

UA 101

Coffee | Cause | Communion

Our Vision

We are a space of radical hospitality connecting people to God and one another in everyday life.

Hospitality

From local milk to reclaimed wood tables, whether for worship or the Farmers Market, we welcome everyone just as they are. We are a space of authenticity, engaging God's presence in the real stuff of life.

Connection

We reach out to our community from a place of deep faith. We connect with God to go out and change the world. We are not waiting for people to find us; we want to meet as many people as we can, connect, and share love.

Generosity

We believe that to explore generosity we must practice it. It is risky, but we give 10% of our coffee bar sales to local non-profits. Every month we have a different partner. Our giving is more than in-kind goods; we provide significant financial resources to do life-giving work in the community.

Wesley Quadrilateral

Scripture

The Bible, both the Hebrew Scriptures and the New Testament, provide a foundation for our faith journey. The Bible is a book of many voices, perspectives and genres that invites us into conversations about and with God.



Tradition

If you read the Book of Discipline's "Our Theological Task" section, the tradition section is very interesting. It both honors what we might think of being the "mainstream" tradition but also lifts up "minority" traditions like various global Christianities that remind us about the importance of global social justice and global peace. It also calls us to engage both the mainstream and minority traditions critically.

Reason

Does this seem reasonable? We are invited to bring our brains to our faith and honor the learnings of science and social science.

Experience

The question, "What is my experience with this question or concern?" is relevant in the faith journey. It is also important to be in conversation with others because our experiences can be so different - especially for those whose social location (race, class, ethnicity, gender identity, sexual orientation) is different from our own. If we believe that all people can be in relationship with and experience God, it is critical to share our experiences and understandings of God with each other.



Means of Grace

Wesley named Means of Grace as the way we practice our faith and draw closer to God.

- Worship
- Prayer
- Fasting
- Communion
- Study & Reading Scripture
- Small groups
- Works of mercy and justice

Sacraments

Communion is a space of real presence. We celebrate God present in the people, in the bread, in the cup and in the world around us. It is a historic meal that connects us deeply and sends us out to be present to show love and grace in the world.

Baptism is an outward sign of God's inward presence. God is already present, and there is no need for fire insurance. We can baptize by sprinkling water or full immersion, because baptism is not about the amount of water but about God's presence connecting us to one another. We believe in baptism as God's work. We recognize baptism from other faith communities and are honored to baptize children and adults as families and individuals feel most meaningful.

Wesley's Grace

Prevenient Grace: God is there

...the divine love that surrounds all humanity and precedes any and all of our conscious impulses. This grace prompts our first wish to explore, our first glimmer of understanding concerning God's hope/presence/will, and our first slight transient conviction of having created brokenness in the world or having sinned against God. God's grace also awakens in us an earnest longing....

- Adapted UM Book of Discipline

Justifying Grace: Intentional turning toward God

"Wondrous fascination and attraction together with a stunning sense of one's own littleness and incapacity, both at the same time! That is what holy moments always feel like: I am great beyond belief and I am a little dot in the Universe. This experience only needs to happen once...That is enough. It will change everything. It is available to all...you can not program it, but you can ask for it and should expect it...Your ordinary shining life...will be its only and best proof." - Richard Rohr

Sanctifying Grace: Practice makes Perfect

"a genuine love of God with heart, soul, mind, and strength, and a genuine love of our neighbors as ourselves." - Book of Discipline

This grace is about trying again and again. It is about a practice of faith that inspires us to love God and others more and more, day-by-day. The church helps us by offering the Means of Grace.



First Steps in supporting UA:

1. Pray for the Abbey, its leaders, the community and the people we have not had a chance to welcome yet.
2. Explore your faith during the week in preparation for Sunday.
3. Commit to weekly worship participation.
4. Tell friends/co-workers about the Abbey, and bring them with you when you come to worship.
5. Bring people to have coffee, tea or smoothies
6. Buy coffee.
7. Hospitality Volunteer for Partner Events—help host and welcome our partners into our space, introduce yourself, make sure the chairs are ready and help clean up after the event.
8. Market Outreach—connect with our community through sharing coffee and getting to know people that live and work in this area.
9. Volunteer Barista or help with the cleaning team once a month.
10. Post-Worship Team—help clean-up, wash coffee cups, and prepare the room for welcoming new people after worship.
11. Shop fair trade... bring a friend or two to shop here as well.
12. Pray and plan your giving. Take a first step in weekly giving or percentage giving of your financial gifts.
13. Like and share events and posts on social media. Take posters and flyers to places you frequent.
14. Serve as a greeter or host communion.
15. Join the Recycling team at the Abbey.
16. When you sign-in put your email and address every time to help first time guests feel encouraged and comfortable placing their information on the sign-in sheet.
17. First time guests have overcome a lot of worries and obstacles to join us in worship. If you have a heart for making people feel welcome and are interested in meeting people. Join the connection team that circulates and welcomes people at their seats before and after worship.

We believe disciples are:

Servant-hearted, light hearted.

Joy-filled and faith-fueled,
Listening for God in prayer, scripture,
words spoken in love or sung in a song.

Authentic and vulnerable
brave and ordinary
wise and humble, honest and strong.

Present. Present in the everyday.
Present in the hard spaces and ready to grow.
Present with ears open and voice, even if trembling,
ready to stand up and speak out.

Generous with time, money and talent.
Generous with grace and gratitude,
compassion for self and others,
in the face of mistakes.
Generous with food to share,
bread to break and room to make
for one another.

On fire for God in a way that orders life,
burning brightly, deeply calm, living with purpose,
drawing the best out of others,
sincere and alive to love in all moments.

Willing to try and then try again.

UA 201:

1. Taking the Bible Seriously: Two hours in-depth Bible discussion
2. Spiritual Formation: One hour exploration of Spiritual practices and invitation to choose one to practice. support.

Launch Team

1. Continuing study
2. Action team work time.
3. Visioning time for Abbey.

Scripture

Exodus 22:2-3

Isaiah 2:4

Nehemiah 4:17-18

Psalm 144:1

Matthew 5:9

Matthew 5:39

Matthew 26:47-52

Luke 6:29

Luke 22:35-38; Luke 22:49-51

John 18:10-11

Ephesians 2:1

What questions should we explore to understand gun control? What resources could help us understand these scriptures further?

Reason:

What questions or ideas are good to guide individual or community exploration of Gun Control based on Reason? What resources might be worthy of exploration to learn more?

Experience:

What is my experience? What questions would help me explore this or a group explore our experience of Gun Control?

Tradition:

What can we learn from our tradition (Social Principles and Book of Resolutions)? What are the questions we have to ask? What are the different traditions that we can learn from that helps us understand Gun Control?

United Methodist Book of Resolutions: Gun Violence

Pasted from: <http://www.umc.org/what-we-believe/gun-violence>

Violence and, more particularly, violence to children and youth is a primary concern for United Methodists. We recognize and deplore violence which kills and injures children and youth. In the name of Christ, who came "and proclaimed peace to you who were far off and peace to those who were near" (Ephesians 2:17) and challenged all his disciples to be peacemakers (Matthew 5:9), we call upon the church to affirm its faith through vigorous efforts to curb and eliminate gun violence.

Gun violence is killing children throughout the world, including the United States. In the United States alone, there are an estimated 223 million firearms. Approximately one out of every three households owns a handgun. The risk of handgun violence to children and youth is more prevalent in the United States today than in any previous generation. Communities and schools in the United States are so exposed to large numbers of privately owned guns that no mere attempts at providing slightly better security can match the awful threat of guns finding their way through our well-intentioned safety systems.

Many children go to school amidst passionately violent segments of current youth culture. No appeals to individual autonomy are sufficient to justify our church's ignorance of this threat. The need to prevent the incidence of firearm-related injury and death is an issue of increasing concern and a priority public health issue. The United Methodist Church is among those religious communions calling for social policies and personal lifestyles that bring an end to senseless gun violence.

Gun violence in US schools has emerged as a growing and disturbing trend. The United Methodist Church supports ministries that address the issue of violence and crime prevention for children/youth in urban areas through the Communities of Shalom. Violence is no longer confined to the streets of urban areas but has occurred at an increasing rate in US suburban communities. Over the past several years, high-profile cases of school shootings involving suburban youth killing and injuring teachers and peers alike have once again brought the issue of guns and youth to the forefront of national attention.

Amnesty International reports that hundreds of thousands of people throughout the world are killed every year because of the unregulated small arms trade. The small arms trade, which includes such arms as assault weapons and shoulder-fired missiles, is legal but out of control. Amnesty International reports that as many as 639 million small arms and light weapons are in circulation around the world. The small arms trade incites local conflicts, which so often leads to unnecessary human rights abuses. The proliferation of small arms has led to the forced recruitment of children into war and local ethnic conflicts escalating into destabilizing regional warfare. We urge all nations where there is a presence of The United Methodist Church to participate in the process of developing a legally-binding Arms Trade Treaty through the United Nations to regulate the transfer of all small arms and light weapons so as to curb gun violence throughout the world.

These acts of senseless violence should not be an acceptable occurrence in any community: suburban, urban, or rural. The church must continue to address these issues of violence and develop programs to enrich the lives of all children/youth.

In light of the increase of gun violence affecting the lives of children and youth, we call upon The United Methodist Church to:

1. Convene workshops of clergy and mental health care professionals from communities (urban, rural, and suburban) in which gun violence has had a significant impact in order to discuss ways by which The United Methodist Church should respond to this growing tragedy, and to determine what role the church should take in facilitating dialogue to address the issue of gun violence in our schools and among our children;
2. Educate the United Methodist community (parents, children, and youth) on gun safety, violence prevention, adult responsibility around gun violence prevention, and the public health impact of gun violence;

3. Identify community-based, state, and national organizations working on the issue of gun violence and seek their assistance to design education and prevention workshops around the issue of gun violence and its effect on children and youth;
4. Develop advocacy groups within local congregations to advocate for the eventual reduction of the availability of guns in society with a particular emphasis upon handguns, handgun ammunition, assault weapons, automatic weapons, automatic weapon conversion kits, and guns that cannot be detected by traditionally used metal detection devices. These groups can be linked to community-based, state, and national organizations working on gun and violence issues;
5. Support federal legislation in the US Congress to regulate the importation, manufacturing, sale, and possession of guns and ammunition by the general public. Such legislation should include provisions for the registration and licensing of gun purchasers and owners, appropriate background investigation and waiting periods prior to gun purchase, and regulation of subsequent sale;
6. Call upon all governments of the world in which there is a United Methodist presence to establish national bans on ownership by the general public of handguns, assault weapons, automatic weapon conversion kits, and weapons that cannot be detected by traditionally used metal-detection devices;
7. Call upon the print, broadcasting, and electronic media, as well as the entertainment industry, to refrain from promoting gun usage to children;
8. Discourage the graphic depiction and glorification of violence by the entertainment industry, which greatly influences our society, and recommend that these issues be addressed through education and consciousness raising;
9. Call upon the federal and state governments to provide significant assistance to victims of gun violence and their families;
10. Recommend that annual conferences make visible public witness to the sin of gun violence and to the hope of community healing; and
11. Reflecting the traditional role of The United Methodist Church has been one of safety and sanctuary, every United Methodist Church is officially declared a weapon-free zone.

ADOPTED 2000
 REVISED AND READOPTED 2008
 Resolution #3426, 2008 Book of Resolutions
 Resolution #251, 2004 Book of Resolutions
 Resolution #235, 2000 Book of Resolutions

See Social Principles, ¶162.

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