



LAMBRICK PARK CHURCH
GORDON HEAD + VICTORIA + THE WORLD

Lambrick Park Church Short Term Missions Program



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Prayer Letter
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I am in my 5th week
of serving as an
intern in the
Hospitality Program
at the Mustard
Seed Street Church
in Victoria, BC.



Reflections On Generosity

What has struck me most about my time at the Seed has been the spirit of generosity I get to practice while I am here. Grocery store donations aren't just limited to generic staple products like beans and bread - there is a steady flow of pastries, quality granola bars, and Gatorades that we sort through every day. I have the honor of getting to pass those along through our coffee window along with a fresh-made meal from the volunteers in the kitchen and watch the eyes of the recipient light up.

In practicing generosity, my own selfishness floats to the surface. With each shepherd's pie, iced coffee, and chocolate croissant I hand out, that thrifty, well-stewarding side of me screams *Can you imagine the cost of these lunches? You wouldn't even buy this for yourself!*

Other times, the efficiency-driven part of me seems to constantly poke my side, pushing me to move so quickly, that the person at the window needs to be served as fast as possible so I can keep ebbing away at that never-ending lineup. *(cont.)*



180 bagged lunches, ready to go! We usually serve upwards of 100 every day.

But underneath, there is a stiller, smaller voice. It tells me it is better to give than to receive. It reminds me of the time that Jesus took with people to make them feel seen, feel known, feel loved.

Pastor Chris has helped me tune into that little voice. One of his many mantras for us interns is “walk, breathe, be.” It helps me turn my running with God to a walk with the Father, to breathe in the life of the Spirit, and to be someone that looks like Jesus.



Chris and I manning the coffee window.

So I keep handing out lunches, and I try to look at each person as though mine will be the only smile they will see that day.

This is the upside-down Kingdom that flows through me, and I can feel it eroding my old self in the process. It is uncomfortable, but it is also comforting. I know God is at work in this place; I need only be his hands and feet (and occasional barista).

Financial Support Update - We did it!

In a little more than a month and a half, we have raised the full \$1500 necessary to fund my internship! Praise God for his provision, and thank you sincerely to everyone who contributed!

These funds have allowed me to offer invaluable support to the Mustard Seed's staff and community members. Your donations have helped develop programs like Beyond the Streets, taking community members into nature for soul care and spiritual formation, as well as helped me to facilitate existing programs like the hot lunches served daily.

I wouldn't be able to complete this work without your support. God's provision in this journey has been unmistakable, and I know it is His generosity that inspires our own. Bless you all for partnering with me in this!





Prayer Requests

Wisdom - There are many difficult stories that I have heard since joining the Mustard Seed. Some community members reject prayer due to past experiences that still ache, such as the raw wound of residential schools. Give thanks for how God has already equipped the staff and I to minister here. Pray that I am given the wisdom to still love these people well in a way that points back to our good Creator.

Tenderness - I often feel the rush in my soul to run through the day as though fighting fires at every corner. I want to slow down enough to love people in a way that makes them feel seen, not as an inconvenience or item on a to-do list, but as a beloved child of God and co-heir of Christ. Give thanks for Pastor Chris' mentorship in slow love thus far. Pray for slowness and care to continue to grow within me.

My alter ego, Dr. Quench, practicing his hydration skills before heading out for street outreach.

Prayer Requests: Beyond the Streets

Health - Many of the participants in the Beyond the Streets (our nature hike program) are working through past physical injuries alongside the mental barriers they are striving to overcome. Give thanks for the health and safety of our participants thus far. Pray that they can push themselves in a healthy way and rest well afterward.

P.S. Keep an eye out on these Facebook pages [\[nature, journey\]](#) and [\[nature\]](#) to follow along with our journey, growing in stamina, community, and wonder as we set our sights on the Juan de Fuca trail in August.



Our merry band of nature nuts, in the forest above the Goldstream Trestle. Blurring not intentional, it just turns out the rock we propped the camera on wasn't a qualified photographer.

More Photos!

Top left: Ghost pipe, a chlorophyll-less plant we found along the trail.

Top right: Me explaining that the Forest Song is a Repeat After Me song.

Bottom left: our spiritual formation practice for our first hike, Practicing the Presence.

Bottom right: Me hanging with my buddy John Mayer in the Goldstream tunnel.



SPIRITUAL FORMATION (learning practices): Practicing the Presence

Practicing the Presence of God. Could this be a time for solitude and silence, to practice 'simply' being in the presence of God. Face the distractions that come and let them leave you. Focus on Creator, center on stillness. What does it mean for you to Practice the Presence?

Scripture reflection: Psalm 139:1-7 (Slowly read. Be in the presence of God)

'Where can I go from your Spirit? Where Can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for the darkness is as light to you.'

Listen.

God is with you.



THANK YOU FOR READING!

*Stay tuned for my next prayer letter to
be published in mid-August!*

