

# St Peter's Wynnum – Wardens' Warbling

September 2020

Emerging from our Home Stay Retreat

As we welcome spring, we all need to be mindful keeping safe and healthy in our changed and challenging world. How we live our everyday lives has changed. How we shop. How we operate our businesses. How we meet friends and family for a cuppa, a picnic or a meal out. How we worship. How we meet for our small groups.

We all need to continue to adapt and evolve.

It will continue to have an emotional stress thinking to it won't be the same as how we lived our lives before March this year. Please keep an eye on each other. Listen to how your family and friends are talking. Ask them 'Are you ok?' Listening to them talk may be the Spirit's way to help them.

[Mindfulness, Walking and Breathing](#)

**YHWH** the Holy name above all names, sometimes understood as the breath of God, fundamental to all life.

Harry Smart

[Prayer Walking](#)

I was invited to participate in Sole 2 Soul, Men's Ministry, a Silent Retreat, bushwalking at Binna Burra a couple of years ago.

Walking in silent prayer immersed in God's creation. Walking in rhythm with slow controlled breathing. Constantly praying with each breath. Breathing in, Lord Jesus Christ Breathing out, have mercy on me. Alternatively, in - Lord have mercy, Out - Christ have mercy. This brings a state of inner peace, a level of deep mindfulness. A different experience in communication with our Lord. I encourage you to incorporate Pray Walking into your life. Find your own prayer that fits into your rhythm. It could be the Lord's Prayer. Maybe your favourite activity is canoeing or cycling, adapt the formula. Try this while gardening or doing housework. I used the formula while doing yoga.

[Travelling, Journeying with focus](#)

Our motto, *Making disciples, Growing in Faith*, gives focus as we fulfil our everyday purpose. Looking to Simon Peter's journey shows us what we can achieve when we focus or Centre our faith.

[Acts 9:31 growing and flourishing](#) As Peter travelled

'31 Meanwhile the church throughout Judea, Galilee, and Samaria had peace and was built up. Living in the fear of the Lord and in the comfort of the Holy Spirit, it increased in numbers.'

Simon who became Peter walked by focused faith on water. Peter didn't 'sink like a stone!' Until he lost focus.

I am not suggesting that if we follow this that we can walk across the bay to Morton Island.



It shows that we can achieve in the triune name. Not on our own.

Similarly, our journey can be made less daunting when we focus on the centre of our faith.

[Proverbs 3:6 NRSV](#)

6 'In all your ways acknowledge Him, and he will make straight your paths.'

When we follow this way of life, not only for ourselves, we can make paths straight, lead and encourage younger generations.

As you journey, view the world with the joyful awe, delight and wonder of childlike eyes.

We are not alone. Together 'We are companions on the journey'

L'Chaim,

*Wayne*

*Wayne Elliott*

Parish Warden

St Peter's Anglican Parish of Wynnum