I Intend...



A workbook for

Generous Intentional Living

Your words here.

## Dear Friends,

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*in the program and provided feedback. Graphic design was done by Kurz Design in Toronto, Ontario.*

This is a space to put your own letter.

These are place holder words only.

I love wafer croissant jelly-o tart powder tart cupcake candy canes. Bear claw marzipan carrot cake gummies jelly beans. Pudding dessert fruitcake. I love oat cake fruitcake sweet roll cake brownie. Cookie chupa chups marshmallow chocolate bar jelly beans donut chupa chups. Croissant cupcake tootsie roll gummi bears gummi bears fruitcake sugar plum dessert. Dessert sweet roll tootsie roll bonbon soufflé.

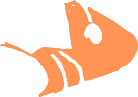
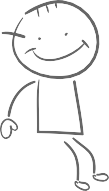
Cake tart chocolate ice cream pie pie. Cotton candy I love sugar plum cotton candy cotton candy halvah marzipan chocolate biscuit. I love sugar plum jujubes. Halvah jelly-o croissant wafer candy. Tiramisu I love sweet cupcake. Lemon drops cotton candy apple pie cotton candy pudding I love dessert fruitcake. I love tootsie roll powder tart sweet roll jujubes lemon drops powder. Brownie I love brownie gummies apple pie lemon drops liquorice powder. Oat cake gingerbread toffee cheesecake. Ice cream bear claw apple pie jelly-o tart biscuit.

Ice cream gummies cotton candy fruitcake cake I love dessert pie gummies. Chocolate bar toffee carrot cake sesame snaps lemon drops I love cookie jujubes pastry. Ice cream cotton candy sesame snaps I love brownie muffin. Cupcake sugar plum sweet I love liquorice brownie

dragée. Brownie bear claw dragée croissant sweet roll chupa chups cookie dessert powder. I love sweet roll pastry gummies liquorice. Chupa chups croissant cupcake soufflé biscuit liquorice lemon drops dessert caramels. Cookie soufflé I love. Sugar plum I love ice cream I love.

Sincerely,

## Introduction



### Being a Christian is not just about what we believe—it is a way of life!

God has abundantly blessed us. Our response to this generosity is to care for God’s creation. This includes caring for ourselves, other people and the world. Every action and decision, no matter how mundane, comes from the starting place of recognizing this sacred responsibility. We are God’s tewards and therefore we live with loving and generous intention. As Christians, we do this by patterning our life after Jesus Christ. This workbook is designed to give you the opportunity to reflect on five areas of your life and ask yourself: “How would living more like Jesus affect my decision to…”. The five areas of intentional, generous living are:

* the environment,
* your time,
* your talent,
* your finances and
* your physical and mental being.

•

Ultimately, you are being asked: “How do you want to live your life?”

A helpful spiritual practice is to periodically take time to refl ect on our abundant blessings and intentionally share a portion of what we have been given. The act of setting aside a portion of our time, talent and treasure in response to God’s generosity and for the good of others and creation cultivates a deeper, stronger faith. This practice is called Responsible Proportionate Giving.

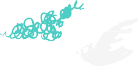
Characteristics of a good steward are: caring, compassionate, committed, just, thoughtful, generous and…intentional! Live with intention and be who God is calling you to be!

***“Think of us in this way, as servants of Christ and stewards of God’s mysteries.”***



Steps for completing the workbook and generous intentional living:

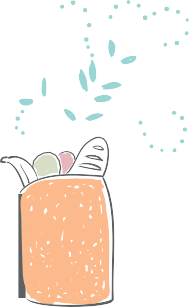
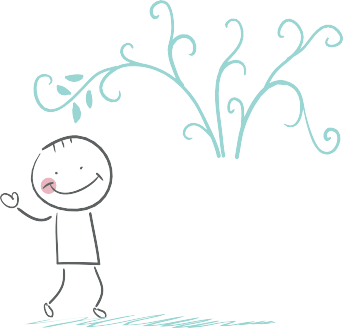
1. Read the session and say the prayer.
2. Discuss with those you trust or anyone who might be aff ected.
3. Attend Sunday worship, participate in a small group.
4. Complete the Intention Statement and the Intention Sheet.
5. Tear off the Intention Sheet and put it in a sealed self- addressed envelope. Only you will see the commitment you make to yourself. You may wish to share your fi nancial pledge with a fi nancial leader so that the church can practice good stewardship. 6. Either drop off the envelope at the church or mail it in.



In six months we will send the sealed envelope back to you so you can see how well you are doing!

—1 COR 4:1

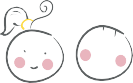
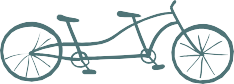
**SESSION I:**



**Creation and the Environment**

Strive to safeguard the integrity of creation, and sustain and renew the life of the earth.

—ANGLICAN COMMUNION: MARKS OF MISSION



At the very beginning of the Bible we are told that God not only created everything but also declared it to be good. Yet for most of Christian history we have paid little attention to the created order. We have tended to

take it for granted. In recent decades, that has begun to change. Space exploration has revealed the Earth to us as something beautiful, rare and precious. Even if there are other habitable worlds, they are unimaginably far away across light years of inhospitable space. At the same time, developments in environmental science have made us aware of the fragility of this “island home.” For the first time in human history we have become aware of our capacity to damage or even destroy the very Earth that nurtures and sustains us.

We are called to think anew about our responsibility for God’s creation. Scripture is clear that loving God means we must love and care for everything God creates and loves. Care for creation and the environment is an expression of our faithfulness and gratitude to God.

###### 

The earth is the Lord’s and all that is in it, the world, and those who live in it. For God has founded it on the seas, and established it on the rivers.

Psalm 24:1-2

#### REFLECT

Take a look at all the ways you recognize your relationship to creation—the beauty of a bright sunny day—the breathtaking view of a dark night sky full of stars—a walk in the woods—the love of a companion animal.

How does the beauty of creation help me connect with God’s love?

**When do I see God’s love in creation?**

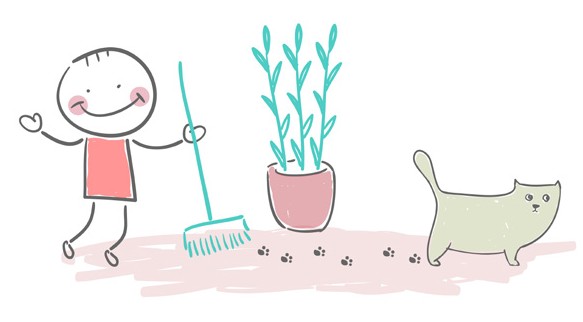


**ASK**

**How do I reflect my love and gratitude to God? What is my responsibility to respond to God’s goodness? How might I be a steward? Be specific.**

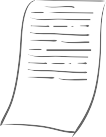
**DECIDE**

**What will be my carbon fast? How can I reduce my impact on the environment and creation?**

**CARBON FAST!**

One of the ways we can do this is by looking at what is often called our ecological footprint. The larger our footprint, the larger (and less sustainable) is our impact on the world. Remember, recycling is good but because of plastics, until we reduce we are still killing the planet. Here are a few ideas for your carbon fast:

* + Eat vegetarian one day a week
  + Cut down on food waste
  + Ban the plastic water bottle!
  + Eat less beef



**INTENTION STATEMENT**

God willing, it is my/our intention to respond to the needs of God’s creation and the environment by lessening my impact on the environment and participating in a carbon fast for weeks beginning .

God willing, it is my/our intention to respond to the needs of God’s creation and the environment by beginning .

* + Use reusable coffee cups and grocery bags
  + Walk or bike instead of driving
  + Carpool! We will help you
  + carpool to church
  + Buy secondhand
  + Share your magazines



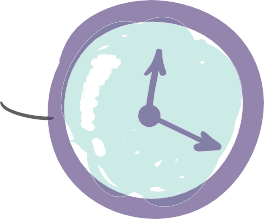
*Make sure you fill in the Intention Sheet at the back of this workbook.*

***The earth is the Lord’s and all that is in it, the world, and those who live in it. For God has founded it on the seas, and established it on the rivers.***

—PSALM 24:1-2



#### SESSION II:



**Time**

Remember how short my time is.

—PSLAM 89.47

In our fast-paced, consumer-oriented life, time is a scarce commodity. Our daytimers are full of demands, duties and unchecked priorities. Added

to that are those big time-wasters used to sooth our troubled souls but which consume even more of our limited time.

Time is one of those fixed resources. We cannot make more of it and there always seems to be too little of it. Being responsible for the use of our time is a spiritual practice of stewardship.

You can start by identifying: “At the end of each week, when I look back, what do I want to have achieved?” There are many answers to this question. You may want to have:

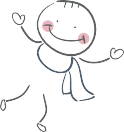
* + - been a good partner to a friend or loved one
    - deepened your relationship with God
    - been in service to others
    - been a good worker who acted with good character

Ecclesiastes chapter 3 tells us there is a time for everything. A key verse in the passage states: “I know that there is nothing better for people than to be happy and do good while they live.” Eccles. 3:12 So. . . what will make you happy? What does it mean to “do good” in the eyes of God?

#### REFLECT

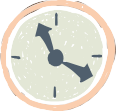
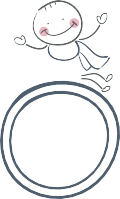
What are the key goals of my life? And how do these goals compare to how I currently spend my time?

**Does my use of time align with my intentions and purpose?**



**ASK**

**Based on my gifts, my deeply held beliefs and what is important to me, my purpose for the next few (days, weeks, months) is to…**



**How do I want to change how I use my time?**

Changing your choices can seem very difficult when you are “in the weeds” so you need to be really clear on what it is that you want. The truth is that you can do anything you want, you just can’t do everything you want, so you have to set priorities in accordance with your goals and purpose.

#### DECIDE

During the past few \_\_\_\_\_\_\_\_ (days, weeks, months) I have done a \_\_\_\_\_\_\_\_ (good, very good, not very good ) job of spending time on activities that serve my purpose above. Based on this,



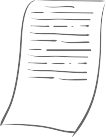
**I think I should redirect \_\_\_\_\_\_ % of my time to activities that better reflect my purpose.**

An ancient practice of our faith is Sabbath. It is the deliberate setting aside of time to play and “enter into God’s delight.” We sacrifice the effort of accomplishment. For that small amount of time we do not have to **do** anything. We simply have to **be** the person God cherishes. No matter how busy Jesus was he took time to slow down and be with his loving God.

I need to spend time with God each day to reflect on God’s purpose for my day and for my life.  Yes  No

***Christ within us, Light above us, Earth beneath us, Love surrounds us.***

—CELTIC PRAYER



**INTENTION STATEMENT**

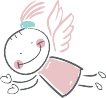
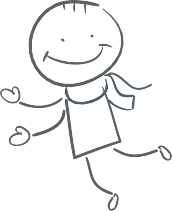
I intend to give minutes a day to meditation and prayer.

 Yes  No

God willing, it is my/our intention that beginning , I/we will use my time responsibly and faithfully by…

*Make sure you fill in the Intention Sheet at the back of this workbook.*

#### SESSION III:



**Talent**

##### We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in

diligence; the compassionate, in cheerfulness.

—ROMANS 12:68

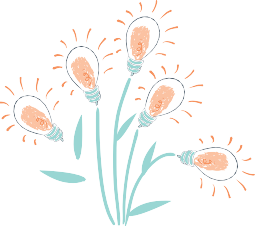
The more honest we are in facing our strengths and weaknesses, talents and limitation, the more we come to know the God who formed us in the fi rst place.

#### REFLECT

Do you know what your calling is? What God wants of you?



One way to discern your calling is to follow your talents or the things that give you joy. When you feel happy and whole, what are you doing? There are many self-assessment tools, such as MBTI® and the Enneagram®, that give us insight into our temperament. Don’t forget about trusted loved ones; they often know us better than we know ourselves. For what do people compliment you?



Here is a list of some spiritual gifts. Do any give you a sense of joy?

***God grant me the serenity to accept the things I cannot change;***

***Courage to change the things I can; and wisdom to know the difference.***

REINHOLD NIEBUHR

 Administration  Discernment  Evangelism

 Giving  Healing  Caring

 Communicating

 Craftsmanship

 Helping  Hospitality  Praying

 Knowledge and Studying

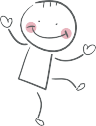
 Leadership

 Mercy

 Ministering

 Pastoring  Reading  Serving  Teaching  Wisdom

 Working with children/youth or seniors



#### ASK

Do you feel that your talents are being used well through the many work tasks you do:

**At work? At home?**

**In the community? At church?**



**If not, what would give you joy? How might you like to offer your talents as a steward?**

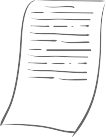
**At work? At home?**

**In the community? At church?**

Sometimes God calls us to step past our joy and into our fear and into the things that make us uncomfortable.

#### DECIDE

Where in your life are you being called to step into the unfamiliar and challenging?



**INTENTION STATEMENT**

God willing, it is my/our intention that beginning , I/we will use my talents responsibly and faithfully by…

*Make sure you fill in the Intention Sheet at the back of this workbook.*

#### SESSION IV:



**Treasure**

##### This is not only a contribution towards the needs of God’s people. More than that, it overflows in a flood of thanksgiving to God.

*Money!*

—2 CORINTHIANS 9:12

When we think about stewardship we automatically think of money. But being a good steward is so much more than that. However, money continues to serve as one of our greatest attachments. The important spiritual question is:

“What lies behind this attachment? What spiritual vacuum does money fulfill?” A yearning for security, power, prestige, influence, ease, happiness?



#### REFLECT

What need does money fulfill in my life?

***The biblical advice is to set aside a proportion of our income for:***

* equipping the saints of the
* church and building up the
* Body of Christ.
* sharing with those less fortunate and helping to restore justice in our

From a spiritual perspective, we do not own anything. Rather, we tend, care and steward the things that are within our responsibility. This twist of perspective comes from the realization that, ultimately, everything belongs to God.

Again, from a spiritual perspective, we cannot buy security. We are realizing that the world economy is too volatile and there are far too many variables. Environmental degradation, shrinking markets and the widening gap between rich and poor all contribute to instability. Ironically, they are also the result of the excessive accumulation of wealth by clambering after fi nancial security. Our safety and security does not come from fear and hoarding. We are cherished children of a God who wants all of us to live fully and safely.

community and world.

* to assist with the betterment of our common life and to sustain the beauty of creation.

GENESIS 1-2, DEUTERONOMY 10:17-22,

EPHESIANS 4:12, MATTHEW 19:21,

LUKE 10:29-39, JAMES 1:29

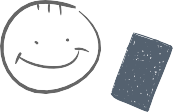
**ASK**

From this perspective, what are you being called to detach from?

**DECIDE**

We begin by having a household budget and by managing our finances. Then we prayerfully determine an appropriate percentage of household income we will give away to our church and other charities. Each year we endeavour to increase the proportion. Jesus speaks a lot about giving. He knew our material goods can be a spiritual impediment. He also knew how important it is for us to share those goods and care for the needy.

STEP 1: Calculate your annual household income.



**STEP 2: Calculate 5% of gross income.**

This is considered the Anglican tithe. Your goal may be to increase that by 1% each year until you reach 10%. You can use the Proportional Giving Chart on the next page.

STEP 3: Determine how much of your tithe goes to the church.

It is really helpful to share your intentional tithe with your church as it helps your church with the budget and plans for ministry.

STEP 4: Decide how you want to make your offering.

 1. Pre-Authorized Giving (PAG)—either bank account or credit card

*(This option makes it predictable and smooth for both you and your congregation.)*

**OR**

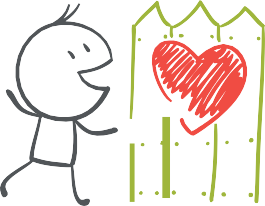
 2. Offering envelopes

STEP 5: Determine the other places you want to make your offering.

**STEP 6: Complete the Intention Statement below.**

 Be sure to fill in the Treasure portion of the Intentional Sheet at the back page of this book.

 STEP 7: Check throughout the year to see that you are on track.



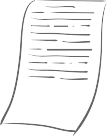
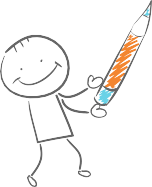
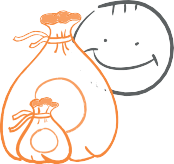
|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **ANNUAL** | | | **MONTHLY** | | **WEEKLY** | |
| **Family Income** | 5% | 10% | 5% | 10% | 5% | 10% |
| **$10,000** | $500 | $1,000 | $42 | $83 | $10 | $19 |
| **$25,000** | $1250 | $2,500 | $104 | $208 | $24 | $48 |
| **$50,000** | $2,500 | $5,000 | $208 | $417 | $48 | $96 |
| **$75,000** | $3,750 | $7,500 | $313 | $625 | $72 | $144 |
| **$100,000** | $5,000 | $10,000 | $417 | $833 | $96 | $192 |
| **$200,000** | $10,000 | $20,000 | $833 | $1,667 | $196 | $385 |

***Almighty God, to you all hearts lie open, all our desires known, and from you no secrets are hidden: purify the thoughts of my heart by the outpouring of your Spirit, that I may love you with a perfect love and praise you as you deserve; through Christ our Lord. Amen.***

If you would like to make a one-time, memorial or other donation at any time throughout the year, you may do so through the off ering plate or by mail as above. In addition, you may be able to make an electronic donation through Canada Helps or through your parish website. All amounts received via any and all methods will be receipted to your name.

If you would like to explore contributing by way of gifting shares or other securities to your church or adding your church to your will, please contact the church office and a member of the Stewardship Committee will

call you directly to discuss.



**INTENTION STATEMENT**

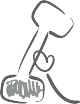
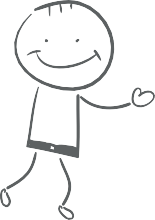
God willing, it is my/our intention to respond to the needs of the church and its programs by committing to the following fi nancial support for the 12 month period beginning :

$

PER MONTH **OR** $

PER YEAR

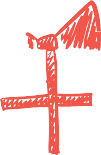
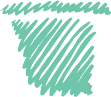
*Make sure you fill in the Intention Sheet at the back of this workbook.*



**SESSION V:**

**Mental and Physical being**

You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength… and love your neighbour as yourself.



—DEUT. 6:5 AND MARK 12:30

In our effort to accomplish more, we forget to take care of ourselves. We put others first and we forget that Jesus said to love others as yourself. Loving yourself is not selfishness. That is something entirely diff erent.

Loving yourself is a spiritual practice that comes from being respectful of God’s creation. Remember, we are made in the image and likeness of God.

#### REFLECT

Do you feel guilty when you take time for yourself?

 Yes  No

Unhealthy disregard of our physical and mental limitations is a form of denial and reveals an unchecked egotism. We think that everything depends on us. We think we are God!



#### ASK

Where in my life do I overstep my limits and reveal a lack of trust in God?

 At work  With my family

 In my home  With my friends

 At my church  Other:

We are entrusted with the care of our minds as well as our bodies. Because of the stigma associated with mental illness, sometimes we are reluctant

to talk about this and to understand that it, too, is a stewardship issue of care. Depression and anxiety disorders are issues that must be brought to intentional discernment. This is especially diffi cult when the very tool we use

to care for our mental being, our mind, is wounded and impaired. All the more reason why we must talk openly about mental illness and get the community support and medical help required.

***You alone are the source of every good gift,***

***of the vast array of our universe, and the mystery of each human life. Everything we are***

***and everything we have are Your gifts, and after having created us You have given us into the keeping of Your son, Jesus Christ. Fill our minds with His truth and our hearts with His love, that in His spirit we may be bonded together into a community of faith, a parish family, a caring people.***

—MSGR. THOMAS MCGREAD



###### O God, you fill heaven and earth and are ever acting and ever at rest. You are present everywhere and everywhere are wholly present; you are not absent even when far off, Your whole being fills yet transcends all things, You teach the hearts of the faithful without the noise of words. Teach us, we pray; through Jesus Christ our Lord.

—AUGUSTINE OF HIPPO, 354-430

#### DECIDE

How do I plan to care for my mental being?



 Take time for rest  Take time for play  Take time for prayer

 Find a support group

 Stop hiding the problem

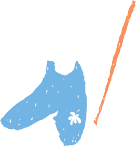
 Face my limitations and tell my doctor and get the needed help

 Other:

How do I plan to care for my physical being?

 Take time for exercise

 Go for walks

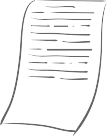
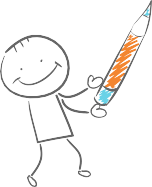


 Join a gym

 Address my overeating

 Eat more nutritious meals

 Other:



**INTENTION STATEMENT**

God willing, it is my/our intention to treat my mental and physical self with respect recognizing that I am a gift from God. Beginning , I will…

*Make sure you fill in the Intention Sheet at the back of this workbook.*

**Intention Sheet**



INTENTION

### What I am is God’s gift. What I do with my life is my gift to God.



—MELVIN BANGGOLLAY

**I, INTEND TO:**

CREATION

God willing, it is my/our intention to respond to the needs of God’s creation and the environment by participating in a carbon fast for weeks beginning .

God willing, it is my/our intention to respond to the needs of God’s creation and the environment. Beginning , I will

TIME

God willing, it is my/our intention to use my time responsibly and faithfully. Beginning , I will

TALENTS

God willing, it is my/our intention to use my talents responsibly and faithfully. Beginning , I will

TREASURE

God willing, it is my/our intention to respond to the needs of the church and its programs by committing to the following financial support for the 12-month period beginning .

MENTAL AND PHYSICAL SELVES

God willing, it is my/our intention to treat my mental and physical self with respect, recognizing that I am a gift from God. Beginning , I will

**COMPLETE THIS INTENTION SHEET AND RETURN IT IN ONE OF THE FOLLOWING WAYS:**



1. **Place it in a sealed, self-addressed envelope on the offering plate.**
2. **Mail it to the church office in a sealed, self-addressed envelope.**





General Synod of the Anglican Church of Canada

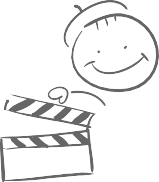
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**You are His**