

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

Hello and welcome to Scripture Untangled, a podcast by the Canadian Bible Society. My name is Joanna la Fleur. I'm a friend of the Canadian Bible Society and I'm going to be your guide for today's episode.

Today, CBS Ambassador, Reverend Dr. Andrew Stirling will be interviewing Carolyn Steeves. Reverend Carolyn Steeves is the lead pastor of the Journey Church in Moncton, New Brunswick. Carolyn's call to ministry grew out of serving her local church where she held roles in kids' ministries, communications, outreach, and eventually campus leadership.

In 2024, she returned to the Journey Church as lead pastor after nearly a decade leading the Crossing Church in Newfoundland. An energetic leader with a heart for people, Carolyn loves helping others discover their gifts, grow in faith, share the good news of Jesus, and really as a preacher, she's passionate about connecting God's word with everyday life and making room for different voices and perspectives. At the centre of Carolyn's ministry is her own relationship with God.

Through Scripture, prayer, Sabbath rest, spiritual retreats, and more, she seeks to walk closely with God and stay in step with the spirit. Carolyn and her husband, David, have three grown children and are delighted to be grandparents. And we're delighted to welcome Carolyn to Scripture Untangled for a conversation about the Bible, spiritual formation, and a life following Jesus.

Enjoy the conversation.

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

Andrew Stirling: Carolyn, I am so delighted to have this opportunity to have you as a guest on Scripture Untangled.

We've known each other a while and have had a number of encounters in wonderful places such as Acadia Divinity College, but it really is a blessing to have you with us. And thank you for taking the time.

Carolyn, to begin with, please tell us something about your call into active ministry in the church. And I think, especially for our audience, the role that Scripture played in inspiring that call for you.

Carolyn Steeves: Yes, it's wonderful to be here, Andrew. Thank you so much for the invitation.

Yes, my call into ministry was a call that happened over a long time. I was invited to serve in different roles within the church all of my life, but I was, as an unordained woman, been given opportunities to preach, given opportunities to baptize, given opportunities to lead groups. And so, my calling was being formed in those moments over time.

But it was when I finally, when our church, the Journey Church here in Moncton, became a multi-site church, that God really opened a door for me to become the campus pastor as we became a multi-site ministry.

So here I was urged to apply for the position and just wondered, is this okay? Am I really, God, are you serious? And so, He made a way for me to, in a very safe, a safe atmosphere, I'm with a ministry team, to test out that call as a pastoral leader and also have the wider church affirm that call. That's very important to me, that it's not just a call that I as an individual sense, but that the community of faith also can affirm.

And so that happened. That happened in 2008, actually. And I served there as the Brentwood pastor, campus pastor of the Journey Church, I believe for seven or eight years.

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

Andrew Stirling: And in terms of your own inner sense of call, that's sort of how things manifested themselves. But in your own inner sense, inside you, that drive, that divine appointment, what Scripture played in that role for you?

Carolyn Steeves: Yeah, well, I have to be honest, early on, the way that certain Scriptures were interpreted to me that I had heard and learned, I didn't really trust that maybe God could call me as a woman into ministry.

And I had to wrestle deeply with those Scriptures. And I had to have many people who were theologians, who were students of Scripture, people like, for instance, Reverend Hugh McNally. He played a big role in my life as he was the founder of the Atlantic Society of Biblical Equality.

And he came alongside with deep study into those, what I would call troubling passages, because of course, I want to never be outside of God's will. I want to follow what Scripture says and teaches. And he challenged all of that.

It was all down to the interpretation of those verses. And instead, he offered to me, the wider reading of Scripture to Galatians 3. When I think of that passage where there's no, neither Jew nor Greek, slave or free or male or female, but Christ is one in all, right? And also, just looking at in the New Testament with what Jesus, how Jesus looked at women and how He valued them. And they were part of His discipleship group.

And so all of these things I had to wrestle deeply with. So, I am grateful for all those who gave me a different perspective. And then I really felt deep down inside that, yes, God, You did not make a mistake in creating me as a leader.

As a pastoral leader, that's not a mistake. And that You are calling me. And so, it's then in confidence, I could step into that calling.

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

Andrew Stirling: That's inspiring. And I mean, you know, recently N.T. Wright has just come out and spoken about women in the ministry and looked at it Biblically. And the notion of Mary being the first to announce the empty tomb.

And I mean, there are various passages, Carolyn. So, you know, you were on good, solid ground. Now, you have served churches in different parts of Atlantic Canada, from Newfoundland to New Brunswick.

Can you tell us something about the nature of those ministries? And how did they differ? I mean, one of the great things about the Canadian Bible Society is it's Canadian. And so, we want to know and hear how different parts of the country operate, how the church is alive in different parts of the country. And you represent one part of that in Atlantic Canada.

Carolyn Steeves: Yes, well, my role and ministry focus in Moncton as the campus pastor of the Brentwood campus of the Journey Church, I was more to be focused in the community. I was making connections and relationships in the community, serving the schools there, serving the teachers, the families within the neighborhood. Because I was only preaching at that time, maybe once a month.

And so, my energy was focused into outreach and into serving the community there and growing in my leadership and growing in my pastoral role for sure. But when I was called to Newfoundland, you're talking about a different culture. I call it overseas mission, and that's not an offensive word.

That is actually it was like stepping into a new world. And I feel like God was preparing me for that. Because I embraced the place.

I embraced the people there. We, our hearts were turned there. And we really enjoyed a fruitful ministry there.

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

And what happened was there was a church in Gander who was struggling at the time. And one of the leadership came to St. John's. That's where our church is and was.

And he just said, you know, we're tired. We're not sure where God is calling us. We just want to give you the keys of the church. We feel like the ministry there is done.

Well, didn't God use my previous experience as a campus pastor of a multi-site church? And all of a sudden I said, what about being one church with two different locations? And then God began that whole journey for us. And that Gander, we changed the name to The Crossing Church, no longer the West End Baptist Church.

And we now have a site in Gander that is thriving there. And a huge international ministry. I would look out at my congregation every Sunday and I would see every nation, tongue and tribe represented.

I feel like it was a taste of heaven over there. Whereas my ministry here was really not so much multicultural or multi-ethnic, but there it was. And so, we had the world at our door, and we opened it wide and we learned so much from and with each other in that context.

It was amazing.

Andrew Stirling: Now, I've always been intrigued by the terms, The Crossing. I mean, you can read that in many different ways as a Christian, right? Why The Crossing? I mean, I noticed the change from West End Baptist. And why The Crossing? That's a unique name.

Carolyn Steeves: It is a very unique name. But for Newfoundlanders and Labradorians, The Crossing, well, we are surrounded by the North Atlantic and to get to the mainland, you have to cross over in the ferry, right? So, it's very, very relevant.

You have to cross over. You're always going on the crossing, which is getting you from one place to another. And so, it just was culturally fitting to change the name.

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

And plus, then you can also notice in the logo at the crossing that we had designed, you can see the pre-eminence of the cross. That is the first thing that you would see with this anchor. Again, embracing the culture and the richness of the flavor there.

And just of that nautical theme and feel. I love the name. Yeah.

Andrew Stirling: Well, it certainly grabbed my attention. And there was a Bible study I did some years ago called the Bethel series. And there's an image in there of a schism.

And it's a schism of separation from God and sin and the waters in between. And then the cross is put in the middle of that. And people can walk across the cross to get to the other side.

And that sense of the crossing, of Christ being the bridge that really unites us, the bridge that brings us closer to our Lord, our God. I mean, I just thought the image was fantastic. And I've actually quoted it a few times to people.

But I didn't really put it in the Newfoundland context like you've just done.

Carolyn Steeves: Well, that's it. And I think it's both and.

Like, you know, we also promoted it as this is our spiritual journey. We are crossing from death to life in Christ, right? So, there were so many different intersections that it just holistically worked out to be a wonderful picture and a good name.

Andrew Stirling: Well, you've certainly captured the essence of the uniqueness of Atlantic Canada ministry. And having been in Newfoundland and having been in the Maritimes, and, you know, I have never been on the ferry, though, between the two, although my wife was many times when her father toured at Memorial University. And she lived in St. John's, but was from Halifax, Dartmouth.

You know, she talked about that was quite an event. But you needed faith sometimes to even take that ferry crossing, right?

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

Carolyn Steeves: Absolutely. The North Atlantic, it's nothing to be toyed with.

Andrew Stirling: No, no, no joke. Changing the subject altogether now, Carolyn, one of your ministries has involved preparing and leading mission teams to places like Rwanda and Bolivia. Why do you feel it's important for such teams to exist? And how do they express the Gospel? What was wonderful and important about those ministries?

Carolyn Steeves: I think it's essential for every believer to have a cross-cultural experience, to have a global experience. I think it's important for us to be able to engage in another culture with different people, people who the beauty of God's diversity is seen in global ministries and contexts. And I think it's also important, I know for my leading to Rwanda, especially, we went there to walk with the people.

We did not have an agenda, which, by the way, is very difficult to raise funds. If you were telling your church, we are going to be with those people, experience, have experience. We're going to share our faith in the Gospel.

I preached in a Rwanda church two or three times for our services. People walk for hours to get to the church. And so, you're going to be engaged in the ministry there.

But, you know, I think of my trip to Bolivia. We did have a project. We were building a latrine.

And it was when we put our shovels down and went into the kitchen and held the babies and talk to the women and talked to the people in the community. That's when real connection happened. So, we knew, we learned that our Rwanda trip was more about a relational trip.

And I'll tell you one story. We went to visit a child-headed household there because, of course, AIDS had taken parents. There was a scourge, devastating effects of that.

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

And so, there was this young man standing there and he was probably 17 or 18. The rain was coming down on this tin roof of this one room home. He had his two sisters there with him.

And he just looked at us and he just said, thank you for coming. Thank you for coming. It was all about presence. It wasn't about a project. It was about us walking into his home, hearing his story and sharing, you know, God's love with him and assuring him of our prayers and our love for them.

Andrew Stirling: And that is the heart of mission, isn't it? I mean, it really is. I mean, it's that ministry of presence. It's Christ's presence, really, through you.

His presence through you in situations like that. And, you know, we live in a world where everyone wants outcomes and has an agenda. And so please tell us, how did you succeed in what you're doing that? When you're in mission, it's totally different.

You're dealing with people. You're dealing with relationships. And, you know, and I think the same argument can be made for missions as can be made for the argument of the ministry of Jesus.

You know, what were all the outcomes? Well, it wasn't just an outcome, was it? It was an encounter.

Carolyn Steeves: It wasn't. It wasn't.

And as I would have some people here back in the Maritime say, well, why don't we just send the money? Just send them the money. And then I just, I got to think, well, what God could have just. He chose the incarnational presence of Himself, of Jesus to come.

So, presence is important. We see that just in the person of Jesus Christ. And so that's why we don't just write a check and send the money.

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

We go; we need to be present with people. And that's what really matters is our presence.

Andrew Stirling: Here though, now we're living in challenging times, especially the pressure felt by young people.

And as someone who has been engaged in youth ministry over the years, which you have, what do you see as the biggest faith challenges that young people have today?

Carolyn Steeves: Yes, we're living in an age of anxiety, aren't we? And there's been a cultural shift that has happened, I think was happening even pre-pandemic, but was exacerbated and accelerated during and after the pandemic. I find that our young people are becoming more and more isolated. I find that they would rather hang out with their friends online rather than be in person.

I think there's something lost there. I find that they may be a little socially awkward because of not practicing how to interact and have conversations with people. This isn't criticism.

This is just my observations of the students that I deal with and minister with and to. And I find also there's a delay in maturing into adulthood. I find that those landmarks that we all experience as we are going through adolescence and into young adulthood, those are being delayed now.

I'm discovering that many of the older teens and young adults are delaying in getting even their driver's license. Whereas when I was 16, I was on the doorstep of the motor vehicle branch. I was getting my license.

Nobody's stopping this woman, anyway. But these are the changes. And social media is pulling them, pulling them right into a world that isn't real.

It's not real, but it's measuring their every click. The algorithm is manipulating what they are viewing, what they are seeing. But you know, I see tremendous potential here.

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

And I see that God is at work in the lives I know of the students that we've been called to minister here. We know that students, all people, not just students, but students' deepest need is to know the love and the salvation of Jesus Christ, the love of God through Jesus. We know that's everybody's deepest need.

And the students need to experience that in a very real way these days. They need to hear that, and they need to understand that. So, over this past year and a half, discipleship has been our main focus for our student ministries.

They've been deep diving into the spiritual disciplines. They've been practicing them. There's a weekly discipleship group for middle school and high schoolers.

They come in, they drop their phones in a basket. They're screen-free, phone-free. Just this weekend, there's going to be a youth retreat where the kids will be without their devices all weekend long.

And we know that that is gonna be a time where God can really speak to them. And in this coming ministry year, we're focusing in on going through the Bible. So, the students are gonna be immersed in Scripture from Genesis right on through to Revelation.

And so, we're really asking God to work in the lives so that these and hearts of these young people, so that they can encounter Him in a fresh way, that they can know there's more to life than their screens, that they can have a living and dynamic relationship with a God who loves them more than anybody in the world. And that's what we want. We wanna have Christ fully formed in these students just as much as we do for our church.

God's Book: The Series: Before we return to today's conversation, here's a first look at an exciting new group video series from the Canadian Bible Society, *God's Book: The Series*. What does the Bible really say about science, miracles, violence,

suffering? *God's Book: The Series* is tackling the Bible's toughest questions in an eight-part video series where young adults and others are asking honest questions about the Bible. Featuring Bible scholar, Dr. Andrew Ollerton and three Canadian young adult hosts, *God's Book* explores some of the most challenging questions surrounding the Bible through thoughtful and accessible conversation.

The series is launching very soon, and you can be the first to know when it arrives. Preview the trailer, check out an episode for free and download the free launch kit at godsbooktheseries.com. That's gods book the series . com. Now let's return to today's conversation.

Andrew Stirling: Yeah, that's so true, so true.

And it's very lonely sometimes when you're in a media-dominated world. Everything is coming to you and at you whether you want it or not and you feel powerless to be able to do anything about it. And I talk to young people and they tell me, they put on the news or they go on their screens and they get something on Facebook and it's a tragedy or it's an assault or it's violence or it's a war or whatever.

And they go, I can't handle this, and yet they feel powerless. So, in having an interaction with others that's not mediated through those social medias is so liberating for them, isn't it?

Carolyn Steeves: It is. We thought that they would be very anxious to be without their devices, but the conversations, the connections that are happening, they're really getting real with each other and comfortable with each other and finding a safe community outside of what the culture is offering them, something that will offer them flourishing.

That's what we want, flourishing in the lives of our students.

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

Andrew Stirling: A lot of your ministry, I mean, you use the word discipling now, just a minute ago, is animated by a desire, and I want to quote you, "To equip people to disciple others." What does that entail? And I ask this because I think a lot of our people who listen to this podcast series want to know how do we disciple others? How do we equip, not disciple, how do we equip others to be disciples?

Carolyn Steeves: Yeah, so I mean, my heart is for equipping, my heart is for equipping to helping people to identify their spiritual gifts, because if they are a believer, God has given them at least one gift, if not more.

And it's a misappropriation of my leadership if I do not help people discover their gifts and then use them in a ministry, in a serving opportunity. I go right back to the Ephesians 4 passage, where the Apostle Paul is talking about, you know, Christ Himself gave the apostles, the prophets, the evangelists, the pastors and the teachers to equip His people. And you see, in my world, in the Baptist world, some people interpret that is that God gave the pastors, the teachers, and the apostles to do the work of the church.

And that is not, that's not what Scripture tells us. That is not a healthy model for church ministry. And so, what we do is, first of all, we offer test drives for our people.

We say, just go and try, go and try, take a sample of each of the different ministry areas. We watch our people. Then we say, "Oh my goodness, this is what I see in you right now. I see a gift of leadership. I see a gift of teaching."

We have many of our young people who are preaching, who we've, you know, discovered these gifts because we've given them opportunities to try these things out.

We need everybody out of the seats and into the field. We need everybody all hands-on deck. We are a body.

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

We need every member working to how God has created them. And that's the goal of an equipping ministry for us is discovering gifts, allowing people to try and having those, "I see this in you," conversations. Because if someone long ago had not had that conversation with me, I would have never imagined myself where I am today.

And so, we need to spur one another on in those areas.

Andrew Stirling: It's interesting, you know, I think you and I both come from the same tradition of the belief in the priesthood of all believers. And, you know, for me, that has been an animating force.

I know not everyone shares that view. But for me, I found it very important. And if you don't do that, if you don't sort of recognize and understand the nature of the giftedness of other people, then you reduce the body. You shrink the body of Christ. You limit the body of Christ. And you limit, in a sense, the power of the Holy Spirit to be able to work through, you know, the body to be able to do things, the book of Corinthians, for example.

So, it's an important thing that you're doing to equip. You're also an engaging preacher. Now, I have to tell you this. I've heard you preach. And this is a compliment coming my way to you. You're an able preacher.

How do you use the Bible in preparing your sermons?

Carolyn Steeves: Yeah, I was thinking about this last week. I was thinking, isn't it amazing that I can preach from the same book all of my life? And it's never old. It's never boring.

It's never the same sermon. I mean, I can do a message series on a book in the Bible, you know, five years ago, I could have done one. And then five years later, look at that again and see something completely different to be able to share.

And that's probably due to maybe where I am in this season of life or what I'm experiencing or the circumstances that I'm going through. But I always start with a text.

And I love Eugene Peterson's book, *Eat This Book*. He opens up. I was looking at this today. He opens up the book by talking about his dog who has this big bone. And he calls it worrying it. He's meditating on it. And then he buries it and he goes back to it the next day.

And he digs it up again and does it some more. And he talks about how, I think it's Isaiah 31, as a lion growls over his prey, he points out that the word growl means to meditate, you know. And that's what we're meant to be doing, sort of growling, meditating on His Word. Worrying it, you know. And so that's what I do. I sit with a text first.

And I'm always looking for the context. That's really important to me because I've seen Scripture out of context. And then it is not healthy.

And so, I check the context. What was going on? Who is the author? Who are they writing to? Who's the audience? What's happening? And then it's so interesting that then God can help me move into an application where either an experience I've had I can share or, you know, the Word is alive and active. And I just enter into it with always great expectation and anticipation.

Like, God, how are You going to speak to me? And then how do You want me, what do You want me to say through, you know, You through me to the congregation? What do they need to hear? And so, I've always approached it now. First, I've got to, what are You saying to me? And then what do You, how is this translated in my context? And what do the congregation need to hear from You, Lord? Yeah, I just love, I love Scripture. I love the Bible and it comes alive.

And of course, it's the work of the Holy Spirit, of course. And I'm just always praying, Lord, please let me handle Your Word in a worthy way, right?

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

Andrew Stirling: Yeah, yeah, yeah, yeah, yes.

Carolyn Steeves: And yet, you know, and yet I have to say, okay, Holy Spirit, it's up to You.

And so, I just, I do love to communicate. I love to proclaim God's Word.

Andrew Stirling: Yeah, that's great. And it's infectious when people hear you. I know that. It's fascinating. I, as you know, teach preaching sometimes.

Carolyn Steeves: Yes, and you're a great teacher. I can say that because I've had you.

Andrew Stirling: I wasn't looking for a compliment but thank you. But you know, one of the things I say to the students right now that I'm working with who are doing the lectionary and the fact that you go through the same text every three years or whatever. And I say, well, you know, the text is there, but you change in the interregnum.

And between the moment you engage the Scripture then and now, you are a different person. And so, you know, the Lord has a way of changing us in our encounter with the Word. The Word remains the same, but it's us who are changed by the Word itself. And that I think is kind of the refreshing thing. I had to step in and preach a sermon in an emergency situation where a pastor friend of mine was very ill on a Saturday night. "Can you preach for me on the Sunday morning?" And I had to dig into my rich resources of, and, you know, and the sermon came out completely differently than I'd preached it maybe five years before.

So, you know, the Lord changes us, right? And that's why staying close to Him is the key. Prayer is something that you talk about a lot. You mentioned it now.

You've stressed it in your own personal devotional life. You've preached on the topic. I've heard a sermon you did on prayer.

Just for our audience, why is prayer so important and why does it inspire you?

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

Carolyn Steeves: Yeah, I've learned that I need to grow more and more dependent and more and more in trust with God. I need to depend on Him. You know, my nature is to be independent and to do it myself like a screaming toddler.

I'll do it myself, but I've learned dependency. Of course, I just look at Jesus, and He didn't do anything that God the Father didn't tell Him what to do or guide Him in doing. He was always listening to His Father.

And I just think I need to grow more and more dependent on Him. I need to trust Him. And in order to do that, I need to know who He is.

I need to be able to not just talk to Him, but to listen for Him. Having silence and solitude times built into my week where I'm just saying, okay, I need to hear from You on this matter. And I think of that Proverbs 3, 5 and 6, "T*rust in the Lord with all your heart and lean not on your own understanding*." Because I can lean on my own understanding.

But the rest of that is, "In all your ways, *submit to Him and He'll make your path straight*." So, I would like to, yeah, I really need to lean into the Lord. I've even just done breath prayers.

I have just done just Hail Mary prayers, "Help!" I know I'm always brought back to trying to practice His presence to recognize He is with me. There's no room that I walk into that He's not with me.

And it is through prayer that I get to know Him and I can be honest with Him. I can cry out to Him. I can be reminded about who He is because if I forget who He is, then I'm going to be fearful in my ministry.

And in my, yeah, so I do not want to be fearful or anxious. He reminds me that He's with me, that He'll never leave me, that He will guide me, that His Holy Spirit will empower me. And I have to, it is in the place of prayer where I discover those things, prayer and Scripture and just times with Him.

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

I have to practice Sabbath. I have to protect that with all of my heart. I have to go on regular annual retreats to get away.

And actually, there's one in the first week of November and I cannot wait. I cannot wait. And I know this is going to be really hard for you to believe Andrew, but during this retreat time, there's about a 30-hour time of silence.

I know.

Andrew Stirling: Oh, you silent. Oh my goodness.

It would kill me.

Carolyn Steeves: Oh, well, and now, and now I look forward to it because God has met me in the silence. I love to journal.

I journal every day. And I think that's my way of praying and pouring my heart out to God. So, yeah.

Andrew Stirling: Our time is winding down, unfortunately, but there are a couple of things I'd like to just touch on with you. And the first is that, you know, you have a busy life. You're a mother, now a grandmother.

I think I'm right on that, don't I?

Carolyn Steeves: You're right. I have one little grandbaby.

Andrew Stirling: There you go.

You see a pastor of a successful church. How do you balance your life in order to be an effective pastor to a flock? And do you have any advice for others who are similarly challenged in their busy lives, whether they're in the pastorate or not? Any person who's in a busy life.

Carolyn Steeves: Yeah, I think something that I have learned is that I need to embrace my limits.

Scripture Untangled

Season 14: Episode 10 | Carolyn Steeves | How Do You Hear God in a Noisy World?

I can't be all things or do all things that I want to do. I have to embrace the fact that I'm human and I can't do it all. I have to accept the fact that I cannot be the type E woman who's everything to everyone and exhausted.

I have to be okay to set boundaries and to say no. Sometimes no is my most helpful word. And so, it's hard to disappoint people at times.

But I've had to, you know, again, I just say, people will say to me, "Oh, Carolyn, you're just so busy. Is that why you can't do this?" And I just say, "No, I'm just limited. I'm limited. I'm not able to do that."

It's like a Pete Scazzaro, emotionally healthy spirituality quote, you know, I'm just limited. And that's helped me very much to be able to just accept my limits.

And again, weekly Sabbath, stepping off, tuning out to everything. My staff and my church know that unless it's an emergency, I'm going to be just enjoying God's presence and doing something that brings me joy. And I think the annual retreats are another thing that I've just mentioned.

That's really important. And I know that not everybody can do that, but people can get into a rhythm of work and rest, which I think is healthy. And I think it's what Scripture tells us, right? That we are human beings, not human doings.

And God created us to rest. And it's actually a test of trust to step off the wheel and say, and it's hard for me to do this. Okay, God, You can run the universe for today.

I'll step off for now, right? Because I have this illusion that without me, everything's going to crash. Well, guess what I've learned? That's just not true.

That's just not true.

Andrew Stirling: There was an African aphorism, an African comment that was made, that we all need to remember that even when we're sleeping, God is fully at

work in the world. And that is a reminder, I think, to all of us of God's sovereign presence.

And we need to let go and let God do what God needs to do. Finally, and I ask this of all my guests, how can we pray for you? I know that our audience is one, Carolyn, that does take prayer seriously and does, in fact, pray for people. What are we, just on a personal level, just simple, what can we pray for you?

Carolyn Steeves: Yeah, I think I pray for wisdom.

I would ask for prayer for wisdom. We're going through some really big, exciting changes within our church. We're moving from a multi-site to under one roof.

And we have a new vision that God has been birthing. And so, with change, of course, it brings discomfort. And I just ask for wisdom and for unity for our church and for myself personally to really be protecting my times of rest and to maintain a healthy rhythm.

I would really appreciate prayer for that. And the flourishing of our community that God has placed us in. We want to see the common good and we want to be part of that, partnering with God.

Andrew Stirling: Well, be assured of those prayers and our prayers for your community and Moncton and for your church and for the changes taking place and for you personally as well, Carolyn.

On behalf of the Canadian Bible Society, thank you so much. And I know that what you've said today will be an inspiration and a blessing to those who have had the opportunity to listen to you.

Take care, Carolyn, and God bless you.

Carolyn Steeves: Thank you so much.