

URBAN ABBEY

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.

Discipleship Covenant

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.



Wesley's Covenant Prayer

I am no longer my own, but thine.

Put me to what thou wilt, rank me
with whom thou wilt.

Put me to doing, put me to
suffering.

Let me be employed for thee or laid
aside for thee, exalted for thee or
brought low for thee.

Let me be full, let me be empty.

Let me have all things, let me have
nothing.

I freely and heartily yield all things
to thy pleasure and disposal. And
now, O glorious and blessed God,
Father, Son and Holy Spirit, thou art
mine, and I am thine.

So be it.

And the covenant which I have
made on earth,

let it be ratified in heaven.

Amen.

UA Leader Covenant

We commit to the work of discipleship.

We participate fully during our time together and prepare to be present with one another, putting our time on the calendar, letting that last email go and gathering our thoughts. We are on time and prepared.

We are fully present. We acknowledge that our work and time together is important. We fulfill our commitments. We use our unique gifts and celebrate one another's gifts.

We are honest and open. We hold our concerns in confidence. We honor differences. We express ourselves with non-judging, "I" statements. We listen carefully to one another. We value each voice. We assume the best in one another and work to bring the best out in each other.

We acknowledge that we have room to grow. We offer grace and understanding in the midst of mistakes and missteps. We hold one another up and are accountable to one another. We are not about shame or guilt. We are about living into the image of our powerful, loving God that invites us to be our most amazing selves.

We pray for one another and for the future of the Abbey. We are present, when well, in worship. We serve in and through the Abbey once a month. We give with intention, offering a gift that is meaningful and challenging to each of us. We participate in small groups and study our faith with deep reverence, honor doubts and explore questions. We invest in others and bring them into community.

We laugh, eat and work hard.