



Transcending Contempt  
Session Six  
February 10th, 2024  
The Rev. Christopher H. Martin  
St. Paul's Episcopal Church  
San Rafael, California

### Practicing Transcending Contempt

#### Agenda

- 9:00 Gather in both Duncan Hall and Zoom
- 9:05 Break into groups of three: Six Words, Regarding a PERSON
- 9:20 Final Teaching
- 9:35 Break into groups of three: Becoming a Beacon of Light and Love
- 9:55 Q & A

#### Teaching

- I. Introduction
  - A. Review of the Five Classes
  - B. Lenten Small Groups (meet at 10:15 this morning if interested)
  - C. Accountability, Confidentiality and Vow: "By God's grace, I will do the work God is sending me to do this week..."
- II. Love Your Neighbor Through Attention
  - A. Attend Like Simone Weil: "What are you going through?"

- B. Regard like Christina Sharpe: “We see each other”
- C. PERSON: Each made in the image and likeness of God

III. Temporal Halo

- A. A Daily Practice, like Jessica and her airplane
- B. Become Aware: You’re A Single Individual, not a mere member of the Public
- C. Family and Friends: “I want to forgive her because I want to love her”

IV. Choose Your Own Adventure

- A. Virtue. Session Two. Magnanimity and Hope. (CS Lewis, The Abolition of Man)
- B. Habits. Session Four. Fullness and Hollowness. (Bethany Dearborn Hiser, From Burned Out to Beloved)
- C. Race. Session Five. Freedom and Creative Entanglement. (Christina Sharpe, Ordinary Notes)

Question for Groups of Three at the end of Session Six:

What will you do to help you become a beacon of light in 2024 by Transcending Contempt?

Supplemental Material

1. Discipleship Group Liturgy

The Five Practices

1. Practicing WAG
2. Nurturing Magnanimity
3. Stewarding Your Halo
4. Loving Ourselves (Three Habits)
5. Loving Our Neighbors (PERSON)



## The Liturgy for Discipleship Groups

### Gathering

*The members sit for a time of silence.*

### Opening

*The convener reads the following aloud:*

Welcome to our Discipleship Group. May the Holy Spirit bless us and keep us during our time together. We are gathered to help each other become better followers of Jesus Christ, which happens naturally when we love him. We become better followers of Jesus by holding each other in his love and by encouraging each other to practice the disciplines he teaches. Please remember everything we say is to be held in confidence, which is one way we hold each other in love.

### Vows

*Individual members read aloud the following vows:*

By God's grace, I will set aside time regularly for **prayer**, "praying to God in secret" (Mt. 6:6), working toward twenty minutes a day.

By God's grace, I will praise God, offering myself and receiving God's love and blessings with the rest of my Christian community in weekly "**worship** in the beauty of holiness" (Ps. 96:9).

By God's grace, I will endeavor to **serve** others everywhere I can, working toward giving an hour a week in service, remembering Jesus says, "surely as you did it to one of the least of these, you did it to me" (Mt. 25:40).

By God's grace, I will "read, mark, **learn**, and inwardly digest" (BCP p. 236) the Holy Scriptures, trusting they are "inspired by God" for my "training in

righteousness” (2 Tim. 3:16), working toward knowledge of the entire book.

By God’s grace, I will be a good steward of my money, working toward giving ten percent to the church and those in need, mindful that “where your treasure is, there your heart will be also” (Mt. 6:21).

By God’s grace, I will do the work God is sending me to do this week, remembering Jesus says, “as the Father has sent me, so I send you” (Jn. 20:21) entrusting my Discipleship Group to test and support that work.

*The final vow is read in unison:*

By God’s grace, we have joined ourselves to one another as this Discipleship Group, and we commit to meeting regularly for this season of our lives, believing that “if we love one another, God lives in us, and God’s love is perfected in us” (1 Jn. 4:12).

### **Check In and/or Activity**

*Each member may check in for a specified time, as the group determines. Groups may choose to insert an activity such as sharing experiences with the vows, sharing spiritual autobiographies, naming the work God sends us to do this week or reading together appropriate readings.*

### **Closing Prayer and Closing Words**

*The convener leads a simple closing devotion such as saying the Lord’s Prayer and then ends the meeting by reading aloud these Closing Words:*

Please remember that what we have said in this gathering was spoken in confidence. Go in peace to love and serve the Lord.

*The members respond:*

Thanks be to God.

### **Daily Prayer and Sabbath Prayer**

*Members may say the following each morning to conclude daily prayer.*

O God, send me this day to do the work you have given me to do, to love and serve you with gladness and singleness of heart.

*Members may say the following every Sunday before worship. The Prayer is best followed by five to ten minutes of first remembrance and then anticipation. One may then conclude with the Daily Prayer.*

O God, help me reflect on the week that has passed that I may remember in truth, and reflect on the week to come that I may do all such good works as you have prepared for me to do, in the name of Jesus, the light of the world.