



**Rhema Christian Ministries**  
*Changing & Affecting Lives*

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## Weekly Services

**Bible Studies & Prayer**  
**Wednesdays**  
**7:00pm - 9:00pm**

## Upcoming Events

**RHEMA IS COMING TO A CITY  
NEAR YOU!**

**Montreal, QC**  
**July 20, 2008**

**Halifax, NS**  
**November 9, 2008**

*Join us in prayer as this great  
vision unfolds*

**This Month @  
Rhema**

**Vision Monday**  
**June 2, 2008**

**Father's Day**  
**June 15, 2008**

© Senior Pastor Orim M. Meikle

*"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 2)*

Grace to our beloved and ever increasing global family, from God our Father in the name of our Lord Jesus Christ.

Welcome to the month of June in the greatest year of your life. Here at Rhema June has been declared National Health & Wellness Month and we are excited about what God is going to do through physical fitness.

I need you to get ready for a workout month. We have planned a variety of activities and seminars, designed to get you into the best shape of your life. Before we hit the ground running there are a few things that I would like you to consider:

**Health is Wisdom** - God has created the body as an integral part of the human composition. Without it we would cease to exist in this world. Likewise, to have our bodies working at a less than optimal level is also doing a disservice to our existence. Wisdom dictates that we maintain very good care of the house in which we live, (1 Corinthians 3:17).

**Health is Work** - Being physically fit is not something that simply happens through wishful thinking. Exercise, proper diet and rest all take discipline and effort. If we are going to be healthy then some work will have to be done. If you desire the prize which comes with a healthy lifestyle you are going to have to compete to win, (1 Corinthians 9:24).

**Health is Worship** - Finally, we must see that the ultimate use of the body is to participate in God's worship. God's intent for our bodies transcends eating, sleeping and other bodily functions. His desire is to have our spirit, soul and body actively engaged in His worship. When offered to God, a healthy body (and spirit) is akin to an unblemished sacrifice, (1 Corinthians 6:20).

June is your month for health. Why not join the Rhema Run/Walk Club; or come out for Sports & Recreation Sunday; or we can meet each other on any of the Wednesday evenings for some useful tips on health awareness. Whatever you decide, I want you to jump into this river of life and watch God work on your behalf. For more information on Health & Wellness Month simply log on to [www.rhemaonline.ca](http://www.rhemaonline.ca) and click Health & Wellness.

Now let's go. I'm looking forward to seeing you in the gymnasium of life!

Advancing the Vision,

Your Pastor, Orim M. Meikle

[Pastor's Blog](#)  
[Invitations to Pastor Orim M. Meikle](#)



## Rhema National - War Room VI

# THE WAR ROOM VI

## RHEMA'S NATIONAL DAY OF PRAYER

Join us on Friday June 27, 2008

Toronto | Ottawa | Calgary | Vancouver

## Blood Donor Clinic



## Canadian Blood Services Soci t  canadienne du sang

**GIVE BLOOD on SUNDAY JUNE 22, 2008**

Rhema Ministries **Toronto** will once again welcome the Canadian Blood Services for a blood donor clinic in all three services -  
8:30am/10:00am/11:30am

Don't miss your opportunity to change & affect a life!

Blood Donor Clinic  
June 22, 2008

Fellowship Wednesday  
June 25, 2008 @ 7:00pm

War Room VI  
June 27, 2008

Rhema National Sports Day  
Toronto|Ottawa|Calgary  
June 29, 2008

## Calling all Writers



If you are a scribe of Poetry, Fiction, Non-Fiction, Articles, Youth-oriented content, other forms, let us hear from you.

Contact us for guidelines  
[info@rhemaonline.ca](mailto:info@rhemaonline.ca)

## Experience It!



Rhema is now on YouTube: Enjoy this dynamic and life changing ministry by clicking [www.youtube.com](http://www.youtube.com) Enter Rhema Christian Ministries and enjoy!

## The Power of Discernment



Contributing writer - © Dimitri Boweya-Ngombo

Scripture Reading: Acts 16:14-19 KJV

**Scripture Focus:** "The same followed Paul and us, and cried saying, these men are the servants of the Most High God, which show us the way unto salvation. And this did she many days. And Paul being grieved turned and said to the spirit, I command thee in the name of Jesus Christ to come out of her. And he came out the same hour." Acts 16:17-18 KJV

In certain parts of Asia, an interesting practice is noted where individuals reportedly eat live monkey brains with the belief that this practice will heal their sexuality. While the above story may seem appalling to some, it can be noted as quite similar to Paul's experience with a woman whose brain was sought by many as she sang the praises of people who needed an ego boost in their life. This woman did not complain about her fate as she was employed and brought gains to her employers. Neither did anyone in the entire community, even when it was obvious that she was being abused by...[more](#)

## Health Strategies for 2008 - Take the Challenge!!!



Contributing writer - © Cathy Morenzie

This month is dedicated to those of us who feel we are in a race against the clock to do it all. We prayerfully hope that once you understand how stress makes you sick and unwell, that you will make the necessary adjustments and take steps to slow down and take better care of your body.

In this regard, Rhema's Health and Wellness Ministry is issuing **7 health challenges to everyone this month**. Try one or try them all! By the end of the month, our prayer is that you will be healthier and more energized to stay strong for the journey that God has called you to...[more](#)

## Rhema Ministries - Vancouver



**DEREK & KELLY NAKAMOTO  
RHEMA MINISTRIES VANCOUVER**

Rhema Vancouver is now in motion! Please join us in welcoming our prayer group facilitators in British Columbia, Derek & Kelly Nakamoto. Stay tuned for more information as this great vision unfolds on the west coast of our nation!

## Rhema National - Sports & Recreation Day

**SPORTS & RECREATION DAY**



**GOT GAME?**  
BASKETBALL VOLLEYBALL & MORE

**SUNDAY JUNE 29, 2008**  
DRESS CODE: SPORTS WEAR

**TORONTO - 8:30AM . OTTAWA - 11:30AM . CALGARY - 12:00PM**