



## September 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
  - Join us on September 12 for a workshop on making your own protestant prayer beads. [Click here to learn more and register](#)
  
- Learn
  - Book of the month highlight
    - [The Sermon on the Mount](#) - Amy-Jill Levine
      - This is a great book exploring the rich and deep meaning of learning and living Jesus' sermon on the mount. I highly recommend this book for learning more about kingdom living and scripture engagement. We will also be planning to do this book for a special study during the season of Lent.
  - Join our Special Conversation Series on Wednesday September 23 at 7:00pm or Saturday September 26 at 10:00am.
    - This new series will invite us to meaningful conversations around important topics every two months. For September we will reflect over the book [Virus as a Summons to Faith](#) by Walter Brueggemann. In our time

together we will reflect over how to think theologically and live the church's witness during this time of the Covid-19 pandemic.

- Ritual
  - This is a [thoughtful article](#) by Diana Butler Bass reflecting over the loss of ritual and the pain we have from that loss during Covid-19, and some ways we can still celebrate rituals as a new school year begins.

### **Connect with Others in Community**

- Getting Back Together
  - Stay tuned for some hopeful news from our Healthy Church Team about our plans for our first step to gather together in person.
- Small Groups
  - Join our book study group on Tuesdays at 12:15pm. Starting on September 1 we will begin a new book study on: *Making Sense of the Cross* by David Lose. This book is written as a conversation between two people exploring different theories and understanding of atonement, what happened at the cross and what it means for us. After this study we will read *The Only Necessary Thing: Living a Prayerful Life* by Henri Nouwen beginning on September 22.
- 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**

- As hurricanes are devastating the US, support our denomination's response by giving to UMCOR US Disaster Response - <https://www.umcmision.org/umcor/serve/us-disaster-response>

### **Witness**

- [UMC Town Hall](#): Emerging Leaders Discuss Dismantling Racism
- Watch this [powerfully moving conversation](#) with Rep. John Lewis and Civil Rights Attorney Brian Stevenson
- Join a virtual walk to help end hunger - <https://www.crophungerwalk.org/>
- Join with Virginia Interfaith Center and tell the Virginia Special Session to [support paid sick days](#) for Virginia workers, especially during Covid-19.

