



BENEDICT



ABSALOM JONES



KAMEHAMEHA & EMMA



FLORENCE NIGHTINGALE



MADELEINE L'ENGLE



MARTIN LUTHER



THOMAS GALLAUDET



WILLIAM MUHLENBERG



JOESPH SCHERESCHEWSKY

# PEOPLE OF THE PROMISE



# A Rule of Life

Choose to follow Christ in everything you do, every day. Hold Christ at the center of your life. Pray always.

Listen to all voices in making decisions. Often the youngest reveals God's Word.

Seek to find Christ in all people. Share hospitality and friendship.

All work is valuable in God's eyes. Do your best at whatever task is given to you.

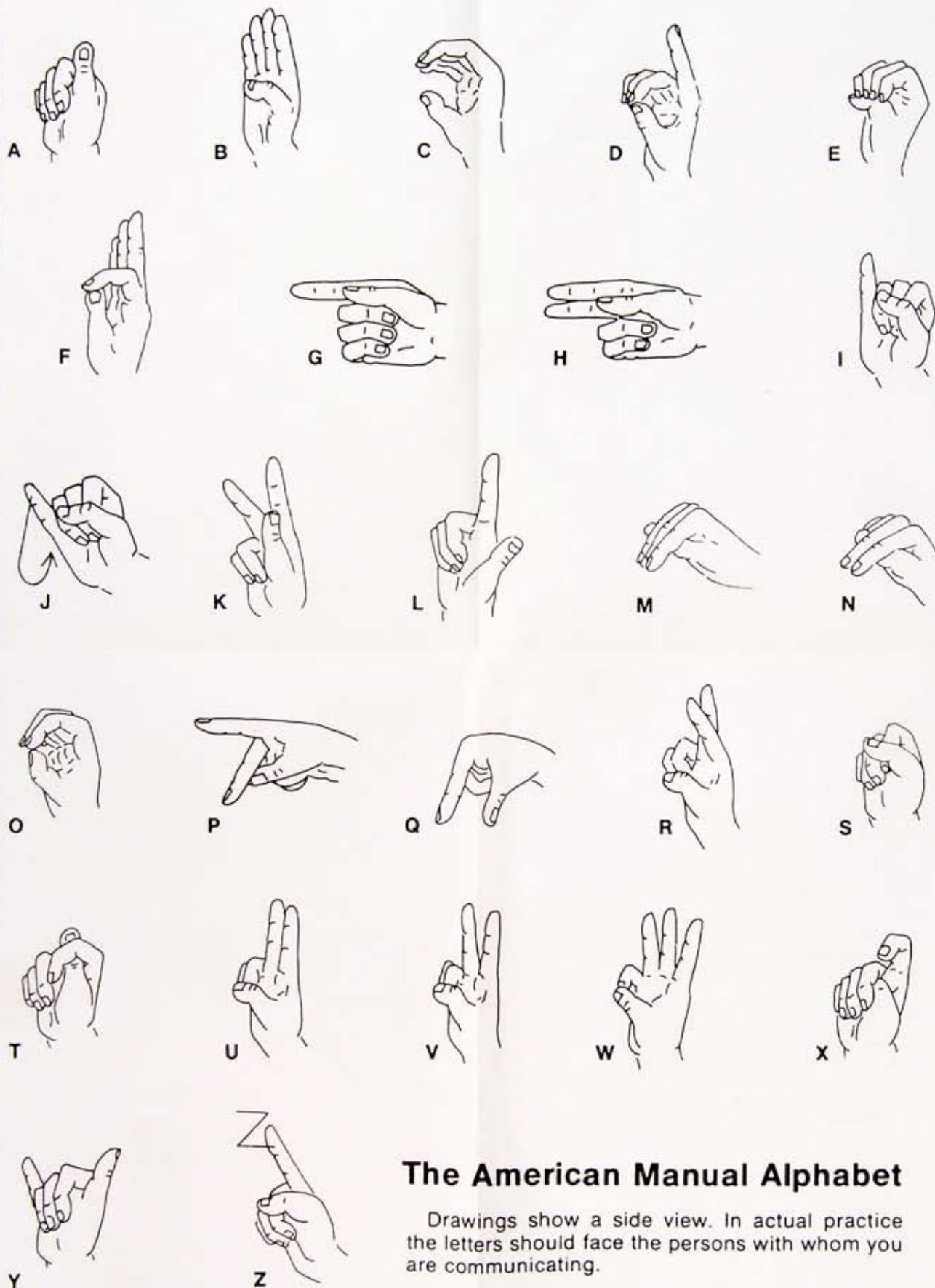
Value and enjoy material things. Avoid pride in ownership, for all things are gifts from God. Share with those in need.

Make time for silence. Noise and too many words distract us and keep our thoughts away from God.

Keep all things in balance. Do nothing to excess. Study, Work, Sleep, and Eat in moderation.

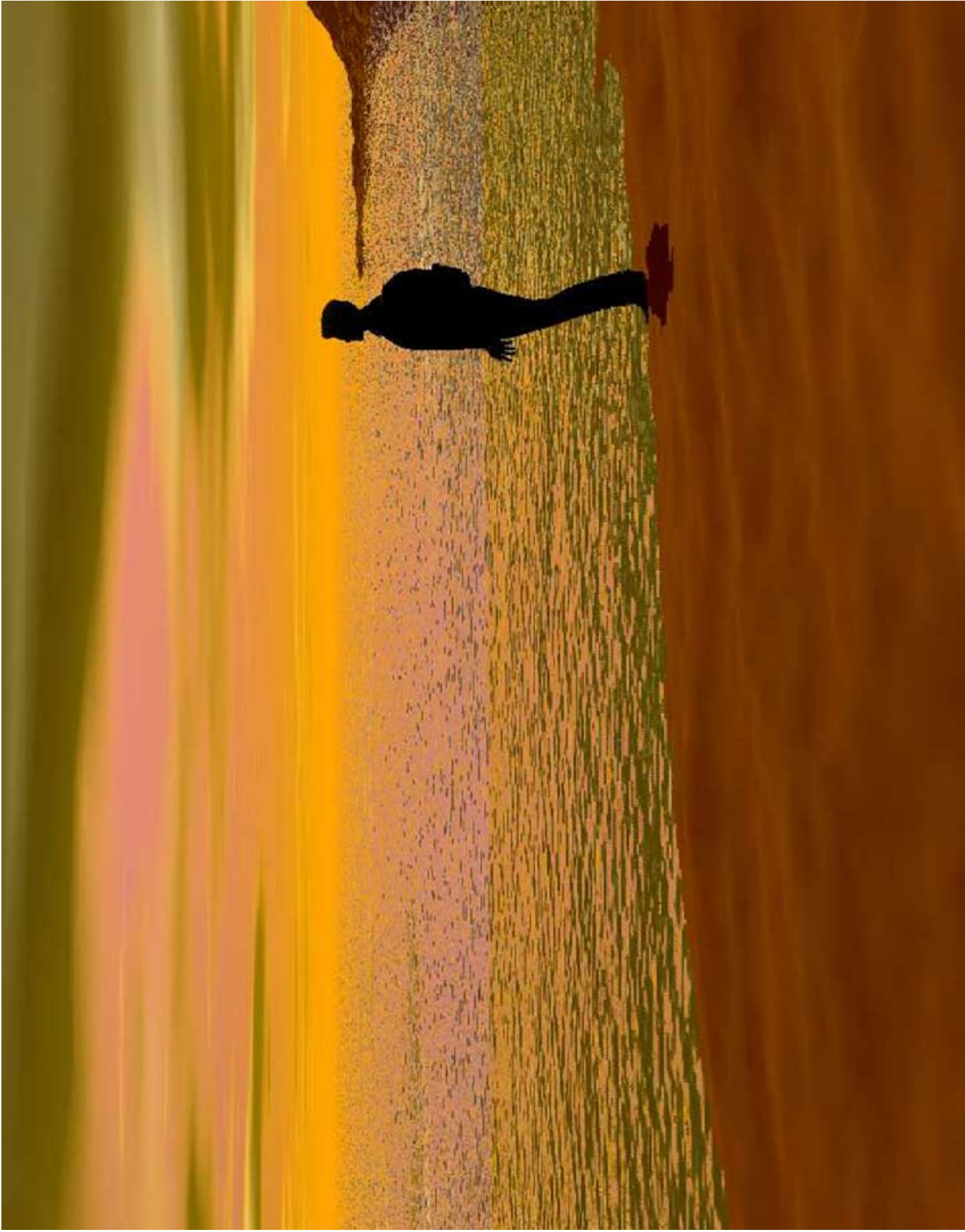
Pray that you will find the perfect love of God which casts out fear.

*Based on the Rule of St. Benedict*



## The American Manual Alphabet

Drawings show a side view. In actual practice the letters should face the persons with whom you are communicating.



耶  
蘇  
是  
主

Jesus Is Lord

Ye-su shi Zu

