

# ➔ We Are Called ➔

November 2017 ✦ Issue 5

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Bothell UMC Second Site Pastor

*A newsletter measuring the  
purpose, promise and progress  
of Bothell's Second Site Ministry*

When John and Charles Wesley formed the Holy Club at Oxford, they would meet with others in a small accountability group and ask the question, "How is it with your soul?"

Soul work is inherent in our Wesleyan tradition. The state of our spirit matters to God. The soul is where all of our relationships converge. It's also where the emotional, physical and psychological aspects of self shape our spirituality.

The purpose of the church is to help each other be attentive to our souls. We begin this work by being honest about the state of our own soul and spirit. Some of us are full of joy and peace. Some of us are wrought with concern and despair. Some of us fluctuate between both throughout the course of a single day. Whatever the state of your soul, Jesus offers a way of love, peace and reconciliation for our spirits.

On November 1<sup>st</sup> we convened our first contemplative gathering, called Pantheos, in the Phinneywood community. The purpose of this gathering is to create space where people can encounter the presence of God. Drawing from sacred texts across religious traditions, practicing intentional silence and Fr. Thomas Keating's Christian Centering Prayer, we are seeking to provide tools through which individuals can experience the presence of the Holy. It is a way we are inviting others to attend to their soul.

We held a dinner gathering where members of Bothell who are participating in the evolution of this new church start were able to break bread with a couple from the Phinneywood community. We modeled the dinner after the People's Supper, an organization that provides resources to lead conversations seeking to bridge divides and

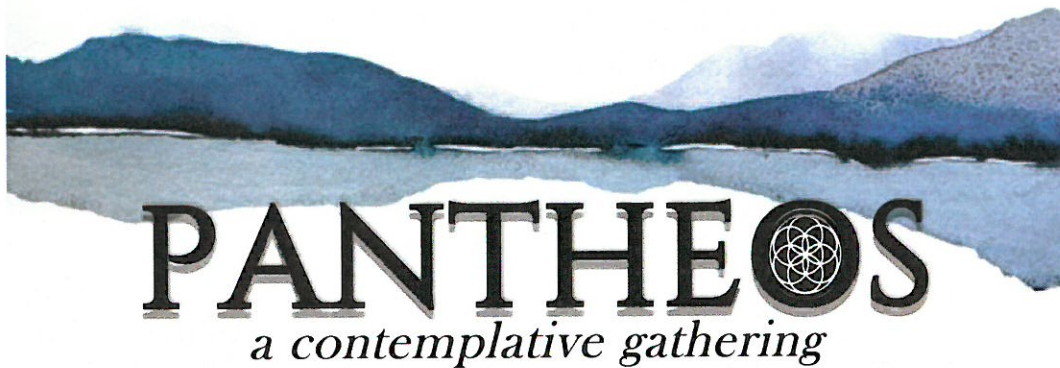
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build community. The dinner opens with reading a covenant agreement about how to engage in conversation, listening to each other with respect and love.

The dinner conversation is then prompted by specific questions. What I love about the People's Supper model is that the questions provided go beneath the surface. One of the questions was, "What do you hold sacred?" As we went around the table, each person shared what they hold sacred. The answers were all different. Each person revealed a small piece of their soul.

As I continue to build relationships in the Greenwood and Phinney Ridge neighborhoods of Northwest Seattle, I am interested in learning how we can nurture one another's spirit and attend to each one of our souls. This work is being done primarily in secular spaces. How can the church reclaim this responsibility?

You can continue to support our second site ministry through your prayers and financial gifts, as well as your presence as you are able. You can make a financial contribution online through our church website: [www.bothellumc.org](http://www.bothellumc.org)



Wednesdays @ 7:30pm

302 N. 78th, Seattle, WA 98103  
*Woodland Park United Methodist Church*

*An hour of guided meditations,  
music and sacred readings*

Visit [www.pantheoscommunity.com](http://www.pantheoscommunity.com) to learn more