

## First Presbyterian Church of El Cajon Values



### Spiritual Growth

**“Growing in our capacity to think, feel, act, and love like Jesus”**

**Actionable behaviors:**

*Ongoing Learning ~ Growing Awareness of God, self, others ~ Reading, Teaching, Prayer ~ Collective Formation: Participation in Worship Services, Classes, Retreats; Group discussions and intentional conversations ~ Personal Spiritual practices (journaling, reflection, digging deeper, art, movement, spiritual directors, nature walks, etc.)*

### Service

**“Extending intentional and meaningful help for others”**

**Actionable behaviors:**

*Committed service in weekly and monthly opportunities and service projects for our church and beyond (e.g., serving on Sundays, helping with Welcome Ministries, assisting in the garden) ~ Contributing—especially with time and special abilities—to annual events (e.g., SDMOM) and neighborhood outreach (e.g., Bethlehem Pantry, Protein Packs) ~ Serving in leadership or within the ministries of our church*

### Compassion

**“Responding through attentive, accepting, and kind action”**

**Actionable behaviors:**

*Welcoming (including appropriate touch, smiling, engagement with others) ~ Responsive helping (cards, finances, task support, checking in) ~ Listening ~ Exercising Non-Judgementalism ~ Acts of Compassion (praying for others, sharing property, seeking opportunities to extend care, putting others first)*

### Community

**“Creating a culture where there is mutual respect and love for all of God's children”**

**Actionable behaviors:**

*Small groups of all kinds ~ Welcome Church ~ Warm greetings (e.g. passing of the peace, coffee fellowship) ~ Responding to all neighbors with love and hospitality ~ Creating a culture where there is mutual respect and love, hospitality and sharing, equality and equity, advocacy and acceptance ~ “Beloved Community” (MLK) in which everyone is cared for, absent of poverty, hunger, and hate; flourishing in love of neighbor.*