Everyday we are faced with a dazzling array of options and choices and decisions. In the average supermarket there are over 48,000 items to choose from ... and no matter what's on my list I always manage to forget to buy milk! Even our GPS guidance systems designed to make travel simpler give us directional options we have to choose from. We're also bombarded with over 3000 messages a day about what choices we should make based on the simple formula that you are not who you should be and if you purchase this product you will be! "Decision-Fatigue" is a reality and why many mental health professionals report such an increase in burnout. How do you navigate the myriad pathways of life? The reality is we all have or look to something or someone to guide us whether that's a person, our intuition, emotions or intellect. We're just like sheep looking for and listening to some kind of a shepherd. So ... who guides you? Jesus gives great comfort to our deep yearning for quidance and leadership in our lives as He tells us "I Am the Good Shepherd." On Sunday morning we'll look at His words in John 10:1-18 and look forward to worshipping together as family!

Church Events

- 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

Praise & Prayer

- > Harold Barker is now home from the hospital! Praise the Lord - he was discharged on Thursday!
- > 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 had surgery on May 24th on his wrist at Sunnybrook. Please pray for his continued recovery.
- > Giovanna Heron is leaving to drive to BC on Saturday May 26th. Please pray for safety for her and her friend Nicole who is driving with her. Giovanna has 2 job interviews for counselling ministries to First Nations youth and families in June.
- > Please pray for those who serve each Sunday in Kids Konnection. Charissa, Gwen and Janice continue to give their time, talent and energy each week to love kids and serve the Lord.
- > We have the privilege and responsibility to pray for those who "shepherd" us in local, provincial and national leadership. Please remember those who are presently running for election or re-election and their families as it is a time of intense high energy output for all.

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



Moving with Music returns this Wednesday at 9:30am in the Chapel

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.

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 June our gathering will take place at Gail's home on Tuesday June 5th.

Family Happenings!!

Happy Birthday to Ava Cook as she celebrated her birthday on May 22nd! Have a great "Birthday Week" Ava!!