

St. Luke's

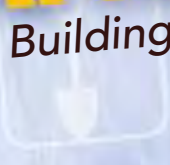
United Methodist Church

BUILDING THE KINGDOM BY BUILDING DISCIPLES

Winter/ Spring 2012

CONSTRUCTION MANUAL

Disciple Building Guide





CONSTRUCTION MANUAL

Disciple Building Guide

Welcome to the Construction Manual for Winter/Spring 2012! We hope the information in this booklet will guide you as you make your spiritual “building plans” for the coming months. The first step in using this tool is to complete the “Building Blocks of a Christian Disciple.” The survey, located in the front of this book, is designed to help you discern where you are on your spiritual journey and where you’d like to grow in your discipleship. The rest of the manual is designed to give suggestions and resources to help facilitate that growth in various ways. You’ll see that the booklet is divided in sections based on each Christian Building Block and the categories of “Questioning,” “Exploring,” “Deepening,” and “Living.” These sections are then further divided into different opportunities categorized below:

Live It!

These are opportunities focused primarily on “doing” things that will assist you in growing spiritually at St. Luke’s and beyond.

Learn It!

These are primarily growth opportunities through study, structured for both groups and individuals to increase your faith: head, heart and soul.

Lead It!

These are opportunities to lead in the areas of heads, hearts and hands ministries, and to help build disciples of Jesus Christ and the Kingdom of God in the world.

For more detailed information about worship opportunities, growth group dates and times, service opportunities and care/support groups, visit our website at st.lukes.org or call 407.876.4991 to speak to one of our staff members. You can also find the resources listed under “Additional Recommended Reading” in the St. Luke’s library in Building A.

We are all “under construction” as God partners with us in the neverending building process of our spiritual lives. May you be both blessed and challenged on the journey as we walk with Jesus and each other.

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BUILDING BLOCKS OF

A TOOL TO HELP DESIGN YOUR CONST

Building Blocks	? Questioning	↗ Exploring	🔍 Deepening	🏠 Living
Aware of and Seeks the Presence of God	<input type="checkbox"/> I know something is missing in my life and I'm not sure what it is.	<input type="checkbox"/> I recognize a "God-sized" hole in my heart and am actively looking to fill it through a deeper understanding of my faith.	<input type="checkbox"/> I have experienced "God moments" and am seeking ways to deepen the relationship.	<input type="checkbox"/> I am deeply aware of the presence of God. My depth helps me trust His presence even when it is not felt.
Understands and Answers Call of God	<input type="checkbox"/> I feel adrift, and do not know the purpose of my life.	<input type="checkbox"/> I am actively seeking God's design for my life.	<input type="checkbox"/> I am identifying and attempting to follow God's call on my life.	<input type="checkbox"/> I live my life in response to God's ever-expanding call upon it.
Cultivates a Vibrant, Personal Relationship with God by Practicing Spiritual Disciplines	<input type="checkbox"/> I feel far from a distant and unknowable God and wonder if a personal relationship with God is possible.	<input type="checkbox"/> I want to better connect with God by learning about and using different tools (spiritual disciplines) like prayer, worship, Bible study and service.	<input type="checkbox"/> I incorporate one or more spiritual disciplines into my everyday routine.	<input type="checkbox"/> My life and routine are ordered around spiritual disciplines to grow and deepen my relationship with God.
Engages in God-centered worship	<input type="checkbox"/> I attend worship, sporadically, wondering about the purpose and power of community worship.	<input type="checkbox"/> I am a regular and active participant in worship; finding meaning and growth from this community experience.	<input type="checkbox"/> I find joy in the celebration of worship and am open to experiencing a variety of worship styles.	<input type="checkbox"/> My daily life is infused with the celebration and joy of constant worship of God in community and as an individual.
Conversant and knowledgeable about the Word of God	<input type="checkbox"/> I rarely read the Bible, and find it intimidating and difficult to understand.	<input type="checkbox"/> I'm interested in learning more about the Bible and its relevance to my daily life.	<input type="checkbox"/> I seek God's guidance through regular reading of scripture and by participating in scripturally based classes.	<input type="checkbox"/> I am comfortable sharing my experiences with God's word and enjoy helping to shape the experience of others.
Dedicates Time and Resources to the St. Luke's community	<input type="checkbox"/> I give some time and resources but not on a regular basis.	<input type="checkbox"/> I give more time and resources, and on a more consistent basis.	<input type="checkbox"/> I am moving toward a title of time and resources as a priority. I am reconsidering how I spend my other time and resources.	<input type="checkbox"/> I have reconsidered my life in order to give and offer more and more time and resources to honor God and bless others.

A CHRISTIAN DISCIPLE

INSTRUCTION PLAN OF SPIRITUAL GROWTH

<p>Actively Serves in the World</p>	<p>I recognize the accomplishments of Christian disciples and wonder how I might contribute.</p>	<p>I am experimenting in different types of service, as I learn about my spiritual gifts and talents.</p>	<p>I have developed a habit of service and am looking for ways to lead and encourage others to serve.</p>	<p>I am leading others in service and resisting injustice and oppression in whatever forms they present themselves.</p>
<p>Accepts and Seeks Understanding of All God's Peoples</p>	<p>I am aware of increasing disputes within and between traditions.</p>	<p>I am interested in learning more about my own traditions and the teaching of other traditions.</p>	<p>I am able to appreciate the commonality in traditions and the uniqueness of the Christian tradition.</p>	<p>I am actively promoting dialogue and understanding as well as building relationships that foster peaceful living among all God's peoples.</p>
<p>Shares my witness of God's love and my Christian faith story by word and action</p>	<p>I am drawn to persons demonstrating or talking about their faith and wonder how to develop my own faith story.</p>	<p>I am seeking ways to understand, demonstrate and articulate my faith story.</p>	<p>I look for opportunities to share my faith by words and deeds in a loving, non-judgemental way.</p>	<p>I am comfortable engaging in spiritual conversations and actions, and encouraging others to develop their faith stories.</p>
<p>Recognizes the Reality of Change and Seasons of Life</p>	<p>I find it difficult to deal with change.</p>	<p>I seek God to find meaning in life seasons and changes in my life.</p>	<p>I find comfort that God is present and involved in the seasons of the world, and in all cycles of my life.</p>	<p>I am content living deeply into each season of life, eager to learn the lessons and find the presence of God in each experience.</p>
<p>Possesses a Deep Reservoir of Faith to call on in Times of Troubles</p>	<p>I feel lost and overwhelmed in times of trouble and wonder if there is a God.</p>	<p>I seek out others of faith to help deepen my own in trying times.</p>	<p>I find comfort from God and the community of faith during times of trouble.</p>	<p>I rely and lean on God in times of trouble and am ready to walk with others facing difficult times.</p>
<p>Lives life in Conformity to Spiritual Values</p>	<p>My spiritual life and "real" life don't seem connected.</p>	<p>I seek to find the relationship between God's word, spiritual values and everyday life.</p>	<p>I am actively evaluating and re-aligning the priorities in my life to conform with spiritual values.</p>	<p>I am committed to aligning my life with the spiritual values of Christ and walking with others on their journey of faith.</p>



Aware of and Seeks the Presence of God

Questioning

Live It! Keep coming to worship at St. Luke's. Try out a service opportunity or get connected with a growth group. Be open to messages of God's love for you and transforming power through you in the world.

Learn It! Participate in the four week study, "The Power of a Whisper. Hearing God. Having the Guts to Respond." Offered Sunday, 11:00am, Jan. 22-Feb. 12, Rm. C201 or Thursday, 6:30pm, May 10-31, Rm. B209. Go to Growth Groups on Quick Links on the website to sign up.

Read "Blue Like Jazz" by Donald Miller or "Why God Won't Go Away" by Alister McGrath.

Exploring

Live it! Try out a service opportunity. Check out the "Now Serving", the "Deploy" page or peruse the website to see what interests you.

Learn It! Participate in the eight week study, "Gospel in Life," by best selling author Tim Keller. A great overview of the Christian life and faith! Offered Sundays, 9:30 and 11:00am, April 22-June 10, Fellowship Hall. Go to Growth Groups on Quick Links on the website to sign up.

Participate in the four week study, "The Power of a Whisper. Hearing God. Having the Guts to Respond." (see "questioning" category above for dates/times) Go to Growth Groups on Quick Links on the website to sign up.

Check out a growth group that meets on Sunday morning or during the week. Go to Growth Groups on Quick Links on the website for a list of opportunities or pick up a printed copy at the Service Stations in Bldg. C.

Read "Following Jesus: Steps to a Passionate Faith" by Carolyn Slaughter.

Deepening

Live It! Keep a journal of "God moments" over the next month. Go online or visit the church library (Bldg. A) to find books about God's presence in people's lives. Share your God story with someone else and listen to theirs.

Find a service opportunity you connect with and give serving a consistent place on your calendar.

Go on the Walk to Emmaus, a transformative weekend experience that incorporates head, heart and hand knowledge in order to grow in Christian discipleship. Contact Joline at jkrolicki@st.lukes.org.

Learn It! Participate in the eight week study, “Gospel in Life,” by best selling author Tim Keller. (see “exploring” category above for dates/times)

Participate in the 18 week journey of “Companions in Christ,” a small group experience that focuses on a broader understanding and practice of the spiritual disciplines (prayer, scripture reading, worship, service) in order to grow closer to God and others. Offered Mondays at 6:30pm, Rm. C204. Go to Growth Groups on Quick Links on the website to sign up.

Participate in a growth group that meets regularly. Go to Growth Groups on Quick Links on the website for a list of opportunities or pick up a printed copy at the Service Stations in Bldg. C.



Living

Live It! Utilize your five senses to develop an awareness of God. Expect to see experiences of God daily and remember to give thanks to God when you do.

Go on the Walk to Emmaus, a transformative weekend experience that incorporates head, heart and hand knowledge in order to grow in Christian discipleship. Contact Joline at jkrolicki@st.lukes.org.

Connect with a Spiritual Director. (see pg. 28)

Learn It! Participate in “Companions in Christ” or a growth group that meets regularly. (see “deepening” category above for dates/times) Go to Growth Groups on Quick Links on the website to sign up.

Lead It! Facilitate a growth group opportunity. Contact Joline Krolicki at jkrolicki@st.lukes.org.

Commit to a leadership role in an area of service at St. Luke’s. Contact Mariam at mmengistie@st.lukes.org.

Additional Recommended Reading, Websites and other Media:

“Surprised by Meaning: Science, Faith, and How We Make Sense of Things” by Alister E. McGrath

“Listening for God: Contemporary Literature & the Life of Faith” by Carlson & Hawkins

“The Great Emergence: How Christianity is Changing and Why” by Phyllis Tickle

“The Other Jesus: Rejecting a Religion of Fear for the God of Love” by Greg Garrett

"A New Kind of Christianity: Ten Questions that are Transforming the Faith" by Brian McLaren
"The Next Christians: How a New Generation is Restoring the Faith" by Gabe Lyons
"Reaching for the Invisible God" by Philip Yancey
"Streams of Living Water: Celebrating the Great Traditions of the Christian Faith" by Richard Foster

Understands and Answers the Call of God

Questioning

Learn It! Read "Let Your Life Speak" by Parker Palmer.

Participate in the four week study, "The Power of a Whisper. Hearing God. Having the Guts to Respond." Offered Sundays at 11:00am, Jan. 22-Feb. 12, Rm. C201 or Thursdays, 6:30pm, May 10-31, Rm. B209. Go to Growth Groups on Quick Links on the website to sign up.

Exploring

Live It! Take the spiritual gifts test online at st.lukes.org and a Kingdom Builder will contact you about areas to explore service. If the first try doesn't feel quite right, try, try again!

Learn It! Read "Holy Discontent" by Bill Hybels and/or "Following Jesus: Steps to a Passionate Faith" by Carolyn Slaughter

Participate in the four week study, "The Power of a Whisper. Hearing God. Having the Guts to Respond." (see "questioning" category above for dates/times) Go to Growth Groups on Quick Links on the website to sign up.

Deepening

Live It! Review the Wesley Covenant Prayer line by line. (page 607 in the UM hymnal) How would your life change if you lived into it? Select some of the lines as your code of conduct and attitude.

Go on the Walk to Emmaus, a transformative weekend experience that incorporates head, heart and hand knowledge in order to grow in Christian discipleship. Contact Joline at jkrolicki@st.lukes.org.

Learn It! Participate in the four week study, "The Power of a Whisper. Hearing God. Having the Guts to Respond." (see "questioning" category above for dates/times) Go to Growth Groups on Quick Links on the website to sign up.

Lead it! Facilitate the four week study, "The Power of a Whisper. Hearing God. Having the Guts to Respond." Contact Joline at jkrolicki@st.lukes.org.

Living

Live It! Go on the Walk to Emmaus, a transformative weekend experience that incorporates head, heart and hand knowledge in order to grow in Christian discipleship. Contact Joline at jkrolicki@st.lukes.org.

Connect with a Spiritual Director (see page 28).

Lead it! Facilitate the four week study, "The Power of a Whisper. Hearing God. Having the Guts to Respond." Contact Joline at jkrolicki@st.lukes.org.

Additional Recommended Reading, Websites and other Media:

"After You Believe: Why Christian Character Matters" by N.T. Wright

"One. Life: Jesus Calls, We Follow" by Scot McKnight

"Chazown: Define Your Vision, Pursue Your Passion, Live Your Life on Purpose" by Craig Groeschel


"OutLive Your Life: You Were Made to Make a Difference" by Max Lucado

"The Cost of Discipleship" by Dietrich Bonhoeffer

"No Idea: Entrusting Your Journey to a God Who Knows" by Greg Garrett

Cultivates a Vibrant, Personal Relationship with God by Practicing Spiritual Disciplines

Questioning

Live It!  Try connecting with God through tangible things like the beauty of creation, the warmth of a close relationship and comfort of a familiar place. Read Genesis 2:4-7; John 14 and Romans 8:28-39.

Participate in the four week study, "The Power of a Whisper. Hearing God. Having the Guts to Respond." Offered Sundays 11:00am, Jan. 22-Feb. 12, Rm. C201 or Thursdays, 6:30pm, May 10-31, Rm. B209. Go to Growth Groups on Quick Links on the website to sign up.

Participate in our contemplative worship and prayer experience "Reflections" on Thursday evenings from 7:45-8:15 pm in the Chapel, Bldg. C.

Exploring

Learn It! Visit the United Methodist website, www.beadisciple.com and sign up for the on-line class, “Growing Spiritually Through Daily Discipline.” January 17-March 17, Cost \$50.

This seven week course uses the texts by Steve Harper, “*Lay Speakers Grow Spiritually Through Daily Discipline*” and “*Devotional Life in Wesleyan Tradition*”. Participants will be guided in discerning God’s direction for their lives, practicing daily disciplines, and reaching out in love; participants will participate in weekly class discussions based on their readings and experience an online small accountability group.

Participants will need to purchase the texts prior to the start of the workshop. Participants will be expected to be actively involved in the classroom (online) a minimum of three times per week. The accountability group assignments will be divided by gender.

Visit the United Methodist website, beadisciple.com and sign up for the online class, “Freedom of Simplicity.” January 9-March 9, Cost \$45.

Does life sometimes seem too frantic and underneath the pressure you sense an invitation to more clarity, more simplicity? Using the book “Freedom of Simplicity” by Richard Foster, we will explore together what simplicity might mean for each of us and how to cultivate inner and outer aspects of this delightful spiritual practice. Each week we will build a community online by reading sections, writing about our thoughts, and interacting with others. You will need a copy of the book “Freedom of Simplicity” (renovare.us). You should read through chapter one before the class begins and anticipate great online discussions.

Participate in the six week study, “Prayer: Does It Really Make a Difference?” by Philip Yancey. A deeper look at the majesty and mysteries of prayer. Offered Wednesdays, 6:30 pm Jan. 11-Feb. 15, Rm. SEDR, Bldg. C. Go to Growth Groups on Quick Links on the website to sign up.

Participate in our contemplative worship and prayer experience “Reflections” on Thursday evenings beginning on Jan. 12, from 7:45-8:15 pm in the Chapel, Bldg. C.

Deepening

Live It! Make a date with God. Go to one of your favorite places and just talk about “old times” when you looked back and recognized God was with you. Don’t be afraid to laugh or cry. Set a time for another get together.

Learn It! Participate in the 18 week journey of “Companions in Christ,” a small group experience that focuses on a broader understanding and practice of the spiritual disciplines (prayer, scripture reading, worship, service) in order to grow closer to God and others. Offered Mondays, beginning Jan. 9, 6:30 pm, Rm. C204. Go to Growth Groups on Quick Links on the website to sign up.

Visit the United Methodist website, beadisciple.com and sign up for the online classes,
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“Growing Spiritually Through Daily Discipline” or “Freedom of Simplicity.” (see “exploring” category above for more details)

Visit the United Methodist website, beadisciple.com and sign up for the online class, “Uncensored Prayer: The Spiritual Practice of Wrestling with God.” January 9-February 10, Cost \$69.

Are you searching for something deeper in your prayer life? This course is about the spiritual practice of discussing everything with God, risking honesty to gain intimacy through loving, trusting conversations. It’s wrestling through anger, faith, pain, hope about every aspect of our lives. No topic, language, or feeling is unholy. It will cover how to know you’re hearing from God and explores a variety of ways to pray. This course is an opportunity to discover for yourself the redemptive freedom that comes from being totally honest with yourself and the One who loves you best. As you practice stepping out of your comfort zone, you will begin to experience confidence in speaking freely with God in ways that are uniquely yours.

The instructor, Joy Wilson, is the author of *“Uncensored Prayer: The Spiritual Practice of Wrestling With God”*. Prior to starting the workshop, participants need to order this text.

Participate in our contemplative worship and prayer experience “Reflections” on Thursday evenings beginning on Jan. 12, from 7:45-8:15 pm in the Chapel, Bldg. C.

Read “Celebration of Discipline” by Richard Foster.

Living

Live It! Go on the Walk to Emmaus, a transformative weekend experience that incorporates head, heart and hand knowledge in order to grow in Christian discipleship. Contact Joline at jkrolicki@st.lukes.org.

Participate in our contemplative worship and prayer experience “Reflections” on Thursday evenings beginning on Jan. 12, from 7:45-8:15 pm in the Chapel, Bldg. C.

Connect with a Spiritual Director. (see pg. 28)

Learn It! Participate in “Companions in Christ.” (see “deepening” category above for dates/times) Go to Growth Groups on Quick Links on the website to sign up.

Visit the United Methodist website, www.beadisciple.com and sign up for the online class, “Uncensored Prayer: The Spiritual Practice of Wrestling with God.” January 9-February 10, Cost \$69. (see “deepening” category above for more details)

Read “An Altar in the World: A Geography of Faith” by Barbara Brown Taylor.

Read “Renovation of the Heart: Putting on the Character of Christ” by Dallas Willard.

Lead It! Facilitate Companions in Christ. Contact Joline at jkrolicki@st.lukes.org.

Additional Recommended Reading, Websites and other Media:

“Soul Feast: An Invitation to the Christian Spiritual Life” by Marjorie J. Thompson

“May I Have This Dance? An Invitation to Faithful Prayer Throughout the Year” by Joyce Rupp

“The Big Book of Christian Mysticism: The Essential Guide to Contemplative Spirituality” by Carl McColman

“Falling Upward: A Spirituality for the Two Halves of Life” by Richard Rohr

Devotional material by Rueben P. Job, Max Lucado, Roberta Bondi, Jan Richardson, Fredrick Buechner, Joyce Rupp, Barbara Brown Taylor

“Devotional Classics: Selected Readings for Individuals and Groups”

“A Year with Thomas Merton: Daily Mediations from His Journals”

“A Year with Dietrich Bonhoeffer: Daily Meditations from His Letters, Writings, and Sermons”

“A Year with C.S. Lewis: Daily Readings from His Classic Works”

The Ancient Practices Series:

“Finding Our Way Again: The Return of the Ancient Practices” by Brian D. McLaren

“Tithing: Test Me in This” by Douglas LeBlanc

“In Constant Prayer” by Robert Benson

“The Sacred Meal” by Nora Gallagher

“Sabbath” by Dan B. Allender Ph.D.

“The Sacred Journey” by Charles Foster

“The Liturgical Year” by Joan Chittister

Engages in God-centered worship

Questioning

Live It! Make a commitment to attend worship every Sunday for at least four weeks.

After each service reflect on the experience. Ask questions like: “What part of the service resonated most with my soul?” (the music, the prayer, the sermon, etc.) “How can I become more engaged in the service and feel less like a spectator?” “Did my participation in worship make a positive difference in the choices I made throughout the week?” “Would connecting with a group in study or service outside of worship help me to feel more connected with the power and purpose of community of worship?” Make an appointment with one of the pastors to discuss your reflections on these questions if you desire.

Participate in our contemplative worship and prayer experience “Reflections” on Thursday evenings beginning on Jan. 12, from 7:45-8:15 pm in the Chapel, Bldg. C.

Exploring

Live It! Read Psalms 104, 145, and 150. Make a list of your blessings and be thankful. Read it out loud and enjoy the worship experience.

Participate in our contemplative worship and prayer experience “Reflections” on Thursday evenings beginning on Jan. 12, from 7:45-8:15 pm in the Chapel, Bldg. C.

Lead It! Be a greeter or an usher at any of our five Sunday worship experiences. Contact Carrie at cfields@st.lukes.org.

Share your talents in our music, visual, drama, or technical arts ministries. (See staff phone directory pg. 30).

Be a part of the monthly communion set-up and service team. Contact Lisa Holbrook at lisa.holbrook@ocps.net.

Deepening

Live It! Arrive early for worship. Pray for those yet to come. Look around to see how God is presented in the worship space. Read the words of a favorite hymn in the hymnal or hum the tune of your favorite praise song in your mind. Remember that worship is something that we “do”, not just something we “go to.”

Participate in our contemplative worship and prayer experience “Reflections” on Thursday evenings beginning on Jan. 12, from 7:45-8:15 pm in the Chapel, Bldg. C.

Lead It! Be a greeter or an usher at any of our five Sunday worship experiences. Contact Carrie at cfields@st.lukes.org.

Share your talents in our music, visual, drama or technical arts ministries. (See staff phone directory pg. 30).

Be a part of the monthly communion set-up and service team. Contact Lisa Holbrook at lisa.holbrook@ocps.net.

Be a part of our contemplative worship/prayer experiences planning team for special events throughout the year, including the prayer labyrinth. Contact Ben at badams@st.lukes.org.

Explore the possibility of becoming a liturgist in traditional worship, and assist the pastors with the call to worship, prayer time, etc. Contact Pastor Jenn at jstileswilliams@st.lukes.org.

Living

Live It! Worship daily in whatever way honors God, feeds your soul and builds the Kingdom. Visit Woodlawn Cemetery in Ocoee and walk the labyrinth in front of the Christ mosaic. Take a drive, roll down the windows and make a joyful noise to God. Engage in an act of sacrificial service for another.

Participate in our contemplative worship and prayer experience “Reflections” on Thursday evenings beginning on Jan. 12, from 7:45-8:15 pm in the Chapel, Bldg. C.

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Conversant and Knowledgeable about the Word of God

Questioning

Live It! Online or in the St. Luke’s library (bldg. A) locate a children’s Bible and an adult one. Read the same story in both - notice the similarities and the differences. If you don’t have a Bible, please visit the Service Stations in building C to pick one up.

Learn It! Check out the DVD and study guide of “The Bible in Twelve Words” from the St. Luke’s library. This DVD contains a recording of Pastor Bill’s sermon series from last fall in which he taught one word per week that encapsulated a major theme of the scriptures from Genesis to Revelation as well as addressed how we can interpret and understand the Bible today. He also teaches an hour long, weekly group on Thursday evenings beginning Jan. 5 from 6:30-7:30pm in B209, called “Exegesis,” that digs deeper into the scripture from weekly worship. If you don’t have a Bible, pick one up for free at either of the Service Stations in Bldg. C!

Exploring

Live It! There are many translations of the Bible, the ones we use most often at St. Luke's are the New Revised Standard Version, New Living Translation, and The Message. Check one or all of them out online or at a Christian bookstore, they also come with study helps.

Learn It! Check out the DVD and study guide of "The Bible in Twelve Words" from the St. Luke's library. This DVD contains a recording of Pastor Bill's sermon series from last fall in which he taught on one word per week that encapsulated a major theme of the scriptures from Genesis to Revelation as well as addressed how we can interpret and understand the Bible today. He also teaches an hour long, weekly group on Thursday evenings from 6:30-7:30pm in B209, called "Exegesis," that digs deeper into the scripture from weekly worship. If you don't have a Bible, pick one up for free at either of the Service Stations in Bldg. C!

Deepening

Learn It! Visit the United Methodist website, beadisciple.com and sign up for the online class, "Biblical Storytelling I" January 16-30, Cost \$50.

Learning the sacred stories of Scripture by heart and sharing them with others is both an ancient-future art and a powerful spiritual practice. This workshop's methods, developed by the *Network of Biblical Storytellers International*, are for everyone who wishes to learn, to tell and to connect with God and other people through sacred story – yes, you can do it too! By the end of the two-week workshop you will be able to share at least one text with others by heart, and you will understand how this completely non-technological art fits into a digital-communications world. Whether you work with children in Sunday School or dream of bringing Scripture to life in worship or elsewhere, your ministry and your spirit will be enriched by this art.

This is a two-week introduction to the ancient-future art and spiritual discipline of telling the sacred stories of Scripture. Participants will learn to prepare, learn, and tell a Biblical text by heart (not "memory") using the methods of the *Network of Biblical Storytellers International*.

Living

Live It! Read your Bible regularly and talk about your studies with an accountability partner or a group.

Go on the Walk to Emmaus, a transformative weekend experience that incorporates head, heart and hand knowledge in order to grow in Christian discipleship. Contact Joline at jkrolicki@st.lukes.org.

Connect with a Spiritual Director. (see page 28)

Learn It! Visit the United Methodist website, www.beadisciple.com and sign up for the online class, "Biblical Storytelling I." (See deepening category above for more details).

Lead It! Facilitate Disciple Bible Study I, II, III, or IV in the Fall of 2012. Contact Joline at jkrolicki@st.lukes.org.

Additional Recommended Reading, Websites, other Media:

"How to Read the Bible for All Its Worth" by Gordon D. Fee and Douglas Stuart.

"The Blue Parakeet: Rethinking How You Read the Bible" by Scot McKnight.

Dedicates Time and Resources to the St. Luke's Community

Questioning

Live It! Take the spiritual gifts inventory online at st.lukes.org, and a Kingdom Builder will connect with you to discover places to serve.

Learn It! Participate in Financial Peace University. This 13-week study is designed to teach you and your family how to get out of debt, stay out of debt and become better managers of your financial resources. You'll meet with your class each week to watch the video lesson, featuring Dave Ramsey, who explains how money really works in an easy to understand style. You'll learn about saving, budgeting, investing, insurance and have some fun in the process! The kit for the class costs \$100 and is well worth the investment. Scholarships are available by emailing Joline at jkrolicki@st.lukes.org. Offered Sundays, Wednesdays or Thursdays, 6:30-8:30pm, beginning Jan. 8, 11 or 12, Rm. C208. Go to Growth Groups on Quick Links on the website to sign up.

Exploring

Live It! Sign up for electronic giving. Try serving in a ministry area that interests you. Participate in a time management workshop offered by the St. Luke's counseling center.

Learn It! Participate in Financial Peace University. See "Questioning" category above for more details.

Deepening

Live It! Move toward a tithe on your net income.

Learn It! Read "Change the World" by Mike Slaughter.

Lead it! Co-facilitate Financial Peace University. Contact Joline at jkrolicki@st.lukes.org.

Living

Live It! Move toward a tithe on your gross income.

Include St. Luke's in your estate planning.

Lead It! Facilitate Financial Peace University. Contact Joline at jkrolicki@st.lukes.org

Additional Recommended Reading, Websites and other Media:

"Time Management from the Inside Out, Second Edition: The Foolproof System for Taking Control of Your Schedule -- and Your Life" by Julie Morganstern

"The Seven Habits of Highly Effective People" by Stephen Covey

"Ordering Your Private World" by Gordon MacDonald

daveramsey.com

goodsenseministry.com

Actively Serves in the World

Questioning

Live It! Take what you love doing and consider how you might do it for God. Painting? Singing? Writing? Gardening? Organizing? Take the spiritual gifts inventory and talk to a kingdom builder. Your contribution is valuable!

Serve at an entry level community outreach like the Citrus Harvest on January 21, Coalition for the Homeless on the third Saturday every month, give blood through the blood drive, prepare a meal for Family Promise the last week of January, donate items to Goodwill on campus the second Sunday every month and in turn several of our ministries will receive shopping vouchers, serve on a local disaster team, be a prayer partner for our mission teams and missionaries. Go to Volunteer on Quick Links on the website to sign up.

Exploring

Live It! Serve as an evening or overnight host for Family Promise the last week of January, volunteer with ArtWorks, Habitat for Humanity, Shepherd's Hope, volunteer weekly in one of our partner schools through Educational IMPACT, go on a day or weekend mission team, sponsor a child in Ethiopia through our Compassion Church to Church relationship, or attend a conference or workshop on missions, justice, advocacy, or disaster training. Go to Volunteer on Quick Links on the website to sign up.

Deepening

Live It! Find a way to share your experiences with service with another individual or a group. Remember your passion is contagious!

Be a part of the Support a Family ministry, a Tuesday night small group leader or a Thursday night job counselor with the next Jobs Partnership class for un/underemployed people that starts in February, become a lifeline specialist or Faith Friend for FREE (Faith Re-Entry Enterprise), be an advocate for children with our Advocacy Ministry Team. Take on more of a coordinating or leadership role in one of the ministries in which you have experience serving. Contact Mariam Mengistie, Director of Orlando Missions, at 407-876-4991 ext. 313 or mmengistie@st.lukes.org for these "deepening" opportunities.

Consider going on a long weekend family mission experience or a week-long mission to one of our six mission partners. Contact Carolyn Souder, Director of Global Missions at 407-876-4991 ext. 239 or cgreen@st.lukes.org for information about missions beyond Central Florida.

As part of St. Luke's 4D Strategy for Take Jesus on the Road, we will have two new Ministry Teams for Family Stabilization and Community Redevelopment. If you are a strategic thinker and have a passion for working on long-term transformation, please contact Lynette Fields at 407-876-4991 ext 239 or lfields@st.lukes.org.

Learn It! Participate in the Dignity Serves Community Training offered monthly. This training is for anyone wanting to serve. The first training of 2012 is January 20-21. Contact Lynette Fields at lfields@st.lukes.org.

Living

Live It! Lead one of our mission or disaster teams, be a part of one of the core planning teams for our mission partners, or coordinate or be on the ministry teams for one of our local ministries.

Learn It! Go through Mission Team Leader training through UVMIM and St. Luke's or become an Early Response Team Leader for Disaster. Contact Carolyn Souder at cgreen@st.lukes.org.

Lead It! Shadow one of our current Lay Coordinators/Mission Team Leaders with the intent of becoming the leader of this ministry or part of a core leadership team.

Additional Recommended Reading, Websites and other Media:

“Compassion, Justice and the Christian Life: Rethinking Ministry to the Poor” by Robert Lupton

“When Helping Hurts: How to Alleviate Poverty Without Hurting the Poor.and Yourself” by Brian Fikkert, Steve Corbett and Danny Campbell

“Justice for the Poor Participant’s Guide: Love God. Serve People. Change the World” by Jim Wallis and Sojourners, book and DVD supplement can be used for self-study

“A Framework for Understanding Poverty” by Ruby Payne

“The Externally Focused Church” by Rick Rusaw and Eric Swanson

“The Hole in Our Gospel:The Answer That Changes My Life and Might Just Change the World” by Richard Stearns

“The Blue Sweater” by Jacqueline Novogratz

“The General Board of Church and Society of The United Methodist Church”

www.umc-gbcs.org

“The General Board of Global Ministries of The United Methodist Church” www.gbgm-umc.org

Accepts and Seeks Understanding of All God’s Peoples

Questioning

Live It! Get to know your neighbors who may be from a different religion or culture. Be willing to serve side by side with those who may have a different background.

Learn It! Participate in, “The Faith Club,” a five week gathering for conversation and relationship-building with our Muslim and Jewish neighbors. This will be a time of respectful sharing of our beliefs, our stories and our hopes for the future. Dates and times T.B.D. Contact Pastor Beth at bfarabee@st.lukes.org to indicate interest.

Read “The Faith Club” by Ranya Idliby, Suzanne Oliver and Priscilla Warner.

Exploring

Live It! Attend an interfaith/cross-cultural event like the Global Peace Film Festival or the “Iftar,” a breaking of the fast of Ramadan with our Muslim neighbors. Both are held in the fall.

Sponsor a child in Ethiopia through our Compassion Church to Church relationship and attend gatherings with other sponsors to learn about Ethiopian culture and traditions.

Learn It! Participate in, “The Faith Club,” a five week gathering for conversation and relationship building with our Muslim and Jewish neighbors. (See “questioning” category above for more details).

Deepening

Live It! Attend an interfaith/cross-cultural event like the Global Peace Film Festival or the “Iftar,” a breaking of the fast of Ramadan with our Muslim neighbors. Both are held every fall.

Visit your sponsored child on a mission team trip to Ethiopia.

Learn It! Participate in, “The Faith Club,” a five week gathering for conversation and relationship building with our Muslim and Jewish neighbors. (See “questioning” category above for more details).

Living

Get involved with the Belfast Mission Team which is focused on reconciliation. They travel to Belfast every two years, but also do education and awareness events throughout the year.

Lead It! Help organize interfaith events or find other bridge-building opportunities in places or between communities where there is division.

Learn It! Participate in, “The Faith Club,” a five week gathering for conversation and relationship building with our Muslim and Jewish neighbors. (See “questioning” category above for more details).

Additional Recommended Reading, Websites and other Media:

“The Faith Club” by Ranya Idliby, Suzanne Oliver and Priscilla Warner.

“World Religions: An Indispensable Introduction” by Gerald McDermott.

“Three Faiths, One God: Judaism, Christianity, Islam” - DVD

“Discover Islam Documentary Series 1-6” - DVD

thefaithclub.com

beliefnet.com

interfaithdialog.org

Shares My Witness of God's love and my Christian faith story by Word and Action

Questioning

Live It! Make friends with people you come into contact with: neighbors, co-workers, personnel. Be open to the conversation thread that leads to sharing thoughts and feelings on faith.

Learn It! Participate in the four week study, "Just Walk Across the Room: Simple Steps Pointing People to Faith." Offered Sundays, 9:30am, Jan.8-29, Rm. Special Events Dining Room, bldg. C.

Exploring

Live It! Create a "God in my life" timeline. Mark off periods and plot times when you felt God was especially close or distant. Notice any trends? Use this to craft your own succinct faith story so if the opportunity presents itself to share, you'll be ready.

Learn It! Read "Finding a Spiritual Friend: How Friends and Mentors Can Make Your Faith Grow" by Timothy Jones.

Participate in the four week study, "Just Walk Across the Room: Simple Steps Pointing People to Faith." (See "questioning" category above for more details).

Deepening

Live It! As you get to know people, look for common experiences in order to encourage and help them. Listen to become aware of opportunities to serve and speak to them. Invite them to a "Simply Invite" event at St. Luke's or to worship.

Learn It! Participate in the four week study, "Just Walk Across the Room: Simple Steps Pointing People to Faith." (See "questioning" category above for more details).

Living

Live It! Look for opportunities to practice opening doors to spiritual conversations in your relationships. Reflect on how your efforts are received and how making the effort made you feel.

Learn It! Read "A New Kind of Christian: A Tale of Two Friends on a Spiritual Journey" Part I, "The Last Word and the Word After That: A Tale of Faith, Doubt and a New Kind

Christianity” Part II, and “The Story We Find Ourselves In: Further Adventures of a New Kind of Christian” Part III by Brian McLaren.

Lead It! Facilitate the four week study, “Just Walk Across the Room: Simple Steps Pointing People to Faith.” Contact Joline at jkrolicki@st.lukes.org.

Additional Recommended Reading, Websites and other Media:

“More Ready Than You Realize” by Brian McLaren

“The Next Christians: Following Jesus in a Post-Christian Culture”

Recognizes the Reality of Change and Seasons of Life

Questioning

Live It! Go to the beach and watch the waves or study the phases of the moon. Look for the rhythmic patterns in nature. Reflect on the goodness of these natural changes and ask God to help open your heart and mind to see the good in the midst of your life changes.

Seek the help of a Stephen Minister, a trained Christian listener, to walk with you in during a difficult period of change. Contact Carol at ccrowley@st.lukes.org.

Learn It! Read “Putting Plan B into Action: When God Doesn’t Show Up the Way You Thought He Would” by Pete Wilson.

Exploring

Live It! Create a “God in My Life” timeline. Mark off any decades and plot times when you felt God was especially close or distant. Notice any trends? Make a list of the possible events in the next two years of your life. How do you think God will be a part of them?

Deepening

Live It! Read biographies of great people to see the rise and fall, peaks and valleys in their lives. Read the stories of influential people in scripture to notice the same things. Where do you see God in their lives, considering their role in history, even if God isn’t mentioned?

Learn It! Read “A Deepening Love Affair: The Gift of God in Later Life” by Jane Marie Thibault.

Living

Live It! Anticipate what God will teach you, how God will reach you in possible future events, both the best and the worst that could happen. Rely on your past experiences of God's presence in the midst of every season to as you continue to move ahead with courage. Keep a journal as a good reminder of God's work through you, with you, and in spite of you.

Learn It! Read "Renewing Your Spiritual Passion" by Gordon McDonald.

Recommended Reading, Websites and other Media:

"Falling Upward: A Spirituality for the Two Halves of Life" by Richard Rohr

"The Land Between: Finding God in Difficult Transitions" by Jeff Manion

"Half Time: Changing Your Game Plan from Success to Significance" by Bob Buford

"Stages of Faith" by James Fowler

Possess a Deep Reservoir of Faith to call on in Times of Troubles

Questioning

Live It! Seek the help of a Stephen Minister, a trained Christian listener, to walk with you in during a particularly troublesome time. Contact Carol at ccrowley@st.lukes.org.

Make an appointment with one of the pastors to share your thoughts and feelings.

Come to the Prayer Chapel in Building C each Sunday between 10:30-11:00 am where caring people from our prayer ministry are there to listen and pray with you.

Learn It! Pick up one of the "Care Notes" that addresses the difficulty you are facing found in the racks in the Narthex of the Sanctuary and on the Service Station outside the Gym.

Read "Christ Will See You Through" by Richard Cromie.

Exploring

Live It! Seek the help of a Stephen Minister, a trained Christian listener, to walk with you in during a particularly troublesome time. Contact Carol at ccrowley@st.lukes.org.

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Visit and/or join a St. Luke's or community-based support group.

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Read "Christ Will See You Through" by Richard Cromie.



Deepening

Live It! Seek the help of a Stephen Minister, a trained Christian listener, to walk with you in during a particularly troublesome time. Contact Carol at ccrowley@st.lukes.org.

Make an appointment with one of the pastors to share your thoughts and feelings.

If you are not already, become a part of a group at St. Luke's: a support group, prayer group, covenant group, growth group or service group. Be as ready as you can to be transparent and to accept as well as give care to others.

Come to the Prayer Chapel in Building C each Sunday between 10:30-11:00 am where caring people from our prayer ministry are there to listen and pray with you.

Join the Monday morning prayer team that meets in the Chapel, Bldg. C at 9:30 am to pray for the concerns and joys of the congregation. Contact Carol at ccrowley@st.lukes.org.

Learn It! Read "Fearless" by Max Lucado or "If You Want to Walk on Water You've Got to Get Out of the Boat" by John Ortberg.



Living

Live It! Seek the help of a Stephen Minister, a trained Christian listener, to walk with you in during a particularly troublesome time. Contact Carol at ccrowley@st.lukes.org.

Make an appointment with one of the pastors to share your thoughts and feelings.

Come to the Prayer Chapel in Building C each Sunday between 10:30-11:00 am where caring people from our prayer ministry are there to listen and pray with you.

Join the Monday morning prayer team that meets in the Chapel, Bldg. C at 9:30 am to pray for the concerns and joys of the congregation. Contact Carol at ccrowley@st.lukes.org.

Visit and/or join a St. Luke's or community based support group.

Lead It! Train to be a Stephen's Minister to walk with others during times of trouble. Contact Carol at ccrowley@st.lukes.org.

Share your gifts and experiences as a support group facilitator. Contact Carol at ccrowley@st.lukes.org.

Recommended Reading, Websites and other Media:

“Christian Caregiving- A Way of Life” by Kenneth C. Haugk

“Speaking the Truth in Love: How to be an Assertive Christian” by Ruth N. Koch & Kenneth C. Haugk

“In Search of Meaning” by Victor Frankel

“Tuesdays with Morrie” by Mitch Albom

“Rebuilding Your Broken World” by Gordon MacDonald

“Why?: Making Sense of God’s Will” by Adam Hamilton

“Love Beyond Reason” by John Ortberg

“Broken Open” by Elizabeth Lesser

“Strength for the Broken Places” by Jim Harnish

Lives Life in Conformity to Spiritual Values



Questioning

Live It! Make a list of “spiritual values” that you would like to incorporate more into your daily routine and relationships. Reflect on what might be holding you back and how these obstacles could be overcome.

Learn It! Read “The Me I Want to Be” by John Ortberg.



Exploring

Live It! Identify someone who you see making the connection between spiritual values and everyday life. Ask them to share with you about how they do it.

Learn It! Read “The Me I Want to Be” by John Ortberg.



Deepening

Live It! Look up the words “charity” and “justice.” What are the differences? Make a list of a few activities that fit each category and try them out.



Living

Live It! Take a stand. Find a group of people who share your passion for a particular issue. Write letters, show up, give of your time, talents and treasure to make a difference.

Recommended Reading, Websites and other Media:

“Jesus in Blue Jeans: A Practical Guide to Everyday Spirituality” by Laurie Beth Jones

“Making Life Work: Putting God’s Wisdom into Action” by Bill Hybels

“In His Steps” by Charles Sheldon

“Traveling Mercies: Some Thoughts on Faith” by Anne Lamott

“Emotionally Healthy Spirituality” by Peter Scazzero

“Invitation to a Journey: A Roadmap for Spiritual Formation” by M. Robert Mulholland Jr.

“The Deeper Journey: The Spirituality of Discovering Your True Self” by M. Robert Mulholland Jr.

thehighcalling.org

umc.org

rethinkchurch.org



What is Spiritual Direction?

Spiritual direction has many names. We call it spiritual companioning, spiritual friendship, spiritual guidance or having a personal soul trainer. Whatever name is used, it is a way of “uncovering the obvious in our lives and in realizing that everyday events are the means by which God tries to reach us,” says Alan Jones in his preface to “Holy Listening” by Margaret Guenter.

Sometimes it’s hard to notice what God is doing in our lives. We are so busy that we tend to move on to the next item of business. A companion can assist us in honoring our experience of God; taking time to reflect on what stirred in us; and taking time to talk to God about our joys, struggles, doubts, grief and simple moments of grace. A spiritual director is someone, who is trained to listen to your sacred story and helps you pay attention to your story - even when it doesn’t seem significant. The focus of spiritual direction is the directee’s experience of God and how communication happens between God and the directee.

Father William J. Connolly, S.J. writes, “Spiritual direction is understood to involve three facets: the recognition that God communicates directly to his creatures; the appreciation that this communication is brought to awareness in contemplation and personal reflection; and the acknowledgment that the objectifying dialogue with a spiritual director is significant for the person.”

Father Patrick Carroll and Sister Katherine M. Dyckman, write in “Spiritual Direction - Giving Each Other a Hand, from *Praying Magazine*, explain why people seek spiritual direction:

“Everyone who ministers in the church has had people come to ask how to pray, or how to find God’s will in their lives, or how to make a choice in a key Christian decision. Everyone who ministers in the church has wondered about the quality of his or her own prayer, or decisions, or fidelity to God. Everyone of us feels unsure,

inadequate, ambivalent about our relationship with the God whom we profess to know, to love, to follow. For these and many other reasons, spiritual direction has become a growing concern in our personal and ministerial lives.”

Spiritual direction is an ancient art that has resurfaced because of the deep longing people have for wholeness. Spiritual Directors International (sdiworld.org) globally connects spiritual directors of many faiths traditions and directors and interns of many different training programs. Locally, Audire, (www.audirespiritualdirection.org) is a spiritual direction training program. Audire has been serving the Florida area for over 20 years. It involves a three year training program and offers the services of many trained spiritual directors throughout Florida.

As these are trained professionals, you may wonder about any fees associated with these meetings. A few directors have a set fee, but most accept a donation in any amount, usually between \$25 - \$40. In some cases the director considers spiritual direction their “ministry” and does not accept donations. There are no “set rules” and we suggest that you ask about financial expectations during that initial meeting, however, most directors won’t turn someone away because of their inability to pay.

If you have questions about what spiritual direction is or want to seek a spiritual director, call one of the numbers listed below for referrals in your area. You can also visit the Spiritual Directors International website at sdiworld.org.

A couple of tips about spiritual direction may be helpful: it is good to meet with a few directors to find one with whom you are comfortable, and it takes time to build a trust level with a spiritual director, but know that what you share is held in confidence.

Ellen Kalenbert - Orlando
407-310-5462

Carol Ludwig- Winter Park
772-563-4298

Betty Shaw - San Pedro Center, Maitland
407-671-6322

**St. Luke's United Methodist Church Staff
Orlando, Florida • 407-876-4991**

Staff Vision Leadership Team

Dr. William S. Barnes, Lead Pastor	Ext. 224
The Rev. Beth Farabee Minister of Discipleship (Guide)	Ext. 229
Dr. David Stephens, Minister of Nurture (Nurture)	Ext. 233
The Rev. Jennifer Stiles Williams, Executive Pastor (Reach and Proclaim)	Ext. 297
Lynette Fields, Executive Director of Servant Ministry (Deploy)	Ext. 230
Kelly Smith, Executive Director of Support Ministries (Support)	Ext. 223

Reach (Relational Evangelism)

The Rev. Jennifer Stiles Williams, Executive Pastor	Ext. 297
Pam Hultberg, Director, School of the Arts	Ext. 260
Peggy Caverly (PT), Financial Assistant, School of the Arts	Ext. 285
Cindy Brough (PT), Administrative Assistant, School of the Arts	Ext. 242

Proclaim (Worship)

Bryan A. Fitzgerald, Director, Music Ministries	Ext. 245
Kendal Jolly (PT), Assistant Director, Music Ministries	
Jeri Miles (PT), Children's Choir	
Kenny Thompson (PT), Accompanist	
Rose Frazee, Administrative Assistant, Music Ministries	Ext. 244
Steve MacKinnon (PT), Director, Praise Teams	Ext. 272
Carrie Fields, Proclaim Production Assistant	Ext. 234

Nurture (Congregational Care)

Dr. David Stephens, Minister of Nurture	Ext. 233
Carol Crowley, Assistant Director, Nurture	Ext. 262
Joanne MacPherson, Director, Community Counseling Center	Ext. 250
Toni Deputy, Office Manager, Counseling Center	Ext. 250

Guide (Spiritual Formation Ministries)

The Rev. Beth Farabee, Minister of Discipleship	Ext. 229
Joline Krolicki, Director of Adult Discipleship	Ext. 264
Jeanne Gall, Administrative Assistant, Guide	Ext. 268
Jayne Andrews, Director, Children's Ministries	Ext. 237
Nathan Maben-Tenney, Associate Director, Children's Ministries	Ext. 308
Andrew Miller, High School Director, NexGen Student Ministries	Ext. 253
David Jans, Middle School Director, NexGen Student Ministries	Ext. 254
Jenna Hunnicutt, Administrative Assistant, Student Ministries	Ext. 258

Deploy (Missions)

Lynette Fields, Executive Director of Servant Ministry	Ext. 230
Carolyn Souder (PT), Director of Global Missions	Ext. 239
Mariam Mengistie, Director of Local Missions	Ext. 313

Support

Kelly Smith, Executive Director of Support Ministries	Ext. 223
Sue Powers, Administrative Assistant, Support Ministries	Ext. 234
Dede Duncan, Director, Events & Office Management	Ext. 296
Donna Brisbin, Director, Finance	Ext. 227
Susan Storey, Director, Marketing	Ext. 302
Ben Adams, Director, Emerging Arts	Ext. 235
Tyson Schmick, Manager, Information Systems	Ext. 288
Debbie Shellhorn, Director, Child Development Center	Ext. 269
Cindy Wunderlich, Assistant Director, Child Development Center	Ext. 241
Tony Fazzone, Lead Facilities Associate	Ext. 249
Linda Shankle (PT), Membership Secretary	Ext. 222
Vince Lepore (PT), Manager, Technical Services	Ext. 232



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