



August 6, 2025

Summer—A Great Time to Take a Prayer Walk

Rick Hamlin

Here are some pointers for incorporating the sights and sounds of the season into your God time.

Summer's here. Time to go for a prayer walk. Savor the marvels of nature as you get in touch with the Creator. Walk and pray? Yes, indeed, you can do both. Good for the body and the soul. Here are a few pointers.

No talking. Sure, you can talk to God. But no talking to anyone else. This is not a time to take phone calls or talk with a friend. It might be nice to go on that prayer walk with someone else, but no talking. The silence will help you focus on your prayers, and a companion can add to that. Shared silence.

Take a look at what's around you. If you're like me, you often take the same route, along familiar paths. No problem. In fact, in some ways that adds to the pleasure because you see and discover new things in the everyday. Small things. That crack in a rock, that dandelion pushing up, those dahlias just ready to burst into bloom. Give God the praise. Nature can be the Lord's picture book, every image an illustration of God's presence.

Take a deep breath. Take more than one, take several. God breathed the breath of life in human beings at the beginning. Every breath we take can be a reminder of that. Feel the air move through you and around you. Stop and stretch. Raise your hands, if you wish. Praise the Lord with every breath.

Smell the smells. There are always surprising smells to note. The faint fragrance of a flower or crushed leaves. Someone barbecuing outside, someone fixing dinner, someone picnicking on the lawn. Without distractions you'll discover new smells...and notice what they remind you of. Eucalyptus leaves always take me back to a park of my childhood. God is in the air.

Listen to the Creation. The sound of the wind blowing through the trees, the birds chirping in the air, a jet passing overhead, a family station wagon driving by, distant music on the radio, your footsteps in the dirt or

on the sidewalk as you walk. You might even want to hum or sing a hymn or praise song as you walk. It's God's music.

Remember others in prayer. In your solitude you will think of friends and family members who need your prayers. Remember their situations. Imagine them being there with you. Just because you're alone doesn't mean you're truly alone. They're with you as is God. The rhythm of your walk will help you keep them in your prayers.

Come back. You will return to your home with renewed energy and strength, the worries of the moment released. I live in a huge teeming city, and when I go out, there will be people passing me on my way to the park. I smile, I wave, sometimes I stop and chat. But then I move on. It's my God time. Walking in prayer.



Worship Calendar

Aug. 10	TBA		Rev. Jan Hieminga
Aug. 17	Invisible God	Luke 12:32-40	Rev. Eric Lee
Aug. 24	The Poverty of Greed	Luke 12:13-21	Rev. Eric Lee



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=MnlpeXE5YTYyN2ly>

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 next rehearsal of the Graceview Bell Ringers will be on August 17.



What does it feel like to be old?

Thank you, Carol Thomas for passing this along

Someone asked me that once, and I didn't really know how to answer.
Not because I was offended, just surprised.
I don't wake up every day thinking, "I'm old."
I just wake up, stretch, and get on with it.

But later, when I sat with the question, I realized something:
Getting older isn't something I fear.
It's something I'm learning to appreciate.
I'm not in a rush anymore.
I don't worry about keeping up with everything and everyone.
Some days I get things done. Some days I don't.
Either way, life moves on.
I've stopped trying to fix things that don't matter.
I've learned that silence is an answer.
That peace is more important than being right.
And that some people will never understand you, and that's okay.
There are things I've lost along the way... people, moments, parts of myself.
And yes, some of that still hurts.
But I also carry more love than I used to.
More patience. More softness.
More understanding of what really matters.
I no longer pretend to be fine when I'm not.
I don't explain myself as much.
And I don't waste time worrying about what people think of me.
If I want to sit and watch the sky for an hour, I will.
If I want to cry over an old memory, I won't stop myself.
If I want to laugh at something silly, I'll let myself.
Because I've learned that time doesn't slow down.
And joy doesn't wait for permission.
So, if you ask me what it feels like to be old...
I'd say it feels like freedom.
The kind that comes with letting go of things you used to hold too tightly.

I don't know how much time I have left, none of us do.
But I'm not wasting what's left of mine chasing perfection.
I just want to live quietly, honestly, and in my own way.
And if that's what being old feels like...
I'll take it.



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.
- * **Ethel Waite** as she deals with sciatic pain. Pray for her health and recovery.

* 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.



UPCOMING EVENTS

- * Tuesdays @ 11:00 AM – Walking Group – All are welcome
- * Thursdays @ 2:00 PM – Worship service at Centennial Park Place
- * Tuesday, Aug. 26 @ 1:30 PM – Music & Worship Team meeting
- * Tuesday, Sept. 9 @ 6:30 PM – Presbytery of West Toronto meets at Graceview
- * Tuesday, Sept. 23 @ 6:30 PM – Session
- * Sunday, Nov. 2 @ 10:30 AM – Remembering Tree Sunday

	<u>Prayer Roster</u>	<u>Lay Readers</u>	<u>Welcome and Announcements</u>
Aug. 10	Margaret Munene	Kathy Twynam	Susan Chopp
Aug. 17	Bob Twynam	Nancy McPherson	Iris Lee
Aug. 24	Eric Lee	Al Bishop	Bob Twynam
Aug. 31	Rachael Chen	Bob Twynam	Iris Lee
Sept. 7	Nancy Green	Anna Cherniak	Nancy McPherson
Sept. 14	Eric Lee	Nancy Green	Susan Chopp
Sept. 21	Ethel Waite	Harry Learoyd	Kathy Twynam
Sept. 28	Maureen Screen	Chris Parr	Bob Twynam



WEEKLY GIGGLE



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)

2025 AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Service @ CPP 2:00 PM	1	2
3 Rev. Jan Hieminga	4	5 Walking Group 11:00	6	7 Service @ CPP 2:00 PM	8	9
10 Rev. Jan Hieminga	11	12 Walking Group 11:00	13	14 Service @ CPP 2:00 PM	15	16
17 Invisible God Rev. Eric Lee Bell Ringers practice	18	19 Walking Group 11:00	20	21 Service @ CPP 2:00 PM	22	23
24 The Poverty of God Rev. Eric Lee	25	26 Walking Group 11:00 M&W Meeting 1:30	27	28 Service @ CPP 2:00 PM	29	30
31						