

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

**Goal:**

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

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

**Build Community**

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

**Nurture Our Individual and Common Spiritual Life**

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

**Make a Difference in the World**

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

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

Signature: \_\_\_\_\_

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