Lead With Love: Community Challenge
Commitment Card
September 2023 – May 2024

Goal:
Building loving community by showing up, investing in our relationships with God and each other, and becoming a community where we learn how to love and be loved.

What practices will you commit to over the next nine months to grow in your faith, deepen your relationships with God and each other and help build a community committed to Leading With Love? Each person is encouraged one new concrete action from each category to incorporate into their daily life.

Build Community

- Get to know more about three to five parishioners.
- Connect with each other at coffee hour, community nights or socially.
- Attend St. Thomas in the World Forums to learn how to support each other's work in the world.
- Give St. Thomas 2-3 hours of your time and gifts each month by participating in a ministry.

Nurture Our Individual and Common Spiritual Life

- Attend Worship regularly.
- Become a prayer partner.
- Participate in a community book or bible study.
- Commit to a regular spiritual practice (choose one)
    - Spend at least 5 minutes a day in the presence of the Holy though a contemplative practice: walking or sitting meditation or contemplative prayer.
    - Incorporate a Gratitude Practice
    - Use the Re-Imagining the Daily Examen App
    - Reflect on the Center for Contemplation and Action Daily Meditation (https://cac.org/daily-meditations/)

Make a Difference in the World

- Share your passion around justice or mercy by inviting others to volunteer or lobby with you.
- The Micah Newsletter provides opportunities to engage or learn more about justice issues. Choose one issue a month to engage or understand better.
- Support and encourage others to support The Housing 1000 Initiative.
- Learn about what others do at our St. Thomas in the World Forums.

I commit to incorporating the practices I selected above into my life through May 2024.

Signature: _____

This commitment card is for you. Keep it somewhere that you will see it each day.

ST. THOMAS
EPISCOPAL CHURCH

OUR WHY: To Lead With Love

We lead with love by:

- Being an inclusive, welcoming space for all.
- Seeking the holy in ourselves, each other, and the world
- Making a difference in our community

CORE VALUES

- ATTEND TO OUR SPIRITUAL LIVES
- CHOOSE LOVE
- CREATE AND SUSTAIN COMMUNITY
- WELCOME ALL
- HONOR DIVERSITY
- PROMOTE THE DIGNITY OF ALL
- CARE FOR CREATION
- ENGAGE OUR NEIGHBORHOOD
- NURTURE THE NEXT GENERATION
- CULTIVATE BEAUTY

