



## 5 Phases

An outline of the progression of a series we are doing at Beech Grove in 2023

## Survey #1

Please complete this survey before January 30th. We will discuss a few each week on Sundays in January.

## P.U.R.P.O.S.E.

We will pray together throughout January using the PURPOSE process and daily topical prayer guides provided each week.



**BEECH GROVE**  
UNITED METHODIST



Greetings Beech Grove United Methodist Church,

We are preparing to begin a 12-month journey together using resources provided through Cross Vocational. The 5-Phase learning and formation series will begin with some evaluation of who we are and where we see ourselves heading with a collection of survey questions. In addition to this, over the course of the first 31 days, we will focus most of our energy on developing a community life of prayer. Know that our prayers will be done in the form of journaling. This form of documentation will serve multiple purposes: 1) help you create a personal spiritual-life story 2) help you participate most meaningfully throughout the year's objectives 3) inform our end-of-year evaluation at the close of these 12 months.

Cross Vocational is a 501c3 nonprofit ministry aimed at making being Christian powerfully simple. If at any point you are unable to participate or find that there is a barrier keeping you from participating email [Linda@CrossVocational.org](mailto:Linda@CrossVocational.org) for alternative ways to be part of the journey that Beech Grove United Methodist Church is taking throughout the year 2023.

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# PASTOR'S NOTE

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With the start of 2023 I am glad to have the opportunity to work in ministry with Beech Grove United Methodist Church. Together we will live into the practices of our faith and our God-inspired future. As discussed in consultation with members of Beech Grove and presented during our annual charge conference meeting, we will journey together through this 12-month series starting January 2023.

As the director of Cross Vocational, a 501c3 nonprofit Christian ministry organization, I am blessed to be able to bring to Beech Grove the gifts, graces, and resources afforded me through this program. It is my prayer that this 12-month series will help build us up to achieve whatever goals(s) we aspire toward both individually and as a community.

To get us started, all are asked to participate in a 31-Day prayer experience that will kick off this season of discernment, planning, action, and dedication. I look forward to seeing you at 11:00 am on Sundays and by conference calls during the week to be published on our online church calendar, bulletin board, and in print.

During our Sunday weekly gatherings, we will practice the practices of our faith together through worship, learning, spiritual formation exercises, and dialogue. May our praise be full, our hearts be warmed, our minds be enlightened, and our community grow stronger in faith and love.

Blessings in Christ,



## Rev. Linda Furtado

Pastor at Beech Grove United Methodist Church

✉ [linda.furtado@wkumc.org](mailto:linda.furtado@wkumc.org)

African-American, mother of three girls (15, 13, and 8), pastor's wife, artist, and has a passion for people becoming their best selves inside and out.



# THE 5 PHASES



## Body | Hands

January

31-Day Prayer Challenge, Opening Survey, Meditations, Discussions, and Commitment.



## Mind | Head

February and March

Vision, Mission, Values, Effective Meetings, Feedback Process, Meditations, and Discussions.



## Spirit | Heart

March, April, and May

Planning Personal and Church-Wide Spiritual Formation Retreats, Passion Planning, Meditations, and Discussions.



## Self | Within

May, June, July, and August.

Personal Assets Inventory Survey, Church-Life Organization and Planning, Meditations, and Discussions.



## Others | Outward

August, September, October, November, and December.

Community Assets Inventory, Re-Thinking Vacation Bible School, Community Networking, Closing Survey, Meditations, and Discussions





# PHASE 1 | JAN 1-31

To support you on the journey, you will receive this newsletter each month with reminders of where we are on the journey throughout the year. You will also receive supplementary content including prayer journaling guides each week.

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- 01 The 31-Day Prayer Challenge Contents**
  - You will get a separate weekly document containing topics, prompts, and other contents that you can use to engage in writing as a spiritual practice each day of our first 31 days.
- 02 What to Expect This Month**
  - A weekly survey of three questions each to frame our first goal(s) and next steps as a group. You may opt to complete in one sitting.
  - A summary report to all at the end of the month which incorporates the responses received.
  - Commitment questions sent to all at as soon as the end of the month along with the survey summary report.
  - Weekly meditations, reflections, and/or discussions.
- 03 Topics for Our 11am Sunday Worship and Gathering Times**
  - 1st Sunday - Gifts of Hand: Group Journaling and Discussion
  - 2nd Sunday - Baptism: Choosing to be part of the body of Christ
  - 3rd Sunday - Being One of The Five: People who do or practice a craft or trade.
  - 4th Sunday - Jesus and the Cross: For our sake he embodied all of human experience and redeemed intended harm and shame. He chose to feel rather than be above.
  - 5th Sunday - Cautionary Tales [Conversation Starter]: What does it look like to perpetuate evil?

# BEECH GROVE SURVEY #1

Full Name \_\_\_\_\_

Preferred Contact Information is Follow-up Is Needed \_\_\_\_\_

**01** What are you most passionate about?



**02** What do you see as the body's chief desire for your group, **Beech Grove United Methodist Church**?

**03** Picture in your mind what you want to achieve as a group without limits. No worries about if it is realistic or not. Imagine with hope. Summarize that vision.

**04** What do you have doubts about regarding your group?



**05** What is a phrase that you would think of as positive self-talk?

**06** Based on your first thoughts of the vision or purpose(s) you see your group living out in Christian ministry, name yourself or someone else in your community who has specialized knowledge that might be beneficial and describe that knowledge.

**07** What has been done to achieve one of your group's goals in the past? And, what would you do the same or differently?



**08** Think of and describe a time when overthinking or delayed decision-making was problematic, impacting group.

**09** What do you see as goals or options the group could put effort and grit behind for the maintenance, growth, or discontinuation of your group?

# BEECH GROVE SURVEY #1

Full Name \_\_\_\_\_

Preferred Contact Information is Follow-up Is Needed \_\_\_\_\_

**10** Why are you part of this group today?

**11** Why do you think having all in your group participate in this formational journey might be beneficial?

**12** Imagine your group as having set goals as a community while sharing subconscious positive mindsets all along the way. How might this be similar or different from what you have experiences while working together in the past?

**13** In what ways have you and/or your faith community built connections with others outside of your group?

**14** Who do you feel most called to serve? And, who do you think your group is most called to serve? NOTE: These can be one/many and the same for both questions.

**15** What fears or feelings of despair have driven decisions in the past?

# Praying On P.U.R.P.O.S.E.



## Pray to Start

The initial step #1 is a basic start that can take shape in any way the participant is most comfortable whether verbally, in mind, or on paper. The guidance provided during this step includes four prompts with each related to the overall scripture-based theme. These prompt focus on prayers of praise, petition, confession, and thanksgiving.

## Unwind the Text

In step #2, participants read the focus scripture and surrounding texts of recommended reading and are invited to copy down the focus text into their journals.

## Reflect in Context

With the context of the scripture in mind, participants take time to pause with the assistance of a prompt.

## Pen to Paper

At step #4 free writing bridges the gap of attention for wandering minds and prepares the participant to outline their thoughts in the next step.

## Outline Your Thoughts

Participants outline their thoughts in step #5 in their journaling. The outlining can be pulled from previous writing or new thoughts, and participants are invited to use the previous prompt from step #3 as they write brief thoughts that focus on mind, additional thoughts on body, additional thoughts on spirit, then self-focused thoughts, and lastly others-focused thoughts.

## Share Your Story

Immediately following writing about others in step #5, participants engage in step #6 where they are provided a suggested activity to extend their prayer time. This is a writing or pen-to-paper activity which involves sharing an element of the experience with others.

## End in Prayer

Lastly is step #7 participants come back to the opening practice where they may pray a closing prayer of praise, petition, confession, and thanksgiving or whatever structure and form they would like. While they may use the prompts provided during the open prayer for each of these four types of prayer they are encouraged to use their own language and approach.



# Our Topics and Daily Scriptures

## JANUARY 31 Days of Prayer 2023

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> LOVE 1 JOHN 4:18 1ST SUNDAY AFTER CHRISTMAS NEW YEARS DAY	<b>2</b> STRENGTH ISAIAH 41:10	<b>3</b> VICTORY DEUTERONOMY 20:4	<b>4</b> LIGHT PSALM 27:1	<b>5</b> FAITHFUL 2 THESSALONIANS 3:3 EPIPHANY EVE/ TWELFTH NIGHT	<b>6</b> ABIDE 1 JOHN 4:16 EPIPHANY OF THE LORD	<b>7</b> GENEROUS PROVERBS 11:24-25
<b>8</b> FORGIVENESS MICAH 7:19 1ST SUNDAY AFTER EPIPHANY BAPTISM OF THE LORD	<b>9</b> PEACE 1 PETER 5:7 MLK DAY	<b>10</b> PERFECTION MATTHEW 22:37-40	<b>11</b> TRANSFORMED ROMANS 12:2	<b>12</b> CONSECRATED JEREMIAH 1:5A	<b>13</b> PROVISION PSALM 127:2 (CATHOLIC) FEAST OF THE BAPTISM OF CHRIST	<b>14</b> HAPPY PSALM 1:3
<b>15</b> HEAVEN PSALM 46:11 2ND SUNDAY AFTER EPIPHANY	<b>16</b> TRUST PROVERBS 12:2	<b>17</b> OPENING REVELATION 3:8	<b>18</b> HOPE 1 PETER 1:3	<b>19</b> ENDURANCE ISAIAH 40:30-31	<b>20</b> DEATH ECCLESIASTES 7:1	<b>21</b> LEAD JOHN 3:30-31
<b>22</b> BEGINNING JOHN 1:1 3RD SUNDAY AFTER EPIPHANY	<b>23</b> GRACE JOHN 1:16	<b>24</b> COURAGE DEUTERONOMY 31:6	<b>25</b> CHARITY GALATIANS 6:10	<b>26</b> ALL MATTHEW 22:37	<b>27</b> NEW ISAIAH 43:19	<b>28</b> EPHPATHA MARK 7:34
<b>29</b> OBEDIENCE ROMANS 6:17-18 4TH SUNDAY AFTER EPIPHANY	<b>30</b> PROMISE 2 CORINTHIANS 1:20 SURVEY RESPONSES ARE DUE	<b>31</b> GODLINESS 1 TIMOTHY 3:16	<b>Beech Grove   Birthdays</b>			
			<b>David Martin - 7th</b>			



# NEXT STEPS



*God Bless!*

Rev. Linda Furtado  
Director of Cross Vocational

**Beech Grove United  
Methodist Church**

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- Keep an eye out for the daily prayer guides provided each week on Sundays.
- Take the survey by/before January 30th. It is broken up into 3-question sets on Spirit, Mind, Body, Self, and Others that you can do with us on Sundays mornings during our 11am worship and gathering time. You can do the whole thing as provided in this newsletter and return it to the church at any time as well.
- Save this phone number to your contacts, calendar, or by your phone so that you can call in quickly when prayer or survey calls are scheduled.
  - +1 312 626 6799
  - Meeting ID: 891 2107 9950
  - Passcode: 303398



Cross Vocational  
121 Robinhood Circle  
Hendersonville, TN 37075

# Beech Grove United Methodist Church

Beech Grove United Methodist Church  
4318 Brick Church Pike Whites Creek, TN 37189



## On Our Calendar

### Daily Prayer Conference Calls

Jan 1 - 31 at 9:00 am Daily

### Weekly Worship and Gathering Times

Sundays (1st, 9th, 15th, 22nd, and 29th)  
11:00 am

### 31-Day Prayer Challenge

Jan 1 - 31, Prayer Guides Available at the Church

### ChurchWide Survey

Due Jan 30th, Send or bring to church on Sundays

## Holidays and Liturgical Dates

1/11 New Year Day

1/5 Epiphany Eve / Twelfth Day

1/6 Epiphany

1/8 Baptism of Our Lord

1/9 Martin Luther King Day