



## Flourish House Rule of Life

Flourish house is an initiative of Eglinton St. George's United Church that seeks to unite young adults in a space of intentional community through shared faith and experience. At its core, an intentional community is designed to unite individuals around collective values and interests and often involves sharing resources and responsibilities.

The following document is a Rule of Life that outlines the values that Flourish House residents identified as central to their meaning of intentional community. By identifying these values, residents are called to live into a community that is active, intentional, and ever-changing.

### Relationship With Self

Through the Flourish House Community, we commit to:

- Pursuing a deeper relationship with ourselves, our emotions and how we interact with the world
- Being honest and vocal about communicating emotional, physical, and relational needs
- Commit to individual discernment time in order to identify these needs and participate fully in the Flourish House community
- Prioritize personal growth and healthy personal development through intentional practices
- Maintain a personal space in a way that is respectful to the building and other house residents
- Set personal goals to hold the individual accountable to the Rule of Life

### Relationship With Each Other

Through the Flourish House Community, we commit to:

- Regular and intentional community time, both scheduled and unscheduled, for the purposes of building relationships with each other
- Regular Sabbath time that is separate from community time, for the purposes of debrief, check-in, and prayer
- Actively learn to and seek to create a space that encourages vulnerability, sharing, and mutual support



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- Maintain common spaces in a way that is respectful to the building and other house residents
- Set communal goals to hold the community accountable to the Rule of Life

### Relationship With Wider Community

Through the Flourish House Community, we commit to:

- Actively contribute to the life and work of the Eglinton St. George's community
- Regularly facilitate community building events that cater to a wide range of participants, oblates etc.
- Explore models of outreach and activism that are joy-filled and life-giving
- Discern and participate in specific mission or outreach projects that support the wider Toronto community
- Work towards maintaining a space that is accessible to and inclusive of all people

### Relationship With God

Through the Flourish House Community, we commit to:

- Individual and communal spiritual growth
- Create a safe space in which to discuss God, faith, and spirituality
- Live in accordance with the United Church's stated values in regards to peace, justice, and inclusion
- Exploring and developing a new monastic community that reflects the theology, history, and tradition of the United Church of Canada
- Espouse a belief system that acknowledges the validity and sacredness of all faith traditions



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### Relationship With Creation

Through the Flourish House Community, we commit to:

- Preparing regular community meals that are sourced from sustainable ingredients
- Fully using the public transit options that the City of Toronto has to offer
- Maintain a plot in the ESG Community Garden
- Complying with the City of Toronto's waste management policies while actively attempting to reduce waste output
- Create a culture that prioritizes the well-being of our planet