

OneLife

Sport, wellbeing and fullness of life [Jn10.10]

Developed from the diocesan LIFE vision and responding to its four priorities (leadership, imagination, faith and engagement), **OneLife is a pioneering network of sport and wellbeing centres** primarily engaging with children and young people, their families and young adults.

OneLife centres are led by pioneer sports ministers and seek to engage and sustain the physical, mental, social and spiritual wellbeing of local communities through sporting, physical and community activity.

OneLife believes in the transformative power of sport and active lifestyles and in providing contexts through which the Christian faith can be explored, fullness of life experienced and new worshipping communities emerge through an innovative '7 spaces' approach. (see pg.2)

Each of the 7 spaces is not necessarily a physical place or an activity within a programme, rather they are the building blocks of the life of a OneLife centre.

The OneLife 7 Spaces approach provides the lens through which mission and ministry undertaken by a OneLife centre, which meets people contextually where they are. It is recognised that God is present among His people and experienced within all 7 spaces.

The approach is not a linear journey travelled by an individual, rather people are invited and welcomed into each and all of the 7 spaces and to find a place of belonging within the community, where they can personally respond to the Good News of Jesus Christ, grow in faith as disciples and respond in worship.

A OneLife centre, expressing the 7 spaces is a new worshipping community. It will be committed to partnership whilst seeking to be a fresh expression of church for the 95% of people, especially the young, who do not connect with existing forms of church.

Sport and physical activity provide the focus of activity of a OneLife centre and weave themselves into all aspects of the shared life of that worshipping community. Not everything the centre does is sport, but sport is integral to the life of each OneLife centre and can be present within each of the 7 spaces.

Each of the 7 spaces is a potential access point to the OneLife community and a space where people may find greater depth depending on their current personal circumstances, needs, discipleship and journey of faith.

OneLife has developed a Rule of Life to give shared identity to emerging worshipping communities and serve as a discipleship tool for the network of disciples:

We... Live, Love and Give To... Know God and do Good

Each space is a place where peoples gifts and vocation can be discovered and nurtured. A leadership development programme enables the network to identify, invest in, develop and release leaders of all ages.

OneLife centres are mission focused as expressed through the Anglican 5 marks of mission, nurture the dimensions of the Christian life expressed in Acts 2 as part of one communion and fellowship and engage relevantly with the sacraments of the Church.

The network of OneLife centres is committed to shared learning, developing new models and approaches to sports ministry and resourcing the wider church.

Through this exciting new venture OneLife seeks to play its part in the growth of the church, reaching those who are not currently connecting to church and the Christian faith. Using sport as a means for connection OneLife strives for everyone to experience life in all its fullness.

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OneLife 7 Spaces

At OneLife we do life together in 7 spaces.

Each space is not always a physical place or an activity, but a space in which we find ourselves together.

We do sport and physical activity, we seek holistic wellbeing and we find fullness of life.



Connect

Eat

Serve

Explore

Encounter

Contribute

Grow

CONNECT	<p>A space to meet, hang out, play and have fun</p> <p><i>Building relationships, knowing each other and spending time together in play</i></p>
EAT	<p>A space to eat, share and laugh</p> <p><i>Sharing openly, eating together and being refreshed</i></p>
SERVE	<p>A space to make a positive difference in the world</p> <p><i>Helping others, serving the community and taking action to enact change</i></p>
EXPLORE	<p>A space to explore faith</p> <p><i>Learning and discovering more about the Christian faith</i></p>
ENCOUNTER	<p>A space to encounter God together</p> <p><i>Coming together to pray, worship and encounter God</i></p>
CONTRIBUTE	<p>A space to help make decisions</p> <p><i>Listening and participating in decisions that are made</i></p>
GROW	<p>A space to discover myself</p> <p><i>Understanding my identity in God and living out #EverydayFaith</i></p>