

Designed to Worship (Part 2) May 30

We will hold our second session of the Ray Hughes talks on *Designed to Worship* on Tuesday May 30 @ 7:00 pm at the home of Carolyn and John Paul Westin (6 Queen Square South). All worship leaders, musicians and those involved in leading the services in any way in both congregations (Stone and Vineyard) are invited to come and think together about how God has made us for worship and how that might affect the way we worship individually and as we gather together as the Body of Christ.

Small Group Leaders Meeting June 14 @ 7:00 pm

We invite all those leading groups and ministries in both Vineyard and Stone churches to come together to discuss the whys, hows and in and outs of leading small groups of various kinds in our congregations, on Wednesday June 14 @ 7:00 pm at Saint John Vineyard, 204 Carmarthen Street. John Paul will lead this practical session to help us keep our vision clear, our goals attainable and our joy sustained as we do the work of equipping one another for ministry and life with God in our communities.

Inner City Youth Ministry is looking for a summer student. The full job description and qualifications can be found at www.icym.ca/we-re-hiring.

Practicing Being With the Risen Christ

As we think about our life hidden with Christ in God, which is what the celebration of Christ's ascension means for us (Colossians 3:3), we might like to practice being with Christ as we center on his presence with us and invite the Holy Spirit to speak to us in a few minutes we set aside to simply be present with and to Him. Below is a suggested way to go about this.

To practice centering prayer (*from thewell.intervarsity.org*)

1. Choose a sacred word as a symbol of your intention to consent to God's presence and work within you. You might try God, Jesus, Abba, love, peace, stillness, or something else.
2. One- or two-syllable words work best since they are less distracting.
3. Start your session by reading a line of Scripture.
4. Set a timer for 20 minutes. Sit comfortably with your eyes closed and silently introduce the sacred word.
5. When thoughts come to mind, return gently to the sacred word.
6. When the time is up, remain in silence for a few more minutes. You may wish to read a passage of Scripture or worship God through song or prayer.

Don't worry about whether or not you are praying properly. Thoughts may arise while you are praying — you may receive insights from God or you may be reminded that you need to go to the grocery store. Either way, avoid analyzing the thoughts, and return to your sacred word. May your time of centering prayer deepen your communion with God as you practice.

"Be still, and know that I am God." Psalm 46:10