

SWK649: Prof. Sem. I: Compassion Spirituality & Self-Care

Instructor

Kwi-Ryung Yun

Shellyann Rowe

Crafting My Rule of Life

	SPIRITUALLY (TIME)	RELATIONALLY (TRUST)	PHYSICALLY (TEMPLE)	FINANCIALLY (TREASURE)	MISSIONALLY (TALENT)
DAILY / REGULARY	8:30am-9:00am Prayers and reading the bible. 9:30am-12:30pm prayer group conference line.	Enjoys family alone time at home (watching movies, cooking, and cleaning).	7:00am- 7:30am Do light exercise at home by watching YouTube videos.	(Open hours) work from home five days a week to provide for family.	I call seniors regular from my work and check on them. I pray with them five days a week from 9:30 am- 12:30 pm on a prayer confer ence line.
WEEKLY	10:00am-2:30pm Church service with my family. 7:00pm-8:00pm Wednesday bible class & Friday youth	Motivating and encouraging friends. Learning how to do highway driving.	5:00pm-7:00pm Walk with my family to the nearby stores to do food shopping.	To save \$50 from my paycheck. Buzzing up my savings account.	I always travel with a snack in my bag so that on the train, bus or path, I can offer food to the homeless.
MONTHLY	Sunday, after church leaders meeting. Woman's meeting.	Engrave in a woman empowerment group where we share personal and private information.	Change my eating habits. Learn different natural remedies to use to defeat my diabetes	College attendance to gain a decent education and get a better career.	I enter my church and we set up a table with pamphlets of God's words in fr ont of the church pray for people, and give them light snacks.
QUARTERLY / SEASONALL- Y	Go on trips to women conference. Fasting and prayer service at the church.	Team meeting at work to build a strong team to ensure positive outcome in client happiness	Join the church workout group challenge on biggest losers.	I get new ideas for bake sales to raise money for my church.	We call it a rally, our sing- along fundraiser contest. Different churches come an d make a choice of songs, s olo & choir selections.
ANNUALLY	Enjoy different events in church like banquet, prayer breakfast, woman conference, and women empowerment	Go on a boat trip with the family to visit different Caribbean Island, even though I hate the water.	Keep positive healthy relationship with friends and friendly.	I Do not waste needless money on my family. I Track my spending on clothing, food, travel, etc.	The church holds a banquet event every year, I minister in songs with the team of praise and worship and sing solo song by myself.

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