmas cards.