

The Caravan

on the journey together

JUNE 2023

Guidance and Encouragement

A letter from Pastor Charlie

We know physical health is important. We go to the doctor. We try to eat well. We exercise, or at least we think about exercise. We meet with athletic trainers and with dietitians to give us guidance and encouragement on getting healthy.

Spiritual health is important as well. To help us live into our Christian calling, to help us love neighbors, to help us live authentic lives, we need guidance and encouragement.

As Christians, we get guidance and encouragement in a variety of options including worship, prayer, Bible reading, and small groups. When we engage with these options, we live more deeply the abundant life that Jesus came to offer.

For the month of June, my invitation is simple: spend five minutes a day in prayer. We make time for what is important, and connecting with God is very important.

I like to mix up my prayer routine. Sometimes I slowly ponder the names on the prayer list, asking God to bring healing and love. Sometimes I use a prayer book, appreciating the words of others to help me connect with God. Sometimes I sit in silence, repeating a phrase like "thy will be done."

Sometimes I pray with a song like "Spirit of the living God, fall afresh on me. Melt me, mold me, fill me, use me."

We have two search committees hard at work, seeking our next Associate Pastor and staffing for children and youth ministry. I hope you'll pray for those Committee members and for our church too. Now is as good a time as any for us to individually and collectively strengthen our spiritual health, by staying connected to God, using all the guidance and encouragement we can.

Grace and peace,
Charlie

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CEDEPCA

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