

IN THIS ISSUE:

- 1) The 3 e's that e3 stands for
- 2) Monks, Mount Athos, and Spiritual Exercise
- 3) Family Update

1) The 3 E's THAT e3 STANDS FOR

What Is e3 All About?

We often get asked, “*What exactly is e3 about?*” Thankfully, it’s all in the name. **e3** stands for:

- **Evangelism**
- **Equipping churches**
- **Establishing churches**

In this update, I want to share some stories that highlight the first two — evangelism and equipping churches.

Evangelism: Meeting Peter in Downtown Kitchener

One afternoon, Guy and I were downtown Kitchener, handing out sandwiches and offering prayer to anyone open to it. That’s when we met *Peter*.

Peter had grown up in the Christian faith but had walked away and hit rock bottom. As we talked, he told us he believed God was disciplining him for turning away. The pain and mental strain he carried were heavy and obvious.

We prayed with him and stayed in touch. Later, Peter told us, “*At just the right time, God sent two angels.*” Since then, we’ve watched a powerful transformation unfold.

Peter went from living in a tent in the forest to reconnecting with his sister and moving in with her. More importantly, he's been reignited in his walk with God — reading spiritual books, sharing his faith with his sister, and joining our house church regularly. He's clearly gifted in leadership and teaching, and it's been amazing to see him growing more stable in his faith while naturally stepping into those gifts among us.

Equipping Churches: From Kitchener-Waterloo to Toronto

Over the past few years, we've been investing heavily in equipping churches in Kitchener-Waterloo. As this work continued, several of us — both inside and outside our organization — began sensing a deeper burden to reach the many nations settling in Toronto, in line with the Great Commission (Matthew 28:18–20).

While KW continues to grow in diversity, the sheer number of ethnic communities in the GTA stirred our hearts. So we began praying and discerning.

Very early in that process, **e3 was invited to train leaders from four multicultural churches in Toronto** — communities primarily made up of African, Arabic, and Hispanic believers.

A Funny (and Possibly Providential) Mix-Up

Here's how one of those training weekends started...

We arrived at a church in North York one Sunday morning. I walked in confidently, carrying my whiteboard, greeting people on the way to the front — past the worship team and up to the sound booth. But something felt...off.

Everyone was looking at us like we didn't belong — like we had two heads. Jeremy, our director, leaned over and asked, "Uh, are we in the right place?" "I'm sure of it," I said. "Double-checked the GPS."

Then a gentleman approached and asked gently, "*Uh... sorry, but... who are you?*"

Turns out there were **two churches in the same building** — we had walked into the wrong one. Oops.

As we made our way back out (after a few confused but friendly stares), someone called out, "*Come back!*" We laughed it off and finally found the right congregation. But here's the wild part — the pastor of the church we *accidentally* visited? He knew our host pastor who sometimes preaches

there. That connection led to an invitation for **their church and two others to join our next training**, and **some of them actually came!**

Maybe it wasn't a mistake after all.



2) MONKS, MOUNT ATHOS AND SPIRITUAL EXERCISE

An Unexpected Source of Growth: Monks and the Ancient Way

Over the past two years, most of my spiritual growth has come from an unexpected source: **Christian monks**.

I was surprised to realize that this journey actually began over a decade ago, on a plane leaving Vancouver. Just before takeoff, the airline shuffled the seating, and a new man was placed beside me. He was reading *The Way of a Pilgrim*. We struck up a conversation — he was a professor of religious studies — and before we landed, he looked at me and said, “*You need to buy this book. Jesus is the portal to God, you know.*”

I bought the book and read it... and then it sat, untouched, collecting dust in my basement for the next seven years.

Then one day, I felt prompted to go downstairs, find it, dust it off, and read it again. This time, something clicked. I was drawn in. I noticed that the pilgrim in the story was reading another book — the *Philokalia* — which, to my surprise, is a real collection of writings.

The *Philokalia* (only translated into English around the time I was born) is a treasure trove: a compilation of the best spiritual wisdom from Eastern Christian monks over the past 1,600 years. Their teachings and way of life have now become one of the primary influences in my own spiritual formation.

Two Key Developments from This Journey

1. Becoming a Spiritual Exercise Coach

One outcome of this has been a shift in my role within our organization. I'm stepping more fully into a calling as a *spiritual exercise coach* — helping e3 staff and ministry leaders grow in the practices that root us deeply in Christ.

This includes guiding others through spiritual disciplines: practices like silence, stillness, prayer of the heart, fasting, Scripture meditation, detachment/simplicity and others rooted in ancient wisdom. It's become a growing passion, especially as I've watched many in ministry burn out, lose direction, or quietly fizzle out over time. I believe formation — deep, sustained formation — is key.

As I reflect, I realize this has actually been a 25-year journey. In my late teens and early twenties, books like *Hearing God* by Dallas Willard and *Celebration of Discipline* by Richard Foster lit a fire in me. So did *Jesus Freaks*, with stories of martyrs that stirred something deep. I've since learned many of those early martyrs were monks. One could say monks live a kind of *internal martyrdom* — a daily death to self, a life of abiding, cross-bearing, and surrender. In many ways, that's the essence of Christianity.

2. A Pilgrimage to Mount Athos

The second outcome of this journey is something I feel incredibly privileged to be part of: this fall, I'll be leading a small group on a pilgrimage to **Mount Athos** in Greece.

I first heard of Mount Athos while studying the *Philokalia* — many of its contributors lived there or were shaped by its monastic community. Mount

Athos has been home to Eastern Orthodox monks since the 800s–900s. Today, around 2,000 monks live there, devoted to prayer, repentance, renunciation, and seeking the kingdom. I like to say they’ve been praying for the world for over **400,000 days**. A different kind of evangelism, eh? I heard a long time preacher say recently at a ministerial conference, "When the Holy Spirit moves in a persons life it's in response to someones prayer". Amen.

Our small team will be made up of e3 staff and others. The purpose? Spiritual retreat, renewal, and deeper formation in Christ.



3) FAMILY UPDATE

Heather

Heather's a nurse by training, but she's currently lending her skills to the IT department at the newly named *Waterloo Regional Health Network*. My running joke is that she works in IT because she loves solving complex problems — which, of course, explains why she married me.

Eden

One of the last times we did street outreach, Eden's job was to hand out sandwiches donated by Starbucks. On the way home, he said, "*That was*

actually enjoyable! I had a good time.”

That meant a lot to hear, especially since most of the time I’m dragging the kids out for outreach somewhat against their will.

Scarlett

Scarlett absolutely loves school. In fact, as I write this, tomorrow is her last day — and she’s genuinely torn about it. She doesn’t know if she wants summer vacation or not! She’s been thriving both academically and socially this year, and I’m incredibly thankful to God for that.

Adeline

Adeline is such a sweetheart. Lately, she’s become more aware of her disability — especially her difficulty stringing words together into full sentences. One of the sweet quirks we’ve all embraced is her version of “ridiculous” — now our whole family says “*diculous*” without thinking twice.

Her growing awareness has started to show in moments of frustration when she’s not understood, which can be hard to witness. But even so, she’s full of joy and excitement as she graduates from Grade 1 and heads into Grade 2.

Her middle name is **Ella**, which means *light* — and it couldn’t suit her more. She truly is a bright light in our family.



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