



*Find 'One Thing' that helps you grow closer to God...  
A Project of the Diocese of Niagara*

Is there one special thing that might make your relationship with God take a leap forward right now – to a greater intimacy, a stronger discipleship, or a deeper joy? At the beginning of a new year it's an especially good question.

Bishop Susan has challenged each one of us to identify and pursue **One Thing** that will strengthen and deepen our relationship with God. She has appointed our 'One Thing' Team to help facilitate this. The team will promote events, share or create resources for use by individuals and parishes, and invite new ideas.

Why do this? Perhaps it will be...

- a new way to journey with God
- a way to create space for authentic intimacy with God
- a reclamation of spirituality from the every-pressing operational work of church
- about becoming attentive to what God is doing in the world
- a focus to encourage our prophetic voice in the face of fear

What might this look like?

- trying a new spiritual practise such as contemplative prayer or fasting
- setting up a prayer space in your home
- joining a Bible Study at your parish

- finding a new way to pray such as through art, hiking, icons or prayer beads
- experiencing a new form of worship such as Taizé or Jazz Vespers

To help you with this we are going to be offering a variety of sessions and opportunities as diverse as Making and Using Prayer Beads, an Evening with Julian of Norwich, and Praying with Art.

We have so much to share! Watch for social media posts, bulletin inserts, videos, and other communications from our group. We'll tell you about upcoming events. And please tell us about your experiences.

We have a page on the Diocesan website at:

[www.niagaraanglican.ca/onething](http://www.niagaraanglican.ca/onething)

A Prayer

God who calls us,  
Time and again,  
To come closer and be more fully known;  
Draw us deeper in our seeking,  
that we might perceive you at work  
in our lives and in your world;  
Respond in love with our hearts,  
Our minds, our souls and our strength;  
and follow ever closer  
your Son, Jesus Christ.  
Amen.

For more information email: [onething@niagaraanglican.ca](mailto:onething@niagaraanglican.ca)