



OFFICE OF THE BISHOP OF NIAGARA

Anglican Church of Canada

Dear friends,

I am writing to you with an invitation: try out at least 'one thing' that will help you grow as a disciple of Christ between now and our synod in November.

Our Church is the keeper of a great treasure trove of practices that can help us grow in relationship with Jesus. Your 'one thing' may be a commitment to read a spiritually inspiring book, learn a new spiritual practice, attend a silent retreat, or launch a parish-wide program. Whatever you choose, I hope it will be a practice that is new for you, and something that is spiritually invigorating.

Life is busy and so, I encourage you to be intentional about dedicating some time to reconnect anew with God's love and making this time a priority. We can look to the scriptures for inspiration in this regard, as Jesus consistently took time away from the crowds to commune more deeply with his Father.

Our team supporting this initiative wants to help you discover your "One Thing," so look for stories and videos on our webpage (www.niagaraanglican.ca/onething) and the One Thing Facebook group. We will also be sharing information about workshops and experiences where you can learn about or deepen your own spiritual practice and relationship with God.

Everyone who participates will be invited to complete an intention card so that we can gauge the ways in which the Spirit is renewing us in faith.

I really hope that you'll prayerfully consider my invitation to try out at least 'one thing' that will, in this moment in your life, help you grow as a disciple and deepen your spirituality.

Every blessing on this journey,

+ Susan Niagara

Bishop of Niagara