



# STIRRED NOT SHAKEN

FAITH ACTIVATED | II TIMOTHY 1:3-8

## DISCIPLESHIP TRACK ACTIVITY OPTIONS

**WEDNESDAY AFTERNOON OPTIONS – JULY 4  
FIRST SESSION 1:15 P.M. – 2:45 P.M.**

**DT – 001 DISCIPLESHIP 101**

Growing a life of deeper faith, hope and love doesn't happen on its own. When life is busy how can you be certain that your discipleship is not stalling? Explore resources, practices and plans for cultivating a rich spiritual life.

**DT – 002 DISCERNING AND DECIDING**

Young adulthood is a time marked by decisions. Where am I going to school? What job should I do? Is s/he the 'one?' Where will I live? Come and consider how to make these important decisions and how can we listen for God's guidance in the midst of them.

**WEDNESDAY AFTERNOON OPTIONS – JULY 4  
SECOND SESSION 3:00 P.M. – 4:15 P.M.**

**WAO – 014 ESCARPMENT HIKE**

Hike through God's marvellous creation, exploring Brock's beautiful backyard. Closed toe shoes required.

**WAO – 015 DESIGNER DUCT TAPE**

Create wallets, belts, guitar straps or folders. Talk about unique accessories!

**WAO – 016 SONG WRITING & SPOKEN WORD POETRY**

Do you like to write? Have a creative streak that needs to be expressed? Come learn the foundations of song writing and spoken word poetry.

**WAO – 017 WOVEN CREATIONS**

Learn about the bountiful world of yarn art!

**WAO – 018 BREAKING BREAD**

Learn the basics of baking. Break bread together as we discuss the role that food plays in cultivating community!

**WAO – 019 OUR ROLE IN CLIMATE CHANGE**

What can we faithfully do to address the climate crisis? What does scripture tell us about caring for God's creation? How can Christians be environmental advocates?

**WAO – 020 FEMINIST FAITH**

Do you ever feel as though most biblical stories revolve around men? Come learn about the brave and strong women in the bible!

**WAO – 021 CREATIVE PRAYERS**

Ever have difficulty praying? We'll learn new forms of prayer, and some practical methods to make prayer a regular on-going part of our lives.

**WAO – 022 WHEN GOD FEELS FAR AWAY**

All people experience time of valleys and mountains, but how can we remain faithful and connected in those frequent times of doubt, fear and when things are changing so quickly?

**WAO – 023 HUMOUR IN THE CHURCH**

Is there a place for humour in the church? How do we bring it in, how do we use humour faithfully?

**WAO – 024 VOLLEYBALL**

We'll be 'serving' up fun at this workshop!

**WAO – 025 FLAG FOOTBALL**

Field... friends ...flag... football... you get it!

**WAO – 026 BIG GAMES**

We'll be playing all the favourite old school games: Red Rover, Tag, Giant Twister.

WEDNESDAY AFTERNOON CONTINUED...

# DISCIPLESHIP TRACK ACTIVITY OPTIONS

## FRIDAY AFTERNOON OPTIONS – JULY 6 FIRST SESSION 1:15 P.M. – 2:45 P.M.

### DT – 003 WHERE IS GOD WHEN THINGS GO WRONG?

Being a person of faith hope and love is easier when things are going well. What about the times when things are not going well, when we are grieving, feeling lost and alone? How do we keep connected to God in the dark times?

### DT – 004 SPEAKING GENTLY AND SAFELY ABOUT YOUR FAITH IN A SECULAR WORLD

Do you ever feel afraid to talk faith at work or at school? Do you want to be able to express yourself in a way that is honest about who you are, without risking offense to your neighbour? Explore ways you can be your-faithful-self wherever you may be.

### DT – 005 BE THE CHANGE

The term ‘slacktivist’ has been coined to describe people who take small steps (‘liking’ something or posting about it on social media) to support a cause but do not take action requiring more effort to bring about change. While these small efforts are supportive of causes, what does it mean to engage with an issue or cause in ways that will make lasting change? Come and explore ways to be agents of change.

## FRIDAY AFTERNOON OPTIONS – JULY 6 SECOND SESSION 3:00 P.M. – 4:15 P.M.

### FAO – 027 ULTIMATE FRISBEE

Fantastic frisbee fun.

### FAO – 028 DODGEBALL

Dodge, duck, dash!

### FAO – 029 SWIMMING

Take a break from the hot sun and relax in the Brock aquatic centre pool!

### FAO – 030 HENNA

Come and decorate yourself with temporary tattoos, and learn the origins and meaning of this popular art form.

### FAO – 031 ART WITH RECYCLED MATERIALS/ART INSTALLATION

It’s an art attack! Join us as we paint, mould, craft, and do a variety of other art projects.

### FAO – 032 BEADING

...a little or a lot...do a prayer chain...a scarf or a T shirt (bring a piece to bead).

### FAO – 033 MONEY MATTERS

Learn about the role faith can play in your decisions about money. Explore planning for the future and money management. Look at consumerism and materialism — and what decisions we can make to help us make good choices in what we do with our money.

### FAO – 034 BUILDING FAITHFUL BRIDGES

Do you have a friend who is of a different religion? How do you talk about faith? Are there similarities between Christianity and other religions? Let’s find out together!

### FAO – 035 JOYFUL NOISE

Have trouble connecting with traditional hymns? How can we engage with music in a meaningful way? Come discuss how we can utilize contemporary music in our places of worship.

### FAO – 036 SCIENCE AND RELIGION

Do these topics need to be mutually exclusive? Come explore the interesting relationship, and discuss what this means for your faith.

### FAO – 037 FEARFULLY AND WONDERFULLY MADE: BODY & MIND

Being a person of faith, hope and love can be easy when things are going well. What about the times when things are not going well, when we are grieving, feeling lost and alone? How do we keep connected to God in the dark times?

### FAO – 038 IN POLITICS, IS JESUS LEFT, RIGHT, OUT?

Both liberals and conservatives have claimed Jesus for their own agendas, but what does Jesus have to say about the politics of life? In this workshop we will investigate Jesus’ teaching on social issues that we still wrestle with today.

FRIDAY AFTERNOON CONTINUED...