



October Opportunities for Lifelong Discipleship

The purpose of this resource is to help you be formed in the practices of disciples through four core areas and practices: 1) spiritual disciplines; 2) community; 3) generosity; 4) public witness. This resource will point to a variety of resources and opportunities in and outside of our church to help you grow and live out our faith in the world.

Four Core Practices of Discipleship

Experience God through Spiritual Practices

- Pray
 - Learn more about the unending well of grace and love found in prayer. Join our Tuesday group study, or read along on your own, to hear from one of the great contemplative writers, Henri Nouwen, on prayer in the book: [*The Only Necessary Thing: Living a Prayerful Life*](#)

- Learn
 - Book of the month highlight
 - *Searching for Sunday* - Rachel Held Evans. Evans' quest takes readers through a liturgical year with stories about baptism, communion, confirmation, confession, marriage, vocation, and death that are funny, heartbreaking, and sharply honest. A memoir about making do and taking risks, about the messiness of community and the power of grace, *Searching for Sunday* is about overcoming cynicism to find hope and, somewhere in between, Church.

- At One With All Creation

- Often in October many churches have a blessing of the animals. This often comes from the life and inspiration of St. Francis of Assisi, whose theology connected him deeply to animals and all of creation. [Learn more about his story here and how our faith invites us to be at one with all creation.](#)
- You can also listen and sing along with his well known hymn that speaks to these deep theological beliefs - [All Creatures of Our God and King](#)

Connect with Others in Community

- Getting Back Together
 - Join together at the church on Sundays Oct 4 and 18th for communion, prayer and fellowship outside by the cross.
- Small Groups
 - Join our book study group on Tuesdays at 12:15pm. We are studying *The Only Necessary Thing: Living a Prayerful Life* by Henri Nouwen as we reflect over the deep well of God's presence that we can find through living a prayerful life.
- Shared Life
 - During this season when we cannot be together physically, we can still check in and be there for one another: call each other, send cards, drop off gifts, etc... Find ways to connect and share life with one another. We need each other, especially during this time.

Give Generously

- World Communion Sunday is one of our six special giving Sundays of the year where we take an additional offering to support importing ministries through the United Methodist connection. The offering collected this Sunday from United Methodist Churches will support educational scholarships for students of color. [Click here to learn and give.](#) You can also mail in your check to the church for this special offering.

Witness

- Voting is an act of faith. Through voting we vote for the implementation of policies that we want to be reflective of the values and ethics of the kingdom of God. It's important that we have elections and voting that is free, fair, and safe for all persons. [Join with UMC Justice in demanding Free, Fair, and Safe Elections, especially during this covid pandemic.](#)
- [Join the weekly email list with Virginia Interfaith Center.](#) Each week you will receive updates about their progress in the VA legislature and ways you can continue to be apart of their advocacy around issues of paid sick days, preventing evictions, environmental justice and much more.

