



# It's time to...

## Get Ready

Over the next five weeks, we look forward to delving together into the theme of Time, meditating on how we can make time to Stop, Pray, Work, Play & Love.

The first few days of this series serve as a time of introduction and preparation. In the four short videos, Brs. Geoffrey Tristram, David Vryhof, Curtis Almquist, and John Braught introduce some of the key concepts the Brothers will be discussing in the coming weeks. Below you'll find the reflection questions for each introductory video.

We hope that you will use these opening days to view the four introduction videos, answer these initial questions, and read through the supplemental resources online at [www.SSJE.org/time](http://www.SSJE.org/time). This is a time to think deeply about your own relationship to time. What is working well in how you use time, and what could work better?

We also invite you to note some of your hopes for this series. Make a plan for viewing and sharing the coming weeks with others.

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### Ash Wednesday: Time

What is your relationship to time?

### Friday: Sabbath

What will you call Sabbath?

### Thursday: Priorities

How do you set priorities in your life?

### Saturday: Purpose

What daily practice sparks joy in you?

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[www.SSJE.org/time](http://www.SSJE.org/time)