

## Aleeta Brashear

**From:** St. Martin's Episcopal Church Young Professionals [emoen@stmartinsepiscopal.org]  
**Sent:** Monday, August 30, 2010 10:20 PM  
**To:** Aleeta Brashear  
**Subject:** Newsletter du jour: We're back and ready to roll



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### Who we are



Young Adults (ages 21-30)  
St. Martin's Young Adult Ministry strives to connect young professionals in the community with study and reflection as well as in leadership in the Church.

Be a part of an active, vibrant, inclusive group that enjoys being together, with others who are intent on making a difference through the ministries of St. Martin's.  
All young adults, ages 21-30, are invited to come be a part of this unique and dynamic ministry. Bring your questions and be ready for conversations with friends. The young professionals meet at the Island every Tuesday, at 7PM.

### Upcoming Events

St. Martin's Young Professionals- Study of Psalms



Howdy! I hope everyone is had a great summer and is ready for this fall. We have some amazing stuff planned. We also will be having a new section in each newsletter called "Thoughts about God;" check it out below.

## Thoughts about God



There will be different inspirational prayers, meditations or devotionals that can aid you in your prayer life. This week's article was submitted by Laura Sinclair.

### The Practical Power of "One Thing"

Think back to the story when Jesus visits the house of Mary and Martha. Martha has spent the day busily preparing for Jesus' arrival. After searching for Mary, Martha finds her kneeling at Jesus' feet. Martha rebukes her for not helping. But Jesus asks Martha to instead let go of the business and just be in his presence.

"The one thing that Jesus said was needed in Martha's life was fellowship with him - and that's true for us, too. But the principle of "one thing" can also have smaller, practical implications that can help when life feels overwhelming. Here are some ways to practice one-thing thinking when your wagon feels overloaded.

1. Invite Jesus to rule and reign. Each morning before you get out of bed, invite the Lord to come take the throne in your life, to be your "one thing." Present your day to him and ask him for wisdom and guidance.
2. Ask God to reveal the next step. As you go through your day, keep

7:00pm May 4, 2010

[More Detail](#)

Christian Community Service  
Center- [CCSC](#)

[Saturday, May 29th](#)

[9:00-12:00](#)



## Ministry Links



[St. Martin's Website](#)

[SMYA Shutterfly Pic!!](#)

St. Martin's Young Adults

Clif's Entourage

The Anglican Communion

asking the Lord, "What is the one thing I need to do next?" Don't let the big picture overwhelm you. Just take the next step as he reveals it - wash one dish, make one phone call, put on your jogging clothes. Then take the next step... and the next.

3. Have faith that what needs to get done will get done. Since you have dedicated your day to the Lord, trust that he'll show you the one thing or many things that must be done. Do what you can do in the time allotted. Then trust that what wasn't accomplished was either unnecessary or is being taken care of by God.

4. Be open to the Spirit's leading. You may find your day interrupted by divine appointments. Instead of resisting the interruptions, flow with the one thing as God brings it across your path. You'll be amazed at the joy and freedom that comes from surrendering your agenda and cooperating with his." Joanna Weaver, excerpt from "Having a Mary Heart in a Martha World"

"Commit to the Lord whatever you do, and your plans will succeed."

Proverbs 16:3

## Homecoming Sunday

Mark your calendars for the Ministry Fair on Sunday, September 12th from 9-11. See all that St. Martins has to offer this fall and find out more information about St. Martins Young Professionals.

## Island Website!!!

Remember to check out The Island website for the latest information on what is going on with the Young Professionals.

[The Island Live](#)



## Houston Area Episcopal Young Adults

The Houston Area Episcopal Young Adults meet every last Thursday of the month, at 7pm at a different themed social and inspirational location in the Houston Area (in the past, there has been theater and patios involved). Check out the upcoming schedule below, and join if you can.

More information coming soon!!!

## Christian Community Service Center

Saturday, September 25th we will be doing a community service project with [CCSC](#) (Christian Community Service Center) from 9:00 am to 12:00 pm. We will be helping organize and sort food and clothing for the underprivileged in Houston. Hope you can join us. Contact [Christine](#) (361-815-4613) or [Eric](#) if you have any questions.

## Vocare

Vocare (vo-car-ee), Latin for "to call," is a ministry for young adults in the Diocese of Texas that focuses on spiritual formation, renewal and vocational calling.

The mission of Vocare is to provide tools, community, support and guidance for young adults as they begin to explore their spirituality and spiritual calling in their adult lives.

The next Vocare trip will be Oct.1-3 at Camp Allen. Please go to the Vocare website for more information.

[Vocare](#)

[Registration Form](#)

### **Vocare Prayer:**

**Lord, let me know clearly the work which you are calling me to do in life. And grant me every grace I need to answer your call with courage and love and lasting dedication to your will. Amen.**

### **Contact Information**

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Critical Condition Editor

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