

THE
Episcopal
CHURCH



Traveling the Way of Love

Season One Guides

episcopalchurch.org/traveling-the-way-love

In Season 1 of *Traveling the Way of Love*,

we visit with Episcopalians and others in seven extraordinary places, finding out how we can turn, learn, pray, worship, bless, go, and rest in our own contexts and neighborhoods. As you watch Season 1, use the compiled resources in this guide with your congregation or small group to learn more about the practices for Jesus-centered life. Then, consider how you'll continue serving God and neighbor on the Way of Love.



BLESS

Jesus called his disciples to give, forgive, teach, and heal in his name, and we are empowered by the Spirit to bless everyone we meet, practicing generosity and compassion and proclaiming the Good News of God in Christ with hopeful words and selfless actions. Come along as we visit the Bishop Walker School in the Diocese of Washington. This school, founded to share blessings with the young people of Ward 8, has found itself blessed in turn by its students and community.

Traveling the Way of Love



Episode I: BLESS

Freely you have received; freely give. —Matthew 10:8

Jesus called his disciples to give, forgive, teach, and heal in his name. We are empowered by the Spirit to bless everyone we meet, practicing generosity and compassion, and proclaiming the Good News of God in Christ with hopeful words and selfless actions. We can share our stories of blessing and invite others to the Way of Love.

In this episode of Traveling the Way of Love, we visit the Bishop John T. Walker School for Boys. The school, started by the Episcopal Diocese of Washington, was founded in 2006 as a response to the “serious educational challenges facing African American boys in the low-income communities east of the Anacostia River.” Named for the Rt. Rev. John T. Walker, first African American bishop of Washington, this school takes seriously its namesake’s legacy; throughout his ministry, from St. Paul’s School in Concord, Episcopal Church in New Hampshire, to the Bishop Tucker Theological College in Mukono, Uganda, Bishop Walker vigorously believed in education as the doorway to opportunity—and that we as Christians have a responsibility to raise up people to use their God-given gifts.

To teach people—whether they be children in Washington D.C.’s Ward 8, or adults learning a second language in Tennessee, or friends and neighbors at a community meeting around your congregation—is to bless them. Jesus charges us to take those blessings we have received and put them to good use, cultivating them in ourselves and others.

As you watch this first episode of Traveling the Way of Love, how do you see all of the people in this video blessing their communities? Because of their calling, the school’s staff and faculty are blessing students with a stellar education and caring hearts. Because of the generosity of Episcopalians and others in the Diocese of Washington, these boys are blessed with a beautiful, state-of-the-art building and three nutritious meals each day – all at no cost to their families. Because of supportive families and a commitment to the school’s pillars, the students are blessing each other and the wider community—and will continue doing so. How will you and your congregation bless the world on your Way of Love?

This episode made possible by the Episcopal Diocese of Washington in partnership with the Episcopal Church Office of Communication.

After watching **Traveling the Way of Love: Bless**, consider engaging the **Way of Love** with one or more of these suggested practices.

TURN

Orient yourself toward the message of this video by reading the short reflection on the first episode of *Traveling the Way of Love* here: bit.ly/TWOLbless

LEARN

Read Matthew 10:7-8 and meditate on its meaning for five minutes. “As you go, proclaim the good news, ‘The kingdom of heaven has come near.’ Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment.”

PRAY

Say the Prayer for Schools and Colleges, inserting the name of your nearest schools: O Eternal God, bless all schools, colleges, and universities [and especially _____], that they may be lively centers for sound learning, new discovery, and the pursuit of wisdom; and grant that those who teach and those who learn may find you to be the source of all truth; through Jesus Christ our Lord. Amen.

WORSHIP

At worship this week, pay special attention to prayers, scripture passages, and other messages about blessing. How many times do we ask God’s blessing on ourselves or our work? How will you accept those blessings and give blessing to others?

BLESS

Visit the National Association of Episcopal Schools’ Asset Map page at bit.ly/NAESmap. Are there any Episcopal schools located near you? Ask your diocese or the school itself how your congregation can partner to help support staff, faculty, and students.

GO

As the Episcopal branch of the Jesus Movement, we dream and work to foster Beloved Communities where all people may experience dignity and abundant life and see themselves and others as beloved children of God. Learn about *Becoming Beloved Community*, part of our commitment to the ministry of racial reconciliation. Visit episcopalchurch.org/belovedcommunity to grow as a reconciler, justice-maker, and healer in the name of Christ.

REST

Take a walk through your community, especially noticing community institutions like schools, hospitals, churches, parks, and businesses. Walk without headphones or other distractions, simply noticing the neighborhood. Imagine how God is at work in the lives of those around you.

OTHER RESOURCES:

Listen to an audio recording of Bishop Walker preaching on the importance of children: bit.ly/walkersermon.

View The Episcopal Church’s online photo album from the Bishop Walker School and the National Cathedral at facebook.com/episcopalian.

Learn more about the *Way of Love* at episcopalchurch.org/wayoflove.

Traveling the Way of Love: Bless

Reflection Guide

Scripture

Matthew 10:5-8

⁵These twelve Jesus sent out with the following instructions: “Go nowhere among the Gentiles, and enter no town of the Samaritans, ⁶ but go rather to the lost sheep of the house of Israel. ⁷ As you go, proclaim the good news, ‘The kingdom of heaven has come near.’ ⁸ Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment.”

Questions for Reflection

1. The Bishop Walker School’s mission is “to foster a love of learning, intellectual curiosity, spiritual foundation, and moral character that each boy will need as a student, as a citizen, and as a child of God.” Can you think of a time when you were blessed by someone who modeled or taught you one of these foundation principles: love of learning, intellectual curiosity, spiritual foundation, or moral character?
2. How is this school following the teachings of Jesus? Where do you see the words and life of Jesus being lived out?
3. Guest James Woody named belonging and being known as important tenets of the Bishop Walker School, saying, “It is important for our boys to know that they are valued for who they are, for their individuality, for their unique voice. One of the hallmarks of a Bishop Walker boy is his ability to express himself.” How has belonging and being known been a blessing in your life? How can you create spaces for others to be known and welcomed?
4. One value that the school works to impart is the idea of serving others, of sharing blessings, no matter what home or community situation the students come from. The school teaches and models that regardless of situation, everyone should share what they have – no matter how much or how little – with others. What stops you from giving or receiving blessings? How is the Holy Spirit challenging you to serve and bless from a place of abundance and not scarcity?

Prayer

The Bishop Walker School Daily Prayer

Grant, O Lord,

that in all the joys of life,

we may never forget to be kind.

Help us to be unselfish in friendship,

thoughtful of those less happy than ourselves,

and eager to bear the burdens of others.

Through Jesus Christ our Lord. Amen.

REST

From the beginning of creation, God established the sacred pattern of going and returning, labor and rest. Especially today, God invites us to dedicate time for restoration and wholeness - within our bodies, minds, and souls, and within our communities and institutions. It can be difficult to rest and recharge, but the Rev. Jimmy Bartz of St. John's in Jackson, Diocese of Wyoming, walks us through ideas and practices that might make it a bit easier.

Traveling the Way of Love



Episode 2: REST

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. –John 14:27

From the beginning of creation, God has established the sacred pattern of going and returning, labor and rest. Especially today, God invites us to dedicate time for restoration and wholeness – within our bodies, minds, and souls, and within our communities and institutions. By resting, we place our trust in God, the primary actor who brings all things to their fullness.

In this episode of *Traveling the Way of Love*, we visit with the Rev. Jimmy Bartz, rector of St. John's Episcopal Church in Jackson Hole, Wyoming. This mountain town, situated in the midst of God's glorious creation in the Grand Tetons, is flush with natural beauty and opportunities for rest and recreation. In this conversation, though, we discuss how you don't need alpine valleys or freshly packed snow in order to rest.

In fact, you only need to practice settling yourself, receiving the gifts of God's grace, peace, and restoration – something perhaps more easily said than done at first. Receiving those gifts from God requires practice. That practice might take place

around a campfire or in a clearing on a mountain walk, but it could just as easily happen with a friend at a coffee shop, while relaxing with a pet, or through meditation in a local park. That isn't to say that resting is always easy! Challenge yourself to rest for a few minutes at first, adding a little extra time each day. Challenge yourself to slow down and step back when daily tasks require you to be more frantic and frenetic.

As you watch this second episode of *Traveling the Way of Love*, consider some of the things that might keep you from really resting – from being settled and present to the world around you. What if resting is more than turning on the television simply to consume? What if we confuse the quest for wholeness and peace with the act of treating ourselves to unnecessary things? What if there's more to rest – and what happens when we start seeing it as a key to peace, rather than an impediment to overcome? How will you and your congregation rest in a world that sometimes glorifies trouble and fear?



This episode was made possible by the Episcopal Diocese of Wyoming in partnership with The Episcopal Church Office of Communication.

After watching **Traveling the Way of Love: Rest**, consider engaging the **Way of Love** with one or more of these suggested practices.

TURN

Orient yourself toward the message of this video by reading the short reflection on this second episode of *Traveling the Way of Love* here: bit.ly/RestBlog

LEARN

Read Matthew 11:28-30 and meditate on its meaning for five minutes. “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Rest secure in the knowledge that you are in the hands of an unfailingly competent God.

PRAY

Say the Prayer for Quiet Confidence, based on Isaiah 30:15 and Psalm 46:10: O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength: By the might of your Spirit lift us, we pray you, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord. Amen.

WORSHIP

At worship this week, open your hymnal to #652, **Dear Lord and Father of mankind**. Pay special attention to verses 4-5:

Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace.

Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind, and fire,
O still, small voice of calm.

Listen this week for that still, small voice of calm amid life’s earthquakes, wind, and fire.

BLESS

Invite a friend on a walk or for coffee this week. Spend time catching up, listening closely to what your friend has to say. Consider the ways that you see God at work in your friend’s life. In whatever way helps you feel comfortable, tell this friend at least one of those ways.

GO

As Christians, we are charged with telling out the Gospel to the whole world. As you consider your particular gifts and the ways you will walk with brothers and sisters old and new, think too about how you will pause in the midst of that ministry, re-centering your life on God. What practices will be helpful? Commit to those practices.

REST

Episcopal Camps and Conference Centers (ECCC) is an organization dedicated to sustaining and enhancing the ministry of camps and conference centers around The Episcopal Church. Look at ECCC’s page on the Episcopal Asset Map at bit.ly/ECCCmap. Is there a camp or conference center near you where you can rest or go on retreat? Find out what opportunities are close by for restoration and reconnection with God.

OTHER RESOURCES:

Read Miriam McKenney’s excellent piece at *Grow Christians*, titled “Working on Not Working on the Sabbath”: bit.ly/RestWorking.

Listen to the Rt. Rev. Mariann Budde, Bishop of Washington, talk about rest on the most recent episode of the *Experiencing Jesus* podcast: bit.ly/RestPodcast.

Learn more about the *Way of Love* at episcopalchurch.org/wayoflove.

Traveling the Way of Love: Rest

Reflection Guide

Scripture

Matthew 11:28-30

²⁸ “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.

³⁰ For my yoke is easy, and my burden is light.”

Questions for Reflection

1. Host Chris Sikkema admits that he has always had trouble with resting, often filling his days with as much productivity and activity as he can. As was stated in the film, we are not alone in our weariness. On a scale of 1-10, how hard is it for you to practice rest?
2. The Rev. Jimmy Bartz makes the analogy that learning to rest is similar to developing a muscle. He explains that it takes time and intentional practice, saying, “You can’t drift into the ability to do deep rest-taking; you paddle your way into it.” Jimmy recommends starting by taking 60 seconds out of every hour to be intentionally still and silent. Over the course of a month, the resting “muscle” will be more developed and ready to take on a longer practice. How can you begin to paddle your way into rest?
3. Creating a sustainable rhythm of rest requires establishing some practical habits. Ideas mentioned in the episode include scheduling “do nothing” appointments in your calendar and putting a phone basket in the same place you drop your keys. Which of these – or which other – practical steps can you take over the next month to support practicing rest?
4. Jimmy mentioned the peace that comes when we “drop down into a quieter place” and become “grounded in the present,” instead of being wound up and anxious about our to-do lists. He also talked about finding a physical space that grounds you in daily life, creating a grounding that reflects the rest we receive from the Eucharist. Take a moment to reflect on how you have experienced that “dropping down into a quieter place” in your body. What does that feel like? What is your breath like? Your mind? Now think on the places that help you find this rest – perhaps a campfire, the beach, a table filled with friends. How can you connect with those places more often, even if you can’t physically be there?

Prayer

For Quiet Confidence, from the Book of Common Prayer, p. 832

O God of peace, who hast taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength: By the might of thy Spirit lift us, we pray thee, to thy presence, where we may be still and know that thou art God; through Jesus Christ our Lord. Amen.

WORSHIP

In worship, we gather with others before God, hearing the Good News of Jesus Christ, giving thanks, confessing, and offering the brokenness of the world to God. But what does it mean to worship in a non-traditional setting? How can we be responsive to neighbors who might never walk through the red doors? St. Lydia's shows us how to worship in the language of their neighbors.

Traveling the Way of Love



Episode 3: Worship

When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him. –Luke 24:30-31a

When we worship, we gather with others before God. We hear the Good News of Jesus Christ, give thanks, confess, and offer the brokenness of the world to God. As we break bread, our eyes are opened to the presence of Christ. By the power of the Holy Spirit, we are made one body – the body of Christ sent forth to live the Way of Love.

In this episode of Traveling the Way of Love, we visit with the Rev. Elsa Marty, pastor at St. Lydia's, a Lutheran congregation in Gowanus, a neighborhood in Brooklyn, New York. Long associated with industrial buildings, warehouses, and a polluted canal, Gowanus has been undergoing rapid gentrification. All around, construction has been popping up as families and young professionals move to the neighborhood. It was in this setting that St. Lydia's found itself, without a traditional church building but with a rented storefront space where neighbors – who may or may not ever walk through the red doors of a traditional church – could gather, hear God's Word, pray, sing, and celebrate the sacraments.

As a church focused around meals, there is plenty of preparation needed before worship. In fact, everyone who comes to church on a given evening is offered the chance to help prepare the space. Some set the table, some practice the service music, some greet guests, and some are even asked to chop vegetables for the soup. In fact, it feels a bit like serving on an altar guild, with a process of readying not only the physical space for communion, but also our hearts and minds and souls, coming before God's holiness even in our small ways.

As you watch this third episode of Traveling the Way of Love, consider how you prepare for worship. When you attend a service, take note of the parts that especially move you and help you feel the presence of God. Is it in the reading of Scripture? In silent or group prayer? In receiving the Eucharist? In confessing sins and receiving absolution? Think, too, about the times that you don't feel particularly moved, and consider ways you might train yourself to focus more fully on how God and how we are moving throughout our worship.



This episode was made possible by the Metropolitan New York Synod of the Evangelical Lutheran Church in America in partnership with the Episcopal Church Office of Communication.

After watching **Traveling the Way of Love: Worship**, consider engaging the **Way of Love** with one or more of these suggested practices.

TURN

Consider the many ways we as modern folks might decentralize worship in our lives. Perhaps family commitments, the stress of getting ready, not wanting to miss sporting events, or just generally not being able to fit another thing on the to-do list keeps us from faithfully worshipping weekly. Then, make a commitment – it can be small at first! – to begin prioritizing worship as often as possible.

LEARN

Read Luke 24:30-31a and meditate on its meaning for five minutes. “When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him.”

PRAY

Say the Prayer of Self-Dedication, found on pages 832-833 of the Book of Common Prayer: Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly yours, utterly dedicated to you; and then use us, we pray you, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ. Amen.

WORSHIP

At worship this week, if you normally read along from a printed bulletin, try simply listening to the lessons, the Gospel readings, and (if offered) the Eucharistic prayer. Imagine the stories that the readers and celebrant are sharing. Does this change the way you experience worship?

BLESS

The Episcopal Church and the Evangelical Lutheran Church in America have been in full communion with one another since 1999. The agreement that recognizes this full communion, Called to Common Mission, describes how our two churches understand each other and will work together to “engage more fully and more faithfully the mission of God in the world.” Using the Episcopal Asset Map, find out whether there is a Lutheran-Episcopal ministry near you. If so, learn more about it by reading the profile, pray for it, and reach out for conversation: bit.ly/eamworship.

GO

Is there a place where your congregation can meet – either in small groups or as a whole – to host small prayer sessions outside the church? Choose a regular meeting place where you can be more visible to the community as a prayerful and welcoming presence.

REST

Before worship, center yourself on the time to come. Pray quietly, meditate on the week, and open yourself for the full experience of worship.

OTHER RESOURCES

Watch How2charist and learn about what happens in one worship service at how2charist.com.

Use the Episcopal Asset Map to find a congregation near you at episcopalassetmap.org.

Learn more about the Way of Love at episcopalchurch.org/wayoflove.

Traveling the Way of Love: Worship

Reflection Guide

Scripture

Luke 24:13-16,28-35

¹³ Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, ¹⁴ and talking with each other about all these things that had happened. ¹⁵ While they were talking and discussing, Jesus himself came near and went with them, ¹⁶ but their eyes were kept from recognizing him.

²⁸ As they came near the village to which they were going, he walked ahead as if he were going on. ²⁹ But they urged him strongly, saying, “Stay with us, because it is almost evening and the day is now nearly over.” So he went in to stay with them.

³⁰ When he was at the table with them, he took bread, blessed and broke it, and gave it to them. ³¹ Then their eyes were opened, and they recognized him; and he vanished from their sight. ³² They said to each other, “Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?”

³³ That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. ³⁴ They were saying, “The Lord has risen indeed, and he has appeared to Simon!” ³⁵ Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

Questions for Reflection

1. In this episode, Chris Sikkema visits the Rev. Elsa Marty at St. Lydia’s Dinner Church in Brooklyn, New York, a church that not only serves the Eucharistic meal but also a full dinner. One reason for this approach is that, as Pastor Elsa observes, people in her area are “hungry for intimacy around a meal,” and by combining a worship service with dinner, St. Lydia’s is modeling how Jesus welcomes us at the table by welcoming others. When have you been generously welcomed around a new table? What were the tastes, smells, sounds, and feelings that you experienced?
2. Over the course of dinner, everyone is invited to participate in the preparation, service, and enjoyment of the meal. Pastor Elsa observes that it is “important to come together in our embodied-ness – we hear each other’s voices, we hold hands, we pray, we eat.” Most worship services – even those not in a dinner church – invite us to use our bodies in some form: to kneel, to hug, to sing, to pray, to eat, to smell, to hear. Which physical action do you feel draws you closest to God during worship?
3. Often, “people think they aren’t perfect enough” to come to church, but as Pastor Elsa points out, “worship is something we create together.” A key part of our worship is storytelling and listening – to the story of God (through the Scriptures) and the stories of others (through the sermon, the prayers, the songs). When someone is missing or excluded (including you!), the story is incomplete, the experience is unfinished. Look around your worship service. Who is missing? Whose story and presence would help enrich your worship? How can you invite them to the table?

Prayer

Oh God, be present to us as we gather with others before you to worship. Open our hearts and minds to hear the Good News of Jesus Christ. Help us give thanks, confess, and offer the brokenness of the world to you. As we break bread, may our eyes be opened to the presence of Christ and the power of the Holy Spirit among us, making us into one body, the body of Christ, being sent forth to live the Way of Love. Amen.

TURN

With God's help, we can turn from the powers of sin, hatred, fear, injustice, and oppression toward the way of truth, love, hope, justice, and freedom. In turning, we reorient our lives to Jesus Christ, falling in love again, again, and again. At Thistle Farms in Nashville, we see what it is to turn from a broken system to a way of healing, from a life of pain to a life of wholeness, from our own inadequacies to fulfillment.

Traveling the Way of Love



Episode 4: TURN

As Jesus was walking along, he saw Levi son of Alphaeus sitting at the tax booth, and he said to him, “Follow me.” And he got up and followed him. – Mark 2:14

Like the disciples, we are called by Jesus to follow the Way of Love. With God’s help, we can turn from the powers of sin, hatred, fear, injustice, and oppression toward the way of truth, love, hope, justice, and freedom. In “turning,” we reorient our lives to Jesus Christ, falling in love again, again, and again.

In this episode of Traveling the Way of Love, we visit with the Rev. Becca Stevens, founder of Thistle Farms. This community, raised up in Nashville, Tennessee, is dedicated to working with women who are surviving trafficking, prostitution, and addiction. Over the years, with Becca’s guidance, the strength of the survivors, and the support of the community, Thistle Farms has changed countless lives, developed justice enterprises, and built a

national and global network that helps transform the world into something closer to God’s dream for it.

Throughout these discussions, we hear about ordinary people who are committed to the extraordinary work of serving God in their communities. We hear about the daily changes – sometimes small – that we can make in our own lives to be more faithful and more loving. We also hear about the ways, individually and corporately, that we have fallen down – and moreover, the ways we can get back up and look again to follow Jesus.

As you watch this fourth episode of Traveling the Way of Love, we invite you to take time this week to practice “turning.” Pause. Listen. Choose to follow Jesus. Consider the ways that both you and your community will turn to reorient yourselves toward God, like a flower turning to face the sun.

This episode is made possible by Forward Movement, in partnership with The Episcopal Church Office of Communication.

After watching **Traveling the Way of Love: Turn**, consider engaging the **Way of Love** with one or more of these suggested practices.

Turn

In Holy Baptism, we turn and experience God's grace and a reorientation of our life in the community of faith. Visit episcopalchurch.org/celebrating-baptism and watch the story of the Gregory family as they seek out a home church and explore the values they've found in their community – a community that promises to uphold their daughter, Anna, in her life of faith.

Learn

Read Mark 2:14 and meditate on its meaning for five minutes: As Jesus was walking along, he saw Levi son of Alphaeus sitting at the tax booth, and he said to him, "Follow me." And he got up and followed him.

Pray

Pray this week for Thistle Farms – its staff, its volunteers, the survivors who have experienced grace there, the community, and those trying to find their way home.

Worship

At worship this week, if there is a celebration of the Eucharist, say this excerpt of Eucharistic Prayer C, found on page 372 of the Book of Common Prayer: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Bless

While we are not all called to create an organization like Thistle Farms, we are all called to forgive, to listen, to love, and to reorient our lives to the way of Jesus. This week, consider these questions: What is one action you can take to "turn"? Is there a conversation you need to have, a spiritual practice you need to dig into, or a behavior you need to reexamine? Make this the week that you bless yourself and your community by turning toward it.

Go

What would it look like to start a justice-oriented enterprise in your or your congregation's region? Go into your community and listen for where the voice of God is calling you. Listen for God in the stories of people in the community, and consider how you may be called to lift up that loving presence – not only with your lips, but in your life.

Rest

After you've experienced your own "turn" this week, large or small, take time to pause and reflect. In reorienting, have you gotten a better glimpse of God? If so, consider how you can build on that turn in the future. If not, try that action for another week and find out whether a different turn is needed.

OTHER RESOURCES:

Download the Small Group Reflection Guide at bit.ly/TWOLturn and use it with your community.

Listen to the Way of Love podcast episode "Turn: Learning to Live Unselfishly" at wayoflove.episcopalchurch.org

Discover the life-changing work of Thistle Farms at thistlefarms.org

Learn more about the Way of Love at episcopalchurch.org/wayoflove

Traveling the Way of Love: Turn

Reflection Guide

Scripture

Zechariah 7:8-11

⁸The word of the LORD came to Zechariah, saying: ⁹Thus says the LORD of hosts: Render true judgments, show kindness and mercy to one another; ¹⁰do not oppress the widow, the orphan, the alien, or the poor; and do not devise evil in your hearts against one another. ¹¹But they refused to listen, and turned a stubborn shoulder, and stopped their ears in order not to hear.

Questions for Reflection

1. In this episode, Chris Sikkema visits the Rev. Becca Stevens at Thistle Farms in Nashville, Tennessee. Thistle Farms is a nonprofit social enterprise dedicated to helping women survivors recover and heal from trafficking, prostitution, and addiction. The organization provides them with a safe place to live, a meaningful job, and a lifelong sisterhood of support, all based on the belief that love is the most powerful force in the world. For both those who give and receive in Thistle Farm programs, there is an aspect of “turning” involved. Each person must choose – within one’s own heart – to reorient one’s life around love, and to serve and receive from a place of forgiveness. When have you chosen to turn away from bitterness or defeat, and to turn toward love and forgiveness? What changed because of this turning?
2. “Turning” is not always easy. Becca makes the observation that no girl or woman lands on the streets or within an abusive situation all on her own – broken communities are involved, including broken families, broken churches, and broken people – which is why she believes that it takes healthy, whole, loving communities to welcome these women and help them heal. Becca says, “When the community can turn and provide the time and the space needed, it allows the women to be able to turn.” At Thistle Farms, they ask for the story of each person. Instead of asking, “What did you do?” they ask, “What happened?” When has a community that you have been a part of “turned” in order to bring about healing? What did you learn about turning from that experience? Have you ever benefited from a community helping you to turn? Share that story with someone this week.
3. As Becca states in her talk with host Chris, “Turning isn’t always starting something brand new. Sometimes, turning is simply living into something old and beautiful.” The Way of Love practices are all ancient; our faith ancestors have been practicing them for 2,000 years and more. These practices are meant to bring us closer to God and to each other. While we are not all called to create an organization like Thistle Farms, we are all called to forgive, to listen, to love, and to reorient our lives to the way of Jesus. This week, what is one action you can take to “turn”? Is there a conversation you need to have, a spiritual practice you need to dig into, or a behavior you need to reexamine?

Prayer

God of forgiveness, and mercy, help us remember that when we turn to you, we will find freedom, joy, and wholeness. Help us to choose each day to reorient ourselves toward your love, following Jesus, and accepting his gift of abundant life. May we share the practice of turning and forgiveness within the communities we have chosen, and the ones you are calling us into. Amen.

PRAY

Jesus teaches us to come before God with humble hearts, boldly offering our thanksgivings and concerns to God or simply listening for God's voice in our lives and in the world. When we pray, we invite and dwell in God's loving presence. How can we do that in the midst of life's storms—either figuratively or, in the Rev. Canon Katie Churchwell's case, literally? Join us as we visit with her about Pop-up Prayer in St. Petersburg, Florida.

Traveling the Way of Love



Episode 5: PRAY

He was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." -Luke 11:1

Jesus teaches us to come before God with humble hearts, boldly offering our thanksgivings and concerns to God or simply listening for God's voice in our lives and in the world. Whether in thought, word, or deed, individually or corporately, when we pray, we invite and dwell in God's loving presence.

In this episode of *Traveling the Way of Love*, we walk and talk with the Rev. Canon Katie Churchwell, creator of Pop-up Prayer and Canon for Community Outreach at the Cathedral Church of St. Peter in St. Petersburg, Florida. This ministry, started in the shadow of a terrible hurricane and in the midst of harrowing isolation, brings people from around the world into prayerful relationship with God and each other, all through Facebook Live. What began as a short-term ministry of presence has developed into a regular offering and community devoted to prayer.

The episode's discussion addresses the challenges of prayer – fears about praying for the wrong thing or not using the correct posture, uncertainty about how often we should bring our joys and concerns to God. We also hear about the benefits of prayer: a closer relationship with God and each other, a response to all the good things of this life, a calmer heart and mind to better see the work ahead of us – and so much more.

As you watch this fifth episode of *Traveling the Way of Love*, we invite you to take time this week to practice praying. Whether you pray in formal phrases or half-formed thoughts or allow the Spirit to intercede in sighs too deep for words, whether you pray alone or with a group, whether you pray before every meal or you haven't prayed in years, think this week about the small steps you can take to respond more regularly to God in your life.

This episode is made possible by Forward Movement, in partnership with The Episcopal Church Office of Communication.

After watching **Traveling the Way of Love: Bless**, consider engaging the **Way of Love** with one or more of these suggested practices.

TURN

The catechism in the Book of Common Prayer details seven different kinds of prayer: adoration, praise, thanksgiving, penitence, oblation, intercession, and petition. Read about them on page 857. Where do you see an opportunity to grow in your prayer life? What do you notice about the definition of penitential prayer?

LEARN

Read the Lord's Prayer (Matthew 6:9-13) in three different translations and meditate on its meaning for 10 minutes. Try the King James Version, the New International Version, and the Common English Bible, all available at biblegateway.com.

PRAY

Tune in for Pop-up Prayer! By following Canon Katie's page at facebook.com/popupprayers, you'll be notified when she goes live. Join in to see this extraordinary community at prayer.

WORSHIP

At worship this week, consider your posture while you pray. When do you kneel or stand, if you are able? What do you do with your hands? Does your congregation do anything special while saying the Lord's Prayer? What attitudes toward God and each other are communicated in those actions?

BLESS

Keep a prayer list for friends and family this week and earnestly follow it. If folks request prayer – or even if it just sounds like they could use prayers on their behalf! – write their names in a journal and commit to praying for them at the end of the day.

GO

Depending on where you live, it may be countercultural to pray in a public setting. Try saying a simple prayer, silently or aloud, while you are out to dinner. Pray for the hands that harvested and prepared your meal; pray that the meal might be strength to you as you cross boundaries, listen deeply, and try to live like Jesus.

REST

Pay special attention to how you pray this week and commit to adding one more occasion of daily prayer – short or long, perhaps before having meals or going to sleep. After a week, take time to pause and reflect. In these prayers, have you gotten a better glimpse of God? If so, consider how you can build on that prayer in the future. If not, try a different kind of prayer for the following week.

OTHER RESOURCES

Download the Small Group Reflection Guide at iam.ec/prayreflectionguide and use it with your community.

Grow your own rule of life through Living the Way of Love in Community, our nine-session small group curriculum at iam.ec/wayo_loveincommunity.

Discover the joy of Pop-up Prayer at facebook.com/popupprayers.

Learn more about the Way of Love at episcopalchurch.org/wayo_love.

Traveling the Way of Love: Pray

Reflection Guide

Scripture

Romans 8:26-27

²⁶ Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. ²⁷ And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Reflection

1. Host Chris Sikkema begins the episode by confessing that, for him, prayer is one of the harder Way of Love practices, in large part because he worries about getting it “right.” Early into the conversation between Chris and Canon Katie Churchwell, host of “Pop-up Prayer,” Canon Katie states that “you can’t plan prayer to be perfect,” sharing that whether we pray as our best selves or our worst selves, God is still there, loving us as we are. What keeps you from praying more often? What “rules” or hurdles do you encounter that discourage you from practicing?
2. One method of prayer that Canon Katie recommends is intentionality: the act of being intentional about saying small prayers of gratitude or intercession for everyone you interact with during a day, including those with whom you text or email. One way she recommends beginning this practice is by simply saying a brief two- or three-word prayer of thanks for each person to whom you send an email. What do you think of this idea? How do you think this practice would change your day, those you encounter, or your experience of God?
3. Learning to seek the presence of God throughout the day is another way to pray that host Chris and Canon Katie discuss. To practice, think back over your day – taking note of the various tasks and interactions you had. Now, imagine you are calling or texting a friend to tell about your day. Where would you say you saw God at work? Where did you see kindness, love, self-control, patience, joy, peace, or gentleness? Name those places to God just as you would a good friend. That is prayer! How does this practice feel? Did you enjoy this practice, or would you prefer something more formal? Want to go a little deeper into this style of prayer? Consider trying a practice called “praying the Examen” (www.ignatianspirituality.com/ignatian-prayer/the-examen/).

Prayer

From the *Sarum Primer*

God be in my head,
and in my understanding;
God be in my eyes,
and in my looking;
God be in my mouth,
and in my speaking;
God be in my heart,
and in my thinking;
God be at my end,
and at my departing.

GO

As Jesus went to the highways and byways, he sends us beyond our circles and comfort, to witness to the love, justice, and truth of God with our lips and with our lives. We go to listen with humility and to join God in healing a hurting world. Honoré Mill and Farm heeds that call with their farm-to-altar ministry, offering whole and healthy bread back at the table from which they were sent.

Traveling the Way of Love



Episode 6: GO

“Jesus said to them, ‘Peace be with you. As the Father has sent me, so I send you.’” – John 20:21

As Jesus went to the highways and byways, he sends us beyond our circles and comfort, to witness to the love, justice, and truth of God with our lips and with our lives. We go to listen with humility and to join God in healing a hurting world. We go to become Beloved Community, a people reconciled in love with God and one another.

In this episode of *Traveling the Way of Love*, we walk and talk with the Rev. Elizabeth DeRuff, founder of Honoré Farm and Mill, a ministry in Marin County, California, named for St. Honoratus of Amiens, patron saint of bread bakers. We joined her for the annual harvest day, coming alongside neighbors from the region to gather up and help thresh the year’s crops. Surrounded by natural beauty on all sides, we worked, prayed, sweat, and thanked God for the abundant harvest throughout the day.

In our discussion, we address not only the particular story of this ministry, but some ideas to consider whenever we feel that God is calling us to a new thing. In talking about what to consider when planting a crop, we draw out some lessons about what to consider when discerning a new ministry: Who will use this? Is it able to take root in this environment? Will it take time for it to germinate and thrive?

As you watch this sixth episode of *Traveling the Way of Love*, we invite you to take time this week to discern the ways you might practice the discipline of “going”, whether that entails walking across the street, spending time on a farm, or serving around the world. Think on how you can cross boundaries, listen deeply, and live like Jesus, trusting that wherever you can dream to go, he has already gone ahead of you, reconciling the world to himself.

This episode is made possible by Church Divinity School of the Pacific, in partnership with The Episcopal Church Office of Communication.



Church Divinity School of the Pacific



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After watching *Traveling the Way of Love: Go*, consider engaging the Way of Love with one or more of these suggested practices.

Turn

Think about the ways you impact the Earth on a daily basis. Are there concrete steps you can take to care for this world? Turn from any destructive habits and record your goals on the Creation Care Pledge at iam.ec/creationcarepledge.

Learn

Read John 20:21 and meditate on its meaning for five minutes. “Jesus said to them, ‘Peace be with you. As the Father has sent me, so I send you.’”

Pray

Say the Prayer for the Harvest of Lands and Waters, found on p. 828 of the Book of Common Prayer: “O gracious Father, who opens your hand and fills all things living with plenteousness: Bless the lands and waters, and multiply the harvests of the world; let your Spirit go forth, that it may renew the face of the earth; show your loving-kindness, that our land may give her increase; and save us from selfish use of what you give, that men and women everywhere may give you thanks; through Christ our Lord. Amen.”

Worship

Have you considered where the bread and wine for the Eucharist come from in your congregation? Learn more about sustainable options for this integral part of worship at honoremill.org.

Bless

Does your congregation participate in any Creation Care ministries? Whether operating a community garden, starting a conservation program, or using alternative energy, plenty of Episcopal churches, schools, and ministries are taking seriously the call to steward God’s creation. Visit iam.ec/eamcreationcare to discover how others are taking on this important work.

Go

Learn more about ways you can serve as a missionary in The Episcopal Church by visiting the sites for the Young Adult Service Corps (ages 21-30) at iam.ec/YASC and Episcopal Volunteers in Mission at iam.ec/EVIM. These exciting opportunities exist, as Presiding Bishop Michael Curry says, “to let the world know that there is a God who loves us, a God who will not let us go, and that that love can set us all free.”

Rest

Life is often experienced in seasons of coming and going, working and resting. As you consider new ways to go this week, think too of how you can balance the active and outgoing parts of your ministry with introspective and restful moments.

OTHER RESOURCES:

Download the Small Group Reflection Guide at iam.ec/goguide and use it with your community

Grow your own rule of life through Living the Way of Love in Community, our nine-session small group curriculum at iam.ec/wayofloveincommunity

Find recipes and more information about Honoré Farm and Mill at honoremill.org

Learn more about the Way of Love at episcopalchurch.org/wayoflove

Traveling the Way of Love: Go

Reflection Guide

Scripture

Matthew 26:26-30

²⁶ While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, “Take, eat; this is my body.” ²⁷ Then he took a cup, and after giving thanks he gave it to them, saying, “Drink from it, all of you; ²⁸ for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. ²⁹ I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.” ³⁰ When they had sung the hymn, they went out to the Mount of Olives.

Questions for Reflection

1. In this episode on the practice of “Go” – crossing boundaries, listening deeply, and living like Jesus – Chris Sikkema visits the Rev. Elizabeth DeRuff, an agricultural chaplain at Honoré Farm and Mill in Marin County, California. Honoré came into being “from the simple idea that food should sustain and nourish our bodies, minds, and planet.” They commit to “stand for the restoration of our relationships with grain, with each other, and with the earth.” This practice of restoration requires a great deal of intentional listening – to farmers, millers, visitors to the farm, and the land itself. Who or what might God be calling you to listen to? How might God be inviting you into that relationship?
2. Guest Elizabeth DeRuff points out that wheat is more than it appears – it is also made up of soil, water, sunlight, and air. In the same way that the wheat takes in all of these elements to flourish, we then also take them in altogether when we receive a piece of bread or a wafer as the Body of Christ at the altar during our Communion meal. Just as the wheat is nourished by the elements in order to produce grain, we are to be nourished by Eucharist in order to produce Christ-like love in the world. How are you spiritually fed by the presence of Jesus through your experience of Holy Communion?
3. At Honoré Farm and Mill, it is clear that everything is done with intention and as a response to the love that flows freely from Christ. Often, crossing boundaries and following the summons of curiosity sent by the Holy Spirit require a great deal of intentionality; we are called not just to begin things, but also to keep going and to keep growing, even past the first wave of excitement or interest – especially when the going is hard. Is there a “holy curiosity” summoning you to greater intentionality and growth in the practice of “Go”? If you are feeling reluctant, how could responding from a place of gratitude for the love of Jesus – instead of from dread or obligation – change your approach?

Prayer

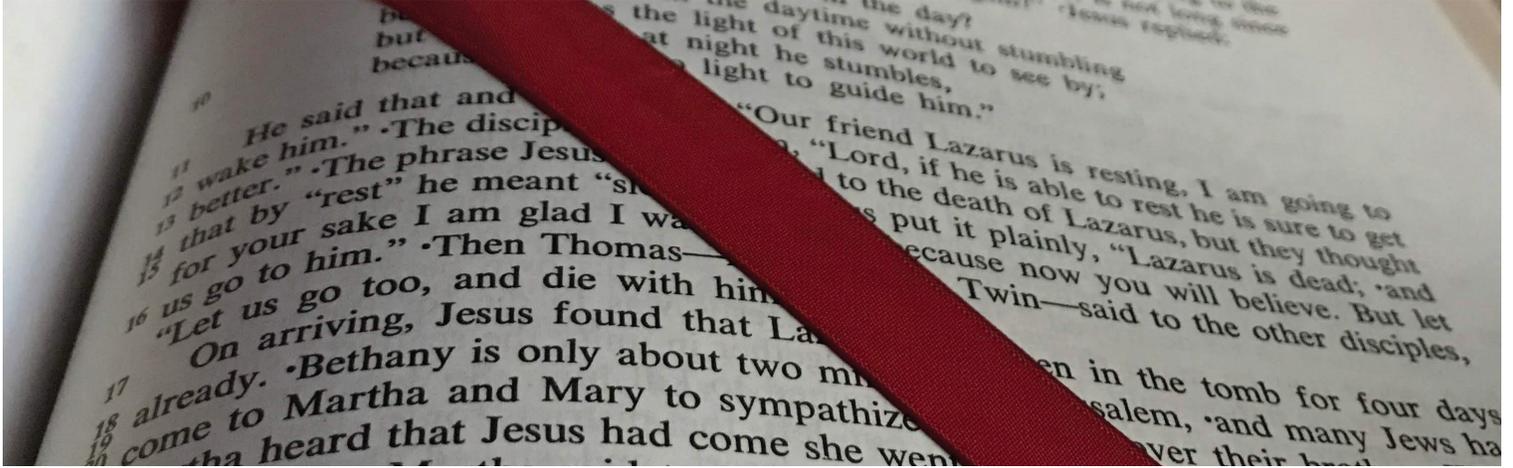
From the Book of Common Prayer, p. 258

Almighty God, Lord of heaven and earth: We humbly pray that your gracious providence may give and preserve to our use the harvests of the land and of the seas, and may prosper all who labor to gather them, that we, who are constantly receiving good things from your hand, may always give you thanks; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

LEARN

In this episode of *Traveling the Way of Love*, we talk with the Most Rev. Michael B. Curry, Presiding Bishop of The Episcopal Church. Known for his engaging style of preaching and teaching, Bishop Curry helps us to understand what exactly it means to learn on the Way of Love – and why it is so critical for us to undertake each of these practices together.

Traveling the Way of Love



Episode 7: LEARN

Those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them.”
– **John 14:23**

By reading and reflecting on Scripture, especially the life and teachings of Jesus, we draw near to God and God’s word dwells in us. When we open our minds and hearts to Scripture, we learn to see God’s story and God’s activity in everyday life.

In this episode of *Traveling the Way of Love*, we talk with the Most Rev. Michael B. Curry, Presiding Bishop of The Episcopal Church. Known for his engaging style of preaching and teaching, Bishop Curry helps us to understand what exactly it means to learn on the Way of Love – and why it is so critical for us to undertake each of these practices together.

Throughout our time together, Bishop Curry walks us through not only the “why” of learning, but also the “how”. It can be overwhelming to dive into the Bible, and we may find ourselves confused, bewildered, challenged, or upset. This is part of the Christian life: understanding that we are not to master the word, but rather allow the Word to master us. Just like when the Gospel is brought into the midst of the congregation on Sunday mornings, we need to constantly reorient ourselves around the teachings of Jesus, the Word of God.

As you watch this seventh episode of *Traveling the Way of Love*, we invite you to commit to reading Scripture at least weekly – whether through a daily resource, like *Forward Day by Day* from Forward Movement, or a longer form, like *Sermons That Work Bible Studies*. Pray to see Scripture with new eyes, learning the stories and meanings as if for the first time.

Episode 7 was made possible by Church Publishing Inc. in partnership with The Episcopal Church Office of Communication.

After watching **Traveling the Way of Love: Learn, consider engaging the Way of Love with one or more of these suggested practices.**

Turn

Consider what changes you want to make in your life starting this week. Write out a favorite verse from Scripture to remind you of that change and keep it on your person. Read that verse with intention each morning and whenever you feel the temptation to revert to old ways of thinking.

Learn

Visit sermonsthatwork.org for resources offered by The Episcopal Church, including sermons, Bible studies, bulletin inserts, and more. Our Bible studies are written by Episcopalian seminarians and students at diocesan and regional schools for formation. Read this week's study and try to respond to the provided prompts.

Pray

Pray the Collect for Proper 28, found on p. 236 of the Book of Common Prayer: "Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen."

Worship

This week at worship, try to listen intently to the lections without reading along from a bulletin. Employ your imagination, listening intently to the words being spoken and picturing what is happening in the stories. Do you enjoy this method of learning? Do you find it easy or difficult?

Bless

Read Acts 8:29-31 and research your congregation's faith formation opportunities. "The Spirit said to Philip, 'Go over to this chariot and join it.' So Philip ran up to it and heard [the Ethiopian eunuch] reading the prophet Isaiah. He asked, 'Do you understand what you are reading?' He replied, 'How can I, unless someone guides me?' And he invited Philip to get in and sit beside him."

Go

Part of **Going on the Way of Love** is listening deeply. Read the Anglican Communion's paper on **Lectio Divina** at iam.ec/lectiodivina and try the practice, listening intently for God to be revealed in the Biblical text.

Rest

Listen to **Resting in and with the Land**, an episode from **The Way of Love** with Bishop Michael Curry podcast: iam.ec/restpodcast. In the last half of this episode, the Rev. Nurya Love Parish explores some of the Biblical mandates for rest. Which of these do you find most convincing? How does the practice of rest change for you when it is presented as a commandment from God?

OTHER RESOURCES:

Download the Small Group Reflection Guide at iam.ec/learnreflection and use it with your community.

Find resources from Church Publishing to help you practice learning on your own or with your small group at churchpublishing.org

Commit to a practice of daily prayer and learning, using a resource like **Forward Day by Day** at prayer.forwardmovement.org

Learn more about the **Way of Love** at episcopalchurch.org/wayoflove

Traveling the Way of Love: Learn

Reflection Guide

Scripture

Hebrews 12:1-2

¹Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us,² looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

Questions for Reflection

1. In this episode, Chris Sikkema visits with Presiding Bishop Michael Curry to talk about “Learn” as it pertains to our engagement with Scripture. In response to Chris’s asking why we need to read Scripture, Bishop Curry points out that the patterns of information we encounter consistently are, in the end, what form and shape us. When we read and meditate on Scripture daily, particularly the teachings of Jesus, then we are better able to live our lives “not on the world’s terms, but on the Word’s terms.” What messages or information is currently shaping your heart, mind, and soul most these days?
2. For many of us, reading the Bible on our own has not been a daily or common practice. For those who would like to start, Bishop Curry suggests beginning with the book of Mark, which is only 16 chapters long, or perhaps using a Bible challenge reading schedule to begin, such as The Way of Love Bible Challenge (available from ForwardMovement.org). For some of us, it might be time to go deeper – taking on a challenge like a read-the-Bible-in-a-year plan. For others, it might be time to begin memorizing Scripture – not in order to “master the word, but so that the Word will master us.” Starting with where you are today, how can you take the next step in your journey with Scripture? Is there someone you can share this commitment with and ask for encouragement?
3. One question Bishop Curry gets often – not just from Chris – is “How can the Bible still be fresh to you after all these years?” Bishop Curry’s answer teaches us that, if we continue to read and meditate on Scripture throughout all of our life – not just during one season – then, just as our life changes and the world around us changes, so too does our understanding of Scripture. The Bible doesn’t change, Jesus doesn’t change, but instead, we change – as does our worldview according to our experience. Can you think of a time when your understanding of a movie, book, or song changed over the years based on your life experience? Is there a passage of Scripture that you have come to understand differently over the course of your life? Share those stories.

Prayer

O God, from whom all wisdom flows, guide us in reading and reflecting on Scripture, especially at this time, on the life and teachings of Jesus. Help us to draw near to you as your Word dwells within us. May we open our minds and hearts to your Word, so that we may see your story and your work present in our everyday lives. Amen.

Traveling the Way of Love: Season I

An offering of The Episcopal Church's Office of Communication and Way of Love Team. To find your nearest Episcopal Church, please visit the Episcopal Asset Map at episcopalassetmap.org.

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