

# CENTENNIAL HOTSPOT

Centennial Presbyterian Church

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## MINISTER'S MUSINGS

### He makes me lie down

He makes me lie down in green pastures; he leads me beside still waters; I like that phrase.

Phillip Keller, the Canadian sheep rancher gives us a good clue about the meaning of this phrase when he reminds us about "the general restlessness of sheep. "They are," he writes, "skittish, resistant to lying down in a pasture unless they know they are safe."

Then he compares. For many of us, like sheep, we are skittish too. We're moving, he notices, always moving, from one task to the next. As our "to do" list grows, our stress level rises. And as it does, we find it tough to concentrate, hard to relax, and oddly enough sometimes it's difficult even to lie down and go to sleep.

Now, the antidote for a frenetic, fast paced life is this: God make you lie down in green pastures; Notice that the shepherd "makes" me lie down. Josephus, a first century scholar, has written that some-

times the shepherd would institute forced rest periods for his sheep, especially for the frolicking lambs. A little child does not like to lie down, to rest. Every night, Paul says, "I'm not tired yet." Resistance to rest is a mark of immaturity.

Sheep don't like to rest, to lie down. "He makes me lie down." That's a forcing. The shepherd would take the sheep and fold their legs in such a way that they would become paralyzed for a while and therefore had to lie down and get their much-needed rest.

We rush about, trying to meet this engagement & fulfill that obligation. And in our hurry & scurry we tend to miss the things that are most important. So once in a while God has to say, "You need to lie down," by allowing an illness, or heartbreak, to make us stop & reevaluate our priorities. Has God ever had to make you lie down? If you don't slow down, sometimes God will just make you lie down. Because He cares about you. You matter to Him. The shepherd has slowed you down for a reason.

Sabbath rest is about being in the presence of God and responding to his presence in us. That presence among us is found not only in times of solitude, but also in times of community, "where two or more are gathered in His name.

God loves to see us contented, quiet, relaxed and at rest. He wants our souls to be refreshed and satisfied. Therefore God, and this is the first thing that the good shepherd does, will make you lie down and be quiet. God will lead you beside the still waters. God said, "Be still and know that I am God." That is why



## PEWS NEWS

### Birthdays to celebrate in July

July 15, Jacob McKinnon; July 16, Bob McKinnon; July 21, Joyce Kim, Daniel Edie; July 24, Estelle Edie; July 25, Sarah Changach

## UPCOMING EVENTS

July 8	CCWF Outing to Saskatoon Farm
	Anyuak BBQ at Edworthy Park
July 9	Okelo Aballa preaching
July 16	Stampede Sunday and Chili lunch
	Fiona Wilkinson preaching
July 23	Fiona Wilkinson preaching
July 30	Okelo Aballa preaching

Newsletters will continue to be emailed, for those who do not have email addresses or have not provided one a physical copy of the newsletter will be mailed.

August newsletter deadline is July 26.

## NOTES FROM THE LOFT



We are happy to have Rosalinda Carter back and helping out with playing during our Sunday services, and covering Sundays in Carla's absence.

We are fortunate to have our two pianists, Shirley Bates and Rosalinda Carter adding to our Sunday morning services. Thank you for all that you do.

Carla Zacharias  
Music Team Leader

## WORSHIP COMMITTEE

As we head into summer we ask that God's richest blessings will be upon you as you rest, recreate and recharge . . . all to the glory of the One who made us, redeemed us, sanctified us, and in the end will grant us entrance into His everlasting kingdom.

Future services include:

- July 16 Stampede Sunday and brunch
- September 10 Rally Sunday
- September 24 Cake Sunday
- October 1 World Wide Communion Sunday
- October 8 Thanksgiving Sunday
- November 19 International Sunday
- December 3 Advent I Communion
- December 10 Advent II Mitten Tree
- December 17 Advent III White gifts and Church School presentation
- December 24 Advent IV
- December 24 Christmas Eve

As always, we value your input on all matters pertaining to worship. Please direct your comments to us at [office@centennialchurch.ca](mailto:office@centennialchurch.ca) or [broad2well@shaw.ca](mailto:broad2well@shaw.ca)

Jim Broadwell  
Chairman

## SESSION NOTES

Elder Godfrey Phillip has resigned as an active elder. The Session accepted his resignation with regret and thanks for his many years of exemplary service to our congregation.

Rev. Jin woo Kim will be on holidays from July 3<sup>rd</sup> till August 1<sup>st</sup> and we wish him a nice break as he heads back to Korea to visit family. The pulpit will be filled on July 9<sup>th</sup> and July 30<sup>th</sup> by Elder Okelo Aballa and on July 16<sup>th</sup> and July 23<sup>rd</sup> by Rev. Fiona Swanson.

There will be Junior Congregation for the children starting July 9<sup>th</sup> as the younger class can go downstairs for activities. There will be no formal lessons but topical activities such as themed crafts and coloring. Volunteers are needed to oversee these activities as we try to give our teachers a summer break. Please talk to Ana Colina-Carter if you would like to help out.

Three fundraising activities proposed by the Stewardship Committee were approved.

As the Benevolent Fund has not been used for some time it was decided that until review at the January, 2024 Session meeting, the open plate monies collected on Communion Sundays will not be added to the fund total and will go into general revenue.

Doug Bonar  
Clerk of Session

## FROM THE OFFICE

**Holidays: Rev. Kim—July 3—August 3**

**Carla—working remotely July 22—August 4**

**Pastoral Care during Rev. Kim's holiday— Rev. Peter Baek, church: 403-641-4090, cell: 403-363-1686**

Office Hours:

Rev. Kim's office hours: Tuesday—Friday, 10:00—4:00

Carla will be in the church office Fridays from 9:30—12:00, and working from home on Tuesdays and Thursdays, 9:30-12:00.

If you have **upcoming birthdays and anniversaries** you would like us to celebrate as we do every Sunday, please send the dates to [office@centennialchurch.ca](mailto:office@centennialchurch.ca) or call Carla Zacharias and we will get them in for celebrating.



The FISH Network

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament grows and builds itself up in love, as each part does its work. Ephesians 4:15-16

**FISH Network: Friendship Inspiration Sharing Hospitality**

Our group was pleased to share our **FISH Network** presentation with the congregation on Sunday, June 18. We hope you have a better understanding about the **FISH Network**. If you have any questions, please let us know!

What's happening next? The **FISH Network** welcomes you in friendship to share in hospitality – *Stampede Sunday, July 16*. You will have seen the invitation in the announcement slides prior to church service and in the Sunday bulletins for the past few weeks. We look forward to y'all joining us! A big THANK YOU to those who volunteered to help with the event by providing chili, buns, beverages.

Ya-hoo! Yee-haw!

Your **FISH Network** is excited about having you  
join us for a chili and bun lunch as part of **Stampede Sunday, July 16**.  
Mark your calendars. Join in for a stampin' good time . . .  
and a tasty great time too!

Your **FISH Network** encourages you to continue to contact your fellow congregants. Let them know you are thinking of them. Feel inspired! Reach out in friendship. Call. Text. Email. The church directory is a great reference for names and numbers.

Please feel welcome to contact our **FISH Network** -- Annie Edie, Israel Ayongwa, Jean Tupper, Jin Woo Kim, Phyllis Russell, Shirley Watts, Simon DeVries. If you are uncertain how to reach us, please call Centennial Presbyterian Church (403 285-7144) or reference your annual report church directory.

Experience the joy of **FISH: Friendship, Inspiration, Sharing, Hospitality**

**The FISH Network**

## CCWF

To the ladies of Centennial Presbyterian Church and our CCWF ladies group, I am sending you all a special note asking you to join us when we commence on September 2, 2023 at 11:00AM. We are planning something new and exciting and we will need your help and support.

I pray that all of us will stay safe, strong and healthy throughout the summer and that we will be back at church and our group with the help of Our Lord and Saviour. To our fabulous and caring coffee team, I want to say thank you all for your kindness and your diligence. You are amazing. Thank you Carla for all the work that you are doing for us, we appreciate you.

Lastly, I want to encourage all of us to support and uplift each other so that we can grow to build our church. Let us continue to pray for one another. The Centennial Christian Women's Fellowship Group is a community of strong passionate women, and together we can make a positive impact on our church.

## Update on "Unstuffed Stuffies"

Thank you to all the knitters, crocheters and sewers who are busy making Stuffies for our fall mission project. As you work on the small dolls and animals over the summer, remember that in the fall we will be completing them at a "Stuffing Party". Everyone is invited! Details to follow in upcoming bulletins and newsletters.

At our party we will stuff, sew together, add faces and hair, and decorate to make a wonderful toy to add to our Shoe Boxes in November. I know that you are making teddy bears, kittens, hand puppets and dolls. And I am sure there will be many other surprises when we get together in September. If you can assist or have any further questions, please speak to Sally Salonka or Margaret McCord.

With love and blessings,  
Phyllis Russell  
4033137357  
[bronzebeauty778@gmail.com](mailto:bronzebeauty778@gmail.com)

## PRAYER CALENDAR

If you have any prayer concerns that arise, please contact the office and we can include these in our prayer chain. If you would like to be part of our prayer chain, please contact the office and have your name added to the list. Updates will be given via text or email as is suitable for you.

Do you wonder how you can reach out to others in the congregation? Every day on the prayer calendar is a person or family to pray for that day. Look them up in the directory and give them a quick call to say hello! It's a small gesture that could go a long way.

## ON THE LIGHTER SIDE

What did Jonah's family say when he told them about what happened before reaching Nineveh? "Hmm, sounds fishy."

What did pirates call Noah's boat? "The *arrrrrrk*."

Why didn't anyone want to fight Goliath? It seemed like a *giant* ordeal.

How do you know that atoms are Catholic? They have mass.

Who in the Bible knew the most people? Abraham knew a Lot.

When someone needed a boat made, what did the people in town say? "We Noah guy."

What's a miracle that can be done by a complainer? Turning anything into *whine*.

If you took all the people in the world who fall asleep during church, and laid them head to toe in a straight line... they'd all be a lot more comfortable.

A priest ended up at the wrong church. There was a clerical error.

The outreach committee has enlisted 25 visitors to make calls on people who are not afflicted with any church.

The sermon this morning: Jesus Walks on the Water. The sermon tonight: Searching for Jesus.

Potluck supper Sunday at 5:00 pm. – prayer and medication to follow.

