

# **Living Out the Calls to the Church**

Adapted from

A Methodist Way of Life

<https://www.methodist.org.uk/faith/a-methodist-way-of-life/visit-every-station/>

Dear Friends,

The beginning of Lent is upon us again and with it our call to pay special attention to how we are living out our faith each day. The Christian Life is made up of many parts, from daily prayer and communal worship to acts of justice and service. Within the broader Christian life, we are all given particular calls from God, particular ways of living out our faith. In 2021 the General Council of the United Church expressed our call as a denomination with the words “Deep Spirituality, Bold Discipleship, Daring Justice.”

For our Lenten practice this year we will be exploring this call to the church. We’ll be spending two weeks on each call and in the pages that follow you will find a series of ways you can live them out. During the first week of each call you’re invited to choose a practice that you are already comfortable with and practice it. For the second week you are invited to pick something that is new to you or that makes you a little uncomfortable and practice that.

We’ll spend time during worship each week sharing our experiences with each other in small groups but you are also welcome to reflect on your experiences in other ways, such as journalling or talking with a close friend.

I trust that God will bless our efforts as we seek to grow in faith.

Yours in Christ

Rev. Cordelia

## Deep Spirituality

### Daily Prayer

- Use the order for morning or evening worship found at the back of Voices United.
- Add a prayer app, such as Pray As You Go, or Lectio 365 to your phone and use that.
- After listening to the news or reading a newspaper take a minute or two to pray for the people and situations you read about.
- Take a prayer walk around your neighbourhood, praying for the people and issues in your area.

### Learn

- Every day, post a different Bible story or passage on social media. Don't add your thoughts; instead ask other people for their reflections
- Explore the faith statements of the United Church of Canada which can be found at
- Ask a friend to recommend a good Christian book, podcast, or video.
- Spend time reading the Bible. If you've never read it before, the Book of Acts is a good place to start.
- Attend Bible discussion at the church or via Zoom on Wednesdays at 1:00 pm.

### Notice

- Spend time in nature. Where do you see God's presence in the created world?
- Listen to your favourite music. Where do you hear God in the lyrics or tune?
- Spend some time in the evening reviewing your day. Where did you feel God's presence most strongly?
- Ask other people where they have noticed God and learn from each other's perspective.

### Communal Worship

- Consider ways that our church could be more inclusive of those who don't attend currently. What barriers might people be experiencing?
- Explore the ways different churches worship. How do different styles of worship open us to God in different ways?
- Think about worship services you've attended. What speaks to you the most? Why?
- Talk to a friend about the weekly worship services. What parts do you each find most meaningful? Learn from each other's experiences past and present.

## **Bold Discipleship**

### Care for Creation

- Find out about your carbon footprint. Once you know see if there ways you can reduce it. You can use the United Nations calculator found at [https://www.un.org/sustainabledevelopment/carbon-calculator/](#)
- Learn more about climate change and the effects it has on the planet.
- Grow something. A little plant on your windowsill for example.
- Sign up for the United Church's e-mail network Concerned for Climate Justice at [https://www.uchurch.org/concerned-for-climate-justice/](#)
- Talk to someone you know about climate change and brainstorm ideas for action together. Then choose an action to do.

### Sharing Faith

- Share your faith more intentionally on social media, by posting Scripture or hymns and saying why they matter to you, or posting about a spiritual experience.
- Talk with other Christians about your faith – it's a good way to get started.
- Do you find it easier to talk about faith with friends or strangers? Think about why this is.
- Ask people their stories. This might just be: "What's happened to you this week that's given you hope?"
- Be open with your friends and family about what the good news means in your life. You could talk about a specific church project so they understand more about how you spend your time.

### Serve

- Pay attention each day for ways to help the people you encounter.
- Accept help or generosity, even if you don't need it; it might have a big impact on the other person.
- Strike up conversation with a stranger.
- Invite someone that you don't know very well for a meal. If they ask to host instead, say yes!

### Care for Ourselves and Others

- Practise listening to someone else for 10 mins without offering advice, telling your own story or trying to make them feel better.
- Look for people who are being left out of social gatherings and start a conversation.
- Write down five things you would say to a friend about how they could care for themselves. Are you doing these things yourself?
- Tell a friend what you love about them.
- If you are tired, take a break. Make a hot drink or take a nap.

## Daring Justice

### Poverty and Economic Justice

- Learn more about the Guaranteed Livable Income program and do one thing to become involved. <https://united-church.ca/social-action/act-now/create-guaranteed-livable-income-program>
- Learn more about homelessness and the challenges involved in finding affordable housing. You can find more information here: <https://www.durham.ca/en/living-here/emergency-shelters.aspx#Research-Reports-Policy-Publications>
- Learn more about food insecurity. Information and actions can be found at <https://united-church.ca/social-action/justice-initiatives/food-security>

### Disability Justice

- Read a book by a disabled author. What did you learn about living with disability that you didn't know before?
- Consider the different types of disabilities that people deal with. What are the different barriers that people might face?
- Do an accessibility inventory. Choose a place that you go regularly and take the time to identify barriers. What can you do to make it more accessible?
- Explore what the United Church is doing and other actions you can take at <https://united-church.ca/community-and-faith/being-community/disability-accessibility-and-inclusion>

### Anti-Racism

- Read a book about racism in Canada. Possibilities include “21 Things You May Not Know About the Indian Act” by Bob Joseph, “21 Things You Need to Know About Indigenous Self-Government” by Bob Joseph, “The Skin We’re In: A Year of Black Resistance and Power” by Desmond Cole.
- Learn more about the United Church of Canada’s to becoming an anti-racist denomination at <https://united-church.ca/social-action/justice-initiatives/anti-racism/about-anti-racism> and <https://united-church.ca/social-action/justice-initiatives/anti-racism/about-anti-racism>

### Gender, Sexuality and Orientation

- Wear black on Thursdays to take part in Thursdays in Black, an initiative of the World Council of Churches that draws attention to gender based violence. You can learn more at <https://www.oikoumene.org/what-we-do/thursdays-in-black>
- Join the White Ribbon Campaign, a movement of men committed to ending gender based violence. [www.whiteribbon.ca](http://www.whiteribbon.ca)
- Read the apology that the United Church of Canada made to LGBTQIA+ and 2S people. You can find it at <https://generalcouncil.ca/document/2025-apology-2s-and-lgbtqia-people-and-communities>