Reflect on this definition through the life and ministry of Grace United Church:					
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You may collect these reflections and bring them with you on April 30<sup>th</sup>, or bring/send them to Rev. Takouhi before April 10, 2023 – to the church or by e-mail: <a href="mailto:revtakouhi@terrautopia.ca">revtakouhi@terrautopia.ca</a>

## **The Way Forward #2 – March 5, 2023**

Dear Grace United Church,

**Welcome to Week #2** - In this Season of Lent, we invite you to consider spending time reflecting on who you are, individually and communally, and help each other journey together and move forward through the Grace of God.

This Community of Faith has been wrestling to find the way to see where God is calling us to go and how we can get there. However, before we can get to the where and the how, we need to know who we are and to whom we belong. Therefore, for the next five Sundays (Feb. 26, March 5, 12, 19, 26), we invite you to take the time to read these short definitions and ask you to reflect on those words and meditate on what those words and definitions mean to you and to this Community of Faith.

We are blessed to have the Rev. Dr. Peter Bartlett from our Regional Council guiding us through these exercises. By God's Grace, we are planning to gather on **April 30, 2023**, after worship celebration and enjoy a potluck lunch together and bring our thoughts and reflections to the table and explore who we are together.

We need your participation, because without "U" there is no church – we are all members of the Body of Christ.

 The following are the topics we will reflect upon together through Lent:

## Who Are You?

- Hospitality & Discernment
- Healing & Contemplation
- Testimony & Diversity
- Justice & Worship
- **4** Reflection & Beauty



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## Healing

The Christian practice of healing relates to harmony. It is a vision of spiritual, mental, and physical wholeness. Healing is often linked with hospitality in the form of tending to needs through acts of kindness and pastoral care.

Healing practices include: visiting the sick, prayer groups, healing prayer and touch, and seeking balance.

Reflect o	n this defini	tion through t	the life and m	inistry of Grace
United Cl	hurch:			



## **Contemplation**

Christian contemplative practice invites people to listen to God, not just to pray for things. It is a call to put aside the frenzy of contemporary life.

It can be practiced individually, in small groups and as part of community worship. It can form part of meetings, Bible studies, pastoral care sessions, labyrinth walks, yoga classes and discernment groups.

Forms of prayer include centering, contemplative, meditative, healing, thanksgiving, knitting shawls, building Habitat for Humanity houses, and worship.