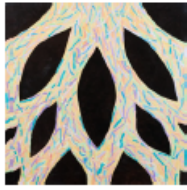


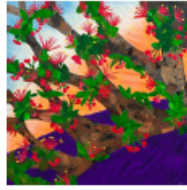




St Ambrose's Habits of the Heart unpacked.



HABIT	ST BENEDICT'S RULE	TREE IMAGE	COMMENTS
REMEMBERING Remembering links us to our past.	Stability Prayer	The Roots 	We are stable and balanced because we are nurtured by our past. Our memories anchor us as we deal with a changing world.
PERSEVERANCE Keep striving towards your goals.	Peace	Tree Trunk with Ants 	"The ability to face what is with serenity of faith and the courage of hope." Benedictine Rules "The tree rises from the dark to reach toward the light. Just as spring is born within the darkness of winter" J O'Donohue
LOVE Love means doing things for others.	Compassion	The Heart of the Tree 	"an awareness if the interdependence of all things" Benedictine Rules "I can do no great things, only small things with great love." Mother Teresa
GENEROSITY Be generous with your time and your presence.	Work Conversion	The Fruits of the Tree 	"Everyone contributes in their own way. Benedictine Rules "look at the world through the lens of faith—the lens of God" Benedictine Rules
TOLERANCE Everyone is different—let's celebrate that.	Obedience Humility	The Leaves of the Tree 	: "listen with your heart" - open yourself to the wisdom and beauty of another" Benedictine Rules "Be hospitable to difference, knowing other helps us understand self" J O'Donohue
HOPE Be a light of hope for others.	Hospitality Community	The Highest Branches that reach towards the sky/stars. 	"let everyone that comes be received as Christ" - "we are all in this together—we can make a difference" Benedictine Rules "Community is not a construction of its members but a gift that emerges between them and embraces them." J O'Donohue