

Food for Thought

One Wednesday each month there is an opportunity to feast with body and mind! Enjoying a supper of potluck salads and desserts, and a provided main course, a minister will guide you to seek out where the worship themes of the month are found in our Bible. Come and ponder how the ancient stories relate to and guide our lives today.

Learning more about church

We encourage all to participate in a series or retreat with those preparing for a life passage (new members, exploring seekers and experienced church-goers). These experiences are led by the ministers and offer an opportunity to discuss the basics of Christian faith and church life. The purpose of the circle is to help people express their spiritual journeys, to answer questions about Christianity and the United Church, to study the basics of faith with attention to current developments, and to build fellowship with others at a similar place on the journey. (For more, please see the pamphlet, *Baptism and Membership in Robertson-Wesley.*)

United Church Women

This monthly gathering for women includes a devotional and light lunch. Programs are often led by participants and include prayers and studies on subjects close to our hearts.

Spiritual Formation Conversations

Throughout the year, people gather as a Pod in conversations about our faith lives. Topics range from news headlines to a local need to evaluations of current programs. These usually take place on Sundays after church. They allow anyone to tell of experiences, give feedback and share new ideas as well as get to know each other better. Please join in any you can so that together we can strengthen our faith: with heart, mind and body!

Robertson-Wesley United Church

10209-123 Street Edmonton AB T5N 1N3
Ph: 780-482-1587 Email: mail@rwuc.org
Website: www.rwuc.org

Follow us:



www.facebook.com/RobertsonWesley
www.twitter.com/RWUC



Spiritual Formation



Learning, Exploring and Deepening Faith

Spiritual formation and faith

Spirited. Prayerful. Deep. Playful. Inclusive. These words capture the learning experiences at Robertson-Wesley that, without exception, all are welcome to join. This pamphlet's focus is on experiences for adults of all ages. For more learning activities please see the pamphlet on *Family Ministries*.

We seek to ensure all gatherings are safe and welcoming places for people, no matter who they are or where they are on their faith journey. We believe God loves us as we are. God yearns to be in deepening relationship with us and for us to be in relationship with all of God's beloved. We seek a relationship with the Holy that expands our hearts and minds in the Ground of our Being. We enact *Holy Manners* in each setting through our behaviour, our words, and our attitudes by relating to one another with:

- Respect
- Humility
- Patience
- Open mindedness
- Courage
- Compassion
- Kindness

Book Buddies

Every few months a book (or article) is chosen to be read by an ever-expanding group of RW members and guests. Topics range from theology and ecology to history and fiction. Home baked goodies, animated discussion and fellowship lead to deepening of knowledge and an examination of our lives.

Koinonia

Meaning "fellowship" in Greek, KOINONIA is a monthly Worship and Fellowship experience. It has been instrumental for many in developing their expression of their faith. Teams of 3 to 5 lay leaders plan and lead each service, which begins with a potluck.

God on Tap

Young adults ages 18-45ish are invited to join in some spiritual discussion over pints or mugs. Occasional Monday evening gatherings are held at downtown licensed cafés. Your friends are welcome to come.

Contemplative Practices

Please come and experience evenings of inspiration and exploration based on the season's themes and events. "Contemplative practices" is a self-directed program with instructions

throughout a large room to give you some guidance on your journey. Invite your friends, family and neighbours to enter this oasis and emerge inspired, enlightened, grounded and feeling nourished.

Scripture Reflections

Each week individuals join together to reflect on the scripture passages for the upcoming Sunday. This gathering is held over lunch hour on Tuesdays (feel free to bring your lunch). At 12:10 pm, after prayer, the scripture passage is read out loud and participants are invited into silent reflection. Some journal their thoughts, and some sit and reflect on the words of the scripture. After about 10-15 minutes participants are invited into conversation about questions and reflections that emerged. You do not need to be a Biblical Scholar. God speaks to each of us through the scriptures and it is always wonderful to hear the diversity of messages that are received. Bring a journal, or simply yourself! Come each week, once a month or when you are available.

Spirited Art Movement

At RW, we strongly believe that art in its many forms helps us as individuals and a community to form our faith, speak to justice, heal our soul and build

community. Please see our pamphlet on *Spirited Arts Movement*.

Music

Our music groups combine both learning and faith formation by celebrating God in song in diversity of styles of music. Newcomers and experienced handbell ringers come together Thursdays for *Robertson-Wesley Ringers* and *Nova Bells*. Newcomers and experienced vocalists join together on Wednesdays for *Choir of Robertson-Wesley*. (For more info., please see the pamphlet, *Music at Robertson-Wesley*.)

Library

Robertson-Wesley's library is found in our fully accessible basement and has three distinct collections. Our largest is a general collection on church history, writings, prayer and Christian living. The Kids' Church area (the "Air Room") has a great children's collection. There is also an amazing collection of hymnals, music and writers reflecting on music in faith in the Ruth and Frank Henderson Hymnal Collection. All books can easily be signed out and shared. Our collections can be found at [www.librarything.com](http://www.librarything.com/profile/rwuc) /profile/rwuc

Resources online

The United Church of Canada provides many conversations and courses online through *The Edge*. You can seek out what is innovative and developing at www.edge-ucc.ca as well as their YouTube channel (edgeucc).

Learning Centers and Colleges

United Church of Canada learning centers and colleges are spread across the country. Some focus on helping people discern and train for a call to ministry, while others focus on giving you an opportunity to unplug alone or you're your family in a faith setting. You can attend a lecture, take a course, or pursue a degree to explore your faith. For more see The United Church of Canada's website (united-church.ca) and look under the community-faith links.

