

BUC COFFEE & CHAT

Welcome friends. This edition of our newsletter will focus on the 23rd Psalm, as a soul-soothing reminder that the good shepherd is gently guiding us. Pour yourself a cup of coffee and let's chat

A LETTER FROM THE EDITOR

I have always loved to swim. My Mom, who had never learned to swim, decided that it was an important life skill, and signed me up for lessons at the Airdrie swimming pool when I was a young child. I was so excited for my lessons, I wore my new swimsuit around the house for days! When the time came for my lessons to begin, my excitement was bubbling over. I was very confident in my abilities- more confident than the situation warranted. On the first day, our instructor came to collect us, and took us to the deep end of the pool. My Mom who was watching anxiously from the viewing area, observed that I was at the deep end, with no life jacket on, grinning from ear to ear, and began to walk quickly towards us. (She told me later that she believed there had been a mistake during registration and that perhaps I was in the wrong group.) As she was striding across the pool deck, I took a big leap into the water. Naturally, I could not swim a stitch and slipped under the water, gasping for air. Fortunately I was under the watchful eye of the instructor, who was within arms' reach,

and when she pulled me out I was sputtering a little but otherwise unscathed. My Mom had reached my side by then and was visibly upset. I looked up at her in that moment, grinned and said, "See! I told you I could swim!"



We like to think that we know what's best for us. We pride ourselves on our independence, yet every once in a while we are reminded that a guide, a swim instructor, a parent or teacher, may have some lessons that teach us a better way to do things. God has a set of instructions- a lesson plan,

for how to live our lives so that we're not fumbling around in the dark, with no map to speak of. On the contrary, we have a constant guide who has our care and well-being at heart. Psalm 23 is a reminder of this beautiful love-filled lesson plan and the teacher in whom we can entrust our care. I hope these pages inspire you to let God guide your path each day-especially when you're in the deep end!

Blessings to you all.

-Angela

Peace go with you.

God's quiet within the noise. God's hope within uncertainty.

God's rest within the toil. God's presence within your soul.

Peace go with you.



Turning Psalm 23 into a Personal Prayer

As posted on www.melanieredd.com 06/10/2021

Today, we take the beloved words of Psalm 23 and use them as a prayer of thanks back to our Good Shepherd. It was my joy to write these prayers. I hope that you will be able to take and use them in your own prayer time today.

Psalm 23

The Lord *is* my shepherd;
I shall not want.

² He makes me lie down in green pastures;
He leads me beside the still waters.

³ He restores my soul;
He leads me in the paths of righteousness
For His name's sake.

⁴ Yea, though I walk through the valley of the shadow of death,
I will fear no evil;
For You *are* with me;
Your rod and Your staff, they comfort me.

⁵ You prepare a table before me in the presence of my enemies;
You anoint my head with oil; My cup runs over.

⁶ Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell in the house of the Lord
Forever.

The Lord is My Shepherd. (Psalm 23:1)

“Father, thank You for being my Shepherd, the One who leads my life. Stand on the hillsides where I can see You. Don’t let me miss You.

As a sheep, I will look to You, listen to Your voice, and follow Your leading.

I trust You to be the good Shepherd, the wise Shepherd, the loving Shepherd, and the strong Shepherd in my life.”

I shall not want. (Psalm 23:1)

“Thank You, Lord, that I have everything I need right now.

Thank You for providing food, shelter, water, breath, and life.

I’m so grateful for Your goodness, love, mercy, and kindness in my life.

Because of You, I lack for nothing.

When I am tempted to look for more, lust for more, and strive for more, remind me that You have given me all that I need for today.

I trust You, Jesus.”



He makes me lie down. (Psalm 23:2)

“Sometimes this one is hard, Lord. I don’t always want to lie down where and when You lead me to do so.

Would You give me the grace to trust You more? When You lead me to rest, would You grant me the patience to do so?

When you lead me to come away and be still, would You enable me to leave the noise of the world behind? You make me lie down; I will surrender, obey, and trust You.”

In green pastures. (Psalm 23:2)

“Thank you, Father, for only choosing the best pastures for me to lie in. Thank You that You know the best spots for fresh and tender food.

I will follow You into the places that You lead me. I’m so grateful that You know when and where I need to eat and fill back up again.”

He leads me beside the still waters. (Psalm 23:2)

“Lord, thank You for also taking me beside some still waters to be refreshed, renewed, and restored.

Stillness can be challenging for me at times. But, I will trust that You know when I need rest and renewal in my life.

Thank You for nourishing me with fresh, quiet waters when I need these things in my life.”

He restores my soul. (Psalm 23:3)

“Thank you, Father, for restoring me as I rest beside these still waters. Thank You that You know what is coming next in my life. You know when I need to rest and when I need to get up and move.



I will trust Your perfect timing in my life. Would You give me the peace to stay beside these still waters until You stand up and lead me forward again? Also, as I'm resting, would you deeply restore my soul and reignite my passion for life, for my family, for ministry, and for following You wholeheartedly?"

He leads me in the paths of righteousness. (Psalm 23:3)

"Lord, I am following You down paths as You lead. Show me the way I should go.

Counsel me with Your eye on me. Lead me so clearly, Father. I want to go in the right direction and in the way that honors You most. As I am to make turns in life, would You let me hear Your voice behind me telling me whether to go to the right or the left?

I'm just a sheep, so I ask You to speak in a way that I won't be able to miss."

For His name's sake. (Psalm 23:3)

"And, God, I want my life to be a blessing to You. I want to honor You and give You incredible glory by the choices I make and by the way that I live. For Your name's sake, I wish to walk in a manner worthy of my calling and serve You.

Would You give me the courage, the strength, and the fortitude to follow You closely and without hesitation?"

Yea, though I walk through the valley of the shadow of death. (Psalm 23:4)

"Lord, it's dark at times in this valley of our lives. There are so many storms, difficulties, and crazy things going on around us. Would You give me peace and a calm heart in the middle of this sunless season?

Even as I'm walking right now, would You be near to me? Let Your nearness be my good. Help me to find joy in Your presence right now."

I will fear no evil. (Psalm 23:4)



“Father, the evil around me can be consuming and overwhelming. As I watch the news and look at events happening around me, I can go into panic mode at times. Would You free me from the fear of evil? Would You give me incredible victory over the evil that encompasses me? And, would You flood my heart with courage?”

For You are with me. (Psalm 23:4)

“Thank You, Lord, that You are always with me. You never leave me nor forsake me. I praise You that there is no place I can go where I will not be in Your presence.

I’m so grateful that You are with me in the light and the darkness. You are with me by day and by night. You are with me always. I am so grateful for this!”

Your rod and Your staff, they comfort me. (Psalm 23:5)

“Father, thank You that I am safe because You are with me. Thank You for using Your rod and Your staff to protect me and to comfort me. I’m so grateful that You fend off any dangers that don’t need to reach me.

I can rest securely because I know that I rest safely in Your care. You hem me in behind and before. Thank You for Your protection.”

You prepare a table before me in the presence of my enemies.

“And, God, thank You for preparing us a picnic right in the middle of my crazy world. Thank You that You and I can enjoy a meal together even while surrounded by enemies and perceived enemies.

I’m so grateful that You treat me to a feast while my enemies look on.

Father, I lift my enemies and those difficult people in my life to You. Would You bring healing and peace to our relationships? Also, would You bless my enemies and those who have hurt me? Would You deeply meet the needs of their hearts and heal their broken places? I surrender my enemies to You for You to handle.”

You anoint my head with oil. (Psalm 23:5)



“Lord, thank You for anointing my drooping head with oil to revive me. In this dry and weary land, I need Your refreshment in my life.

Thank You for knowing just when I need a good word, a kind gesture, a phone call, or any other encouraging thing in my life.

Thank You for pouring the fresh oil of hope over my head at just the perfect time. You are a Good Shepherd.”

My cup runs over. (Psalm 23:5)

“Father, thank You for being so good to me that my cup runs over. You fill me up to overflowing so that I might spill Your goodness out on others. You give me more than I can hold. Use my life to spill out onto a lost and dying world.

Use me to encourage, inspire, and uplift others. Give me the courage to share Your goodness with those around me.”

Surely goodness and mercy shall follow me all the days of my life. (Psalm 23:6)

“Oh, Father, I praise You for Your goodness and mercy and kindness to me. Where would I be without Your love, forgiveness, and grace?”

Thank You that Your goodness and Your mercy chase after me and follow after me all the days of my life. Thank You for pursuing me, staying close to me, and following me every day that I live on this earth.

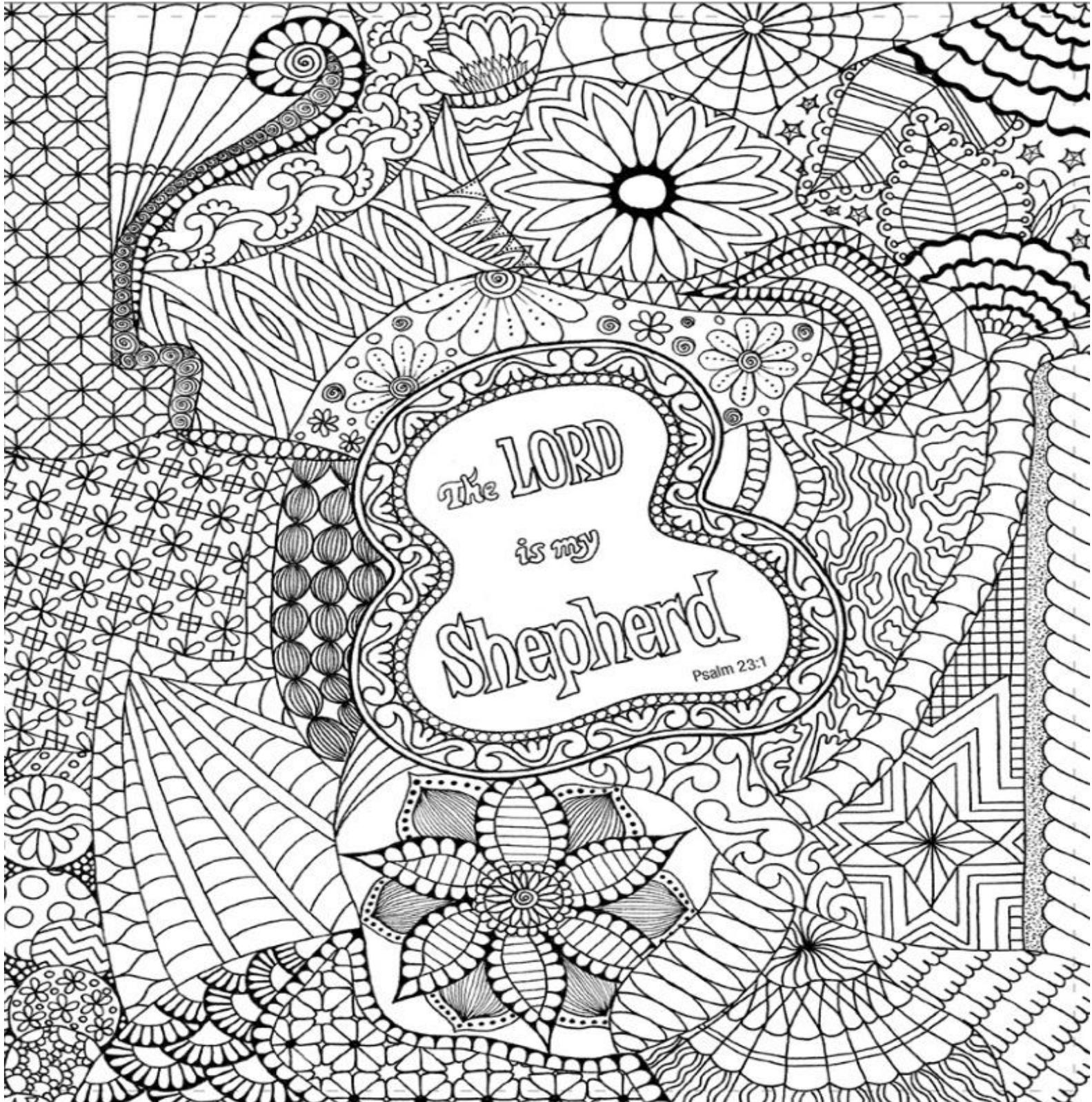
I am blessed by You and Your relentless love for me!”

And I will dwell in the house of the Lord forever. (Psalm 23:6)

“And, Lord, thank You for sending Jesus to die in my place. Thank You for reconciling me to Yourself through the sacrifice of Your Son on the cross. Because of His death, I am invited to dwell with You forever.

It’s so sweet to know that this life on earth is not the end. This is only just the beginning. I get to spend eternity with You. It’s my privilege to get to live with You forever. Thank You for this gift, Lord.” As I close this time of prayer, Lord, I want to thank You again for being the most amazing Shepherd. Amen.

As you colour this picture inspired by psalm 23, allow yourself to imagine the good shepherd. What do they say to reassure you when you are afraid? Where are the still waters for you? rest in the knowledge that the good shepherd knows your ways and cares for you.



BUC COMMUNITY NEWS



"Rejoice with those who rejoice. Weep with those who weep."

- Please remember Flo Hassen and her family in your thoughts and prayers. Our dear friend Flo passed away on July 4 and now walks with the angels.
- We pray for all those affected by wildfires, and to all the firefighters responding to the need.
 - We pray for all who have been impacted by residential school systems.
- We pray for our BUC family members who have finished high school and are starting a new chapter in their lives with college courses and employment.



- Thank you to everyone for your continued prayers and financial donations.
 - Doreen Harrold has made 650 squares for Soap for Hope!
- BUC Fundraiser with Shirley's Greenhouse: 16 people participated and we raised \$197.00



- If you have news you'd like to share in the next newsletter or would like to share a word of encouragement with everyone, please email the details to Angela at balzacunitedchurch@gmail.com or call her at 587-229-3878.
- Donna Watt sends cards to our BUC church family. If you know someone who is ill, is celebrating a birthday, is grieving, or just needs a thank you or a bit of encouragement, please email Donna at donnamwatt34@gmail.com