

EXPLORE

A VOCATIONAL EXPLORATION PROGRAMME TO EXPLORE CHURCH LEADERSHIP AND MINISTRY

What is Explore?

Explore is an opportunity for any member of the Methodist Church in Britain to take a breath, step back, and consider how they are called to join in serving the kingdom of God through worship, learning & caring, evangelism or service.



This is a Connexional programme, so you will join Methodists from England, Scotland and Wales in September and commit to being on a **course** with each other until May the following year.

You can sign up at any time of year and when you do so you will be offered:



An **accompanist**



Support to help you **journal** your journey



Opportunities to **shadow** people already serving through worship, learning & caring, evangelism or service.



A range of **learning opportunities** to dip in and out of

Accompanist

An accompanist is someone trained, who will create space for you, the Explorer, to reflect on all areas of your Christian life and help you to discern the call of God. They are outside of your usual group of friends, family and fellowship and are there just for you.

In your application form you will say what you require from an Accompanist and we will match you with someone from our pool of Accompanists as well as possible.

You and your Accompanist will be put in touch with each other and you will agree how you want to work together, when and where to meet etc

You will complete a covenant form together (E.4)

The **Methodist Church**

The calling of the Methodist Church is to respond to the gospel of God's love in Christ and to live out its discipleship in worship and mission

www.methodist.org.uk

Register charity no 1132208

Journal

Journaling is a practice of recording thoughts, feelings, memories and experiences. We encourage this because it helps you to become more conscious of your inner life, and it is in here that we respond to God's invitations. Journaling helps you to be more reflective, and this is a skill it is good for church leaders to have.

Journaling can be created in numerous ways including written, spoken, through a craft, or creation of music etc.

We will send you a video sharing what journaling is, and ways to do it

Shadowing

In your application to join Explore, you are asked to meet with your local church leader to talk through why you want to be involved in Explore. One of the reasons for this conversation is for you to talk through with them what types of shadowing experiences you think will help you discern your vocation.

You might want to shadow someone in a role you feel drawn you, even if you know very little about it. Or if you have a strong sense of a particular role you think you are called to, then it might be wise to shadow someone in that role, or indeed someone in a very different role to offer yourself challenge and variety. If there is not a role you feel drawn to then you might ask those who know and love you what they think your skills are and your church leader will help you identify a helpful shadowing role.

You can ask the Learning Network in your region, your circuit or your District, for ideas of shadowing opportunities.

Learning and development

We will send you a link to lots of learning and development opportunities.

Some of them may interest you for now, if so, sign up whilst you wait for the September start of the Explore course. Others might be part of your next steps when you come to the end of the Explore programme.


The 9 month Explore course

The course runs twice a year, one course May – February, and the other September to May.

It is comprised of six whole group sessions online. Plus you will be matched with a small group who will meet three times either online or at a physical place together (as agreed as a group). This means you will meet either as a whole group, or small group, once a month for nine months.

This is a commitment, and you are committing to be there, and engaged, for your peers' learning as well as your own.

Session topics covered include:



Introduction to the course
Prayer and Discernment
Theological Reflection
Biblical perspectives on vocation
Social Justice
Engagement with a range of forms of ministry
Methodist perspectives on vocation
Exploring my faith journey in my context
'A Methodist Way of Life'