When you go to a restaurant - what's your favourite entrée? What's that one item that gets your mouth watering just thinking about it and you order it whenever you can? And yes, a Big Mac counts as an entrée! I like Mexican Food and my favourite items on that menu are Enchiladas. They are my "go to" meal whenever I can have them. Maybe you're the type who looks at the dessert menu first and then based on what you see there - reverse engineer your main course to leave enough room for that. If that's you - you're talking my language! This week Jesus uses a food metaphor as He tells us who He is - He says "I am the Bread of life" and you can read His words in John 6:25-58 Jesus knows that people look for "life" in all kinds of "food" and that we all have a go to "bread" - that we make a beeline towards. So - what's your go to "bread"? Looking forward to being together on Sunday morning as the church!

Church Events

- May 22: Women's Connect - 7pm Gail Listers Home
- May 22: Alpha 7pm Connect Church
- May 26: Man Up Breakfast - 8:30am
- May 27: Call to Pray -10am
- May 28: Young At Heart- 10:30am
- June 3: Youth Lunch + Movie - 12:30pm
- June 16: Caledon ride for seniors

Youth Lunch

Sunday June 3rd, the youth (grades 6-12) are invited for lunch in the chapel, immediately following the morning service. We will be watching "Miracles From Heaven", the amazing true story of a seriously ill young girl who was amazingly healed by God in a very unexpected way. Please join us!

Caledon Ride for Seniors

Kick off Caledon day with a ride for the entire family! This ride is to benefit seniors in our community with access to services through Caledon Community Services. Services include, but not limited to; Mental health support, transitional care, respite care, transportation and so much more. To learn more and to register please go to www.ccsvelocity.ca.

CCS is looking for volunteers for this event as well. If you or your youth is interested in volunteering please contact CCS.



Young at Heart

are having a Coffee Hour Monday, May 28 at 10:30 - 11:45 a.m.

Come and join us for fellowship, coffee & muffins

Women's connect & Grow

Ladies, if you're looking for an opportunity to connect with others and pursue growth in your spiritual walk, then we'd like to invite you to join us as we tend to the care and cure of the soul through companionship, Scripture, and prayer! We are currently discussing Stormie Omartian's book The Power of a Praying Woman. We gather every other Tuesday at 7pm. If you are interested, please speak with Gail Lister. For the month of May (8, 22) and June (5, 19) our gathering will take place at Gail's home.

Family Happenings!!

- > Congratulations to Giovanna Heron who graduated last Saturday from Tyndale University College and Seminary with her Master of Divinity in Counselling! Way to go Giovanna!
- > Congratulations as well to Doug & Gail Lister who celebrate their 39th Wedding Anniversary on Friday May 18th! Continued blessings to you both!
- > Happy Birthday to Reta Campbell as she celebrates on May 21st!
- > Happy Birthday to Sophie Bhagwandeen! Sophie celebrates on May 22nd!



Moving with music will be taking a break next week and will get back to Moving on May 30.

Praise & Prayer

- > Patti Dueckman's brother Bill, passed away Wednesday, May 9th. Please pray for Patti, her sister-in-law Heather and Bill and Heather's 3 young sons.
- > Harold Barker continues to make great progress as he rehabs at Brampton Civic.
- > Marlea Burgess continues to recover from her concussion symptoms sustained in a car accident.
- > Please pray for our College & University students as the look for summer employment.
- > Andre Oulette will be having surgery on May 22nd on his wrist at Sunnybrook. Please pray for Andre as he approaches surgery this week.
- > Please remember Mayor Allan Thompson and his family for their safety and well being as he serves by giving leadership to the town of Caledon.+
- > Please pray for the Mearns family, Peter Mearns passed away suddenly this past week. Peter was a friend to many here in our school and church family.

Please click here for the Funeral arrangement details.

Alpha

Our Spring Alpha adventure session continues on Tuesday evenings, exploring the basics of the Christian faith.

Each week we begin with a warm welcome and food, then we watch a video talk and finish with open conversation around the table - a chance to share thoughts and ideas about the video we've just watched without being corrected or judged. There's no pressure, no follow-up and no charge; it's just an open, informal, and honest space to explore and discuss life's big questions together.

"Alpha is where I was able to go with people from all walks of life and come together to discuss faith. We ate together, we talked together, and we learned from each other."-Martin, Alpha Guest

We're excited to partner with Connect Church in Bolton for this session of Alpha and you're invited to come and invite others! It's not too late to be part. We meet each Tuesday at Connect Church - 12495 HWY 50 in Bolton from 7-8:45 and it doesn't cost anything. So feel free to join this week if you'd like and invite someone to come with you. Limited childcare space is available.

For more information or details about Alpha - please check out <u>tryalpha.ca</u> or the <u>Nashville</u> <u>web site</u> or contact the NRCC church office