

May 21, 2021

Dear Friends,

A lot of change – again – will come our way in the next four months. I missed the Premier's announcement yesterday. I wouldn't recommend this, but I checked the announcement in the middle of the night in a waking moment. For awhile my mind circled around, but I managed to let it go and went to sleep. I think many of you know what this is like in your own situations. Personal and work-related decisions are challenging to make when things are out of control. Come to think of it, we've never actually been in control, ever.

But still there is security. There is relief and rescue and peace to be found. My morning reading guided me to Luke 10:38-42, the story of Mary and Martha and how they each related to Jesus. Check it out. It makes me want to issue an invitation. Will you join me to prioritize sitting "at the Lord's feet listening to what he [says]" in an intentional way these next 16 weeks, from Pentecost Sunday (May 23) to the Sunday after Labour Day (Sept 12)? I invite you to practice Christian meditation and contemplation as concrete ways to sit at Jesus' feet.

Christian meditation is being attentive to the Living Christ through scripture. How? 1) Be still. 2) Slowly read a passage of Scripture with journal or notebook nearby. (If you don't know what to read, choose to read a small section of Matthew, Mark, Luke, or John each day. Or, you may use this [reading list \(May 23 to June 5\)](#) and this [reading list \(June 6 to September 12\)](#) to guide you.) 3) Stop when a verse or phrase catches your attention and treasure the words in your heart. Ponder them over and over in your mind. Consider the truth in them and write it down. What do you learn of God? What do you see about yourself?

Then spend some time in Christian contemplation which "goes further...than meditation. While the person meditating mutters and muses on God's word, the contemplative pays silent attention to Jesus, the living Word – the one who is central to their prayer...Contemplation goes beyond words..." (from *Spiritual classics: Selected readings for individuals and groups on the twelve spiritual disciplines*, edited by Richard Foster and Emilie Griffin). How do we contemplate? 1) Give time to relax in God's presence. 2) Hand over your anxiety to God (1 Peter 5:7). 3) Be aware of the presence of the Spirit of Christ and open your heart to receive his love. 4) Stay there for awhile and try to go into your day remembering who you are with and who is with you.

Pentecost Sunday Online Worship Gathering at 10 a.m.

This Sunday you may want to wear red, the traditional colour of Pentecost. Red is a symbol for joy and for the fire of the Holy Spirit. As we begin a sermon series on the letter to the Galatians, we will notice how, like us, they quickly get off-track, replacing the Gospel of Jesus Christ with alternate 'good news.' The Apostle Paul is seriously concerned about the people of Galatia. His heart's desire is that they will keep in step with the Spirit of Christ.

Please [contact me](#) for a Zoom link.

*Please join the Zoom meeting after 9:30 a.m. to avoid problems entering.

For this week's scripture readings and other announcements, go to [Sunday's bulletin](#).

Sunday School for grades 4-6 (May 23 at 11:15 a.m.)

Please [email our family ministries pastor](#) for a link to 'send' your child to Sunday School (grades 4-6) at 11:15 a.m.

Next Prayer Gathering: May 25 at 11:30 a.m.

You are welcome to [send your prayer request](#) to the prayer team. We will keep you in our prayers when we gather on Tuesday.

May the peace of Christ be with you.

With love and prayers,

Pastor Kerry Kronberg (with the whole team)