



## Our loving God ...

Greetings friends from my heart to yours! During the Easter season, as we worship from our dining room tables, living rooms and porches, I have been reminding you that we **stay** connected through our hearts by the Spirit of God which unites us in God's love.

There are many things that unite us together as Christians, like our traditions around prayer. I was reminded this week, as I worshipped with other Christian leaders each day at a virtual conference I attended, that there are many things that bind us powerfully together over long distances. Our family prayer, the Lord's Prayer, is one of those traditions. Many of us in the Christian church pray this prayer just a little bit different but at its core it is the same.

I know that you are all missing being in each other's company in person, instead of thinking of all the ways we are apart right now, think about all the things that connect us like an ancient prayer we pray together each and every Sunday.

Just a few weeks ago I shared with you wisdom from one of my favourite 21st Christian women, Rachel Held Evans. She said, "You can't be a Christian alone. And this most basic and universal prayer of the faith, the one Jesus taught us to pray, reminds me every day that I'm never in this alone, even when I want to be."

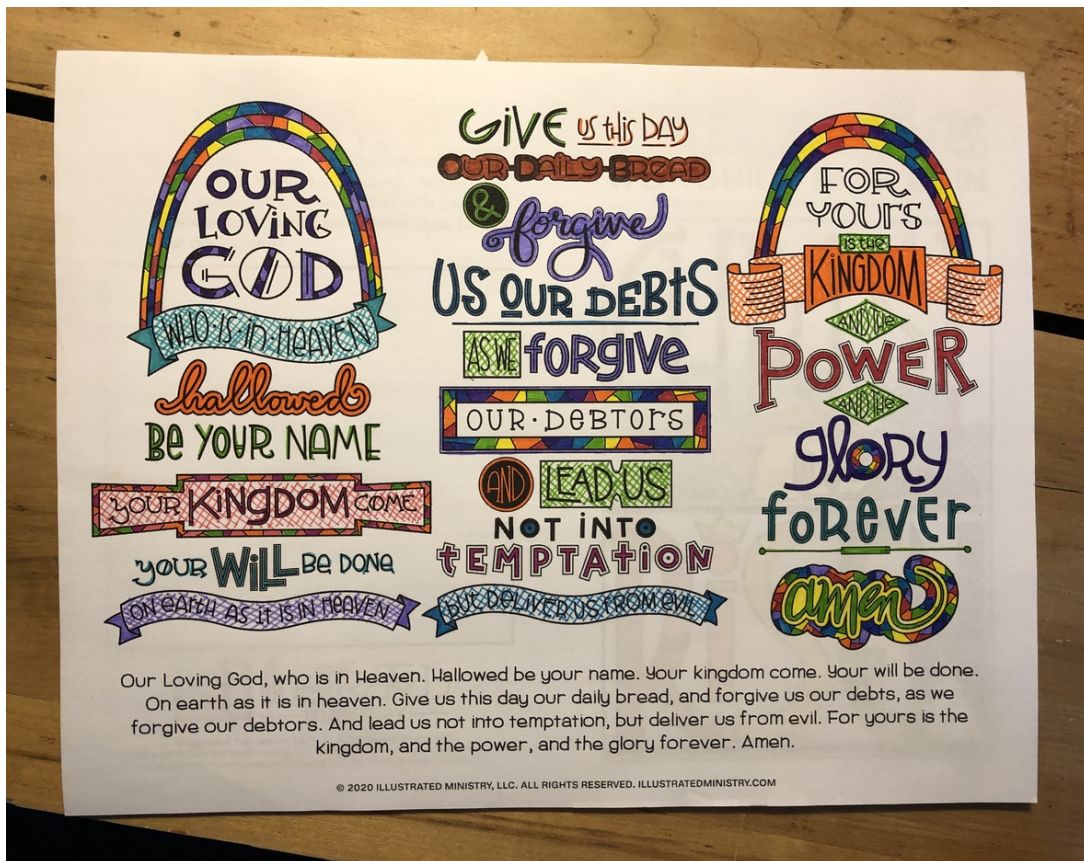
As we struggle with where we're at in this pandemic remember when you pray the Lord's Prayer, you are praying to OUR Creator for God's kingdom and will to reign and for OUR bread to be provided, and OUR sins to be forgiven - it's not

just NOW in this time of pandemic that says to us we're in this together! It's suppose to be LIFE in God's abundance and grace that says, we're in the together! Siblings in Christ, you are not alone along with a great cloud of witnesses you are connected to all Christians around the world, in your community and faith family.

I challenge you this week! Everyday for a week pray the Family prayer in a different version than you are use to, maybe just maybe it will give you new perspective on the power filled words that connect us as God's children.

Peace & Health my friends, Peace & Health, *Rev. Shelly*

[Link to the Lord's Prayer colouring page](#)



## Staying connected ...

**We continue to try to stay connected by:**

**"I miss you face" campaign**

If you haven't checked it out do so by clicking the picture below ... consider sending Rev. Shelly a photo and be included!

## Coffee Break this Wednesday May 27th 10:30am

Join us for coffee break this Wednesday on Zoom. It's super easy! RSVP via email: [rev.kocis@caradocpresbyterian.ca](mailto:rev.kocis@caradocpresbyterian.ca) OR comment in next week's Facebook invitation in order to receive information to join.

# i miss your face!

CAMPAIGN



submit a photo TODAY!

Don't be shy :)

See picture collage on our website

*[Click here to go to "I Miss Your Face" page!](#)*



rev.kocis  
*For more info on Coffee Break click [here!](#)*

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## Worship



## Join us for worship on FaceBook Live this Sunday May 24th

You may wish to prepare a worship space with a candle, a cross, and a heart. Also see picture below and consider making a string of hearts.

Our Order of Worship & worship resources for worshippers of ALL ages can be downloaded below.

[Order of worship | May 24 2020](#)

[Easter Week 7 worship resources](#)

### **Don't forget to let us know you're watching!**

#### **Offering & Donations**

If you are not on PAR, please send offering by Cheque via mail to: c/o Brian Huston at 8677 Glengyle Drive, Strathroy, ON, N7G 3H3.

Cheques will be deposited to the bank on a bi-weekly basis.

OR

We are accepting eTransfers: e-transfers can be sent to the treasurer's email address for direct deposit. [treasurer@caradocpresbyterian.ca](mailto:treasurer@caradocpresbyterian.ca)

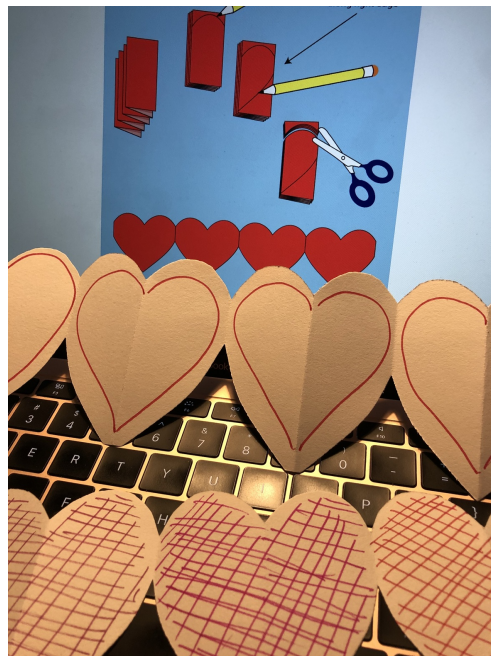
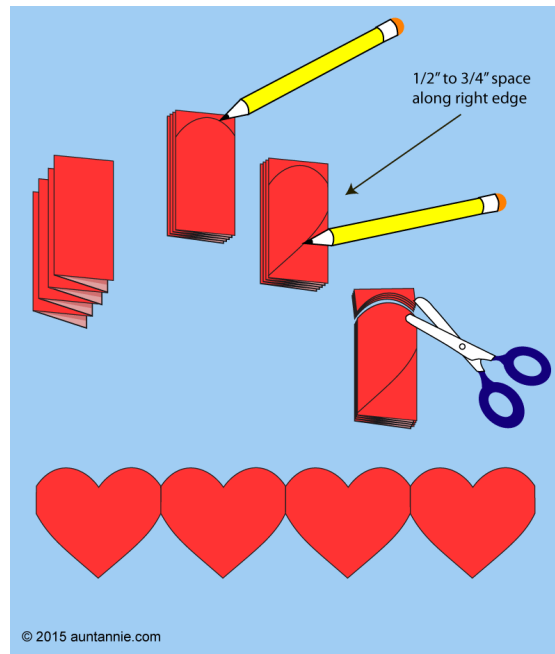
If you wish to donate using electronic transfers please contact Joanne Grivich at [treasurer@caradocpresbyterian.ca](mailto:treasurer@caradocpresbyterian.ca) for instructions.

We are sincerely thankful for your continued support.

Thank-you, Rev. Shelly, Caradoc Session and Board of Managers

[For more information click here to go to website page!](#)

### **How to make a string of Hearts for worship.**



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## Reaching out ...

**We continue to reach out this month as a faith community with:**

**May's FOOD DRIVE collection ending on Sunday May 24th**

All food items can be dropped off at the Kocis' front porch. **Thank-you** to everyone who has donated so far. If you or someone you know is experiencing

food insecurity please reach out and call church office 519-245-0171 for support and resources, you are not alone!

### **May's monthly special offering - Women's Rural Resource Centre**

Consider donating to the special offering this month, the treasurer will accept donations until May 31st and forward on to WRRRC on behalf of the congregation. For more information click on the picture below to follow link.



*For more info click here!*



*Thanks for your generosity!*

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## Keeping busy ...

### **Health & Wellness:**

For health and wellness ideas please go to our webpage by clicking the picture below. This week we highlight the importance of the health and wellness of our:

## **BODY**

### **Sharing Health**

Eating healthy is one way to maintain a robust immune system. Do you have a healthy recipe you've tried lately? Share with us the recipe, email Rev. Shelly, at [rev.kocis@caradocpresbyterian.ca](mailto:rev.kocis@caradocpresbyterian.ca), the recipe or a link.

Are you staying away from carbs and miss a toasted English muffin? follow this link [Carb Free English Muffin Recipe](#) to a recipe for the best and easiest carb free English muffin. You can substitute your favourite carb free flour or oil.

### **Walk and Pray**

This June the PCC Moderator is going to walk and pray for our church – Rev. Shelly is going to join her and invites you to join in as well! Go for a walk each day and pray for 10-12 ministries of the Presbyterian Church in Canada. You can walk as far or long as you wish! If you'd like to participate let Rev. Shelly know and she will link you to all the resources.



*[Click here to go to Keeping Busy webpage](#)*

MIND, BODY AND SPIRIT

## Health & Wellness



Above all else, guard your heart,  
for everything you do flows from it.

Proverbs 4:23

*Click here for more information!*

[Caradoc Church Website - click here!](#)

**Peace & Health Friends!**

**Stay well! Stay safe! Stay Home!**

**Wash your hands!**

**Click the icon below to go directly to our Facebook page!**



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