Dear Lexie,

"Slow Down"

No history of England would be complete without a considerable amount of space being given to Thomas Moore. He was larger than life, a massive presence in the English society in the sixteenth century. He received some of the highest honours the country was able to bestow at the time. Thomas Moore was also known as a man of very high principles -- an extremely busy public servant but was also a man of great spiritual influence.

Read more>>

Mission Trip

Hurricane Sandy Relief
This Sabbath:
August 10, 2013

Speaker:
Pr. Charles Tapp
"Heaven in our Hearts"

Special Musical Guests:
Denise Barclay, Soloist

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Want to have fun and make an impact this summer? How about rebuilding houses with Habitat for Humanity? On August 12-15, Sligo Youth is going to New Jersey to help families that have been affected by Hurricane Sandy last November. Learn more>>

Hope For Today
Get involved

We have 20+ groups in the Washington Metropolitan area that are ready to move forward! However, we still need a lot of help, especially with discussion leaders and assistant leaders. The areas that have most need include Columbia, Laurel, Adelphi/Hyattsville, DC, and Virginia. Sign up>>

Sligo By The Sea

I Have you attended Sligo By The Sea yet this summer? Our services in Ocean City, Md. are running for 8 more weeks, through Sept. 28! Read more>>

Missed Last Week's Sermon?
No history of England would be complete without a considerable amount of space being given to Thomas Moore. He was larger than life, a massive presence in the English society in the sixteenth century. He received some of the highest honours the country was able to bestow at the time – Under-treasurer, Knighted, High Steward of both Cambridge and Oxford. He is remembered today as the author of “Utopia,” a fictional literary work depicting an ideal society.

Thomas Moore was also known as a man of very high principles. When Henry VIII wanted to divorce Catherine of Aragon, Moore told him that he could not support his case and that it was wrong to divorce her. He also refused to support Henry VIII when the King took on the title of Head of the Church. For that Moore was imprisoned and subsequently executed.

Thomas Moore was an extremely busy public servant but was also a man of great spiritual influence. One cannot help but admire his piety and commitment to spiritual growth, which arose largely from his meditational practice. “At the height of his career he would set aside one day each week for meditation and prayer.” He was never too busy to slow down and spend time with God.

I recently came across one of Moore’s prayers, which he wrote while incarcerated in the Tower of London. Though written in 1554, there is an uncanny immediacy and relevance about it. It’s called, “A Godley [sic] Meditation.” I wish I could share the entire prayer with you but space does not allow in this short article. Here are a few lines:

Give me Thy grace, good Lord, to set the world at naught; to set my mind fast upon Thee; and not to hang upon the blast of men’s mouths.

To be content to be solitary; not to long for worldly company; little and little utterly to cast off the world, and rid my mind of all the business thereof; not to long to hear of any worldly things, but that the hearing of worldly phantasies may be to me unpleasant.

Gladly to be thinking of God; piteously to call for His help; to lean unto the comfort of God; busily to labour to love Him...

To think my most enemies my best friends; for the brethren of Joseph could never have done him so much good with their love and favour as they did him with their malice and hatred.

Perhaps the most important element that is missing in our lives as Christians today is a time each day for meditation and reflection. Life is such a big rush. We seem to be always on the go. Even when we are supposed to be resting many of us are unable to take our minds off matters, which really are not that important. Listening to a radio call-in program recently, I heard one caller say that she checked her emails and text messages under the sheets at night when she thought her husband was asleep. Another said that each time he went to the bathroom at night he took his phone with him to check his messages.

Can you imagine what good a gadget-less bedroom would do for our health! More importantly, can you imagine the rich spiritual benefits we stand to gain if we were to slow down each day, put our Tablets and Smartphones aside and spend half an hour to an hour in spiritual meditation and reflection! When I served as the president of the British Union I told my colleagues in the office that they could take up to an hour each day, in the office, for prayer, personal study and meditation. That sounds overly generous but I knew that the benefits for each worker and the church as a whole would be enormous.
We need to slow down. Take some time each day to tune out the world and tune into heaven, and like Moore say, “Give me Thy grace, good Lord, to set the world at naught; to set my mind fast upon Thee,” even for an hour each day.

Don W McFarlane
Mission Trip

Want to have fun and make an impact this summer? How about rebuilding houses with Habitat for Humanity? On August 12-15, Sligo Youth is going to New Jersey to help families that have been affected by Hurricane Sandy last November.

Work we’ll be doing

We will be gutting houses, putting drywall back, and then painting the finished products. Gutting a house consists of taking down the water-damaged drywall from the studs or framings. Then, we will be putting up new drywall to replace it and finish it with paint. There are onsite construction leaders who make sure everything thing is done properly and safely.

Cost & Eligibility

The fee for this trip is $100, which covers transportation, room, food, and the Habitat for Humanity material fees. This trip is open to high school students (including the recently graduated Class of 2013) that are 16+ years of age.

Mission Center                  Residence Center
Habitat for Humanity             First Presbyterian Church 193 Long Branch Ave
07740                              34th Street Long Branch, NJ
Matawan, NJ 00747
Fill out my online form.

Step 2: Payment

Click this link to make the $100 payment through Adventist Giving. Designate the payment as “Youth Mission Trip.”
Going to spend the weekend in Ocean City, MD? Need a place to Worship? Well you’re in luck! From June 29th to September 28th 2013 you can join our Sligo family on your vacation too!

Join us for Sligo by the Sea
Join us for sligo by the sea

St. Peter's Lutheran Church
10301 Coastal Highway, Ocean City, MD, 410-524-7474

Sabbath School 10 a.m., Worship Service 11 a.m.

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Casual attire is appropriate

www.sligochurch.org