

# Traveling the Way of Love

## Season 2



### Episode 4: BLESS

Share faith and unselfishly give and serve.

*“Freely you have received; freely give.” – Matthew 10:8*

Jesus called his disciples to give, forgive, teach, and heal in his name. We are empowered by the Spirit to bless everyone we meet, practicing generosity and compassion and proclaiming the Good News of God in Christ with hopeful words and selfless actions. We can share our stories of blessing and invite others to the Way of Love.

1. In this episode, host Chris Sikkema visits the Episcopal Farm Workers Ministry in Dunn, North Carolina. The ministry is a joint project of the Episcopal Diocese of East Carolina and the Episcopal Diocese of North Carolina that works with agricultural workers (farmworkers, meat processing plant workers, and workers from nurseries, packing houses, and poultry, swine, or livestock farms) and immigrant families in rural Eastern North Carolina. When asked about the needs of this community, Lucia Mondragón points out that she has learned that this community needs not just food but also affection.

When you think about donating to a traditional outreach ministry such as a food pantry or soup kitchen, what would it look

like for you to give the blessing of affection in addition to the sustenance of food? How does that challenge or resonate with your idea of “bless”?

2. As Chris reflected, one of the enduring images of the Christian life is that of individuals moving along the spokes of a wheel. We find that as we draw closer to the center—that is, to God—we, by necessity, grow closer to other people. This is the work of the Holy Spirit, and as Chris says, it happens in all sorts of groups and communities. Take a few moments to reflect on the ways that you and/or your faith community are practicing “bless” currently. Are they drawing you and your community closer to God and others? If not, how might your practice need to grow or morph?

3. “When they come, they bring their problems, and we need to hear them.” - Lucia Mondragón. Often, in our attempts to do the most good in the shortest amount of time, our practice of “bless” is stacked with to-do lists and busyness. But do we make

time for listening? Do we make time to value the one story someone needs to share over the 10 things on our agenda? Do we value hearing as much as we value doing? If not, what might need to shift in our practice or understanding of “bless”?