

*Come and explore  
the life-giving power  
of contemplative  
spiritual practices within  
a supportive community.*



### Informational Session

Sunday, March 11, 2018  
2:00 p.m. - 4:00 p.m.

*Davidson United Methodist Church Chapel  
304 South Main Street  
Davidson NC 28036*

Registration, by contacting Ann Starrette  
at [astarrette@davidsonumc.org](mailto:astarrette@davidsonumc.org) or  
704-488-5825, is appreciated but not  
required. Walk-ins are welcome.



[wesleyancontemplativeorder.com](http://wesleyancontemplativeorder.com)

## Our Bands

For more information about the Wesleyan  
Contemplative Order, please contact  
Ann Starrette at 704-488-5825 or  
[astarrette@davidsonumc.org](mailto:astarrette@davidsonumc.org).

To visit one of our current bands, please call  
one of the contacts listed below.

### Julian Band

MEETING PLACE:  
Member homes  
Matthews, NC  
MEETING TIME:  
Monthly, on the first  
Monday  
7:00 - 9:00 p.m.  
CONTACT:  
Teri Strom  
704-575-0769

### Sophia Band

MEETING PLACE:  
Davidson United  
Methodist Church  
Room 220  
MEETING TIME:  
Bi-monthly, on the first  
and third Mondays,  
5:30 - 7:00 p.m.  
CONTACT:  
Cristy Carroll  
704-650-8684

### Magdalene Band

Meeting Place:  
Davidson United  
Methodist Church,  
Congregational Care  
House  
262 South Street  
Davidson, NC 28036  
MEETING TIME:  
Bi-monthly, on the first  
and third Fridays,  
10:00 - 11:30 a.m.

CONTACT:  
Kathy Davis  
704-202-0624

### Avila Band

MEETING PLACE:  
Davidson United  
Methodist Church,  
Purcell Room  
MEETING TIME:  
Monthly, on the first  
Thursday  
10:00-11:30AM  
CONTACT:  
Lisa Marion  
704-987-0775

*Wesleyan Contemplative Order is a ministry of*

DAVIDSON  
UNITED  
METHODIST  
CHURCH

P.O. Box 718 | 233 SOUTH MAIN STREET  
DAVIDSON, NC 28036  
704-892-8271 | [WWW.DAVIDSONUMC.ORG](http://WWW.DAVIDSONUMC.ORG)

*Is God calling you to a  
deeper life in the Spirit?*

*Do you long  
for a more nurturing  
faith community?*

*Do you yearn to engage  
life more fully?*

[wesleyancontemplativeorder.com](http://wesleyancontemplativeorder.com)

## Our Vision

**H**istory has demonstrated that positive, sustainable change in the world almost always comes about through the actions of people who have first experienced transformative inner change. But how does such change come about?

Contemplative experience of God's love is one way. Ancient practices such as centering prayer, lectio divina, daily examen, welcoming prayer, and group and individual spiritual direction are all means of grace which invite God's deeper work within us.



## Our Name

**T**he Wesleyan Contemplative Order (WCO) is an ecumenical group of believers committed to inner transformation through the regular practice of contemplative spiritual disciplines.

By encouraging discernment in all aspects of daily life and ministry, the practices help us learn to stay present, to be more connected to God, and to become more compassionately engaged with the world.

Our emphasis on using contemplative practices as a means of grace stems from the work of John Wesley, the founder of modern Methodism.

Wesley came to understand that vulnerability is central to spiritual growth, and that we can

best learn to be deeply vulnerable to others and God through the fellowship of small groups. He believed that the accountability and nurturance of these small groups, which he called bands, were essential to our faith journey. Wesley reclaimed the tradition of early Christ-followers, who banded together in small communities, or orders, for mutual support and encouragement.



## Our Practice

**B**ecause the Wesleyan Contemplative Order focuses on practices of spiritual formation rather than doctrine, participants from varied faith traditions are welcome. We trust that inner growth and healing are deepened through relationship with others equally committed to inner transformation, through the work of the Spirit.

A WCO Band generally consists of four to six members meeting regularly to support and further their spiritual journeys.

During a Band meeting, members may engage in a variety of contemplative practices, which place us before God to do his work in us.

To learn more about these and other contemplative practices, please visit our website, [wesleyancontemplativeorder.com](http://wesleyancontemplativeorder.com).



## Our Guidelines

**A**nyone can become a member of the Wesleyan Contemplative Order simply by joining a WCO Band. The only requirements to participate in a Band are:

- 1) belief in a loving God,
- 2) intention to open space for God through contemplative practices with others, and
- 3) desire to participate wholeheartedly.

Participants are led through discernment with other members to determine which Band is right for them. Each Band evolves organically by responding to the guidance of the Spirit to most effectively meet the needs of its members.

Bands meet at least once every eight weeks, in person or by conference call. Members commit to adopting a self-chosen set of personal contemplative practices, traditionally known as a Rule of Life, to enliven their spiritual journey.

Faithful participation in a WCO Band is one way to bring contemplation, accountability, and joy into our lives.



*“Though we cannot think alike, may we not love alike? May we not be of one heart, though we are not of one opinion?”*

— JOHN WESLEY