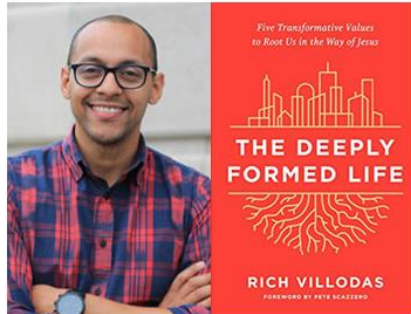




The Evangelical Covenant Church



Show Notes for
Embrace Webinar #19

The Deeply Formed Life: Race, Sexuality, and Social Justice

with Rich Villodas

Embrace webinar #19 summary:

Rich Villodas is the lead pastor of New Life Church in Queens, New York and author of *The Deeply Formed Life*. He speaks to embodied spiritual practices that root us in the way of Jesus. In this webinar, he gives special focus to racial justice and sexual wholeness. Full webinar and resources available at <https://covchurch.org/embrace/webinar-19/>

Key takeaways and timestamps from webinar:

(3:17-5:52): The five values Rich highlights in *The Deeply Formed Life* are the values of the church he pastors, [New Life Fellowship](#). The transformative values to root us in the way of Jesus are 1. **contemplative rhythms** for an exhausted life; 2. **racial justice** for a divided time; 3. **interior examination** for a world living on the surface; 4. **sexual wholeness** for a culture that splits bodies from souls; 5. **missional presence** for a distracted and disengaged people.

(9:40-12:00): It is impossible to be spiritually mature unless one is emotionally mature. Emotionally healthy spirituality extends and intersects with racial justice, sexual wholeness, and missional presence.

(12:19-15:32): Rich's vision for New Life Fellowship and *The Deeply Formed Life* is **depth and breadth**. Christ's call is to live in a robustly integrative way: to be with God, to build bridges, to go beneath the surface, to connect spirituality and sexuality, and to offer one's life to the world.



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(16:05-20:00): Segments of the church have not taken seriously the embodied reality of the gospel: the incarnation, resurrection, and the sacraments. **A disembodied gospel has shaped the church's lack of discipleship on race and sexuality.**

(20:02-24:18): New Life Church in Queens, New York includes people from 75+ nations. The church is a **multiethnic community** because of its geographic place and its intentionally lived theology of racial justice.

(24:19-27:35): The practice of **racial self-examination** is recognizing how we have been socialized in particular ways of seeing the world through the lens of race. Through examining our de-formed thinking (assumptions and biases) towards different others, we position ourselves to walk in greater freedom and solidarity.

(27:37-31:22): Rich calls the church to the **habit of renouncing whiteness**. “Whiteness-like race is general-is a human creation that was established to create a hierarchy of human value...Whiteness has historically been a force of oppression, rendering other people as inferior and subhuman.” Renouncing whiteness is to renounce the hierarchy that values Whites on one end of the spectrum and devalues Black on the other end.

Select resource mentioned:

[The Deeply Formed Life](#) by Rich Villodas