

**Slides from Ian Mobsby's workshop /
Creating missional communities among
those who are spiritual but not religious:
a new monastic approach**

Sleidiau o weithdy Ian Mobsby / Creu
cymunedau cenhadol ymysg y rhai sy'n
ysbrydol ond nid yn grefyddol: dull
mynachaid newydd



**Esgobaeth
Bangor**
The Diocese
of Bangor



**MEATH &
KILDARE**
DIOCESES



To the Light
The 2017 Joint Clergy Conference of the
Dioceses of Bangor and Meath & Kildare
St George's Hotel, Llandudno
20-22 November 2017
At y Goleuni
Cynhadledd Glerigol at y Cyd 2017
Esgobaethau Bangor a Míth a Chil Dara
Gwesty San Siôr, Llandudno
20-22 Tachwedd 2017

Creating missional communities among those who are spiritual not religious: a new monastic approach

Creu cymunedau cenhadol ymysg y rhai sy'n ysbryhdol and nid yn grefyddol: dull mtnachaidd newydd



St Lukes Parish Church

**New Monastic Community
Youth Church**



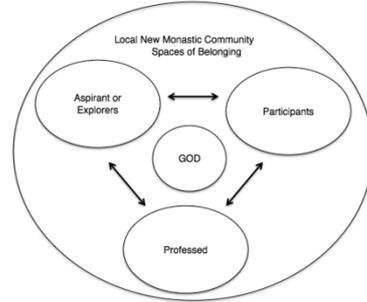
"The renewal of the Church will come from a new type of monasticism which has only in common with the old an uncompromising allegiance to the sermon on the mount. It's high time women and men banded together to do this."

Dietrich Bonhoeffer, in a letter to his brother

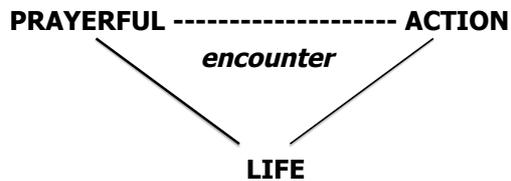
- Features of New Monasticism**
- Commitment to:**
1. A Rhythm of Daily Life
 2. Contemplative forms of prayer & meditation
 3. Spiritual practices and radical community
 4. Missional loving Service

- Evangelism, Mission and Formation are multi-dimensional**
- **Orthopathy – Right feeling & being**
– Wellbeing, integrated mind, body & spirit
– Love self to be able to love others
 - **Orthopraxis – Right living & action**
– Involved in mission from start to others
– Never arrive in discipleship
 - **Orthodoxy – Right thinking & knowing**
– Knowing the story of salvation history

Fluid-edged, centrifugally centred



**New Monastic insight
LIVING A RHYTHM**



CHARISM OF THE RELIGIOUS LIFE



And thus, nothing from old times will meet our exigencies. We want a rule which shall answer to the complexity of our own age. **discipline which shall combine the sovereignty of soul of Antony, the social devotion of Benedict, the humble love of Francis, the matchless energy of the Jesuits, with faith that fears no trial, with hope that fears no darkness, with truth that fears no light.**
Bishop Westcott, 1884.



Contra individualism

shared possessions, desire to serve, taking vows of obedience

dignity of human life – service to the poor, education provision

mysticism – contemplation, an end of knowledge, human limitation, faith based understanding

resisting the christendom – persecuted at first, no canons governing religious life

New Sequence

**Belong – Experience - Believe
NOT
Believe – Belong**

**Focus:
Experience leading to understanding**

How do you know you have a need for God if you don't know who you are?



Wellspring Community

Worship

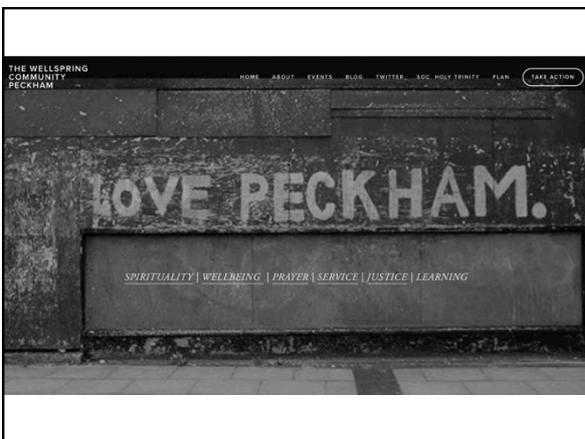
Daily Prayer in the Church
Sunday Evening Contemplative Service

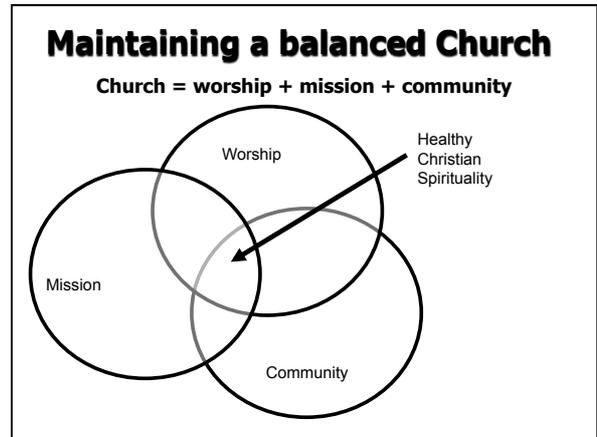
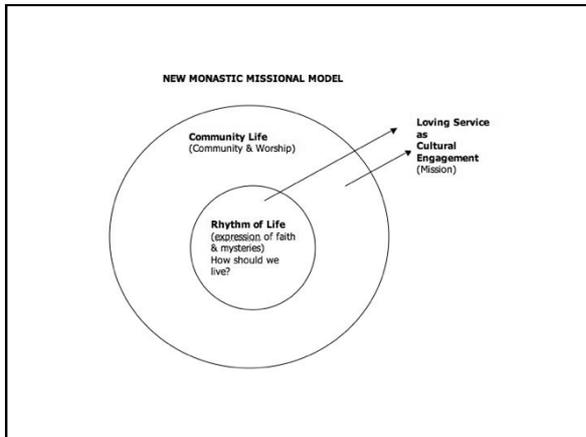
Community

Weekly Tuesday Evening Meal
Socials

Mission

Loving Service activities
Meditation as Mission Group & Discussion Grp





Wellspring Rhythm of life (intentionality)

Spiritual Practices:

1. Prayer & Devotion
2. Listening & Reconciliation
3. Service & Hospitality
4. Work & Wellbeing

Wellspring Community Peckham SPIRITUAL PRACTICES

- **Prayer & Devotion**

The practice of prayer *stillness; in silence and aloud; individually and in community; daily and within a weekly rhythm).*

The practice of devotion (*in meditation; in contemplation; in leading and participating in communal worship; and in the giving of time and resources).*

Wellspring Community Peckham SPIRITUAL PRACTICES

- **Learning & Reconciliation**

The practice of learning (*personal reflection; in reading and study; in spiritual direction and retreats; and in the understanding of prayer practices).*

The practice of reconciliation (*by listening to God and to others; by continually choosing to forgive; by sharing hope and love; and through humility and peace-making).*

Wellspring Community Peckham SPIRITUAL PRACTICES

- **Service & Hospitality**

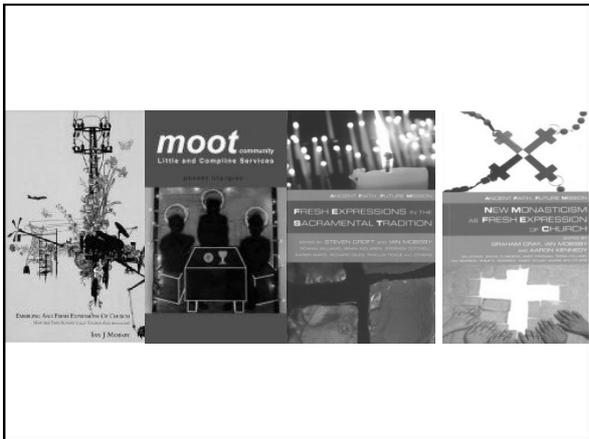
- The practice of serving others (*by responding in compassionate action to the social, spiritual and ecological needs of our neighbours, the voiceless, the poor and the excluded).*
- The practice of hospitality (*by welcoming the stranger, the isolated and the lonely; through preparing and sharing food; by celebrating and lamenting together; and by being the guest of others).*

Wellspring Community Peckham
SPIRITUAL PRACTICES

- **Work & Wellbeing**
- The practice of following Christ in our work (*by seeking to serve God through our work, and by integrating the values of our faith in our places of work*).
- The practice of maintaining our wellbeing (*by receiving the love of God; by balancing work, rest and play; by pursuing activities that give life; by seeking the good, the true and the beautiful in all we do*).

Virtues and the Thoughts that Distort Us
 We live the rhythm of life by responding to the thoughts that distort by giving attention to the virtues that give us life.

	Virtues	Thoughts that distort
About the body	Moderation (Sobriety) Chaste Love (Innocence) Generosity (Non-attachment)	Gluttony (Intemperance) Lust (Shamelessness) Greed (Avarice)
About heart and mind	Patience (Serenity) Gladness Courage Spiritual Awareness	Anger (Impatience) Sadness Fear (Anxiety) Spiritual Carelessness
About the human spirit	Magnanimity Humility Honesty (Truthfulness)	Vanity Pride Deceit (Untruth)



QUESTIONS & IMPLICATIONS