



**2018**

**Sunday Worship  
10:00a.m.**

**Sunday School during  
Worship**

**Fellowship Coffee  
Following Worship**

**-Joint Board Meeting  
Tuesday Oct. 9  
@ 7pm**

**-Women's Fellowship  
Oct. 15, 7:00pm  
Under The Bridge**

**-Seniors Social  
Friday Oct. 19, 1:00pm**

**-Men's Fellowship  
Oct. 20, 9:30am GSC**

**Pastor:**

**The Rev. Rick Beck  
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Calgary, AB  
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Prayer Tree Request

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**Www.**

**[goodshepherdmoravian.org](http://goodshepherdmoravian.org)**

Joint Board Chair:

Anita Jones

Building: John Dyck

Congregational Care:

Shirley Klockow

Treasurer:

Steve Clarke

# Good Shepherd Church

## Mission Statement

**Good Shepherd Community Church:  
Where God loves, Christ leads and people serve.**

## The Gift of Contemplative Living

It always amazes me how the Spirit of God provides just what we need when we need it. Every month this newsletter catches me off guard and I find myself sitting in front of my computer wondering what I should write about. My normal response is to open my heart to the movement of the Spirit and without much delay an image or word pops into my head. An hour later this inspiration is generally ready for the printer.

Today was not one of those days. I opened my heart and waited...and waited. Nothing! Inspiration can not be manufactured by any amount of effort. We can only surrender to it. And that's when it hit me. Maybe what I need to talk about is our need to be unproductive; our need to recognize that the world revolves quite nicely without our help, if we would only take time to enjoy it.

I realize this is contrary to our culture. Society's expectation is that we must always be contributing to the common good. "There's no free lunch", as they say, and there's good reason for this. Each of us is responsible for our own lives and all our lives are interconnected.

Yet, even God took time to reflect on creation. We are instructed to keep the Sabbath. This is not just a time to rest up for the next blast of workaholic activity. It's meant to be a time of contemplation; a time to set aside our agenda and ponder life as it presents itself without judging, critiquing or analyzing. The image we might use to better understand this is that of a small child marveling at something that we've stopped noticing long ago, like a bug or a stone. To a child everything is a wonder and a mystery, something to pondered and celebrate.

Today I'm offering the gift of contemplative living. Take note of life without judging it. Take time to listen to others without getting caught in the trap of wanting to fix or rescue them. Just acknowledge and appreciate what they have to say. Slow down enough to actually see what is around you. Take time to savor the food you eat. Take in the smells that fill the air you breathe. So much of life passes us by and we never live it.

Contemplative living is how we "pray without ceasing" (1 Thessalonians 5:17). Pondering the mystery and beauty of life is meant to be a spiritual practice. All of creation reveals the Creator. Be intentional about acknowledging and celebrating the holiness of everything. Henry Nouwen calls this "spiritual hospitality". Richard Rohr calls it "a long loving look at the real." Whatever you call it, give yourself permission to be unproductive long enough to notice that amazing things are happening all around you. They are life-giving gifts for your soul. Let your inner child show you the way.

Pastor Rick Beck

