

## Baptismal Promises

Will you continue in the apostles' teaching and fellowship, in the breaking of the bread, and in the prayers?

Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

Will you proclaim by word and example the Good News of God in Christ?

Will you seek and serve Christ in all persons, loving your neighbor as yourself?

Will you strive for justice and peace among all people, and respect the dignity of every human being?

**And the Episcopal Church of Western Oregon says: I will, with God's help.**



At your tables:

Read the First Promise.

Was there a time when receiving communion meant more to you? Why? What was happening in your life at that time?

Read the Second Promise.

Think of a harm you created within a faith community. Did you have a chance to repent? Was there reconciliation?

Read the Third Promise.

Tell the story of your first invitation to an Episcopal Church. If you have spent your whole life as an Episcopalian, tell the story of being invited to a particular Episcopal Church.

Read the Fourth Promise.

What do you love about yourself? How have you discovered something sacred about yourself because someone else pointed it out?

Read the Fifth Promise.

Share a time when you have “othered” someone to avoid having to respect their dignity.