

# Diocese of Western Anglicans

*Refresh* for Lay Leaders  
October 2021



## Part A: Refresh Instructions for Lay Leaders

Annually, a healthy practice for Lay Leaders (Vestry, Lay Staff, Ministry Team Leaders, Small Group Leaders, etc.) is to set aside a few days to refresh themselves in the Lord and reflect on their life and ministry. The questions for this *Refresh* process are meant to assist you and encourage you so that you may see better how the Lord has been active in forming you over these past months. With a rested heart and mind, reflect upon these general areas and answer questions to the best of your ability. Then, prepare to discuss them with your Rector, and if you have a spiritual director, feel free to also share with him or her. At the end of this *Refresh* document, please sign and date when the discussion has been completed, take a picture of it with your phone and forward it to the Diocesan office at [jenna.vazquez@westernanglicans.org](mailto:jenna.vazquez@westernanglicans.org).

### A. Spiritual Life

1. I regularly practice spiritual devotion and discipline: (check all that apply)

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Devotional reading of Scripture | <input type="checkbox"/> Fasting      |
| <input type="checkbox"/> Prayer                          | <input type="checkbox"/> Daily Office |
| <input type="checkbox"/> Journaling                      | <input type="checkbox"/> Confession   |
| <input type="checkbox"/> Silence and Meditation          | <input type="checkbox"/> Other:       |

2. Reflect on the significance of these disciplines for yourself and describe how your walk with the Lord is maturing.

3. My daily walk with the Lord may be described as: (circle all that apply)

Real	Rich	Awake	Burdened
Dry	Resignation	Slumber	Difficult
Doubt	Joy	Absence	Expectant
Life-giving	Hope	Hurried	Essential

4. I regularly engage with a spiritual director or mentor.

- Yes:       Monthly     Quarterly     Semi-annually  
 No

5. I regularly see a therapist.

- Monthly     Quarterly     Semi-annually     Not in the past year

6. I retreat for 48+ hours for renewal and refreshment.

- Quarterly       Semi-annually       Annually       Not in the past year

## B. Emotional Life

1. Circle the words which describe how you commonly feel during this season of life and ministry:

Encouraged	Energized	Focused	Affirmed
Innovative	Discouraged	Overlooked	Fulfilled
Confused	Confident	Useful	Alone
Challenged	Frustrated	Overworked	Grateful
Stressed	Optimistic	Initiator	Concerned
Integrated	Struggling	Overwhelmed	Organized
Burned out	Growing	Appreciated	Unchallenged
Creative	Flexible	Resourceful	Unfocused

2. Describe why you feel as you do.
3. How are you dealing with the loneliness that often marks Christian leadership?

## C. Social Life

1. Name two friends who are safe and trustworthy and describe your friendship.
2. Name two couples you and your spouse view as safe and trustworthy and describe your friendship.
3. Identify a new friendship you initiated with someone in the past year.

## D. Ministry/Vocational Life

1. How are you managing the demands of family, work and community/church-based ministry?

What helps?

What hinders?

2. How are you responding to the demands and expectations of ministry as compared to your perceived effectiveness?
3. How do you manage the tension between the competing demands of friendship, family, personal care and local church?
4. What are you doing to better respond to the cultural trends in North America?

## E. Physical Life

1. How would you describe your diet?

Identify 1 or 2 needed changes you want to make this year.

▪

▪

2. Do you exercise regularly and adequately?

Yes       No

If not, what change can you make?

Have you had a physical exam within the last year?

Yes       No

What recommendations did your doctor make?

3. Do you have difficulty sleeping?

Yes       No

## F. Intellectual Life

1. Name one or two spiritual, emotional or ministry-related books you plan to read in the next six months (e.g. biographies, skill development, cultural studies, theology, etc).

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2. Describe your plan for spiritual growth and training this year.

3. Name the person with whom you share your ministry and mission ideas.

## G. Financial Life

1. Are you concerned about the finances of your family? In what ways?

2. Are you operating on the basis of a family budget?

Yes       No

3. What is your level of giving to Gospel ministry (percent of income) with tithes and offerings as generally understood?

4. Have you accrued or are you accruing unreasonable debts (credit cards, student loans, car loans, etc.)?  Yes       No

5. What are your plans to address your budgetary needs?
  
6. Given your ministry context, are you responsibly supported by the local church?

## H. Sexual Life

1. Are you and your spouse satisfied in your sexual relationship?  
 Yes       No
  
2. Name the person with whom you process your sexual issues.
  
3. Name the person who holds you accountable for sexual purity.
  - How do you deal with lust?
  
  - How do you deal with the temptation of internet pornography?

## I. Let us Give Thanks

In your desire to hear the Lord, walk intimately with Him and lead the people of God with Jesus as your guide, for what can you give Him thanks and praise?

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## J. Growing in Christ

And how would He have you grow in the coming months?

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## Diocese of Western Anglicans *Refresh Report*

By God's grace, and with gratitude for His mercy and love toward me, I have reflected on my life and ministry, been refreshed in His living word and shared with my Rector the progress in my formation as the Lord has been maturing me in the ministry.

To God be the glory through Jesus Christ our Lord!

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Lay Leader Signature

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Date

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Printed Name

Please take a picture of this page **only** and send to the office of your Dean by December 15<sup>th</sup>.

# Appendix 1

## VISION AND MISSION

The Diocese of Western Anglicans is a regional association of missional congregations and church plants networked with one another in regions, called Deaneries, that enable clergy and those they lead to share resources, receive mutual encouragement and strengthen one another to fulfill the Great Commission of Jesus wherever the Lord grants us favor. The Diocese of Western Anglicans is one of the dioceses of the Anglican Church in North America, which is a church planting movement that brings the good news of Jesus to North America in a distinctly Anglican way. Dioceses in our movement are often described as representing the 3 classical streams of Christian spirituality, which are: Scripture, Sacrament and Spirit. As such, we engage holistically with those who are built up by God's Word (evangelical), God's Sacramental Tradition (catholic) and God's Holy Spirit (pentecostal).

Vision is always defined by what we can see even if only in our imagination, but Mission is defined by Jesus:

### The Great Commandment

*"You shall love the Lord your God with all your heart and with all your soul and with all your mind. And, 'Love your neighbor as yourself.'" (Matthew 22:37-39)*

*"These commandments I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home or when you walk along the road, when you lie down or when you get up." (Deuteronomy 6:6-7)*

### The Great Commission

*"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age." (Matthew 28:19-20)*

Ref: Acts 1:8

Ref: Romans 16:25-27

Ref: John 17:14-19

His immense purpose in which we participate by His Great Commandment and Commission, being led by the Spirit, grants us the privilege of sharing in the life and work of His Kingdom. So, it is good to us and to the Holy Spirit to obey His call to us to make disciples of all nations and teach them to obey all He has commanded.



## VISION AND MISSION (Cont.)

The Mission of the church does not change but the application of human wills in submission to His will permits infinite variety and tremendous creativity!

Teaching people how to love God and people is a life-long learning experiment by the Holy Spirit in the lives of human beings, one generation at a time. This is God's plan for us. In our time together, we will always be deepening our love life as we incline our hearts toward Him and others. Learning how to 'go and make disciples of Jesus' will require us to orient away from maintaining what we have learned how to do, allowing Him to draw us into our utter dependence upon Him while He uses us to reach others with good news. We should expect that we will be moving one step at a time away from Maintenance and ever toward Mission; from greater Mission toward increasing Reproduction (Multiplication). In this, there are 3 Primary Areas of development:

1. Disciples Making Disciples, who in turn make more Disciples of Jesus
2. Forming Missional Leaders, who lead for the sake of God's Kingdom
3. Multiplying Missional Communities that reach for and serve the world for Jesus

We are approaching work in these three focus areas with an eye toward planting churches on university campuses, urban centers and among ethnic populations, including Hispanic, African-American and Asian communities.

Lay people, no less than clergy, are called to participate in the work of building the Kingdom of God. The Constitution and Canons of our Diocese make plain this narrative and clergy serve as equippers (Ephesians 4:11-13) to empower, strengthen and release the ministry of the laity.

### DIOCESAN VALUES

1. **Common** *Prayer, Worship and Study* (Acts 2:42)
  2. **Great Commandment** (Matthew 22:37-38) and **Commission** (Matthew 28:19-20; Deuteronomy 6:4-7) *communities and their members*
  3. **Collaborative** *Leading* and **Community** *Building*
  4. **Full Commitment** to 'Glocal' *Mission* (Global and Local)
  5. **Local Church** *Development* through **Church** *Planting* and **Missional Community** *Reproduction*
- Core Principles** of Kingdom Life through *Disciple-making* based on practices of "**imitation**" and "**reproduction**"