

**Chalmers
Presbyterian
Church**

Youth Spirit

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Contact me!

- Ideas, suggestions, comments, new emails? Let me know: lizzt@rogers.com

The Joy of June

We had a great month in June—quiet, but great. The first Sunday of June was the Sunday School picnic which is always a lot of fun! Check out the pictures on page 3. Then we had Fathers' Day, followed by Celebration Sunday. The youth did a great job of being involved in the service and Linda Adamson offered a realistic and encouraging look at the status



of Sunday School in 2009.

The last Sunday of June saw the start of the Summer Program which includes a Sunday program for children 5 and under. Youth over that age

are invited to stay in the regular worship service and will be provided with an age-appropriate activity package.

I hope everyone has a safe and happy summer! See you in September!



"I'm Bored!"



Why is it we spend all year looking forward to summer and inevitably at some point we end up hearing the cry, "I'm bored, there's nothing to do."

In my house growing up, this was always met with a response something to the effect of, "You'd better stop whining or I'll find you something to do... and

you're not going to like it!"

But seriously, it takes a lot of effort from parents to find valuable, enriching ways to fill the days of summer for our children. Vacation Bible Experience and Camp Kintail are two wonderful ways to give your children things to do that they'll love. Find out more on page 4.

But I also want to encourage you to think back to your own

memories of summer. It's not always the most extravagant vacation or the moments being whisked off to one activity or another that breed the fondest memories. One of my greatest memories of childhood summers was walking to a nearby field with my mum to pick wild sweet pea flowers. It cost her nothing but time, but it's lasted with me all these years. I hope I can do the same for my girls.



From the Editor

This week, my daughter Isla who is almost one, started walking. She's been toddling around holding on to furniture, fingers and anything else she can grab for ages now, and she can crawl like there's no tomorrow, but this week she started taking two or three tentative steps on her own. Baby Steps.

My long-time friend called me the other day from California just to chat. She's been going through a lot of issues including a divorce, but she feels like she's starting to get her life back on track a little more each day. She just keeps making small goals that she can accomplish to help her on her way to bigger dreams. Baby Steps.

In our conversation, she asked me about my family and life and how I'm feeling. I responded that life is great and I'm really happy. However, if there was one thing I could improve, it would be finding time each day to spend in meditation/prayer but I just never seem to have enough time. The next morning, Isla woke early to feed and then went back to sleep, I wasn't really tired so I got up and spent a few minutes reading a daily

devotional. It wasn't life-changing and I wasn't able to do it again the next morning but it was a start. Baby Steps.

Sunday morning before church I mentioned to Andrew, my husband, that in the afternoon I wanted to do a "walk-about" the house. "Is that some kind of spiritual cleaning?" he



mocked. Well, kind of! (No, this won't be another piece about doing housework happily!) A walk-about is when I go through each room of the house and take all the things that don't belong in that room and move them to the room where they do belong. I also carry a note-book with me and take notes on anything that needs to be done in that room over the coming week or even long-term plans. At the end of my walk-about, the house is not sparkling. Nothing has been vacuumed or dusted, but the house is ready for the upcoming week. Strange as it may sound, with each item that finds its way back into its proper room, it's like my spirit gets untangled.

By the time I'm done, the house still needs to be cleaned but I feel renewed and ready to face the coming week. Baby Steps.

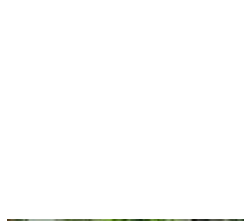
All too often, I feel that if I can't do something perfectly, I shouldn't bother at all. But God doesn't expect perfection from us. He knows we're not capable of that. When I put off cleaning because I don't have the energy to clean the whole house from top to bottom, I feel lazy and defeated. When I put off exercising because I don't have the time to do an hour workout, I neglect myself the benefit of a 20 minute workout. When I don't spend quiet time with God because I have big plans for the perfect daily quiet time as the sun rises while the house still sleeps, and today I'm just too tired to get up that early, I miss out on the peace that comes from using my time in the shower to tune into God's voice. So I'm going to watch Isla taking her shaky steps and I'm going to try to learn with her how to face life while following in my Baby's Steps.



What a Quote!

- Praise for a fool is out of place, like snow in SUMMER or rain at harvest time. Proverbs 26:1

Photos of the Month—the Picnic



Rainforest Adventure

This summer, we would love to have all children from JK to Grade 6 join us for a Rainforest Adventure! Join us from 9am until noon each day from July 27th to July 31st for an exciting week of crafts, games, science, snacks and the sharing of God's love! Families can register each Sunday after church in the narthex, or by calling the church office during office hours (519-681-7242). And be sure to invite a friend too! This is a great way to introduce your friends to our church!

There are still lots of way for adults and senior youth to help out too (especially you Cape



Breton Youth—you're experts at this!). You could be a site leader or a team leader or help out in many other ways. If you are available that week, please contact Kim Poser (519-686-1285) or Todd Webster (519-686-1375).

It takes a great team to make this a success so please volunteer to help out where you can. If you don't know what you can do, just give Todd or Kim a call and they'll find a way to include you! Please help to make this a great week for the kids.



342 Pond Mis Road
London, Ontario
N5Z 3X5

Phone: 519-681-7242
E-mail: chalmerspresbyterian@bellnet.ca

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Camp Kintail

Camp has long been a part of summer memories for kids. And there is a plethora of options out there with all different themes, activities, experiences. How can you choose which camp is right for your family? Well, a good place to start is with Camp Kintail which is near Goderich Ontario and is run by the Presbyterian Church of Canada. They offer all sorts of different camps for youth from 5 up to 16 years of age. They also have a camp for the

whole family and various leadership camps. If you're looking for a great way to spend some time this summer, check out www.campkintail.ca. If you'd like to send your children but need a little help, Chalmers' Mission & Outreach committee would like to help by sponsoring children to attend camps by raising funds. Sponsorship will be anonymous. To learn more, please speak with Joanne

Dickert or Rev. John.

Kintail is also in need of some nurses, due to last minute cancellations. If you have nursing skills, this would be a really neat opportunity. They are looking for help for the weeks of June 28-July 4, July 12-18 and August 23-September 2. If you can help, contact Theresa (Camp Director) at 519-529-7317.

