



July 16, 2025

Summer can be a time for spiritual reflection and growth, encouraging a deeper connection with nature, self, and the divine. It's a season for slowing down, appreciating God's creation, and finding rest and renewal. Spiritual practices like mindfulness, prayer, and spending time in nature can help foster a greater sense of presence and gratitude during the summer months.

Here are some ways to incorporate spiritual reflection into your summer:

1. Embrace Nature:

- **Spend time outdoors:** Take walks, observe the natural world, and appreciate the beauty of creation.
- **Find stillness:** Meditate or pray in nature, allowing the sounds and sights to center you.
- **Reflect on God's presence:** Notice the abundance and beauty of summer, recognizing God's hand in creation.

2. Cultivate Mindfulness:

- **Practice present moment awareness:** Engage fully in activities, savoring the simple joys of summer.
- **Pay attention to your thoughts and feelings:** Observe without judgment, allowing emotions to pass through you.
- **Practice gratitude:** Reflect on the blessings in your life, both big and small.

3. Seek Rest and Renewal:

- **Schedule time for solitude:** Create space for quiet reflection and connection with God.
- **Let go of stress and worry:** Find ways to release tension and embrace a more relaxed pace.
- **Seek spiritual guidance:** Engage with spiritual texts, teachings, or communities to deepen your understanding.

4. Engage in Spiritual Practices:

- **Pray or meditate:** Find a comfortable space, either indoors or outdoors, to connect with God through prayer or meditation.
- **Read spiritual literature:** Explore books, articles, or scriptures that inspire and guide you.
- **Reflect on your experiences:** Journal about your thoughts, feelings, and insights, allowing for self-discovery.

By intentionally incorporating these practices, you can experience a spiritually enriching summer, deepening your connection with God and finding greater peace and joy in the present moment.

Psalm 23:2-3 "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."

Worship Calendar

July 20	In a World of Distraction	Genesis 18:1-10a & Luke 10:38-42	Rev. Eric Lee
July 27	Jesus Teaches Us to Pray	Luke 11:1-13	Rev. Eric Lee
Aug. 3	TBA		Rev. Jan Hieminga
Aug. 10	TBA		Rev. Jan Hieminga



NEWS AND ANNOUNCEMENTS

Our New Instagram Account

We're pleased to share that Graceview now has an official Instagram account! It will be maintained by **Rachael Chen** and will focus especially on updates and outreach related to our new Young Adults Group. We invite you all to follow our IG account.

Here is the link:

<https://www.instagram.com/graceview.presbyterian?igsh=MnlpeXE5TYyN2ly>

Young Adults Fellowship

The Young Adults Fellowship group has begun at Graceview. They plan to meet every 2 weeks' time. Do you know of a young adult who may like to join? Spread the word. All are welcome. Next meeting will be July 19 at 7:30 PM.

Egg Cartons Wanted

St. James Food Basket is once again in need of egg cartons, at least for the summer months. Please leave them in the cloakroom at Graceview and they will be taken to St. James. Thank you for your help.

SodaStream

Free to a good home two pink canisters for SodaStream. Contact Maureen at 416-433-8148 or maureenscreen@gmail.com.

A Summer Devotional Update (Updated June 17, 2025):

A **new** edition of **These Days** (July/August/September), as well as a **new** edition of **Our Daily Bread** (June/July/August) are available on the table in the church vestibule and in the devotional box on the church porch.

Lemonade



Lemonade will now be served (self-served that is) after worship during June, July and August. Please join us in the Adamson Lounge for a refreshing glass of lemonade and some cookies.

Music Announcement



Glen would like to start a New Bell Ringers Choir. Anyone can join between the ages of 10 and 110 years. No music knowledge or experience is needed. Rehearsals will be once a month, every third Sunday for 20 minutes after church. The first performance will be Thanksgiving Sunday. The first rehearsal of the Graceview Bell Ringers will be on July 20.



PRAYER REQUESTS AND PASTORAL CARE

* Pray for the people of war-torn countries who are living in fear and uncertainty. Pray for those close to home who need your special love and guidance during trying times.

* Please keep in your prayers the following:

Norma Hendershot, the family of Margaret MacLauchlan, Chris Parr, Jean Fox, Eftekhar (grandmother of Ali), **Earl** Nixon, Lynne Bishop, Joan Pateman, Debbie Homebrooke and family, Margaret Munene's brother Simon, Lenore Carty, Shelia Thomas' grandson, Carter, the Jarvis family, Olive S., Roman P., Ed. L., and Jean Fox's nephew, Ryan.

Please keep these folks, and indeed, everyone in our church family and people around the world, in your prayers.

Note from your editor...could you please advise me from time to time on the status of your loved ones so that updates can be recorded and shared to prove that the power of prayer does work miracles.



Summer Quotes that Capture the Spirit of the Sunny Season

To plant a garden is to believe in tomorrow

Audrey Hepburn

Summer has a flavour like no other. Always fresh and simmered in sunshine

Oprah Winfrey

What good is the warmth of summer, without the cold of winter to give it sweetness?

John Steinbeck

Summer afternoon: to me those have always been the two most beautiful words in the English language

Henry James

Winter is copper, autumn is bronze, spring is silver, and summer is gold.

Matshonoa Dhliwayo

If there's heaven for me, I'm sure it has a beach attached to it.

Jimmy Buffett

Summer night-even the stars are whispering to each other.

Kobayashi Issa



UPCOMING EVENTS

- * Tuesdays @ 11:00 AM – Walking Group – All are welcome
- * Thursdays @ 2:00 PM – Worship service at Centennial Park Place
- * Saturday, July 19 @ 7:30 PM – Young Adults Fellowship
- * Sunday, July 20 after worship – Bell Ringers Choir rehearsal
- * Tuesday, Aug. 26 @ 1:30 PM – Music & Worship Team meeting
- * Tuesday, Sept. 23 @ 6:30 PM – Session
- * Sunday, Nov. 2 @ 10:30 AM – Remembering Tree Sunday

Prayer Roster

July 20	Kathy Twynam
July 27	Chris Parr
Aug. 3	Eric Lee
Aug. 10	Margaret Munene
Aug. 17	Bob Twynam
Aug. 24	Eric Lee
Aug. 31	Rachael Chen
Sept. 7	Nancy Green
Sept. 14	Eric Lee
Sept. 21	Ethel Waite
Sept. 28	Maureen Screen

Lay Readers

Margaret Munene
Georgena Engineer
Errol Baldeo
Kathy Twynam
Nancy McPherson
Al Bishop
Bob Twynam
Anna Cherniak
Nancy Green
Harry Learoyd
Chris Parr

Welcome and Announcements

Bob Twynam
Kathy Twynam
Nancy McPherson
Susan Chopp
Iris Lee
Bob Twynam
Kathy Twynam
Nancy McPherson
Susan Chopp
Iris Lee
Bob Twynam

**WEEKLY GIGGLE**

A man had a habit of grumbling at the food his wife placed before him at family meals. Then he would ask the blessing.

One day after his usual combination complaint-prayer, his little girl asked, "Daddy, does God hear us when we pray?"

"Why, of course," he replied. "He hears us every time we pray."

She pauses on this a moment, and asked, "Does he hear everything we say the rest of the time?"

"Yes, dear, every word," he replied, encouraged that he had inspired his daughter to be curious about spiritual matters.

However, his pride was quickly turned to humility...

"Then which does God believe?"

**Where to Find Us**

Do you have any news or prayer requests that you would like to share? Drop me a line and I will be happy to include it in the Weekly Email. Have a blessed week, everyone.

Susan choppertini@hotmail.com

* Message from **Pastor Eric**: “FYI the Graceview website page has been revamped, so as to keep people updated of our activities and events. Visit us and enjoy all that is good about Graceview”.

<https://graceview.ca/calendar-events>

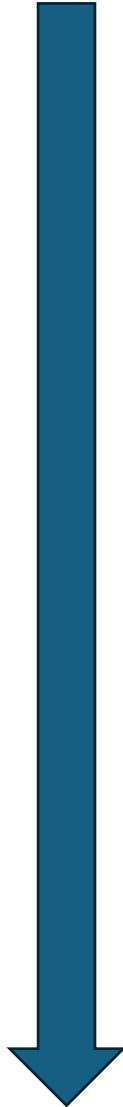
* We also have our own Facebook page. (Graceview Presbyterian Church). This site shows the world all that we are and what we have to offer as a church. Check it out and be sure to “follow.”

Please note the following email addresses for all church-related communication:

Pastor Eric: pastor@graceview.ca (416-621-0888) and press #1 for Pastor Eric.

Church Office: office@graceview.ca (unchanged and managed by our Secretary, Halyna)

July Calendar





July

2025



SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1 	2	3 Service @ CPP 2:00 PM	4	5
6 Sent Rev. Eric Lee	7	8 Walking Group 11:00	9	10 Service @ CPP 2:00 PM	11	12
13 The Good Samaritan: Rev. Eric Lee	14	15 Walking Group 11:00	16	17 Service @ CPP 2:00 PM	18	19 Young Adults Fellowship 7:30 PM
20 *In a World of Distraction Rev. Lee *Bell Ringers	21	22 Walking Group 11:00	23	24 Service @ CPP 2:00 PM	25	26
27 Jesus Teaches Us to Pray Rev. Eric Lee	28	29 Walking Group 11:00	30	31 Service @ CPP 2:00 PM		

