

Dear Friends:

Are you resting up this summer? I just finished reading a book by Mark Buchanan entitled *The Rest of God*.

Some of you might remember Mark- he spoke at the Prayer Retreat in Banff in November. He suggests that believers need a broader, more all encompassing perspective of Sabbath. Now that I'm officially back to work today after my vacation, it's time to put what I've learned into practice! If you have a chance to pick it up, it's a book worth reading.



In the midst of summer, it's hard to wrap our heads around our Fall schedules. However, I wanted to ensure that all of you know about the upcoming ***Ministry Spouse Retreat*** we have planned for ***September 26th in Devon!*** Your invitation is attached to this Newsletter. Try to see if you can mark your calendars now in order to join with us for our day together. You won't be disappointed. I look forward to seeing you in Devon in September!

One more bit of news for you. I will be travelling to Uganda from August 17th to September 2nd. Nine women and three men from Spruce Grove Alliance have the privilege of taking part in three events in Uganda. While in the capital of Kampala, our team will be assisting in a conference called "Winning Women." Next we travel to Arua, which is a city in the northern part of the country. There we will be working with my husband as he teaches a gathering of pastors from several different Christian denominations.



As well, we will be taking part in an annual Christian Crusade that occurs in this city each August. Please pray for me as I give leadership to our team from Spruce Grove Alliance. I am most certainly not an expert on international missions...this is only my second trip!

Despite living in extremely difficult circumstances, the Ugandan's we met last year were all filled with an unbelievable level of faith and hope in Jesus. It was truly inspiring. Thanks for praying with me. I look forward to sharing some of my experiences with you in Devon when we have will have an opportunity to connect in person. Enjoy a Sabbath Rest this summer!

Sincerely, Elizabeth Chotka, Network Ministry Spouse Coordinator

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