

Overview of Common Life

The **Common Life** community is a national ecumenical network of people who share a common life based on the deep wisdom traditions and principles that underpin Christianity.

Tatamagouche Centre, located on the North Shore of Nova Scotia, facilitates the network regionally. This is a program of all of the national Education/Retreat Centres of the United Church of Canada.

The network supports members in discerning and doing God's healing work in the church, community and world. Community members explore what it means to respond to key spiritual challenges of our time.

Common Life groups are open to people who are seeking new ways of understanding and living their faith.

How Do the Groups Meet?

Maritime members of the **Common Life** community gather yearly at Tatamagouche Centre. Between annual gatherings, small groups meet in different parts of the Maritimes based on geographical location. There is an orientation program for new people joining the program and/or for new groups that wish to form.

The groups are supported by Tatamagouche Centre; by the annual gathering; by a national newsletter; by the Maritime **Common Life** Coordinators; and by resources from within the groups themselves.

**To find out more, or to
start a Common Life Group
where you are...**

Churches, groups, or individuals interested in finding out more about the **Common Life Program** are encouraged to contact Tatamagouche Centre for further information
www.tatacentre.ca
1-800-218-2220

**Common Life Coordinators:
Wilf Bean and Kathryn Anderson**



Learning
Community
Spirit
Justice
Retreat
CommonLife

*Engage Your Faith
through Commitment
to Community*



www.tatacentre.ca

Common Life is a program of
the Education and Retreat Centres of
the
United Church of Canada

Common Life Community

The Common Life program is an opportunity for participants to engage their faith in a challenging way.

The goal of the program is to build community—a common life—among participants so that they can be challenged and supported to live a healing life in the church and in the world.

Participants meet monthly (or every six weeks) in small local groups to pray, to reflect on their engagement with five areas of commitment, and to share a simple meal.

Each group may choose distinct activities to develop engagement with the five key practices. For example, some groups view films and read books together. Others undertake special projects.

Participants also meet once a year within the larger regional framework – the Maritime Provinces – at Tatamagouche Centre.

There are **five key spiritual practices** on which groups center their common life.

Engagement for justice
Attending to the spirit
Dedication to learning
Commitment to community
Retreat

The focus of the Common Life Community is the intentional commitment to explore and learn about the five practices; and to prayerfully support and hold one another accountable to living out these practices in one's daily life.

Are you yearning for a local living faith experience that challenges and supports you to deepen your personal experience of your faith?

Do you seek a community within which you may enrich your commitment to discipleship and right living?

Is there something about your experience of faith that you would like to share with others, within a safe and trusting community?

Common Life:

Living your faith authentically...

a challenge and a blessing!

What some **Common Life** participants have said:

I find this to be a joyful and challenging celebration of Christian life.

Common Life gives me a safe and supportive community in which to share my complete spiritual life - my care for myself, my loved ones, and the world around me.

I really look forward to the book discussions or movie viewings that we do in our group.

Our monthly gatherings ground me in my faith. They give me strength and compassion to bring to the rest of my life.

My group helps me to find clarity and simplicity in my life.

When I leave (my group) each time, my priorities are clearer.

It is here, in the Common Life community, that I am challenged and supported to examine and adjust my spiritual practice and my engagement in the world. As a result, there is a continual flow back and forth, that both enrich and inform the other.

I don't want prayer and action to become separated in my life. I have come to understand that living faithfully requires a constant interaction between the two.