SESSION TITLES

PRAYER | ORIENTED TOWARD GOD

FOOD | EATING, WITH JESUS

WORSHIP | SEEKING GOD'S PRESENCE

SACRAMENTS | A TAPESTRY OF TRADITIONS

MONEY | THE JOY OF SHARING

SERVICE | THE NEEDS RIGHT AROUND YOU

COMMUNITY | AN UNEXPECTED FAMILY

ABOUT THESE JOURNAL PAGES

Welcome to animate! This Journal is designed to accompany you on your journey through this session. Flip through the pages, jot notes, sketch ideas, and make it your own. This is your journal and you get to decide when to stop and linger and when to keep moving.

SERVICE | THE NEEDS RIGHT AROUND YOU

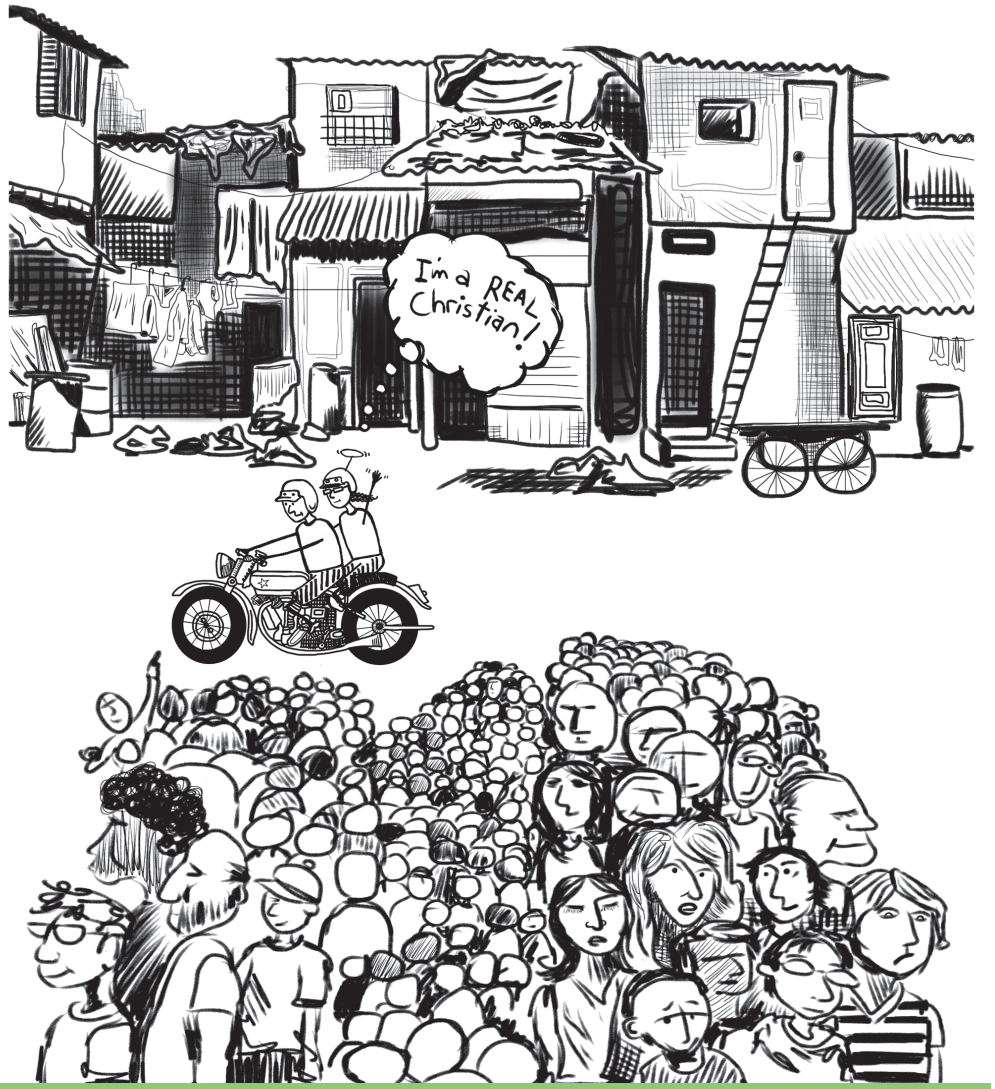
ENUMA OKORO

Animate Practices Journal. Service: The Needs Right Around You. wearesparkhouse.org ©2014 sparkhouse. All rights reserved. May be reproduced for local use only provided each copy carries this notice.

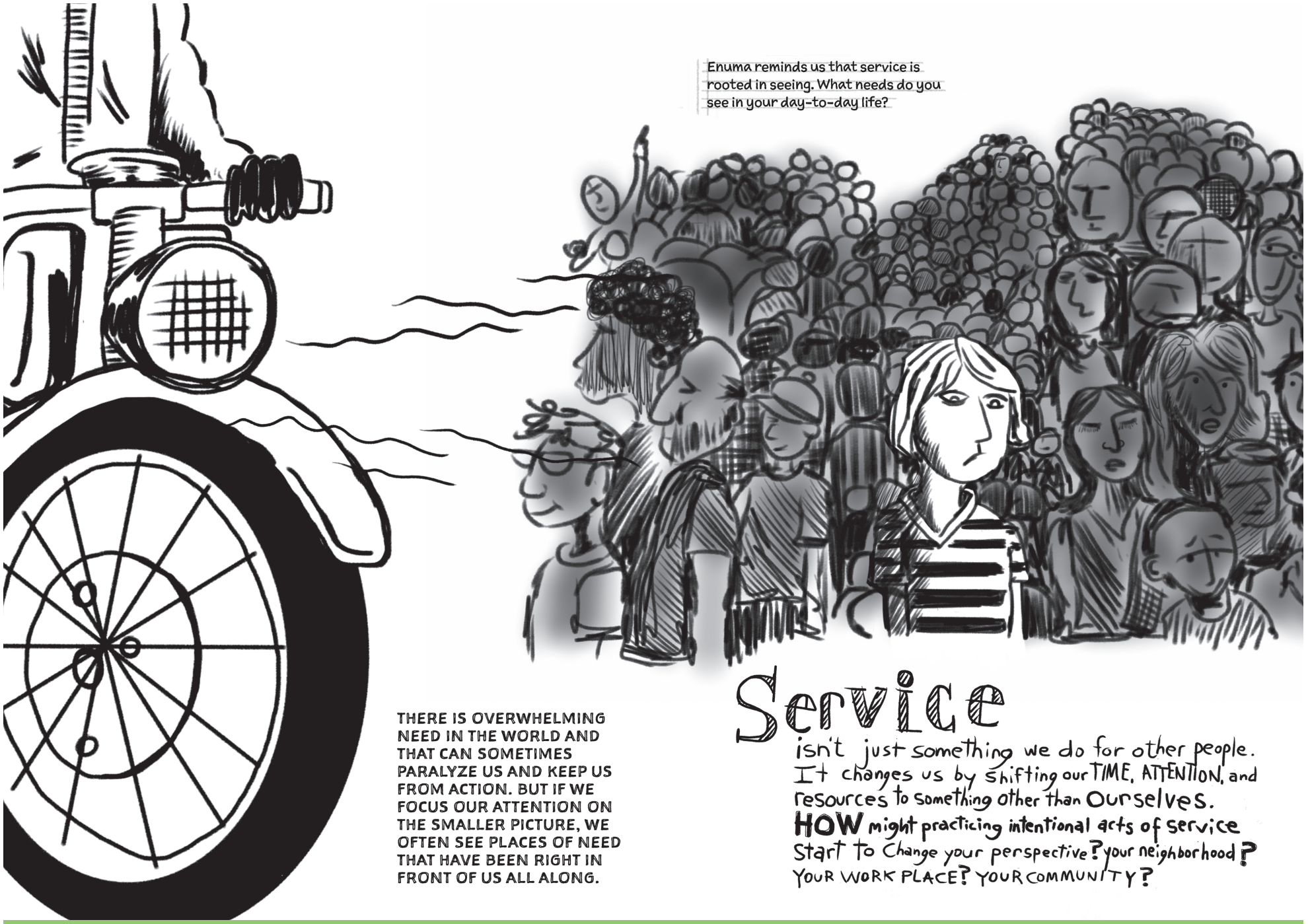
enuma okoro

ENUMA OKORO IS A POET, SPEAKER, AND AUTHOR. SHE SPENT HER CHILDHOOD IN NIGERIA AND ENGLAND, WENT TO COLLEGE IN MINNESOTA, AND NOW SPLITS HER TIME BETWEEN NORTH CAROLINA AND NIGERIA. SHE IS THE AUTHOR OF A *RELUCTANT PILGRIM* AND *SILENCE AND OTHER SURPRISING INVITATIONS OF ADVENT.*

What assumptions have you made about what service looks like? Do you have to get on a plane to do "real" service? Do you have to suffer for it to count?



Enuma reminds us that service is rooted in seeing. What needs do you see in your day-to-day life?

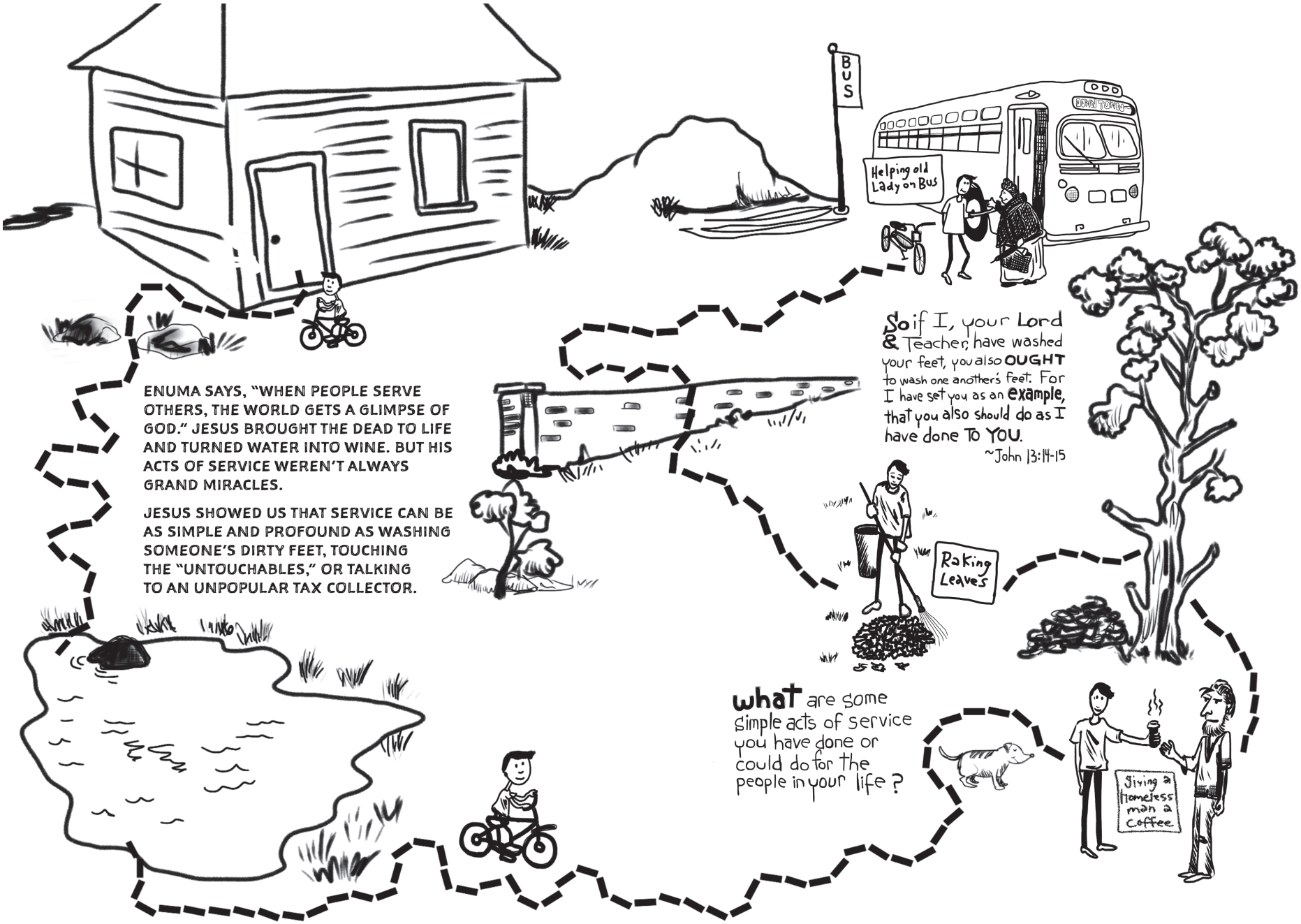


THERE IS OVERWHELMING NEED IN THE WORLD AND THAT CAN SOMETIMES PARALYZE US AND KEEP US FROM ACTION. BUT IF WE FOCUS OUR ATTENTION ON THE SMALLER PICTURE, WE OFTEN SEE PLACES OF NEED THAT HAVE BEEN RIGHT IN FRONT OF US ALL ALONG.

Service

isn't just something we do for other people. It changes us by shifting our TIME, ATTENTION, and resources to something other than Ourselves.

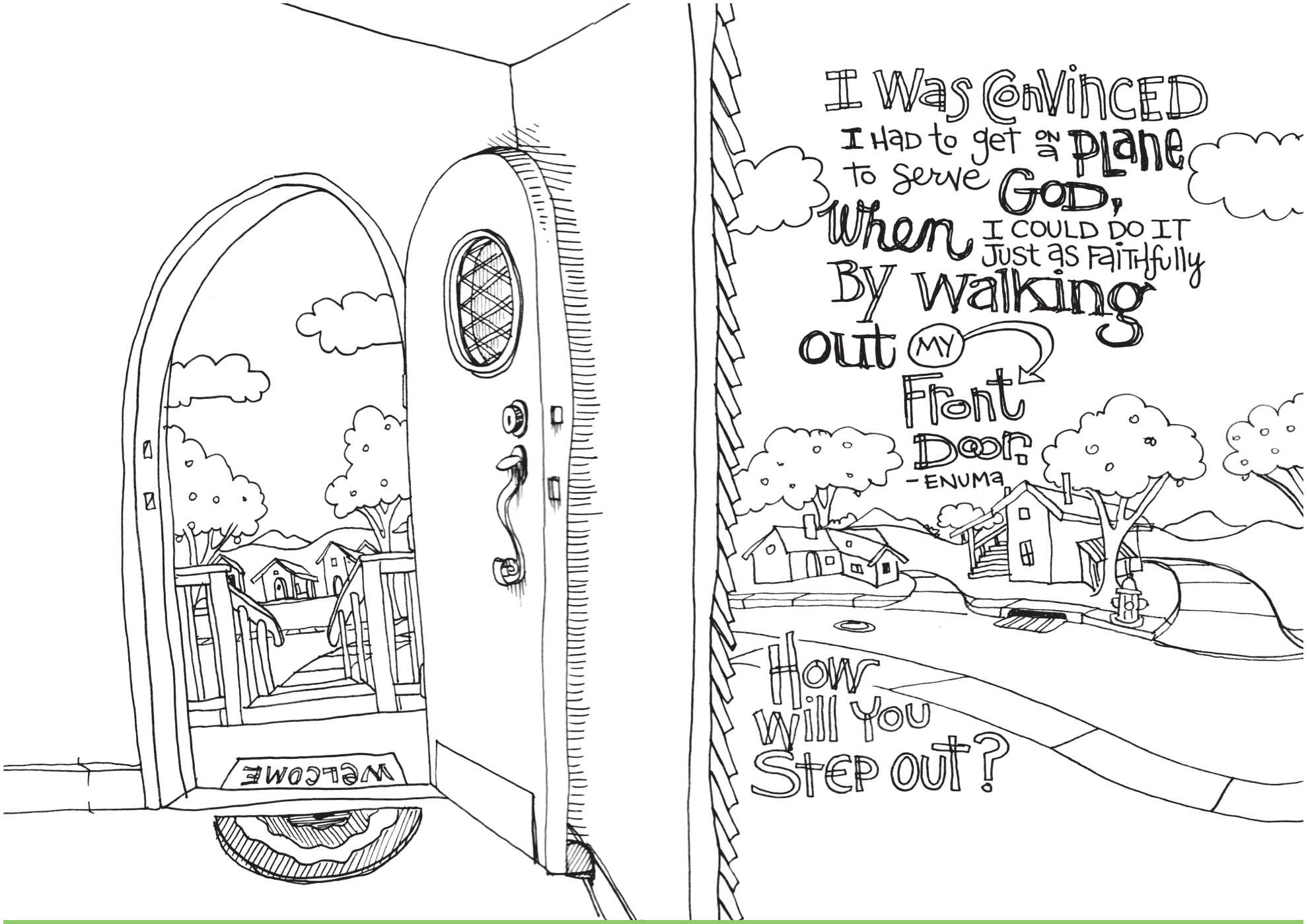
HOW might practicing intentional acts of service start to change your perspective? your neighborhood? YOUR WORK PLACE? YOUR COMMUNITY?

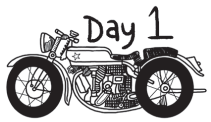


ENUMA SAYS, "WHEN PEOPLE SERVE OTHERS, THE WORLD GETS A GLIMPSE OF GOD." JESUS BROUGHT THE DEAD TO LIFE AND TURNED WATER INTO WINE. BUT HIS ACTS OF SERVICE WEREN'T ALWAYS GRAND MIRACLES.

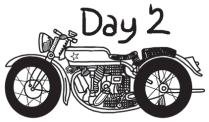
JESUS SHOWED US THAT SERVICE CAN BE AS SIMPLE AND PROFOUND AS WASHING SOMEONE'S DIRTY FEET, TOUCHING THE "UNTOUCHABLES," OR TALKING TO AN UNPOPULAR TAX COLLECTOR.

what are some simple acts of service you have done or could do for the people in your life?


WELCOME
I Was ConVinCED
I HAD to get on a PLANE
to serve GOD,
When I COULD DO IT
Just as FAITHfully
By Walking
out MY
Front
Door.
-ENUMA
How
will You
STEP OUT?



Since serving is rooted in seeing, use this week to start seeing some areas of need in your community that you could address through your service. Look around your neighborhood for someone who could use help around the house or benefit from some coffee and conversation. Pay attention to the "regulars" on your route to work—the homeless woman, the worn-out bagel guy, the awkward teenager on the bus. List some simple ways you could serve some of these people.

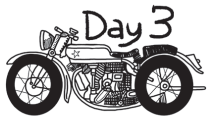


Individual acts of service aren't your only option. Today, do some research into organizations in your area that use volunteers. Which groups might be a good fit for you? Choose two or three that seem appealing and contact them. Set up a time to visit the organization or meet with someone who works there in the next day or two. Get a feel for what the organization needs and how you might be able to help out. Write down the names and contact numbers here:

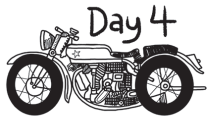
"Everybody can be great because everybody can serve. You don't have to have a college degree to serve. You don't have to make your subject & verb agree to serve... You only need a heart full of **Grace**, a soul generated by **Love**. You can be that servant." Martin Luther King, Jr.

This is what you shall do; Love the earth & sun and the animals, despise riches, give alms to everyone that asks, stand up for the stupid and crazy, devote your income & labor to others, hate tyrants, argue not concerning **God**, have patience & indulgence toward people..."

~Walt Whitman



Whether you're doing a more personal act of service or volunteering with an organization, get the ball rolling and put those good intentions into action today. Buy a sandwich for that homeless woman, shovel your neighbor's sidewalk, schedule your first shift as a volunteer. Write about how that experience went.



If serving someone else feels like more than you can manage, take some time today to do an honest inventory of what's using up your time and energy. What are you doing that's keeping you from practicing an act of service in your neighborhood or community?

"HOW DOES GOD'S LOVE ABIDE IN ANYONE WHO HAS THE WORLD'S GOODS AND SEES A BROTHER OR SISTER IN NEED & YET REFUSES HELP?"

—1 JOHN 3:17

"REMEMBER that when you leave this earth, you can take with you NOTHING that you have received — fading symbols of honor, trappings of power — but only what you have been given: a full heart enriched by honest service, love, sacrifice and courage."

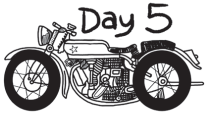
—Saint Francis of Assisi

Prayer of the Day

May the Holy Spirit guide & strengthen me, that in this, and in all things, I may do God's will in the service of the kingdom of His Christ. Amen.

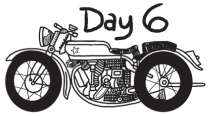
—adapted from The Book of Common Prayer

Day 5



By today, you should have either acted on your plan or be preparing to do so in the next few days. That makes this a great day to consider how you're feeling about this process. What things feel uncomfortable as you prepare to step into an environment or a relationship that's unfamiliar? What are you excited about?

Day 6



Today, consider how you can make this week's act of service a regular part of your life. What would it look like to help that neighbor for an hour every week? To develop a friendly connection with the bagel guy? To commit to an organization for the next month or even year? Think about how you can incorporate this practice into your life over the long haul. What parts of your normal routine might have to change for that to happen?

"Christ has no body here on earth but yours.
No hands but yours.
No feet but yours.
Yours are the eyes which express Christ's compassion to the world.
Yours are the feet with which Christ is to go about doing good.
And yours are the hands with which Christ is to bless us now."

~Teresa of Avila