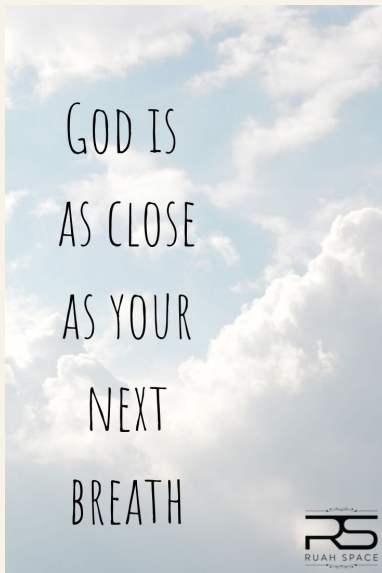




Caradoc Presbyterian Church

eNews 2020 | Summer vol. 4.7

Just Breathe



Breath is God

Breath is the spirit of God, it is 'ruah' in Hebrew, the transforming wind, breath, spirit and life of God. Mindfulness is a spiritual practice that remind us that breath is one thing we have full control over as individual beings. In these days of uncertainty, when the future is unsure, unclear and just plain anxiety provoking use your breath to calm to mind, body and soul. When anxieties take over the forefront of your mind, *just breathe*, take a moment to quiet yourself and breathe.

Listen to your breath and breathe slow and deeply. Remember breath is God, God is right by

your side, always!

Breath of Summer

Creator God
who breathed this world into being,
who is discernible within
the harmony of nature,
the perfection of a butterfly's wing,
the grandeur of a mountain range,
the soaring eagle and humming bird,

thank you for this world
which you have created.
Thank you for summer sun,
which reminds us
that your creative breath
is still alive and active.
Thank you for the warmth of your love,
sustaining this world.
Amen.

-author unknown found on:

http://www.faithandworship.com/Prayers_Summer.htm

Please remember to Vote!

*If you have not yet returned your vote or called/emailed in your votes, in regards to the congregational meeting letters sent out in the last month, **please do so by the end of July**.* The vote count will be completed and reported in the first week of August. If you did not receive the congregational meeting letters please contact your elder or Theresa Glithero as soon as possible. Thank-you to everyone who has reported their votes thus far, your participation in the life and work of the church us valued!

Worship



Join us on Facebook LIVE!

Join Caradoc Church for worship this Sunday!

10:45am - musical prelude | 11am - worship

Hope to see you then! please see links below for order of worship and Worship Activity Bulletin.

Prepare Worship space with candle and a Star!

Order of Worship: [Order of Worship | July 26](#)

2020

Worship Activities: [Worship Activities | July 26 2020](#)

Not watching worship on Facebook?

If you are not connecting with us on Facebook for worship consider receiving the Message. Please contact your elder or Rev. Shelly if you would like to receive a copy of Sunday's message. Messages can be sent via email or Canada Post. Currently we are watching several videos, links to the videos can also be sent via email for those who wish to experience another part of worship.



Weekly Contemplative Actions:

This week's contemplative action is a time of "finding beauty in imperfection"

Set a reminder each day to sit and consider the imperfections around you. Pick an imperfection to celebrate and be thankful for OR find something that is broken, fix it or find a way to celebrate it in a new way! The Japanese word,

"wabi-sabi" teaches us about the beauty of imperfection. Wabi-sabi is the idea that everything is beautiful, even things that are imperfect—things that might have been broken or made in an unusual way. In fact, this Japanese idea says that imperfection or out-of-the-ordinary makes things more interesting and special. There is also an ancient art of repairing broken things with gold. That's called "kintsugi." Instead of hiding the cracks, gold is put there to show us the beautiful design that the crack made.

Consider creating a reminder note that says,

"There is beauty in imperfection - Offer grace to yours and others imperfections ... for the beauty of the earth."

You are encouraged to keep all the contemplative practices going throughout the summer

Try picking a day a week to remind you that "Water is LIFE!" and complete the action that day! and "Warmth is LOVE!" There will be six weeks of contemplative practices for you to continue through out the summer months.

For more information on the contemplative practices we've expressed so far [follow this link to our webpage which explains each practice.](#)



Congratulations!

To Dana Corey and Maged Metias who were married Saturday July 18 in London, with family and friends close by Dana & Mag declared, full of love, their life commitment to each other. Your faith family here at Caradoc Church extends warm congrats! and wish you both a life of happiness & blessings!

Reaching Out



Paying Attention



Ministries with Indigenous People

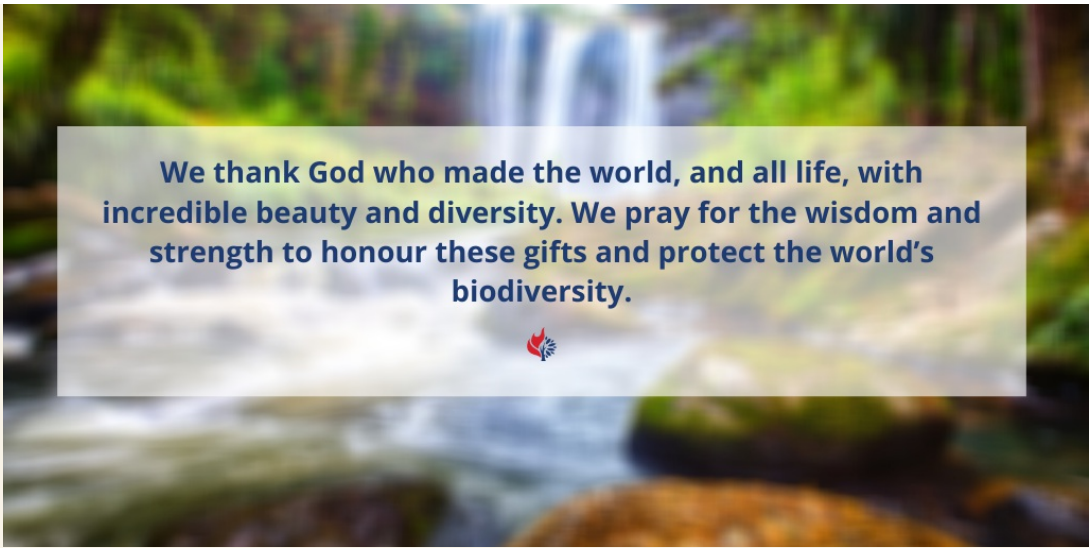
All summer we are learning more about Presbyterian Ministries with Indigenous people. This week we highlight **Hummingbird Ministries – Vancouver, BC**

Hummingbird Ministries is an Indigenous healing and reconciliation effort. The ministry has a place of worship (a Holy House), where Indigenous people may encounter Jesus Christ and simultaneously uphold Indigenous Circle practices. The name comes from the Arapaho story of a hummingbird fetching the seed needed for the people to build a Holy House.

Grounded in The Presbyterian Church in Canada Confession of 1994, Hummingbird Ministries upholds the commitment: “To walk with Aboriginal people in journeys of wholeness and healing together as God’s people.” It operates a variety of programs, including a Circle Ministry (which includes a Circle, activity, and a meal). Additionally, art, dance, music, and drama presentations at local churches, schools, and Indigenous events help elevate the dignity of Indigenous people and educate non-Indigenous people about valuable ways to embrace Indigenous culture and take part in reconciliation efforts.

During the covid19 crisis challenges to the ministries with Indigenous people have multiplied and funding has been problematic like many charities which provide essential services to communities where poverty and crisis are often a part of everyday life. Consider supporting one of our many indigenous ministries today!

[Follow this link to more information for Indigenous Ministries of The PCC](#)



We thank God who made the world, and all life, with incredible beauty and diversity. We pray for the wisdom and strength to honour these gifts and protect the world's biodiversity.



Peace & Health Friends!

Stay well! Stay safe! Stay Home!

Wear a mask! & Wash your hands!

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



©2020 Caradoc Presbyterian Church | 8503 Scotchmere Dr. Strathroy, ON N7G 3H3

Like

Web Version

Preferences

Forward

Unsubscribe

Powered by **Mad Mimi**®
A GoDaddy® company