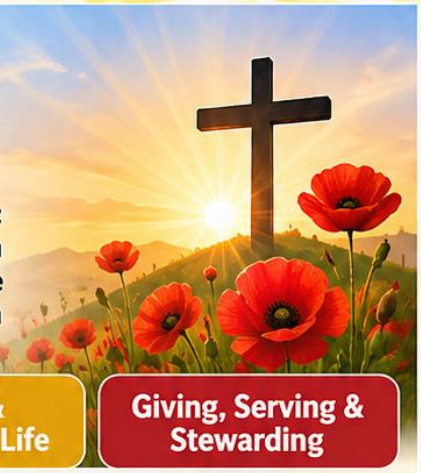
FLOURISHING FAITH



A flourishing congregation is grounded in a simple, life-giving truth: when we stay rooted in Christ, our daily lives naturally overflow with joy, purpose, and spiritual vitality. To help our communities continue to grow a vibrant spiritual life, we are anchoring our faith formation around four practical, interconnected rhythms:

Prayer & Spiritual Disciplines | **Christian Education & Study** | **Worship & Sacramental Life** | **Giving, Serving & Stewarding**

ROOTED & RECOGNIZING · MICRO-PRACTICE:

The Cost of Love & Peace

Focus: Prayer & Spiritual Disciplines

THE PRACTICE

Reflect on the deep cost of peace and the sacrifices made by members of the Canadian Armed Forces. This week, practice intentional remembrance by offering active prayer for those bearing the invisible wounds of conflict, or quietly supporting local efforts that care for veterans and foster community reconciliation.

TRY THIS AT HOME

Take 10 minutes to review how you invest your personal resources—time, talents, and energy—into building peace in your own family and neighbourhood. Choose one intentional way to support a peacemaker or veteran this week. When did you last step out of your comfort zone to bridge a division?

PARISH REFLECTION

How can we actively honour, thank, and support veterans in our community—especially those carrying the heavy burdens of PTSD or physical disabilities—so they know they are never forgotten or left to suffer in isolation?

"This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends."

— John 15:12–13